

Wellness News from Hospital Wellness Team

Fireworks Safety Tips from the National Council on local law regarding the use of fireworks.

- ◆ Obey all local laws regarding the use of fireworks.
- ◆ Know your fireworks; read the cautionary labels and performance descriptions before igniting
- ◆ A responsible adult should supervise all firework activities. Do not give fireworks to children.
- ◆ Alcohol and fireworks do not mix. Save your alcohol for after the fireworks.
- ◆ Wear safety glasses when shooting fireworks.
- ◆ Light one firework at a time and then quickly move away.
- ◆ Use fireworks OUTDOORS in a clear area, away from buildings and vehicles.
- ◆ Never relight a "DUD" firework. Wait 20 minutes and then soak it in a bucket of water.
- ◆ Always have a bucket of water and charged water hose nearby.
- ◆ Never carry fireworks in your pocket or shoot them into metal or glass containers.
- ◆ Do not experiment with homemade fireworks.
- ◆ Dispose of spent fireworks by wetting them down and place them in a metal trash can away from buildings or combustible materials until the next day.
- ◆ FAA regulations PROHIBIT the possession and transportation of fireworks in checked or carry on luggage.
- ◆ Report illegal explosives like M-80s or quarter sticks to the police or fire department.

Know Your Hospital Employee

Tina Strandlie has been at Stoughton Hospital for 20 years. She started out as a CNA. After getting her RN license she has worked in the ICU and cardiac rehab until landing in the ER where she has been for the past 11 years.

She is married to Dwayne and they recently celebrated their 30th anniversary in Hawaii. They have a son, 28, who lives in Stoughton and a daughter, 26, in Virginia.

Her favorite part of working here is the people and the work environment. Everyone works together!

Her least favorite thing is all the medical updates.

Her hobbies include reading, walking, running, and they enjoy visiting her sister's beach house in Virginia.

Partners of Stoughton Hospital

Newsletter — July 2015

PARTNERS OFFICERS—FY 2014/2015

President—Sandy Maerz 873-6125
Vice President—Melanie Miller 873-0283
Secretary—Judeen Reese 873-8561
Treasurer—Claudia Quam 732-4737

Upcoming Events

With the construction going on, the Partners have taken a break from meetings and events to keep parking spaces open for hospital and clinic patients.

Our next events are:

Plant sale August 25

Fall District Meeting Sept 17

Jewelry is Fun Sept 29-30

Culvers Day October 7

Annual Meeting October 15

Books are Fun— November 19-20

We will resume cookie bakes in the lobby in September.

President's Message

Well, we finally received that much needed rain. The plants and flowers are looking beautiful. Please check your newsletters for upcoming events. If you are craving cheese curds or cream puffs, support Stoughton FFA and come to the Stoughton Jr Fair July 1-5.

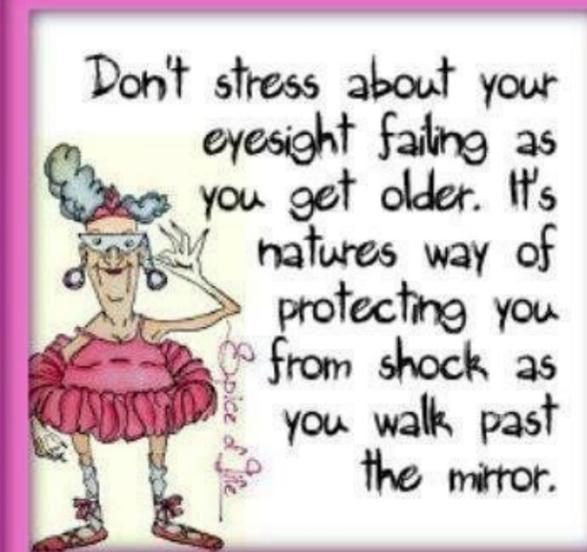
Due to construction, we will not be having fundraisers the month of July but mark your calendars for our mum sale on August 25.

"Always end the day with a positive thought and a grateful heart." -unknown

Strong Woman Class

This national program is targeted to midlife and older women. Join instructor Cheryl Baumel for the 8 week class which helps women maintain muscle mass, strength, and function as they age.

Call Sonja to register 873-2356 by July 3rd. Class starts July 7th and runs Tuesday and Thursday from 6:15-7:15. Cost is \$35.00



Gift Shop News by Becky

873-2205 or 873-2281

We have started a jury committee so that we can take locally made art on consignment. If you know an artist, they can apply online (check under the Partners link on the hospital website) or stop in and pick up the application in the gift shop.

We have some fun yard ornaments made by Mary Link's sister, Noelle. Stop in and see them- they are colorful and creative!



We are starting a cart that will go up to the swing bed area 2-3 times a week for patients who would like to purchase little things while staying here. Our plans are to do this on Monday, Wednesday, and Friday afternoons between 1:00-2:00pm. If you would enjoy this job and can volunteer once a week or more often, please contact me.

We have lots of openings in the gift shop for July. If you can volunteer for an extra shift please let me know!!

We are also looking for magazines you have read and would be willing to donate. They need to be current within the last 3 months. If you can donate any, please turn them in to the gift shop and Thank you!

Famous July Birthdays

Tom Cruise 52
Sylvester Stallone 68
George W Bush 68
Ringo Starr 74
Tom Hanks 58
Jennifer Lopez 45
Sandra Bullock 50
Lisa Kudrow 51
Bill Cosby 77
JK Rowling 49

The birthstone is ruby. Zodiac signs are Cancer and Leo. The July flower is the water lily. And July is named after Julius Caesar.

July is also Blueberry month, Hot dog month, and Ice Cream month.

Blueberries are a yummy fruit and can be used in salads and desserts and even frozen and used as a snack by themselves.

As a salad: 10 oz salad greens, 1 pt fresh blueberries, 1/4 c walnuts, 1/2 c raspberry vinaigrette dressing, and 1/4 c crumbled feta. Mix and serve.

Or as a red, white, and blue salad for the 4th, add blueberries to strawberries, and bananas. Add a little lemon juice to keep the bananas from turning brown.



July is Parks and Recreation Month

With July being Parks and Recreation Month we thought we would challenge you to how many parks in Stoughton you have been to.

Here is the list, let's see if you can get to all of them this summer:

1. Lake Kegonsa State Park- 2405 Door Creek Rd
2. Mandt Park 4th Street
3. Bjoin Park E Wilson Street
4. Norse Park Kriedeman Drive
5. Virgin Lake Park W Roby Road
6. Veteran's Memorial Park Riverside Drive
7. Lowell Park Milwaukee Street
8. Racetrack Park Racetrack Drive
9. Oak Knoll Park 2757 Burritt Rd, Pleasant Springs
10. Viking Park 2525 County Rd B
11. East Park Lynn Street
12. Division Street Park 110 N Division Street
13. Dunkirk Park 700 Dunkirk Avenue
14. Troll Beach 509 Mandt Parkway
15. Schefelker Park Furseth Road

Where are they now?

I called **Jo Petersen** last week to see how she and her family are doing. They still live in Stevens Point with a vacation home in northern Minnesota on the Pine River. She is working 40 hours a week right now at an Edward Jones office as they are looking for another employee. She and Tom have 6 grandchildren. He has healed well from his shoulder injury but is dealing with some heart issues. Their future plans someday include retiring to the north and she sends her greetings to all of you!

Shirley Boland received a scholarship from the Partners in 2010. Her goal was to help others and she received a degree in helping the less fortunate. She is working for Community Living Care in Stoughton. Congratulations Shirley!

Have a Safe and Happy 4th!