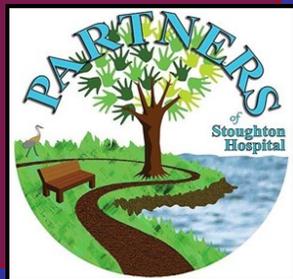




Partners of Stoughton Hospital

July 2017



Partners Officers

President

Melanie Miller
608-513-9894

Vice President

Judy Furseth
608-873-9817

Secretary

Judy Simmonds
608-873-1613

Treasurer

Dawn Windland
815-742-4935



President's Message - Melanie Miller



Today it is very common for people to use their cell phones to take a "Selfie" picture. It shows them how they look to others at that particular point in time. Wouldn't it be great if a "selfie" could also tell us how we sound to others, or the impressions we make, or how they perceive us by what we say and how we react? Do we ever take the opportunity to step back and think about how we sound to others? In today's world, it's easy to become critical and negative as things happen quickly.

Time seems to be more scarce and everybody wants a quick answer or quick fix to just about any situation. Most of the time we feel pressured to give a quick response. It is easier to find fault and it takes less energy to be critical of something rather than put to forth the effort to find something positive or constructive to say. Most of the things we hear from the media are negative, and we are constantly surrounded by the media. It's not surprising that we tend to take on a critical approach to many things in our daily lives.

Let's try to turn this around. Let's exercise our minds and before we answer someone, or quickly respond to a moment, think about something positive to bring to the conversation. Or better yet, offer a solution to a problem rather than continue to add to the list of all the things that may be wrong.

In the scope of the world, our Partners group is small. But who knows? If we each work on our "Selfies" to be more positive and put solutions ahead of problems, we may make a big impact – not only on our organization, but possibly our community, and who knows how far this might reach. So summon your energy, think before you reply, and help our society to move ahead in a more positive direction.

Terry Brenny Announces Plans For Retirement

Terry Brenny has served as President/CEO of Stoughton Hospital for 27+ years. In a recent announcement, Mr. Brenny indicated that the opportunity to retire at this time in his life and career seemed appropriate. He will officially retire on June 1, 2018.

We send our appreciation to Mr. Brenny for the work he has done to make Stoughton Hospital what it is today, along with our best wishes for many happy, healthy retirement years.



Gift Shop News - Ann



Wow! June flew by and we are on to July! Things are busy at the Gift Shop. Everyone likes to see new and fun items, and that is my plan for our Gift Shop. June brought in new jewelry items, cute new purses and new scarves...a consistent and popular favorite. We catered to Dad with garden items this month, Packer and Badger gear, and great Dad-related mugs. Looking forward to July, I have fun summer tote bags coming in and I've reordered some other popular items. Watch Facebook for great sales because we will start to receive a lot of Fall merchandise, and we will need the space.

Like us on Facebook:

Stoughton Hospital Gift Shop
Partners of Stoughton Hospital



Can You Help? When you became a member of the Partners of Stoughton Hospital, you joined a "family" of men and women who want to show their care and concern when any one of us experiences the bumps and bruises of life. If, at any time, you know of a Partner or a member of that Partner's family

in need of a get well card, a note to say "we're thinking of you", or a card expressing sympathy, please let us know. An appropriate card will be sent from the Partners of Stoughton Hospital, if you simply e-mail

Diane Matson at

greentowz@aol.com or call her at 205-9692.

Profile of a Partner - Lil Smithback

If you've ever wondered how one could go from being born in Denver, Colorado, to ending up in Stoughton, Wisconsin, **Lil Smithback** would tell you to fall in love with a military man from Cambridge, Wisconsin, marry him, and discover that his uncle is offering him a job at Uniroyal!

A Stoughton "native" since the 60's, Lil found her niche at Stoughton Hospital working as the secretary to the Director of Nursing for 38 years. She likes to say that she's the "old Joanne Peterson" as her duties mirrored what Joanne does today. Lil has been a loyal Partners volunteer for many years, enjoying working in the gift shop, which has earned her two special friends, Ginny Skjolaas and Dona Lazenby, two ladies she says she may never have met had it not been for volunteering. Lil also served as President of Partners in 2011-2012.

After raising 4 children, enjoying 9 grandchildren, and being the proud great-grandma of 7, Lil finally has time to enjoy her hobbies of cards and dominos.

Thank you Lil, for your contribution to Stoughton Hospital and to Partners!



Your Old Smart Phone is Needed

Heather Kleinbrook with the Geri-Psych Department is looking for gently used smart phones to be used with patients. If you or someone you know has an old smart phone, please consider donating it. Drop it off in the gift shop.

Opioids and Me?

Submitted by Norval Morgan

Turn on the television, read a newspaper, or listen to the radio, and you're bound to hear about the "opioid crisis". What are opioids anyway? They are often prescription medications that we might very well have in our own medicine cabinets! Oxycodone, hydrocodone and fentanyl can be effective forms of pain management, especially if you've experienced joint replacement, certain dental procedures or are plagued with chronic pain; however, it is important to understand their potential benefits and risks. It is a serious public health issue that impacts all of us. Some sources even indicate that drug overdose deaths are the leading cause of injury death in the United States. What Can we do?



In addition to medical professionals, we, as volunteers, play a key role in the proper use of opioids. By continuing to educate ourselves and others about the risks and benefits, it's also important to be good stewards of the medications in our homes. Curious grandchildren and great-grandchildren are fascinated by those little bottles sitting on grandma's counter. Teens might be tempted to explore their contents. **Store. Secure. Dispose.** It's a small price to pay for your well-being and the well-being of those you love.

Permanent Medication Disposal

The Stoughton Wellness Coalition provided a permanent medication disposal drop off box located at the front of the Stoughton Police Department. The drug drop off box is anonymous and available 24 hours per day, 7 days a week. Bring all medications in original containers (if possible) and cross off personal information with a black marker. You can place your prescription drugs, medication samples, over-the counter medications and inhalers into the drug drop off box. Sharps, needles and lancets will NOT be accepted in the drop box but can be collected at the two annual medication disposal events in Stoughton.



June Board Meeting Highlights

Christopher Schmitz presented a drawing of future plans for the walking trail. Our walking trail committee will be looking at ways we can be a part of this vision.

Norval Morgan continues to look for ways Partners can promote awareness of opioids.

Relay For Life Trivia Night raised \$1,500.00!



Charlene Kinzler: One of our hospital volunteers





Upcoming Events

- ◆ July 5 - Reducing Your Risk Factors
- ◆ July 13 - Using & Making Essential Oil Products
- ◆ August 17 - Gazebo Musikk
- ◆ August 24 - Mum Sale Orders Due
- ◆ August 29 - Pick Up Mums by Annex Parking Lot
- ◆ September 20 - Monthly Cookie Bake
- ◆ November 30 - Love Light Celebration

Reducing Your Risk Factors, July 5, 9:00 - 10:00 AM

Why do I have heart disease? How can I prevent another heart attack, stent or surgery? If you have questions about the Healthy Heart Classes, please contact our Cardiac Rehab Department at 608-873-2314.

Using & Making Essential Oil Products, July 13, 6:00—7:00 PM, Bryant Center

Join **Anne Adametz**, Stoughton Hospital Acupuncturist & **Melissa Newton**, Registered Nurse & Certified Clinical Aromatherapist Practitioner to learn how essential oils can be used as a non-toxic way to clean your home and the air within.

Welcome New Partners!

Membership Committee Chair **Rachel Farrel**, and members of the Stoughton Hospital Partners Board, hosted new Partners members, **Anna Paul**, **Carolyn Slaney**, **Sue Walls**, and Gift Shop Manager **Ann Corneille** to a get-acquainted coffee in the hospital conference room on Tuesday morning, June 20. The purpose of the meeting, in addition to welcoming these new

members, was to give them an overview of the volunteer opportunities and fund-raising activities available, answer questions about the Partners organization, and invite and encourage their participation. They join a membership roster of over 175 active members, honorary members and life-time members, who contribute to the vitality of the Stoughton Hospital Partners organization. Welcome Ladies!



From Katelyn Schlimgen:

Thank you to the Partners of Stoughton Hospital.

"I am Katelyn Schlimgen. I have lived in Stoughton my whole life. I have 2 sisters, one who is a nurse and one in school to become a nurse. Next year I will be attending UW Oshkosh. I hope to get into the nursing program. After college I plan to become a NICU nurse or a neonatal nurse. I have always loved helping people so that's why I chose the medical field. I just want to say thank you again for your scholarship."

