

# UPCOMING EVENTS

Looking for a **FUN social night out**? Join us March 24 for an evening to find out what this coloring craze is all about! Lynn Gifford will bring all the supplies and teach us the techniques of shading and coloring. The \$20 covers picking out 5 of her many designs, one mat, and a coupon for 20% off framing of anything at Woodland Gallery. All pens and pencils for use that night will be provided. This will be held at the American Legion, 803 N Page Street from 6:30-8:30pm. If you plan to attend, you can contact Becky at 873-2205 so we have a estimate of how many to plan for. It is not required and drop ins will be welcome that night. Beverages will be available for purchase. Join the FUN!

**Understanding Alzheimer's and Dementia**– Join Dane County Dementia Care Specialist, Joy Schmidt to answer your questions and give practical advise to these challenges. Thursday, March 10th at 10:00am.

**I'm not sure if my hands can handle this-** Join Dr. Tom McCoy, a Mayo trained Clinic physician and ergonomist to answer questions about aged and arthritic hands. You will learn some simple proven ways to do more, hurt less, and perform better naturally. Thursday, March 31st at 4:00pm

Both classes are free– go to Stoughton Hospital.com to register or call Sonja at 873-2356.

### Cardiac Rehab and Wellness Education Classes:

**Exercise Guidelines– March 30 9am and 2pm**

**Heart Healthy Nutrition– April 6 at 9:15am**

**Reducing your Risk Factors-April 13 at 9am and 2pm**

**Stress Management– April 27 at 9am and 2pm**

**Diabetes Management– March 2 and April 27 at 9am and 2pm**

**Super Foods, Whole Foods, Organic Foods and You-March 9 and May 4 –9:15am**

**No cost for these classes. Meet in the lobby and you will be escorted to the class.**

Body Wash  
Sponges:

Hot Spice Ginger  
Lily of the Valley  
Citrus Accord Musk  
Papaya Sandalwood  
French Lavender

Great  
Easter



# Partners of Stoughton Hospital

Newsletter —March 2016

### **PARTNERS OFFICERS—FY 2015/2016**

President—Sandy Maerz 873-6125

Vice President—Melanie Miller 873-0283

Secretary—Judy Simmonds 873-1613

Treasurer—Claudia Quam 732-4737

### March Event Calendar

March is National Craft Month-Metallics are the hot trend for 2016.

**March 3-** I want to be happy day. Put a smile on someone's face!

Also National Anthem Day-The Star Spangled Banner officially became our anthem on this day in 1931.

**March 12-** Plant a flower day- accessorize the home or garden with beautiful pieces of art designed for planting flowers or herbs.

**March 13-** Jewel Day-A day to give and receive jewelry and jewels of the garden.

Also Daylight Savings– Spring Ahead

**March 17-** St Patrick's Day– a day to celebrate the luck of the Irish.

**Match 27-** Easter

### *President's Message*

*Well the groundhog didn't see his shadow... let's hope for an early Spring.*

*This year's Advocacy Day is March 30th at Monona Terrace. Registration is now open. This event is free and a great resource for you to gain knowledge of the challenges that Stoughton Hospital will face in the future. If you would like to go, please call Becky at 873-2205 or myself at 873-6125. We will plan on car-pooling.*

*A big thank you to all who brought bars and gave donations and helped make or serve chili for our Souper Bowl Saturday. It was a wonderful group effort. We raised \$545.96!*



## Punography

*I tried to catch some fog. I mist.  
When chemists die, they barium.  
Jokes about German sausage are the wurst.  
A soldier who survived mustard gas and pepper spray is  
now a seasoned veteran.  
I know a guy who was addicted to brake fluid. He says he  
can stop anytime.  
How does Moses make his tea? Hebrews it.  
I stayed up all night to see where the sun went. Then it  
dawned on me.  
This girl said she recognized me from the vegetarian club,  
but I've never met herbivore.  
I'm reading a book about anti-gravity. I can't put it  
down.  
I did a theatrical performance about puns. It was a play  
on words.  
They told me I had A blood, but it was a Type O.  
A dyslexic man walks into a bra.  
PMS jokes aren't funny. Period.  
Why were the Indians here first? They had reservations.  
Class trip to the Coca-Cola factory. I hope there's no pop  
quiz.  
Energizer bunny arrested: Charged with battery.  
I didn't like my beard at first. Then it grew on me.  
How do you make holy water? Boil the hell out of it.  
What do you call a dinosaur with a extensive vocabulary?  
A Thesaurus.  
When you get a bladder infection, urine trouble.  
What does a clock do when it's hungry? It goes back for  
seconds.  
I wondered why the baseball was getting bigger. Then it  
hit me!  
Broken pencils are pointless.*

Directory Updates:  
Changes to the current directory:

Tammy Arndt  
5606 West Netherwood Rd, Oregon 53575

Diane Matson's email is greentowz@aol.com

Remember to get yours in the gift shop!



Gift Shop News by Becky.....

So much new inventory arriving daily-just ask the receivers downstairs!  
We have beautiful affordable jewelry – nickel free earrings, silver necklaces, fresh Spring colors  
Soft Spring scarves, purses, and vests  
Bodywash infused sponges in 5 fragrances as well as pedi-buffer sponges for your feet in 4 fragrances.  
More stuffed animals  
Tea- many exciting flavors.  
Seasonal door hangers



From the Wellness Team....

### Eating Right Isn't Complicated

Eating right doesn't have to be complicated—simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.

Include lean meats, poultry, fish, beans, eggs and nuts.

Make sure your diet is low in saturated fats, trans fats, salt and added sugars.

### Make your calories Count

Think nutrient-rich rather than good or bad foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

### Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans, and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day.

### Know Your Facts

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be mono-unsaturated and polyunsaturated oils. Check the nutrition facts panel on food labels for total fat and saturated fat.



**Happy St Patrick's Day and Easter!**