

## Drink Coffee, Be Happy?

According to an article found on WebMD, drinking coffee regularly may indeed, help you stay happy! Truly! The article references a study published in the Archives of Internal Medicine and states that the risk of depression is significantly reduced by drinking coffee daily. Now what is significant, you ask? 20%! That's right— 20%! It is believed that people consuming at least two or more cups of coffee per day can experience depression— fighting benefits.

How does coffee reduce your risk of depression? Glad you asked. Certain caffeine reaches the brain and activates a couple different neurotransmitters. Serotonin and dopamine are two that are listed specifically.

Now to bring your excitement down a notch....coffee has been shown to exacerbate insomnia and anxiety in people prone to those disorders.

Coffee, or more specifically, the caffeine found in coffee, may be one of the contributing factors to human happiness. It tastes good, which stimulates the pleasure center in your brain. It smells good too, which is also a pleasure center response.

Sourced from Psychology Today, Harvard School of Public Health and WebMD.

So if you're a coffee drinker, you now have an excuse to continue – smile and BE HAPPY!



# Partners of Stoughton Hospital

Newsletter —May 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

**May 5** Flower Sale –lobby 8am  
Grocery Store Talk at Bill's in Oregon Meat-Poultry, Seafood-Low fat/lean protein 10:00am– FREE

**May 12**– The secret to Successful Meditation-Join Anne Adametz, Yoga Therapist and Acupuncturist. 6:15-7:15pm-FREE Bryant Center. Call Sonya to register 873-2356.

**May 27- Making Grapevine Wreaths**

Join Becky Nickel, Owner of Buds & Blooms to learn how to make a decorative wreath. She will have an easy to understand hand-out and demonstrate during class. Register to win the one made in class, Class will be held at Skaalen Retirement Center in the Friendship room. 10:00am FREE

**Healthy Heart Classes** are held on Wednesdays and are FREE and open to the public. Call 873-2314 to register

May 6 Exercise Guidelines  
May 13 Heart Healthy Nutrition  
May 20 Reducing your risk factors  
May 27 Diabetes Management

**Card Players: Sign up for a fun afternoon on June 16th at Stoughton Country Club starting at 3:00. \$25 includes bridge or euchre as well as appetizers at 5:30. Door prizes-silent auction-Raffles. Call 873-2334 or 873-2328**

### President's Message

The beautiful weather has arrived! It is so nice to see spring flowers and green grass. The spring district meeting was a success. I would like to thank Carol Deneen and Carol Erstad for attending with me.

**We are looking for volunteers to help with a variety of tasks during our construction. If you are interested and can offer even a few hours please contact Human Resources at 873-2213.**

“It's not what we gather, but what we scatter that tells what kind of life you have lived.”

Helen Walton



In lieu of the traditional May town hall meeting, the administration has decided to highly encourage attendance at the motivational presentation titled, "Refresh, Reinspire, Recommit". It will be offered Thursday, May 14th at 7:45am, 2:00pm, and 5:45 pm in the Bryant Center and on Friday, May 15th at 7:45 am and 2:00pm at the Skaalen/Vennevoll Clubhouse, 400 N Morris St., Stoughton.

### *Gift Shop News by Becky*

*873-2205 or 873-2281*

*Spring has sprung in the gift shop. We have lots of fun outdoor yard ornaments- some are LED, others are solar or battery operated. We have wind chimes, hummingbird feeders, lanterns, stepping stones, screen saver magnets and so much more!*

*Do you know someone in a dance recital? We have pillows that have room for a picture and friends can sign it for a keepsake.*

*Remember MOM this Mother's day- we have some wonderful gift ideas for that special lady in your life from jewelry and scarves to vases and frames.*

*Confirmation and First Communion are here too. We have some unique bracelets made especially for these occasions- colored crystals with a small cross for only \$15.*

*Stop in SOON!*



### *Famous May Birthdays*

Tim McGraw	May 1	47
George Clooney	May 6	53
Billy Joel	May 9	65
Stevie Wonder	May 13	64
Mark Zuckerberg	May 14	30
Tina Fey	May 18	44
Cher	May 20	68
Clint Eastwood	May 31	84

The May flower is either the hawthorn or the lily of the valley.  
The birthstone is the emerald.

#### May Events:

- May Day
- Cinco De Mayo
- Kentucky Derby
- Mother's Day
- Syttende Mai
- Armed Forces Day
- Memorial Day

### From the Wellness Team

Have you ever thought about the cleaning products in your house and how they may be dangerous to your health? There are new "green" products that are non-toxic, biodegradable and made from renewable resources. If you don't want to buy something, you can get the job done with a home-mixed cleaner. Vinegar and baking soda can be used to clean almost anything. Add a little warm water with either and you've got a great all-purpose cleaner, plus you can have a clean house without the toxic side effects.

#### New Member:

Angela Bakken  
898 Pleasant Oak Dr  
Oregon, WI 53575  
835-3930  
adbakken@hotmail.com

### Calling ALL Volunteers!

We have a need for additional volunteers during the 2nd phase of our construction project-roughly May 4th through as long as June 19th. Our goal is to fill our schedule with our existing Partners members, volunteers, and anyone interested in volunteering at the hospital. We have a considerable number of holes to fill and we need people willing to drive carts!

If you are interested in volunteering or know someone who is or have questions, please call Human Resources to sign up! Melissa 873-2213 or Tonya 873-2296.

140 blocks of 4.5 hours for golf cart shuttle drivers.

68 blocks of 4.5 hours to be an EAST door greeter-a perfect spot for a book junkie who can get up and open the door occasionally.

14 blocks of 1.5 hours for golf cart shuttle drivers from 4:30-6pm

Your help will be greatly appreciated!

Chris Schmitz



Know your Hospital Employee  
Amy Hermes

Amy has been at Stoughton Hospital for almost 28 years. She began here in 1987. Her title is Associate Vice President of Patient Services. She has three children and one very cute granddaughter, who she enjoys spoiling! She has lived in Stoughton for 27 years.

Her hobbies include reading, remodeling, and singing.

She thinks of the hospital as an extension of her family and enjoys working here.

Her community involvement includes Lioness, Shalom Free Clinic board, Shillelagh Foundation board, American Legion Auxillary, St Ann's church choir and MATC Community Choir.

**Happy Syttende Mai!**