

UPCOMING EVENTS



Pre Order Geranium Sales



We are offering preorders for the plant sale on May 3rd. Orders will be accepted with payment through May 2 at 4:00pm.

4 1/2" geranium in red, salmon, or pink \$4

7 1/2" geranium in red, salmon, or pink \$7.50

10" geranium in red, salmon, or pink \$19

Stop in to the gift shop to preorder and make payment or call Becky at 873-2205. Payment can be made by cash, check, credit card, or payroll deduction.

Medication drop is Saturday, April 30 from 9am-11am at the Stoughton Fire Department

Portion Control— Join Registered Dietitian Autumn Kumlien to learn the basics of portion control. Tuesday, May 10 at 5:30 pm in the Bryant Center. To register for this free event go to stoughtonhospital.com and click on classes and events or contact Sonja at 873-2356.

Stoughton Hospital Cardiac Rehabilitation and Wellness classes include the following:

- ◆ Clean Start: Eat Clean and Live Well
- ◆ Understanding Cholesterol
- ◆ Understanding Heart Disease
- ◆ Exercise Guidelines
- ◆ Heart Healthy Nutrition
- ◆ Reducing your Risk Factors
- ◆ Stress Management
- ◆ Diabetes Management

Call 873-2314 for dates and times to register for these free classes!

Stoughton Hospital Relay for Life Team

The hospital relay for life team is looking for help fundraising for their team. How can you help? Several ways: Donate to a bake and craft sale to be held May 20th in the lobby. Patronize the Culver's stand on Syttende Mai weekend, drop your coins in a coin container around the hospital, or buy a ribbon for the Garden of Hope ribbon tree that will be on display in the lobby or the gift shop. Every little bit helps to find the research to stop this deadly disease. The team thanks you and hopes you will stop by Mandt Park on Friday, June 17 between 6pm-7am. Dr. Melnick's band will be playing.

Partners of Stoughton Hospital

Newsletter — May 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

President's Message

*May flowers? Let's hope so!
The month of May is a busy one...
Mother's Day, Syttende Mai, and
Memorial Day. We have some fun
events coming up.*

*Our Partner's Spring Flower Sale
is on May 3rd... they would make
lovely Mother's Day gifts.
Start saving your purses! We will once
again have our new and gently used
purse sale on June 27th. If you want
to donate any please get them to the
gift shop before Friday, June 24th.*

*This year we are also accepting
clean gently used scarves.*



Volunteer Updates

Many of you have been members of Partners for a long time. Sometimes the areas where you chose to volunteer in the past do not fit your interests now. Because of this, we are asking you to fill out the form enclosed with this month's newsletter by May 13. You can mail them or return them to the gift shop. We will update our files to reflect your current interests. If you have additional comments, please let us know them.

So if you got your newsletter by mail this month instead of email the reason is so that everyone got this enclosure and will return it promptly :)

Volunteers are just ordinary people with extraordinary hearts.

They offer the gift of their time to teach, to listen, to help, to inspire, to build, to grow, to learn.

They expect no pay, yet the value of their work knows no limit... They've known the unexpected joy of a simple hug. They've planted tiny seeds of love in countless lives.

Volunteers make a difference that lasts a lifetime.

Directory Updates:

Passed away: Irene Sveum

Gift Shop News by Becky.....

Mother's Day is May 8. Please think of our gift shop for all your gift giving needs. We have a lovely assortment of personal and home and yard décor.

- Jewelry, scarves, purses
- Scented bath and shower sponges
- Packaged hand soaps
- Yard ornaments
- Hanging chimes
- Door décor
- Wall art
- Reed diffusers & candles

Mark your calendar for a huge Sidewalk (er. Lobby) sale on Thursday July 28. Lots of deals and steals!!



Dust if you must
By Rose Milligan

Dust if you must, but wouldn't it be better to paint a picture, or write a letter, bake a cake, or plant a seed; ponder the difference between want and need?

Dust if you must, but there's not much time with rivers to swim and mountains to climb; music to hear and books to read; friends to cherish and life to lead.

Dust if you must, but the world's out there with the sun in your eyes, and the wind in your hair; a flutter of snow, a shower of rain, this day will not come around again.

Dust if you must, but bear in mind, old age will come and it's not kind. And when you go and go you must, you yourself will make more dust.

Mother's Day Sayings:

“ A mother is a person who seeing there are only 4 pieces of pie for 5 people, promptly announces she never did care for pie.”

Ten things my mom taught me about being a mom.

- When they cry..kiss them.
- When they are afraid... hold them.
- When they speak...listen.
- When they ask,..answer.
- Let them explore. Dirt washes off.
- When you say please and thank you to them they will say it to you.
- Silly is a good thing to be.
- Always do the right thing...even when no one is looking.
- There are many crises in the world... spinach on the wall isn't one of them.
- Faith opens many doors....

Moms are like buttons. They hold everything together.

OMG. My mother was right about everything!

Construction Update

RENOVATION WORK CONTINUES ON TIME. On the outside, contractors are completing brick work and installing the decontamination tank. We are expecting ambulance garage doors to arrive soon. You will see grading, curb and gutter work happening soon around the new ambulance garage. New corridors will be created in the existing ED. Painting has begun on the first floor.

*Phase 2 will begin in June. Updates will be given at the May Town Hall meetings. They are:
Wednesday, May 18 at 7:45am, 2 pm, and 5:45 pm
Tuesday, May 24 at 7:45 am and 2pm*

May is Osteoporosis Awareness Month

Osteoporosis is a disease of the bones. It happens when you lose too much bone, make too little bone, or both. As a result, your bones become weak and may break from a minor fall or in serious cases, even simple actions, like sneezing or bumping into furniture.

Osteoporosis is common. About 54 million Americans have it. Studies show that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis.

There are a variety of factors that put you at risk for this disease. They include medication and other diseases. Uncontrollable risk factors include being over 50, female, menopause, family history, and low body weight. Controllable factors include not getting enough calcium and vitamin D, not eating enough fruit and vegetables, getting too much protein, sodium and caffeine, having an inactive lifestyle, smoking, drinking too much alcohol, and losing weight.

A women's risk of breaking a hip due to osteoporosis is equal to her risk of breast, ovarian, and uterine cancer combined.

Broken bones and osteoporosis are not part of normal aging. Protect your bones throughout your life. You're never too young to start good habits.

May- Focus on Change month

Here are 30 days of positive changes. See how many you can do!

- Learn a new word and use it in an every day sentence. Try a new hairstyle.
- Try a new lipstick color. Rearrange a room. Create a new outfit from what you already have.
- Try a new restaurant. Try a new recipe. Get dressed in the opposite order of how you normally do it.
- Invite someone over that you don't normally hang out with. Break the usual routine.
- Do something spontaneous. Wear a color that you don't normally wear. Try a new makeup look.
- Break out of your shell. Try a new food. Let go of something from the past. Break a bad habit.
- Read something you typically wouldn't read. Drive a new route home. Go somewhere you've never been. Discover a new music artist. Learn a new skill. Make something you have never made before.
- Talk to a stranger. Do something you've always wanted to do. Make a new friend.
- Do a random act of kindness. Put down your phone and do something else instead.
- Start a good habit. Answer a question you've always wondered about.

Happy Mother's Day. Happy Syttende Mai!!