

## Last call~ Annual Meeting

Our Partners Annual Meeting will be held on Thursday, October 15 starting with a lovely meal served by our outstanding kitchen staff at noon!

Following lunch will be our business meeting.

This will be held in the Bryant Center downstairs in the hospital.

We are offering free flu vaccinations from 11am until noon for all Partners members in the board room. This is a requirement if you volunteer in the hospital.

Please call Becky at 873-2205 or respond via email at [bgreiber@stohosp.com](mailto:bgreiber@stohosp.com) to sign up for the vaccination and meeting. You can register for one or both. Please specify what you are signing up for so we have enough vaccinations and meals! Thanks!

### Upcoming Events

Thursday, October 8 at 6:00pm in the Bryant Center

Diabetes— a Chronic Condition— join Dr Dean Kresge to learn the facts and effective treatment including medications and lifestyle choices.

Free —go to the hospital website [stoughtonhospital.com](http://stoughtonhospital.com) and click on classes and events or call Sonja at 873-2356.

Freedom through Forgiveness— Join instructor Tim Markle to learn methods of working toward forgiveness and learning to live a forgiving life.

Wednesday evenings from October 7 through November 11 from 6:30pm-8:00pm in the Stoughton Hospital Bryant Center.

To register for this free event go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on classes and events or call Sonja at 873-2356.

**Don't Forget we are ALWAYS looking for gently used Children's books. They sell well in the gift shop!**

A big Thank you to all those who took extra shifts in the gift shop during my absence!

# Partners of Stoughton Hospital

Newsletter —October 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

### *President's Message*

*Whether you like the cooler weather or not, you have to admit the colors of October are beautiful!*

*Thank you to the 3 members who attended the Partners of WHA district fall meeting in Madison.*

*Our mum sale was once again a big success! Thank you to Marno and Jackie and all who helped with the sale.*

*Don't forget the annual meeting is October 15th. Please let Becky know if you plan on attending.*

*"Fall has always been my favorite season. The time when everything burst with it's last beauty, as if nature had been saving up all year for the grand finale."*

**Volunteers-Save the date  
Mandatory In-Service  
Thursday, Nov. 12 at 11:00AM**

### Directory Update

#### **New member:**

Sharon Beall  
2201 Lincoln Ave, Stoughton  
217-663-8594  
[Sbball1@yahoo.com](mailto:Sbball1@yahoo.com)

#### **Lost members :**

Kris Christenson  
Bill Jess

### Upcoming Events

*October 7 - Culvers Day  
October 15 Partners Annual Meeting*

*Nov 19-20 Books are Fun*

*Dec. 3 Love Light Ceremony*



## Gift Shop News by Becky

873-2205 or 873-2281

Fall is such an exciting time in the gift shop. All the fall colors are so striking and there are LOTS of fun Halloween things to choose from.

I thought it might be fun for you to see some of the new items so I have added some pictures.

We have door decorations. They are light and will not damage the door. Great for retirement houses and hallways.



Packer and Badger jewelry, ornaments, yard flags, tumblers, and so much more!



Lots of light up Halloween items!



Great traveling items like the Bandi belt and credit card cases that are scan proof.



## From the Wellness Group-

Why are we always so hard on ourselves? This month we will share with you 5 tips on what Sharon Basaraba, a healthy aging expert suggests on how to forgive our aging body!

1. Practice acceptance: Railing against the inevitable march of time is a fruitless endeavor. We have no control over our chronological age, but it's not a lost battle. A healthy lifestyle can keep you biologically young—delaying disability and confining health problems to a shorter period at the end of your life. Scientists call it compression of morbidity. You can call it a better aging strategy that focuses on what you can control.

2. Practice gratitude: When your energy is flagging and your joints are sore, it may seem that everyone else is more physically able than you are. Try thanking your body for what is capable of—walking down the street, lifting your grandchild, or getting to a friend's house for a visit. Showing yourself some gratitude and loving kindness doesn't just feel good, it's likely to boost your longevity, too.

3. Practice mindfulness: Conflicting feelings towards aging are a natural part of getting older, but these emotions needn't get the better of you. Mindfulness—the simple act of acknowledging emotional upheaval with a kind of benevolent detachment—is a strategy which can help you weather the ups and downs of any physical challenges you may be confronting. Even brief meditations each day can help you be more conscious of your state of mind, and more accepting of your physical condition.

4. Let go of the dream of a body that works perfectly: As a smart friend said recently, "everybody's got something". Seek out advice on how to manage chronic conditions to the best of your ability; follow someone else's lead if you like their attitude and perspective towards aging. Resilience is more than just a positive attitude; it's a trait that can help you bounce back after a health challenge like a heart attack or joint replacement—or even a bout of the flu.

5. Practice humor: Not only does humor make life that much better, it's a great strategy for coping with stress as well. The next time you notice your belly hanging over your belt, indulge in a belly laugh. You may not be the shape you once were, but you're the same person inside.

Remember getting older sucks only until you consider the alternative. Not getting older means you're not here to grow, to continue to cultivate meaningful social bonds, explore your spiritual side, volunteer for a cause that's meaningful to you, and if you choose, work on leaving some kind of legacy. If you can still think, you can still contribute to a small or wide circle—as long as you try to forgive your aging body and keep moving forward.