

## Coming Events:

### **Menopause: Don't Sweat it— Tuesday, Sept. 13th at 6:00pm**

Dr. Laura Flanagan will help make sense of the symptoms through an informational and interactive discussion to help navigate the transition.

TO register for this free event, call Sonja at 873-2356 or register online at [stoughtonhospital.com](http://stoughtonhospital.com) and click classes and events.

### **Card Party: September 14 at Christ Lutheran Church**

Light lunch followed by card playing (Euchre and bridge)

Call 873-6818 to reserve a spot

Cost is \$8.

Walk-ins and singles welcome!

Door prizes— if you care to donate a door prize bring it along that day or drop it off in the Gift shop before then.

September 16 Red Cross Blood Drive— Bryant Center

### **Natural Stress & Anxiety Relief—Thursday, Sept. 22 at 6:00 pm**

Bryant Center

Join Anne Adametz, acupuncturist and yoga therapist to learn how acupuncture, aromatherapy and mindfulness can create a foundation of health for you to move through life with less anxiety and stress. Free event.

To sign up call Sonja at 873-2356 or go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on classes.

### **Women's Wellness Retreat**

Health Screenings, Education, and Brunch

Saturday, October 8th from 8:30am-11:30 am

Enjoy shopping in the gift shop, savor a delicious brunch, experience a relaxing chair massage and other pampering services.

Mammograms will be offered. Call 873-2299 with insurance information and to schedule an appointment.

Dr. Laura Flanagan, Family Medicine Physician at Stoughton Dean Clinic, will be available for self-breast exams.

10:00 am Dr. Aaron Schwaab, Stoughton Hospital General Surgeon, will provide information on which screenings are most important and how often they should be performed.

**To register, go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on classes and events.**

**Cost is \$10 in advance and \$15 at the door.**

**Register early— space is limited.**

STAT (Stoughton Hospital Teen Activities Team) volunteer program— next session is Sept. 26— November 8. Deadline is Dept. 8. Call human resources for more information 873-2296 or go to the website and click on the volunteer button.

# Partners of Stoughton Hospital

*Newsletter —September 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*

*Our nice warm summer is coming to an end... bring on the cooler weather and some football!*

*Our 2 mile family walk will be Sept. 11.*

*The card party will be held on Sept. 15 at Christ Lutheran Church.*

*Three of our Partners will be attending the fall district meeting in Wisconsin Dells on Sept. 15.*

*The state convention will be held in Appleton October 4-5-6.*

*The annual meeting will be held October 25 in the Bryant Center.*

*The Love Light Ceremony will be held on December 1 in the Bryant Center.*

New Members:

**Melissa Jones**

926 Carnoustie Way

Oregon, WI 53575

**Audrey McNurlen**

111 Wolfe St #204

Oregon, WI 53575

Address Change: Maria Luchsinger

512 Nygaard St., Stoughton

### Family Fun Walk

September 11, 2016

Are you looking for a fun event to celebrate Grandparent's Day this year? Partners is organizing a family fun walk. This 2 mile walk along the scenic Yahara River will begin at 1:00 pm starting at the end of Amundson Parkway in the Vennevoll area.

The fundraiser is open to anyone of all ages. Strollers are welcome. A children's scavenger hunt is available for those who choose to participate.

The money raised will benefit the walking trail that will start behind the new ambulance area and connect to the city trail.

Applications are available in the hospital gift shop or online at [stoughtonhospital.com](http://stoughtonhospital.com) under the Partners section.

Fee is \$12 which includes a T shirt.

If you saw the decorated pumpkins we sold in the gift shop last October you know how fun they were.

They were decorated with wired ribbon and fall décor. They lasted a long time as they were not cut into.

We are looking for someone who could donate 6-12 medium to large pumpkins for us to decorate and sell. If

you have some or know someone please contact Becky at 873-2205.



## Gift Shop News by Becky.....



What's new you ask?

We now have the Shaggie products—they are a 100% cotton chenille cleaning cloth and scrubber. We also have their soap sacks and baggies for storing your makeup and other products for traveling.

New purses in beautiful fall colors.

A new line of jewelry from Laura Janelle. Magnetic bracelets, a line called Sleek—bracelets, necklaces, and earrings made with Swarovski crystals, and a line of lanyards called Identify. You choose the lanyard of your choice and add a snap magnet to compliment your outfit.

We also have our popular Lottie Dottie jewelry line— you pick the earrings, necklace, bracelet, or pin and add a pop of color with a magnet. Some fun stuff to check out.

PLUS all our fall and winter merchandise is arriving so stop in and see all the bright color in the gift shop.

**Save the Dates....**

**Sunday, Sept. 11— Two mile fun walk**

**Thursday, Sept. 15— Card party at Christ Lutheran Church**

**Saturday, October 8 Women's Wellness Event**

**Tuesday, October 25  
Partners Annual Meeting and Luncheon  
Free flu shots will be available for members starting at 11am in the board room. Luncheon will begin at noon followed by the annual meeting in the Bryant Center.**

**Nov. 15 Linen Sale**

**Love Light Ceremony— Thursday  
December 1 at 4:30 p.m. Bryant Center**

**Dec. 6 Bake and Craft Sale**

**Dec. 8-9 Books are FUN**



## Perks of being 60 years old or more.....

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run—anywhere.
4. People call at 8 pm and ask: “Did I wake you?”
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4 pm.
9. You can live without sex but not your glasses.
10. Your supply of brain cells is finally down to manageable size.

## From the Wellness Team— Ginger Remedies Aches and Nausea

Ginger comes in two primary forms— fresh and ground. Ground is generally easier to incorporate into a recipe, while fresh allows you to do much more. Whichever form you choose, you can count on it to do great things for your health. The root is packed full of minerals, vitamins, and compounds that help your body grow and repair itself, and your brain stay in tip-top shape. It is one of the healthiest and tastiest spices you can use.

Ginger, a natural anti-inflammatory, has been used for thousands of years by the Chinese to cure pain. Ginger helps relieve nausea, arthritis, headaches, menstrual cramps and muscle soreness. During colder days, ginger can help spice up your circulation too!

A perfect compliment to vegetables, marinades and sweets, ginger is also delicious in tea. To make fresh ginger tea, you can cut up the root, boil it for ten minutes, then strain the water and sip as tea. You can find ginger tea bags in health food stores.

You can also reap relief from pain by applying a ginger compress to the affected area. Grate the root; wrap the ginger in cheesecloth; place it in hot water for 30 seconds; let it cool and place on the affected area for 20 minutes.

Source:

[Www.Doctoroz.com](http://Www.Doctoroz.com)



**I tried the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far I have thrown out all of the vegetables, my bra, the electric bill, the scale, a mirror, and my treadmill.**

**Join us for the fun walk Sept. 11 at 1:00**