

The Pulse



Order Mums by Aug. 22



2018



Partners of Stoughton Hospital

President's Message - Melanie Miller



We are all life-long learners whether we realize it or not. Each day brings new stimuli and adventures for us to consider. What we do with that new knowledge is up to us. Lolly Doskal, President and CEO of *Lead from Within*, a successful leadership firm, wrote an article in August of 2017, entitled "**24 of the Most Powerful Life Lessons**". I want to share several of them with you.

Lesson #2-Your thoughts are like boomerangs. What you pass along to others is what will come back to you.

Lesson #9-You get more by giving more. Success doesn't result from how much you get but from how much you give. If you want an abundant life, give as much as you can.

Lesson #13-Your thoughts are powerful, make them positive. To have a life that's more abundant and more successful, you must think in the limitless terms of abundance and success. Thinking is among the greatest powers we possess, and it's our choice to use it negatively or positively.

Lesson #20-You can become bitter or better as a result of your circumstances. Your attitude is always up to you. No matter the circumstance, remind yourself that you have a choice. It's up to you to get the results you want.

Lesson #24-Be grateful every day—that's the source of true power. The most important power lies in a grateful heart. Practice turning your thoughts toward appreciation and thanksgiving, because that is where you will find your gifts, strength and power.

Learn something new today!

Reminder: Order Beautiful Fall Mums - \$9 Each

Order forms for mums are available in the Stoughton Hospital Lobby, Gift Shop and with this newsletter. **Checks should be payable to "Partners of Stoughton Hospital"** - no credit card orders. Mums can be picked up on Wednesday, August 29 from 2:00 - 4:30 near the Stoughton Hospital Annex. In case of rain, you can pick up your mums behind the American Legion ([803 North Page Street](http://803NorthPageStreet.com)) during those same hours.

Order Mums by
August 22.
Pick up Aug.29



Thank you
for supporting
Partners
of Stoughton Hospital.



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Melanie Miller

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Sharon Beall

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Gift Shop



9:00– 3:00, Monday through Friday



The **Frog** Days of Summer and August activities have Partner **Lil Smithback** wistfully dreaming about summer activities surrounded by Gift Shop items to enhance outdoor fun. Garden flags for all seasons, solar lanterns for those warm summer nights, **frog** screen magnets and whimsical **frog** likenesses to bring reminders of summer sounds indoors, and so much more.

Remember, Partners members receive a 10% discount on most Gift Shop purchases! **Stock up now.**



Gift Shop Trivia: Who were the “Ladies in Pink”?

Profile of a Partner - Ellie Tone



Written by Diane Matson



While most of us retirees tend to struggle a little with the “electronic age”, Partner Ellie Tone is miles ahead of the curve. This Chicago-born dynamo currently has two Kindles, two iPads, and five Amazon Alexa devices in her home, and is investigating the purchase of a personal Alexa robot as soon as she’s completed her research on their effectiveness!

After moving to California with her mom, who was a Wisconsin native, and graduating from Cutler Academy in Southern California, Ellie took classes at Foothill College in Palo Alto, and continued to enjoy the California lifestyle working as a long distance telephone operator, a bookkeeper, a teller/Girl Friday in a small bank, and a 35 year career as a test and alignment tech for an electronics company in the Silicone Valley. That alone explains her fascination with electronic gadgetry!

Ellie moved to Stoughton in 2000 to be closer to son Steve, daughter-in-law Laurie and twin granddaughters Sydney and Shelby, recent high school graduates. She also enjoys “honorary grandbabies”, children of a special young woman in her life, causing Ellie to say “it is like another beginning”.

Hobbies are plentiful too. Reading, making chocolate goodies, playing “Words with Friends” and having “the kids” over for special meals are her current favorites. Previously, Ellie enjoyed competing in ballroom dance contests, taking her dogs to doggie acting classes, dog rescues, making cards, gardening, and hosting large parties complete with specialty foods.

Ellie has always dreamed of having her own business; a dog-related business or a donut shop perhaps, but she says it “never happened”. Although knowing this ambitious Partner, don’t be surprised if one day you see a new store opening in town called Ellie’s Donuts for Dogs.

Thank you Ellie for the spirit and enthusiasm you share with Partners of Stoughton Hospital.



Welcome to Partners of Stoughton Hospital



Front: Donna Vandygriff, Mickey McCormick, Mary Jaeger
Back: Diane Matson, Sharon Beall, Judy Simmonds, Melanie Miller, Sue Weum, Sandra Maerz

On Tuesday, June 26, several Partners Board members welcomed three new Partners to the organization, sharing coffee and information in the Hospital Cafe. **Mickey McCormick, Mary Jaeger, and Donna Vandygriff** had the opportunity to learn more about the Partners of Stoughton Hospital and our fund-raising efforts, volunteer opportunities, and community involvement with the walking trail, participation in the scholarship program at the high school, and the Love Light campaign.

Welcome!



Card Party Returns to Christ Lutheran

Coordinated by Sandra Maerz, the Partners' Community Card Party will be held on Thursday, September 6, beginning at 12:00 p.m. at Christ Lutheran, located at 700 County Highway B. The cost is \$10 per person. Lunch will be served at noon, followed by tables of euchre and bridge. Tickets will be available at a cost of \$1 each or 6/\$5 for raffle drawings. Several door prizes will be given.

Partners wishing to donate items to be awarded as door prizes are being asked to bring them to the church on September 6, or deliver them to the hospital gift shop no later than Wednesday, September 5. Reservations are NOT required, but if you'd like to reserve your table, you may do so by calling Barb Harried at (608) 873-6818. Please feel free to invite your friends and neighbors to this event which is open to men as well as to ladies. You need not be a member of Partners of Stoughton Hospital to attend.

We need You!

Volunteers are needed for cookie bakes. Please contact Claudia Quam (732-4737) or Linda Trunzo (873-8062). Cookie bakes involve baking and selling cookies the 3rd Wed. morning during Sept., Oct., Nov. Jan., Feb., March and April. All proceeds from cookie bakes go to the Partners Scholarship Fund.



For information about **Upcoming Events**, please see <http://stoughtonhospital.com/events/> or the publication, *For The Life Of You*.

August 17 - American Red Cross Blood Drive, 8:00-1:00 Call 1-800-REDCROSS for an appointment.

August 22 - Last day to order mums, pick up on Wed., **August 29**

Sept. 6 - Community Card Party, Christ Lutheran Church

Oct. 24 - Partners of Stoughton Hospital Annual Meeting & Flu Shot Clinic

Oct. 27 - Fall Medication Disposal & Sharps Collection



Partners of Stoughton Hospital Board does not hold a July meeting.

we can help **Allison Fendrick**, one of our med/surg nurses took a serious fall while rock climbing last month. She is improving and hopes to be back to work in a few months. Her co-workers are looking for ways to support her both emotionally and financially as her medical treatments all happened out of our service area and involved a helicopter ride, surgery and a prolonged ICU admission. We have ordered bracelets that say **#StrongAF**. If you would like to help, we are asking for a donation for a bracelet. Bracelets are available in the Gift Shop. Checks can be made payable to Allison Fendrick. **We send our best to Allison.**

Fun Frog Facts

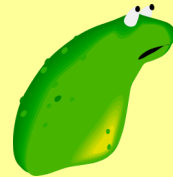


Frogs don't need to drink water. They absorb it through their skin.

Some **frogs** can jump over 20 times their own body length; that is like a human jumping over 98 feet.

A **frog** completely sheds its skin about once a week.

When a **frog** swallows its prey, it blinks, which pushes its eyeballs down on top of the mouth to help push the food down its throat.



Sauteed Frog Legs

Soak **frog legs** in milk for 1 hour. Turn every 15 minutes.

Remove from milk. Salt and pepper them lightly, then coat them in flour.

In a skillet bring the butter to a sizzle. Add the **frog legs**.

Sauté **legs** uncovered until they're golden brown on both sides (turning as needed).



Answer to Gift Shop Trivia:



Organized in 1956 as a Hospital Receptionist Group, the **Pink Ladies** all wore striped dresses with "*cheery cherry aprons*." They worked in pairs and filled in for hospital employees. They worked every day including Saturday nights.