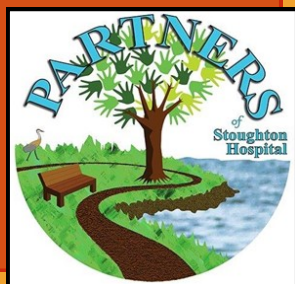




# Partners of Stoughton Hospital

August 2017



## Partners Officers

### **President**

Melanie Miller  
608-513-9894

### **Vice President**

Judy Furseth  
608-873-9817

### **Secretary**

Judy Simmonds  
608-873-1613

### **Treasurer**

Dawn Windland  
815-742-4935



## President's Message - Melanie Miller



Coming up with a topic for my monthly message is sometimes a challenge. This month I have "Writer's Block". I found a message from a blog on the internet by a writer who only identifies himself as "Stephen" written in 2008.

*A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor, but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone, until it is given away. Some people are too tired to give you a smile; Give them one of yours, as none needs a smile so much as he who has no more to give.*

## Cookies Make Everything Better

Upon entering Stoughton Hospital on the third Wednesday of most months, you will be greeted by the aroma of freshly baked cookies.

Volunteers set up ovens in the conference room behind the desk in the lobby, and begin baking early, to offer staff and visitors warm cookies straight from the oven.

Go into that morning meeting with a dozen warm chocolate chip cookies to become an instant hero. Stop and see us or talk to one of the volunteers in the gift shop, and we'll have your order waiting for you.



**Marlene Bierman**  
Cookie Bake Coordinator

Proceeds from our monthly cookie bakes support scholarships for local high school students.

## Gift Shop News - Ann Corneille



Not only is the 15th of the month the deadline for articles to be included in our Partners newsletter, it's also the day of the month when all items in the Gift Shop are discounted 15%! If the 15th of any month falls on a weekend when the Gift Shop is closed, shoppers receive the discount on the Friday before, and the Monday following the 15th.

New items are arriving every day. Fall-themed items should begin to appear starting in early August. The first week of August will also offer great deals on remaining Spring and Summer items with discounts from 50%-75% off original prices. Your continued support of our Gift Shop, whether you're a shopper or a worker in the Gift Shop, is great appreciated



## Fall Mum Sale

You loved the pansies. Your neighbors are envious of your geranium plants. Now it's time to wow them with MUMS. Again this year, Partners of Stoughton Hospital is offering beautiful mums on a pre-paid basis only. At a cost of \$9.00 per plant, mums will be available in a variety of colors. An order form is included in this newsletter, and additional order forms may be found in the Gift Shop. **All orders must be received in the**

**Gift Shop no later than August 24.** Plants may be picked up on Tuesday, August 29 from 11 a.m. until 4 p.m. in the parking lot next to the Annex. Beautify your space from late Summer into early Fall with these amazingly hardy plants.



## Profile of a Partner - Linda Swangstu

It isn't often if, after meeting your future husband in a local bar, he loves you enough to BUY the bar. Partner **Linda Swangstu**, a Stoughton native, met Sonny at Shillelaghs Bar in downtown Stoughton. Now married "almost" 27 years with a blended family of 6 and grandmother of 10, Sonny's Bar and Grill remains a souvenir of their courtship.

When not volunteering in the hospital gift shop, Linda is most often found volunteering at the American Legion, either coordinating a funeral luncheon or scheduling rental of the Legion facility for a shower, reception, or other family event. She's even been known to dry a load or two of towels or wash a sink full of dishes in the Legion kitchen. In her spare time, Linda enjoys gardening, working on crafts or planning trips to Nashville or Las Vegas, two favorite destinations.

Linda and Sonny were honored to serve as Stoughton's Syttende Mai King and Queen in 2014.

*Thank you Linda for your volunteer spirit,  
and for your commitment to the Partners of Stoughton Hospital.*

## Is It Newsworthy?

If you have news to be included in our Partners newsletter, it should be submitted no later than the 15th of the month. Articles may be dropped off in the Gift Shop or emailed to greentowz@aol.com.



## Gazebo Musikk



### Partners Supports Gazebo Musikk

Thursday summer evenings in Stoughton are enriched by Gazebo Musikk, a free, family-friendly outdoor music performance series held at Rotary Park, next to the fire station in downtown Stoughton beginning at 6:30 p.m. On Thursday, August 17, Partners of Stoughton Hospital will be offering food for a nominal fee to those in attendance. Proceeds will help to support our hospital, scholarships for local students pursuing careers in the medical field, and the continuing development of the new walking trail.



### You can help!

Please consider one of the following donations:

#### Be a Part of the Event

Please call Judeen at [\(608\) 516-5751](tel:6085165751) to volunteer to work in the food stand at the concert.

Make a cash donation to reduce overhead costs.  
Drop your donation off in the gift shop by Monday, Aug. 14.

Make a batch of Rice Krispy Bars. (should be 3"x3" individually wrapped in plastic wrap) and dropped off in the Gift Shop no later than 1:00 p.m. on Thursday, August 17.

Partners of Stoughton Hospital is proud to be a part of this community event. Bring your lawn chairs or a blanket, gather your family, friends and neighbors and join us at Rotary Park on Aug. 17.

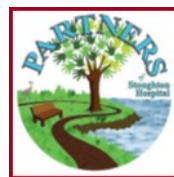
**Good music. Great food.  
Celebrate summer!**

### Wearable Art - Partners Style

The fashion houses in Milan and Paris showcase their haute couture styles as the seasons change, with "wearable art" fashion shows that draw the rich and famous. Partners may not be as rich or as famous, but we have our own wearable art, and it can be yours at a **VERY** reasonable price.

Have you noticed the Partners logo that is featured on the front page of every Partners newsletter? The original design, created by Sam Holverson, grandson of Partner Sandra Maerz, has been transformed into wearable art by Viking Embroidery and Screen Printing in Stoughton, located next to the bridge on Main Street. Stitched in grass green, rich brown, and a soft vibrant blue, the design incorporates the waters of Lake Kegonsa, the word "Partners" nestled into a tree whose leaves resemble helping hands just above the words "Stoughton Hospital", and a replica of the walking trail that our Partners organization has been instrumental in helping to create. Those with sharp eyes may even find the sandhill crane in the background standing near a park bench.

This logo, approximately 3" in diameter, can be stitched onto the clothing item of your choice. You may take a shirt, vest, fleece, sweatshirt or jacket that you already own to Viking, and for a charge of \$10, you are the proud owner of Partners wearable art. Or if you prefer, you may purchase an item of clothing from their store and the logo will be stitched at no additional charge. White or light colored clothing items are recommended for best results, but the choice is yours. Wearable art has come to Stoughton, courtesy of the Partners of Stoughton Hospital, Sam Holverson, and Viking Embroidery and Screen Printing.



**Show your Partners  
Pride.  
Get your wearable  
art today!**

## Upcoming Events

- ◆ August 16 - Exercise Guidelines, 9:00-10:00 & 2:00-3:00, Stoughton Hospital
- ◆ August 17 - Gazebo Musikk, Rotary Park, 6:30 PM
- ◆ August 18 - Blood Drive is the 3rd Friday of each month beginning at 8:00 in the Bryant Center. Register at [redcrossblood.org](http://redcrossblood.org) or 1-800-RED CROSS
- ◆ August 23 - Heart Healthy Nutrition, 9:15-10:15 AM, Stoughton Hospital
- ◆ August 23 - Getting to Know Medicare, 5:30-6:30 PM, Bryant Center
- ◆ August 24 - Mum Sale Orders Due in Gift Shop
- ◆ August 29 - Pick Up Mums by Annex Parking Lot
- ◆ August 29 - Healthy Living With Diabetes, 2:30 - 5:00 PM, Bryant Center
- ◆ August 30 - Reducing Your Risk Factors, 9:00-10:00 & 2:00-3:00, Stoughton Hospital
- ◆ September 20 - Monthly Cookie Bake, 8:00 - Noon, Board Room
- ◆ November 30 - Love Light Celebration, 4:00 PM, Bryant Center



For more information about upcoming events, please see a complete calendar with details at <http://stoughtonhospital.com/events/>



If you visit the Stoughton Farmer's Market on Saturday mornings, you may see a members of our hospital PR Team. They will be sharing healthy recipes and reminding families about the **5210** program; **5** fruits or vegetables a day, keep screen time to **2** hours or less, **1** hour of daily activity and **0** sugar sweetened beverages—drink more water.

## Our Partners Take on Service Projects

Warm up those scissors, knitting needles and sewing machines! The Partners of Stoughton Hospital have identified a community need to make life a little easier for people facing the challenges of anxiety or dementia, or those with mobility challenges. And we can help!

Have you heard about the knitted **Twiddle Muff**? Developed by Margaret Light for her grandmother, Lilly, Margaret saw the need to help her grandmother continue to be creative and productive even as her eyesight declined, and dementia and anxiety issues increased. The Twiddle Muff offers yarns of different textures and thicknesses, and includes gadgets such as buttons of different sizes and other tactile items which have a calming effect while providing the warm coziness of a muff.

**Walker/wheelchair bags** are handy accessories made from heavy fabric. The bags have a large pocket for keeping medicines, purses, and other

essentials within reach. There is also a smaller pocket suitable for holding remotes, keys, or cell phones. Velcro keeps the bag secure around the handle of a walker or the arm of a wheelchair. The bags are very durable and washable!

If you have the time to help with these service projects, please contact Sandra Maerz or Judeen Reese for more information and patterns. These items will be made available to anyone who needs them at no cost.



*Twiddle Muff*

