



# Daily Dose

**Monday, March 31**

**Welcome New Employees!**



**Pam Engelhart**

Clinic Operations Manager in  
the Multi-Specialty Clinics on a  
Full-time basis



**Sara Impola**

Coding and Reimbursement  
Coordinator in the Health  
Information department on a  
Full-time basis



**Whitney Weedman**

Registered Nurse in the  
Geriatric Psychiatry  
department on a  
Per Diem basis

## **For anyone enrolled in Quartz Health Insurance:**

New Quartz Health Insurance member ID cards mailing soon from Quartz to your address on record. New Quartz ID cards are being mailed because the Cigna group number on the ID cards will be changing effective 4/15/2025. Quartz uses Cigna to get discounts on emergency claims out of network on HMO, if able. For this reason, the Cigna ID number is currently and will continue to be on all ID cards (on the back of the ID cards for HMO).

## **Submitting an Article to the Daily Dose?**

To be included in the next week's Daily Dose, please have articles to the Daily Dose inbox by noon on Thursday.

Send to: [dailydose@stoughtonhealth.com](mailto:dailydose@stoughtonhealth.com)

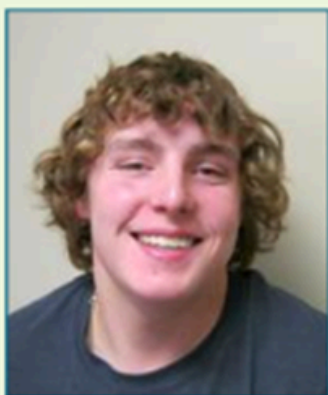
Thank you!



# Happy Birthday!



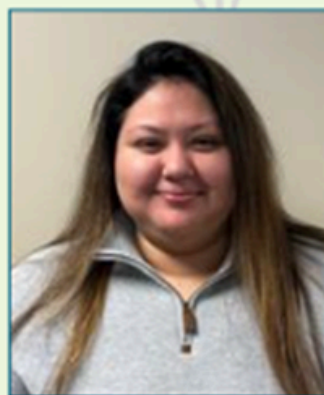
Deirdre Bouzek  
Emergency Room  
March 30



Alex Charleston  
Environmental Services  
March 31



Jodelle McBee  
Environmental Services  
April 1



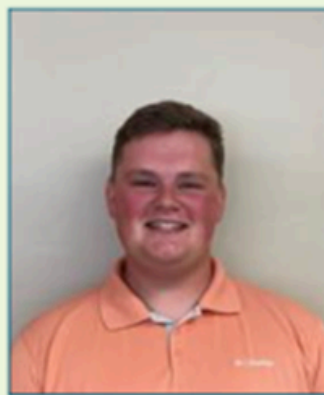
Gebriela Garcia  
Med/surg  
April 2



Laurie Jerrick  
Registration  
April 2



Erin Lehr  
Emergency Room  
April 3



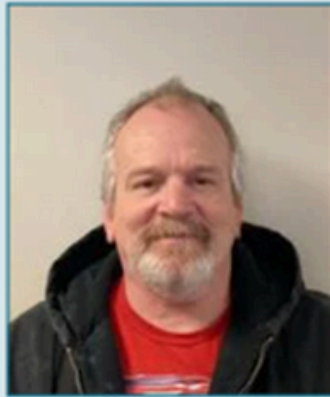
Ryan Lund  
Pharmacy  
April 3



# Happy Anniversary!



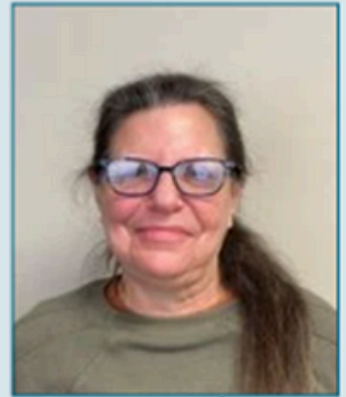
Dana Ames  
Rehab Services  
March 31  
28 Years



Mike Casper  
Facilities  
April 1  
1 Year



Tina DeGroot  
Specialty Clinic  
April 3  
5 Years



Roxanne Lehman  
Food & Nutrition  
April 3  
2 Years

## **A reminder from Human Resources regarding the Dress Code.**

More details can be found in Policy 9.19.

What is “Smart Casual” Attire?

- Smart casual is a simple, yet professional dress code.
- While less formal than “business casual,” smart casual attire still presents a clean and polished appearance.
- “Dress For Your Day” – this will vary by person and role. Sometimes Smart Casual will be appropriate, and other times a more formal look may be appropriate. Similarly, sometimes scrubs may be called for and other times not.
- Individual department dress codes always take precedence.

Stay tuned all week for more information regarding the dress code.

# 403b Retirement Planning Lunch and Learn presented by Garrett Jones

- Plan Specific Reminders
- Current Market Environment
- General Investment Education
- Contact information

Thursday April 3<sup>rd</sup> at 12 noon  
Bryant Room at Stoughton Hospital

The plan is to record the presentation and share it later if you are unable to attend.

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Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 283 896 586 60

Passcode: ik3KF7Pp

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Dial in by phone

[+1 608-383-6164,,192753651#](#) United States, Richland Center

[Find a local number](#)

Phone conference ID: 192 753 651#

For organizers: [Meeting options](#) | [Reset dial-in PIN](#)

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## National Patient Access Week

We are celebrating National Patient Access Week from March 31st through April 6th! Patient Access Services is most often responsible for providing patients and visitors with their first impressions of our hospital.

All of us at Stoughton Health are proud of the efforts put forth by our front-end Staff. They are an important part of our hospital because of their ability to treat our patients in a caring and efficient manner during the access process.

In a typical day, Registration handles a variety of requests from many individuals including providers, nurses, and patients. In addition, to registering patients, our Registrars and ER Health Unit Coordinators handle answering the main hospital call center line. Our Financial Clearance Analysts are responsible for obtaining prior authorizations for AIC infusions, rehab services, medical imaging, sleep studies and surgical patients.

This year's theme is: Happy Access Week "IT ALL BEGINS WITH PATIENT ACCESS"

Please help us celebrate our front-end staff:

Registration Coordinator: Susie Wendt

Financial Clearance Coordinator: Jennifer Bothum

Registrars: Mary Bergeson-Gallun, Najwa Chadli, Kristi Boyer, Colleen Bradley, Abby Campbell, Gloria Campos, Rhonda Christensen-LaFlash, Sadie Crary, Lita Falligant, Tori Engstrom-Goehry, Paula Forss, Tammy Gassen, Brenda Halverson, Jenifer Huberd, Laurie Jerrick, Jean Kolowrat, Olivia Langer, Patti Mattern, Elaine Monte, Laura Pitsch, Cathy Schlapper, Lisa Streich

Financial Clearance Analysts: Kathy Elmarakby, Dawn Larsen, Samantha Riley, Kim Vike

Schedulers: Nicholas Kvamme, Rosalyn Hewlett, Tiona Appel, Kelsey Roeker

Health Unit Coordinators: Tammy Arndt, Deirdre Bouzek, Chris Bundy, Sarah Callan, Carri Dietzman, Allison Downs, Kate Gallagher, Kay Matz, Hannah Moody, Ashley Vance



# Tuesday, April 1

## Community Events

*Stoughton Health is proud to be involved in the following community events:*

### **Stoughton Chamber Community Expo 2025 (attendee and sponsor)**

Thursday, April 3rd from 4:30-6:30 p.m.

Mandt Community Center

400 Mandt Parkway, Stoughton



Come see what the Stoughton Business Community has to offer!  
50+ local booths! Door prizes throughout the evening! Free!

### **Family Fun Night (attendee)**

Friday, April 11 from 5:30 to 7:30 p.m.

Levi Leonard Elementary School gym

401 S 3rd St, Evansville

This celebration is free and open to the Evansville community. All are invited to come join in the fun. There's no need for parents to worry about dinner; the Evansville PTO will be selling food at inexpensive prices.

Many community organizations will be there to provide "hands on" fun for the children, including animal rescue groups, 4-H animals and projects, seed planting, games, arts and crafts, eye testing, sports sign-ups, and more.

### **Parkinson's Half Marathon, 5K & More – (sponsor)**

April 12th

Bakken Park, Cottage Grove, WI

[Click Here to Register](#)





## Continuation from yesterday regarding the Dress Code.

Examples of the varied degrees of “Casual”

The table below outlines some differences between casual, our current business casual, and new smart casual. Business casual and smart casual are both appropriate for work. Casual is not appropriate for work. This is not all-inclusive.

Casual	Business Casual	Smart Casual
Outside of Work	Appropriate for work	Appropriate for work
Athleisure	A step below 'Formal' attire	A step below 'Business Casual'
Shorts, T-Shirts, Tank Tops	Suit jacket, collared shirts, button ups/ blouses	Chinos, clean and professional denim
Flip flops	Slacks, tailored skirt or dress	Collared shirt, button ups/blouses, sweater, blazers
		*any items from Business Casual column are still appropriate

# Sharps Safety

Sharps Safety and the prevention of significant exposures is everyone's responsibility. Please take a moment to review the following information from CDC regarding Sharps Injury Prevention.

## WHAT YOU CAN DO TO HELP PREVENT AN INJURY

### Be Prepared

- Organize your work area with appropriate sharps disposal containers within reach
- Work in well-lit areas
- Receive training on how to use sharps safety devices
- Before handling sharps, assess any hazards—get help if needed

### Be Aware

- Keep the exposed sharp in view
- Be aware of people around you
- Stop if you feel rushed or distracted
- Focus on your task
- Avoid hand-passing sharps and use verbal alerts when moving sharps
- Watch for sharps in linen, beds, on the floor, or in waste containers

### Dispose of Sharps with Care

- Be responsible for the device you use
- Activate safety features after use
- Dispose of devices in rigid sharps containers; do not overfill containers
- Keep fingers away from the opening of sharps containers

## A FACILITY'S "CULTURE OF SAFETY" IS IMPORTANT FOR SHARPS INJURY PREVENTION

### FACILITIES THAT VALUE SAFETY HAVE FEWER SHARPS INJURIES.

#### Characteristics of such facilities include:

- Sharps injury prevention is a prominent organizational priority
- Management and staff have a shared commitment to prevent sharps injuries
- Staff members are encouraged to report sharps injuries promptly
- Individual safety accountability is promoted



# SHARPS SAFETY

*for*

## HEALTHCARE PROFESSIONALS



**For more information:**  
[www.cdc.gov/sharpsafety](http://www.cdc.gov/sharpsafety)



## YOU MAY BE AT RISK

Every day, more than 1,000 healthcare workers in the hospital setting are injured with a needle or other sharp device.

### **MOST HEALTHCARE WORKERS ARE AT RISK.**

**What are your chances of infection from a contaminated sharps injury?**

**HEPATITIS B:** 1 in 5  
(if you're not vaccinated)

**HEPATITIS C:** 1 in 50

**HIV:** 1 in 300

After getting first aid, report sharps injuries. Report other sharp hazards you observe. You may help prevent someone else from being injured.

## SHARPS SAFETY DEVICES CAN REDUCE INJURIES

**Types of sharps safety devices that can be used to protect workers:**

- Needle-free IV systems
- Sheathed, blunting, or retractable needles
- Blood transfer adapters
- Non-breakable plastic vacuum and capillary tubes
- Sharps disposal containers

**GET INVOLVED IN SELECTING AND EVALUATING THE DEVICES YOU USE.**

Employers are required to involve frontline workers in selecting devices with safety features.

**Choose devices that:**

- Come attached with safety features that can not be removed
- Are easy to use with clear instructions
- Do not interfere with patient care
- Can be engaged with one hand
- Enable hands to remain behind the exposed sharp
- Are visibly different when activated

## INJURIES CAN OCCUR BEFORE, DURING, OR AFTER USE OF A SHARP

**Examples of High-risk situations:**

**During patient care:**

- Inserting or withdrawing a needle
- Inserting needles into IV lines
- Handling or passing sharps

**Immediately after sharp use:**

- Recapping a used needle
- Transferring or processing specimens

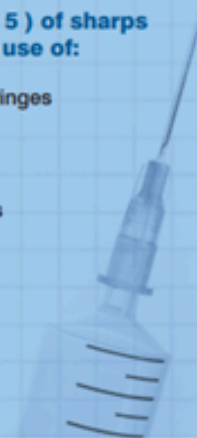
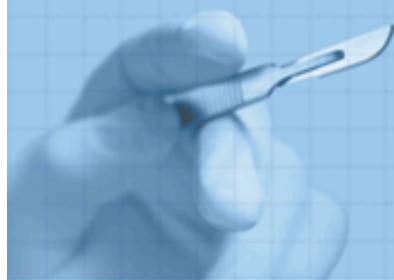
**During and after sharp disposal:**

- Disposing of sharps into proper containers
- Cleaning up after a procedure
- Sharps left on floors and tables, or found in linen, beds, or waste containers

**In hospitals, 80% (4 in 5) of sharps injuries are due to the use of:**

- Hypodermic needles/syringes
- Suture needles
- Winged-steel (butterfly-type) needles
- Blood collection needles
- Scalpels
- IV stylets

*Many other devices, including glass, also cause sharps injuries.*



Wednesday, April 2



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by TRICOR Insurance



## INTRODUCTION TO STRENGTH TRAINING

Strength training, also known as weight lifting or resistance training, is becoming popular as people recognize its impact on long-term health. This type of exercise isn't just for athletes; anyone can benefit from regular strength training. People are incorporating strength training into their exercise routine to build muscle mass and endurance, maintain bone density, decrease injury risk and improve mobility.

This article highlights strength training and its long-term health benefits.

### What Is Strength Training?

Strength training can be done at home or in a gym. It involves using one or more muscle groups to perform a specific task and may incorporate the following:

- **Body weight** and the simple force of gravity can be leveraged to perform various functional movements (e.g., squats, lunges, planks, pullups and pushups).
- **Resistance bands or tubes** provide low-impact resistance when stretched.
- **Free weights**, which are equipment not bound to the floor or a machine (e.g., dumbbells, kettlebells, barbells and medicine balls), can be used for strength training.
- **Weight machines** with adjustable weights or hydraulics can provide muscle resistance.

The key principle behind strength training is progressive overload, which means gradually increasing the amount of resistance or weight to challenge the muscles and stimulate growth. With regular practice, muscles will become stronger.

The U.S. Department of Health and Human Services recommends incorporating muscle-strengthening exercises at least twice a week, combined with aerobic activity.

### Benefits of Strength Training

Regular strength training not only improves athletic performance but also helps you perform the work of everyday life. Strength training allows you to perform daily tasks—such as climbing stairs, lifting children, carrying groceries and doing other household chores—more easily, which is especially important as you age.

Strength training has physical and mental health benefits and can increase one's quality of life. Regular strength training may result in the following:

- Increased muscle mass
- Stronger, denser bones
- Boosted metabolism



- Better flexibility and mobility
- Reduced risk of injury or falls
- Lowered risk of heart disease and diabetes
- Elevated mood, self-esteem and brain health

Strength training provides several benefits, but start slowly and focus on your form first. As you get more comfortable, you can add more weight or resistance and increase repetitions. If adding regular strength training to your fitness routine feels intimidating, online videos, small group classes or trainers can help.

### Conclusion

Incorporating strength training into your fitness routine can yield significant long-term health benefits. Whether lifting weights at the gym or using resistance bands at home, consistency and gradual progression are key. Embrace strength training as a vital component of your overall wellness plan and enjoy its numerous benefits for your body and mind.

Always speak with your health care provider before beginning a new exercise program.

## Save a Life with COCPR - FREE Class

Compression Only CPR, also known as Hands Only CPR, keeps oxygen-rich blood circulating to vital organs until EMS personnel arrive or an automated external defibrillator (AED) is applied to shock the heart. A victim of cardiac arrest is 3 times more likely to survive with COCPR. Participants will have the opportunity to practice compressions on adult manikins. Choking and abdominal thrusts, use of an AED, COCPR for children, and COCPR for infants will also be reviewed.

April 22 1:00 PM - 2:30 PM and 5:30 PM - 7:00 PM  
Community Health & Wellness Center  
3162 County Road B

Questions? Please contact Stoughton Health Community Education at (608) 877-3498.



[Click Here for Link to Community Education Calendar and to Register](#)



Continuation from yesterday regarding the Dress Code.

THIS



NOT

THAT



Athletic leggings, sweatshirt

THIS



NOT

THAT



Ripped denim

THIS



NOT

THAT



Hooded sweatshirt





# Thursday, April 3

## **This Week in Engagement**

Every week the Administrative Council (AC) will give you a look into what they are working on to make Stoughton Health a great place to work and receive care. This week we're hearing from Michelle Abey, Vice President of Finance.

### **What have you been working on?**

Today, I'd like to highlight our work around payer contracts.

Starting May 1, 2025, we will be an in-network provider with Chorus Community Health Plan (CCHP) – this is a contract we've been working on for over 9 months to get in place. Now the revenue cycle team needs to get them a provider roster and handle all the other logistics of setting up with this payer. Did you know that we have over 250 individual providers (physicians, physician assistants, advanced practice nurse prescribers & CRNAs) on our roster? We are adding more every month!

More about Chorus Community Health Plans can be found at: [www.chorushealthplans.org](http://www.chorushealthplans.org) but here's a short blurb from their website:

Chorus Community Health Plans (CCHP), an affiliate of Children's Wisconsin, is an insurance organization dedicated to providing our members access to the highest quality health care and services while bringing together community partners and providers to reduce health disparities, improve health outcomes, and design programs that support our members. We customize our services to meet the unique needs of our individual adult, children and family members and help empower them to take charge of their health and wellness. CCHP is a Wisconsin health insurance company that offers two products to more than 119,000 Wisconsin members: BadgerCare Plus (Medicaid) and Individual and family plans.

### **Why is this important to staff?**

It's important because we will be able to help more people who live and work within the communities, we serve by being in-network with this insurer, thus allowing them to use our services without higher deductibles and co-pays. Our vision and values are to grow to meet the changing needs of the communities we serve which by adding additional payers when we can, we are able to do!

To find out more reach out to Michelle Abey, VP of Finance at [mabey@stoughtonhealth.com](mailto:mabey@stoughtonhealth.com) or ext 2267.



Continuation from yesterday regarding the Dress Code.

THIS



NOT

THAT



Flip flops

THIS



NOT

THAT



Graphic T-shirt

THIS



NOT

THAT



Sweatshirt, sweatpants,  
T-shirt

**Friday, April 4**

**SHINE Awards**

**To: Carol Siewert**

**From: Hannah Moody**

I had to reach out to you a couple times for assistance on our last shift together, once w/ a phone call from a patient seen earlier in the day & a second time with a patient checking in that night and you jumped in to assist without second thought both times even amidst the busyness we were already experiencing. Your help made a huge difference for those patients & was greatly appreciated, thank you!

**To: Cathy Schlapper**

**From: Susie Wendt**

A patient's father came to me today on how proficiently Cathy checked his son in. This is a split family, and she took the time to make sure the insurance and billing information was correct. He was very grateful to know that she took the time with them and was very helpful.

Thank you, Cathy, for taking care of our patients.

**To: Andy Saul**

**From: Kelly Perna**

Andy jumped in to teach Balance Classes to community members in both Oregon and Stoughton earlier this year. I am hearing rave reviews! Thanks, Andy, for being part of our team.

**To: Tressa Anderson**

**From: Mary Erdman**

I reached out to Tressa about a confusing claim she had been working on for over a year, going back and forth with the insurance company. She called the patient back and address all his questions and concerns. I appreciated your hard work !! Thank you

**To: Delores Huntington**

**From: Tina DeGroot**

Thank you, Delores, for your continued willingness to step in and support Cardiology when needed. Our patients love your sunny disposition and willingness to help.



**Stoughton Health  
Employee Recognition**

Do you have a coworker you would like to recognize with a SHINE Award or nominate for Standards Honors Employee? The forms are just a click away on the intranet home page!

**Submit S.H.I.N.E.  
Award**

**Nominate Standards  
Honors Employee**

**To: Tom Kostecki**

**From: Erin Roberts**

Over the past few days there have been some extremely complex patient medication reconciliation/histories of late-afternoon new admissions. We are talking BAGS of home medications to go through, some in clear baggies rather than their prescription bottles. Sorting & identifying is a VERY time consuming but extremely important process to protect our patients & providers from ordering/taking the wrong medications & or doses. Tom has stayed beyond his usual work shift consecutive days to get those completed, rather than offload them to the closing Pharmacist who captains the ship alone after 5p. Tom is considerate & selfless when it comes to working alongside his peers. I appreciate YOU!!

**To: Brianna Jacques**

**From: Erin Roberts**

Brianna showed true commitment to our patients and the Pharmacy Team when she took off with short notice to get medications from another facility that we didn't have stocked, or didn't have enough for the rate the continuous IV med was being given to last even 1/2 the night. Our usual vendor drug order wouldn't be delivered until the next day. Brianna picked up the first medication at one hospital, and then AFTER work hours she made a separate trip to a different facility to make sure the patient was covered just in case the admin rate couldn't be slowed. Thank you SO much Brianna! You are admired & appreciated by your those of us in your Pharmily.

**To: Brianna Jacques**

**From: Tom Kostecki**

I also want to recognize Brianna going out of her way to obtain medications, even after hours, for a patient we had in the unit. I appreciate your dedication and willingness to go over and above to help our patients.

Tom



### **Spread Goodness Day**

Thanks to everyone who participated in Spread Goodness Day!

Tammy Gassen, Registrar at the Stoughton Rehab Clinic, was the lucky drawing winner. One of Tammy's acts of spreading goodness was to donate items to the Stoughton Health food pantry. Thanks Tammy!





Continuation from yesterday and wrapping things up regarding the Dress Code. Any questions about dress code, please check with your department manager and/or Human Resources.

**THIS**



**NOT**

**THAT**



*Graphic T-shirt*

**THIS**



**NOT**

**THAT**



*Exposed midriff*