



Daily Dose

Monday, April 7

Dean health insurance member services customer service phone number

Dean health Insurance changed their customer service phone number at the start of 2025 to 877-379-7605. The correct phone number is also on the back of your Dean Health insurance card.

 *Happy Birthday!* 

| | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
|  Adam Peters Community Education April 6 |  Allison Downs Emergency Room April 7 |  Elaine Monte Registration April 7 |  Kristin Klein Rehab Services April 8 |
|  April Swenson Geri/Psych April 9 |  Roxanne Lehman Food & Nutrition April 11 |  Roger Odalen Guest Services April 11 | |



Happy Anniversary!



Timothy Byrne
Lab
April 5
4 Years



Rebecca Baumgartner
Medical Imaging
April 9
13 Years



Michele Dewar
Environmental Services
April 9
13 Years



Thomas Kostecki
Pharmacy
April 9
7 Years



Larry Schmid
Facilities
April 9
7 Years



Kyle Sippel
Lab
April 10
19 Years



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?

The biggest project that I'm involved in right now is the Opening of the SH Outpatient Center (fondly known as the SHOC). I still get a lot of questions about what services are going in the building now so here's a quick recap of the services and the dates they will see their first patients in the new location:

- 1) Cardiac Rehab – relocating from the 2nd Floor Hospital to SHOC – first patients – Friday, April 25th
- 2) Outpatient Physical Therapy, Occupational Therapy & Speech Therapy - relocating from the SWAC to SHOC – first patients – Thursday, May 1st
- 3) Urology Clinic – relocating from 1st Floor Hospital to SHOC – first patients with Dr. Taylor – Friday, May 2nd
- 4) Orthopedics Clinic – relocating from 1st Floor Hospital to SHOC – first patients with Dr. Rawal & team – Tuesday, May 6th
- 5) Podiatry & Wound Clinic – relocating from 1st & 2nd Floor Hospital to SHOC – first patients with Dr. Lind & team – Wednesday, May 7th
- 6) Cardiology Clinic – relocating from 1st Floor Hospital to SHOC – first patients with Dr. Kaji & team – Tuesday, May 13th
- 7) General Surgery Clinic – relocating from 2nd Floor Day Surgery area Hospital to SHOC – first patients with Dr. Schwaab & team – Wednesday, May 14th

Questions I've gotten since Town Hall: Ambulatory infusion center (AIC) is not moving to the SHOC. The SHOC does have a small conference room where Cardiac Rehab will hold its group medical classes but otherwise, other meetings or trainings are not moving to the SHOC. The SHOC Conference Room is built in Outlook so it can be reserved like other conference rooms at the Hospital facility.

Why is this important to staff?

The SHOC is a very large project which has spanned from planning to completion over three years and has taken the time, effort and talent of so many in our organization. Many thanks go out to everyone who has worked on the project. The teams who have worked in cramped spaces and storage closets for many years are looking forward to having dedicated space and enough exam rooms to provide an exceptional patient experience.

To find out more reach out to Michelle Abey, VP of Finance at mabey@stoughtonhealth.com or ext 2267.



Live Well, Work Well

April 2025

Allergy-proof Your Spring

You may notice that you sneeze and cough more during certain times of the year. In this case, you may have seasonal allergies, which are allergy symptoms that occur during specific times of the year, typically when allergens are released into the air. The most common spring allergy trigger is tree pollen, which peaks from March to May.

The Asthma and Allergy Foundation of America reports that 81 million people in the country are allergic to pollen, grass and weeds in the spring.

You can reduce your exposure to seasonal allergens and their impact on your body, such as sneezing, stuffy or runny nose, and watery eyes. Try these strategies to manage seasonal allergies:

- **Keep track of pollen and mold counts.** Pollen and mold counts can be found online or on the local news. Monitoring allergens, especially tree pollen, can help you know when to avoid spending excessive time outside.
- **Keep the indoor air clean.** Closing windows and doors can help prevent allergens from entering your home and sticking to items like furniture and carpet. Lean on air conditioning, and be sure to change high-efficiency particulate air (HEPA) filters often.

- **Shower and put on clean clothing after spending time outdoors.** After playing or working outdoors, pollen may be stuck to your clothes, hair and skin, which can irritate your allergies.
- **Bathe pets often.** If your pets go inside and outside, they are likely tracking in pollen on their coats. Bathe them weekly, especially after spending a lengthy time outdoors.
- **Wash bedding weekly in hot water.** Pollen can settle on sheets and blankets, triggering allergy symptoms at bedtime and disrupting your rest.
- **Vacuum regularly.** When pollen levels are high, vacuum floors at least once a week. It's also best to use a vacuum with a HEPA filter.

For many people, avoiding allergens and using over-the-counter medications are enough to ease their allergy symptoms. Talk to your doctor if your symptoms remain bothersome; they can provide guidance on alternative treatments.



Creative Ways to Take More Steps

Walking is one of the most accessible forms of exercise. Its benefits extend beyond physical health, as it can also boost your mood and help with mental clarity. Whether new to fitness or just looking to increase your daily movement, walking offers an easy and effective way to improve your well-being. However, finding the time or motivation to walk more often can be challenging. Here are some creative and fun ways to get more steps in:

- **The 6-6-6 method**—One version of this challenge involves walking for 60 minutes at 6 a.m. and 6 p.m. daily, with a suggested six-minute warm-up and six-minute cool-down. Another version is to walk for six minutes six times a day for six days a week to fit in more movement during the day.
- **The 12-3-30 workout**—Set a treadmill at a 12% incline and 3 mph and walk for 30 minutes. Incline walking adds intensity to your walk to help boost calorie burn and muscle

engagement. If you take a walk outdoors instead, use hilly routes or find stairs.

- **An active (or fake) commute**—If you're a remote worker, you could take a 10-minute walk in the morning or stroll after work. The point of a fake commute is to use the time that'd normally be spent commuting to an office and use it to make the day more active.
- **Walking in place**—You can do this anywhere: while watching TV, during a phone call or while waiting for something. For an extra challenge, try adding variations like marching, high knees or using light hand weights.

Walking is one of the easiest ways to improve your health and well-being; these creative strategies can help make it a regular part of your lifestyle. Talk to your doctor and discuss what works best for you to learn more about creating an active routine.

The Impact of Chronic Stress

Stress is defined as a "state of worry or mental tension" often brought on by a difficult situation. It's a natural reaction to perceived threats. Stress can be a good thing in small doses; it's the body's way of handling sudden demands and challenges.

Stress responses can enhance your focus, increase energy and promote quick responses. However, frequent and long-term chronic stress can negatively impact your health.

Stress triggers are deeply personal, and each person experiences this feeling differently. While stress is a normal part of life that will come and go as you

navigate various life circumstances (e.g., getting a new job or presenting a project), chronic stress is different. It's characterized by prolonged and constant feelings of pressure and anxiety. Chronic stress can contribute to feelings of anxiety and depression, issues with high blood pressure, a weakened immune system, sleep disturbances and digestive issues. Chronic stress, if left unchecked, can have a long-lasting impact on your physical and mental well-being.

If you're experiencing symptoms of chronic stress, reach out to your health care provider or employee assistance program for guidance and support.

Recipe of the Month

Spring Vegetable Saute

Makes: 4 servings

Ingredients

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 tiny new potatoes (quartered)
- ¾ cup carrot (sliced)
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dried dill

Preparations

1. Heat the oil in a skillet. Cook the onion for 2 minutes, then add the garlic and cook for another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or two of water.
4. Add the asparagus, peas, radishes, salt, black pepper and dill. Cook, stirring often, until just tender, about 4 minutes more.
5. Serve immediately.

Nutritional Information

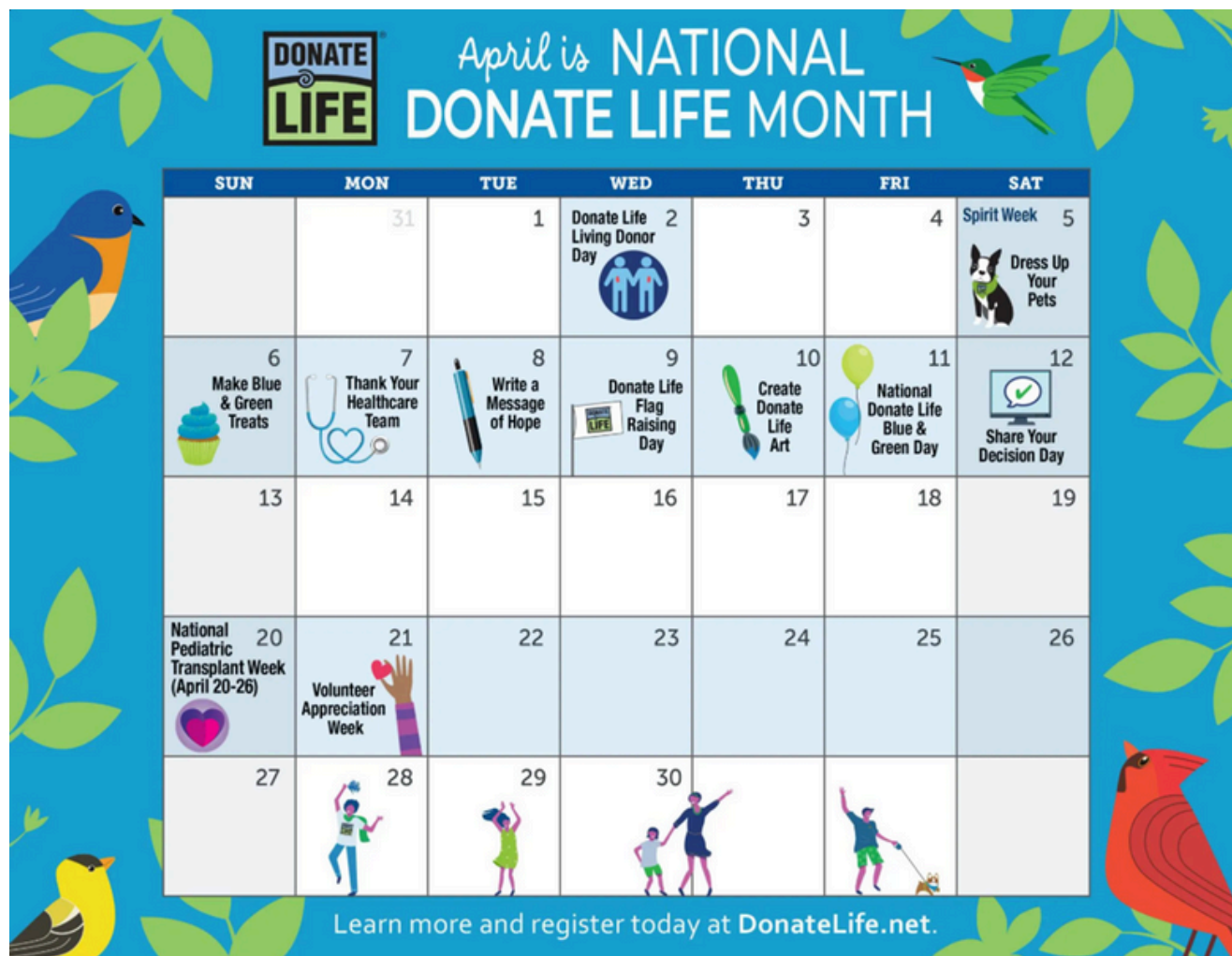
(per serving)

| | |
|----------------|--------|
| Total calories | 138 |
| Total fat | 1 g |
| Protein | 4 g |
| Sodium | 177 mg |
| Carbohydrate | 29 g |
| Dietary fiber | 5 g |
| Saturated fat | 0 g |
| Total sugars | 4 g |

Source: MyPlate

Celebrating Spirit Week for Donate Life Month.

Today is Thank Your Healthcare Team for all they do to support your health.



In 2025, let life sing! Birds are known across many cultures as one of the most welcomed and visible signs of spring. They represent both new beginnings and visits from loved ones who have passed away. The yearly return of birds and their songs offer us a sense of peace and hope.

National Donate Life Month is a time to educate about organ, eye and tissue donation, and to honor and remember donors and the lives they have saved and healed. Your decision to be an organ, eye and tissue donor gives hope to the 100,000 people on the national organ transplant waiting list who are waiting for a second chance at life. This week, we'll talk about ways to celebrate and answer frequently asked questions.

Please see <https://www.donatelife.net/ndlm/> for more information.



Spring Cleaning Drive

Our Friends at SSM Health –
Dean Medical Group Stoughton Clinic
are holding a Spring Cleaning Drive for
START in Stoughton!
Let's help support their efforts!



Month of April

They are collecting new, unopened
cleaning supplies.
Drop off at the table on Clinic's first floor
across from registration.

Stoughton Area Resource Team, Inc (START) helps community
members in crisis by maximizing available resources to prevent
homelessness and overcome the impacts of poverty.



Wednesday, April 9

Celebrating Spirit Week for Donate Life Month.

Today, we celebrate Donate Life Flag Raising Day. We celebrate by flying our flag all week, and on Friday we will have a brief ceremony at the flag to wrap up our celebration.

The Donate Life Flag, introduced in 2006, has become a national symbol of unity, remembrance and hope, while honoring those touched by donation and transplantation. During the past 12 years, 50,000 Donate Life Flags have flown across America.

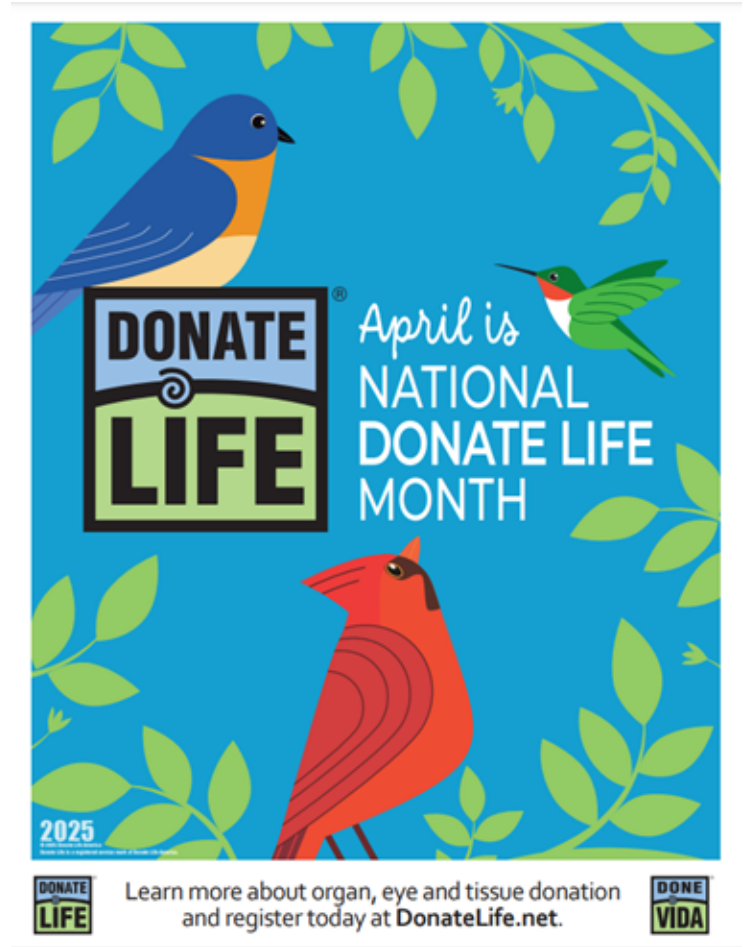
What is the purpose of a donor registry?

Simply put, it is a way to indicate your wishes and (in Wisconsin and many other states) to provide first person authorization to donate organs. Did you know that nationwide 50% of organ, eye and tissue donors are authorized by registries?

Wisconsin has a registry where you can make your wishes known. The information is kept secure and confidential and you can update your contact information or even remove yourself from the registry at any time.

<https://health.wisconsin.gov/donorRegistry/public/donate.html>

You can also visit RegisterMe.org.



Stoughton Health Outpatient Center Ribbon Cutting and Open House



✦ ***Tours*** ✦ ***Meet the Staff*** ✦ ***Refreshments*** ✦ ***Door Prize***

Wednesday, April 23

4:00 p.m.- 7:00 p.m.

***Ribbon Cutting at 4:30, Followed
by a Short Presentation***

**Stoughton Health Outpatient Center
900 Ridge Street, Stoughton**



[StoughtonHealth.com](https://www.stoughtonhealth.com)





Thursday, April 10

Celebrating Spirit Week for Donate Life Month.

Today we celebrate by Creating Donate Life Art. Exercise your creative spark by finding the coloring page at:

https://donatelife.net/wp-content/uploads/NDLM_2025_ColoringPage.pdf, or paint a rock with a Donate Life Message, or maybe you can knit or crochet something for Blue/Green Day tomorrow!

Is there a cost to be an organ, eye and tissue donor?

There is no cost to the donor's family or estate for donation. The donor family pays only for medical expenses before death and costs associated with funeral arrangements.

Donate Life Flag Ceremony

Friday, April 11 at 10a.m.

Flagpole in front of

Stoughton Hospital

Please join us!

National Blue

& Green Day

Friday, April 11

Physicians - Our Marketing Partners

Our physicians are wonderful marketing partners helping to promote Stoughton Health and their respective practices. This year Dr. Schwaab has been very busy with the media.

Here are links to two interviews with Dr. Schwaab on Fox 47:

[Leg Vein Treatment](#)

[Help for GERD](#)

Friday, April 11

SHINE Awards

To: Karl Nissler

From: Andy Boryczka

Karl took the time to reach out to me to correct an error he found on our Press Ganey survey. I am very grateful for Karl taking the time and initiative to help us do our best every day!

To: Misty Notstad

From: Tressa Anderson

Big Shout Out to Misty for being so patient with me when asking questions about Inovalon processes. You have helped me in so many ways understanding the errors and how to fix them. You always have a smile on your face and willing to go the extra mile to help a fellow coworker out.

Thanks for all you do!



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**

Celebrating Spirit Week for Donate Life Month.

Today we celebrate by National Blue and Green Day. Celebrate by wearing your blues and greens in honor of donors, recipients, and those waiting.

Today, please join us by the flagpole (or in the lobby if the spring weather is not cooperative). We will celebrate Spirit Week with a brief ceremony and there will be a table in the lobby with information.

Does registering as a donor change my patient care?

Your life always comes first. Doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

We will gather at our flagpole to honor our Donate Life flag at 10:08 a.m. to highlight the fact that 1 donor can save 8 lives. We'll then observe a moment of silence for 1 minute and 12 seconds to recognize the more than 112,000 patients waiting for a life-saving transplant.