



# Daily Dose

Monday, May 12

Welcome New Employees!



**Nyeshia N. Baker**

Scheduler in the Registration department on a full-time basis



**Christine C. Firth**

Medical Laboratory Scientist in the Lab department as a full-time Weekender



**Elizabeth "Beth" A. Halusan**

Registered Nurse in the Geriatric Psychiatry department on a full-time basis



**Elise M. Kubicek**

Radiology Assistant in the Medical Imaging department on an occasional basis



**April L. Ocker**

Sterile Processing Technician in the Sterile Supply department on an occasional basis

Happy Hospital Week!





# Happy Birthday!



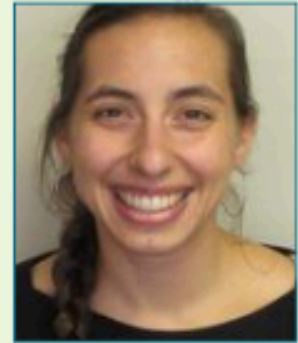
Sue Paulson  
Guest Services  
May 11



Jenifer Huberd  
Registration  
May 12



Marisa Ludlum  
Emergency Room  
May 13



Ashley Wichmann  
Rehab Services  
May 13



Kristi Boyer  
Registration  
May 15



Clark Collins  
Specialty Clinic  
May 16



Pamela Davis  
Medical Imaging  
May 16



Taylour Halverson  
Operating Room  
May 16



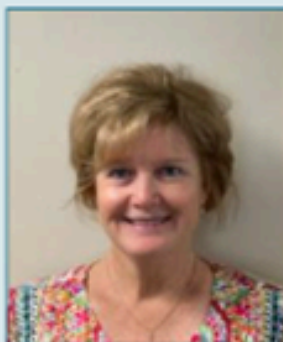
Dana Norenberg  
Health Information  
May 17



# Happy Anniversary!



Jordan Sweeney  
Patient Financial Services  
May 13  
1 Year



Maureen Vick  
Medical Imaging  
May 13  
1 Year



Angela Schweitzer  
Health Information  
May 15  
2 Years



Samantha Sime  
Med/Surg  
May 15  
2 Years



Daniel Lunde  
Facilities  
May 16  
9 Years



Mary Bergeson-Gallun  
Registration  
May 16  
3 Years



Ann Slack  
Rehab Services  
May 17  
15 Years



Sarah Callan  
Specialty Clinic/ER  
May 17  
4 Years



Stephanie Garrett  
Rehab Services  
May 17  
4 Years





# Live Well, Work Well

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



## OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are essential fats your body needs for a wide range of functions. They cannot be produced on their own, so they must come from food or supplements. Despite their well-documented benefits, many people don't get enough omega-3s in their daily diet. Understanding what omega-3s are, why they matter and how to get them can significantly impact your long-term health.

This article explores the health benefits of omega-3 fatty acids, their dietary and supplemental sources, and how to choose the right form to meet your nutritional needs.

### The Importance of Omega-3 Fatty Acids

Omega-3s are polyunsaturated fats that play a crucial role in maintaining the structure and function of your body's cells. There are three main types of omega-3s:

1. **Alpha-linolenic acid (ALA)**—This is found mainly in plant oils such as flaxseed, chia seeds and walnuts.
2. **Eicosapentaenoic acid (EPA)**—This is found in fatty fish and fish oil and is known for its anti-inflammatory effects.
3. **Docosahexaenoic acid (DHA)**—Also found in fatty fish and fish oil, DHA is especially important for brain and eye health.

These fatty acids are involved in the following bodily processes:

- **Inflammation reduction**—Chronic inflammation is a driver of many common diseases, including

heart disease, cancer and arthritis. Omega-3s help regulate the body's inflammatory response.

- **Cardiovascular health enhancement**—Omega-3s are known to lower blood pressure, reduce triglycerides, slow plaque development in arteries and decrease the risk of abnormal heart rhythms.
- **Brain and mental health boost**—Studies show that people who get enough omega-3s may have a lower risk of depression, Alzheimer's disease and age-related cognitive decline.
- **Joint and skin support**—Omega-3s may help relieve joint pain and stiffness and can also support healthy skin by regulating oil production and reducing signs of aging.
- **Prenatal and infant development**—DHA is vital for the development of the fetal brain and eyes, which is why omega-3 supplementation is often recommended during pregnancy.

### Sources of Omega-3s

The best way to get your omega-3s is through whole foods. Eating a variety of nutrient-rich options, such as the following foods, can ensure you're consuming all three types of omega-3 fatty acids:



- **Fatty fish**—Salmon, mackerel, sardines, trout and anchovies are the richest sources of EPA and DHA.
- **Shellfish**—Oysters and mussels contain omega-3s, although in smaller amounts.
- **Plant-based sources**—Flaxseeds (and flaxseed oil), chia seeds, hemp seeds and walnuts are good sources of ALA.
- **Fortified foods**—Some products, such as eggs, milk, cereals, yogurt and juices, are fortified with omega-3s.

If you rarely eat fish or have dietary restrictions or allergies, you might not get enough omega-3s from food alone. In that case, a health care provider might recommend a supplement such as the following:

- **Fish oil**—The most common supplement, offering EPA and DHA, is fish oil. It's available in capsules, soft gels and liquids.
- **Krill oil**—Extracted from tiny crustaceans, krill oil contains omega-3s in a phospholipid form, which may be easier for the body to absorb.
- **Algal oil**—A plant-based option derived from algae, providing DHA (and sometimes EPA), algal oil can be a great choice for vegetarians and vegans.
- **Cod liver oil**—This oil also contains vitamins A and D along with EPA and DHA, but excessive amounts can lead to vitamin toxicity.

### Factors to Consider When Choosing a Supplement

Look for a product that lists the amounts of EPA and DHA and uses well-absorbed forms like triglycerides or phospholipids. Omega-3 supplements are available in liquid, capsule and pill forms. Omega-3 oils can go rancid over time, leading to an unpleasant fishy smell or aftertaste, so choose supplements with antioxidants like vitamin E. The foul smell can also mean the supplement has become less potent or harmful. Lastly, make sure they are properly sealed and stored.

The U.S. Food and Drug Administration (FDA) advises that adults can safely consume up to 3 grams per day of combined EPA and DHA omega-3 fatty acids, with no

more than 2 grams from dietary supplements. Exceeding this amount may increase the risk of adverse effects, such as excessive bleeding.

The FDA doesn't approve dietary supplements for safety and effectiveness or their labeling. Rather, supplement manufacturers are responsible for ensuring their products are safe and accurately labeled. As a result, dietary supplement labels may be misleading. It's vital to read the label carefully and purchase high-quality supplements that have been independently tested.

### For More Information

Consult with a health care professional before starting any supplement, especially if you take blood thinners or have a medical condition.



## Tuesday, May 13

### Employee Fitness Program

At this time, the employee fitness program and use of the cardiac rehab equipment is currently on hold due to cardiac rehab moving into their new space. We are working on reviewing the liability waiver and process for utilizing this equipment. Even if you have completed the liability waiver in the past, you will need to complete a new one. We will have all the details about the use of this equipment by July 1st. If you have any questions in the meantime, please feel free to reach out to Jen Mora ext 2204 or [jmora@stoughtonhealth.com](mailto:jmora@stoughtonhealth.com).

**Friday is National  
Bike to Work Day!**



### Strength Over Stroke Conference

Monday, May 5 was the Strength Over Stroke Conference in Brookfield to celebrate, support and appreciate stroke survivors and caregivers. Stoughton Health was a conference sponsor and Rhonda Tesmer was on the planning committee.



Planning Committee

## **Partners Update - Flash Flower Sale!**

You don't want to miss this sale!

# **PARTNERS OF STOUGHTON HOSPITAL FLASH FLOWER SALE!**

**Wednesday, May 14th  
10 a.m. Until Sold Out  
North End of Hospital  
Parking Lot  
(Near the Wellness Garden)**

**Look for the car and truck loads of plants!**

**Credit cards are accepted.  
Items to include a variety of  
hanging baskets and planters.**

**Questions about the sale?**

**Please contact Melanie at (608) 513-9894  
or [melanie.miller@wisc.edu](mailto:melanie.miller@wisc.edu) or Donna at  
(608) 873-6318 or [dstrandlie74@gmail.com](mailto:dstrandlie74@gmail.com).**

**All plants are grown by Amish producers from  
Southwest Wisconsin.**

**See you there!**





## Nominate Stoughton Health for People's Choice!

In 2024 Stoughton Health's Rehabilitation & Sports Medicine was voted the winner for Madison.com's People's Choice Awards! We were also voted as a favorite for hospital, top place to work and imaging diagnostics!

Please vote for us again this year and let's keep these top honors!

Vote at <https://madison.com/exclusive/readerschoice/ballot-2025/>.

Categories: Local (for top workplace) and Health and Medical





Wednesday, May 14  
Community Education Update

Register for FREE Online Talk

# Mindful Insights

The Current State of Psychedelics in Mental Health



*The U.S. is exploring psychedelics as a mental health treatment, with research showing promise for PTSD, treatment-resistant depression, and substance use. Four main paths are emerging: decriminalization, legalization, medical use, and spiritual use— each with its own legal and social challenges. Despite growing evidence, stigma remains. This talk examines the complex sides of this changing issue.*

**Thursday, May 22 at 5:30 p.m. to 6:30 p.m.**

**Free Online Event**

To register please go to  
[stoughtonhealth.com](https://stoughtonhealth.com) and click on “Classes & Events.”  
Questions? Call (608) 877-3498.



*Bev is a current Master's student at the University of Wisconsin School of Pharmacy in Psychoactive Pharmaceuticals, advocate and speaker on psychoactive-assisted therapies for PTSD and depression. She is also an experienced wellness instructor with a background in biochemistry, holistic nutrition, and mental healthcare access.*



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



## Emerging Leaders

The purpose of Emerging Leaders is to invest leadership tools and training to respected employees at Stoughton Health that show strength in leadership. For some, a leadership title might be reflected in their job title, but for all it is how they conduct themselves with their peers through leading teams. Examples include:

- This person is respected and has an exceptional reputation
- They carry out the mission of Stoughton Health
- They are optimistic and hopeful
- They communicate clearly and effectively.

To be a part of the Emerging Leaders program all participants need to meet certain criteria:

- Minimum six (6) months employment
- Basic computer skills (able to email, type, use internet); has access to the SSM Intranet on a daily basis
- Satisfactory standing on core Performance appraisal ratings
- No formal counseling in record or Performance Improvement Plan within last two years
- Able to complete an action learning improvement project as part of his or her development
- Is able to attend approximately 30 hours of developmental meetings

The most recent cohort of leaders recently concluded their final session including reviewing their QM projects with the Administrative Council. A small "graduation" party was hosted in their honor to celebrate their achievement. Congratulations to Jordan Sweeney, Kendra Saul, Kate Stanard, Emily Styring, and Jason Lazenby on completing the Emerging Leaders program!

If you or someone you work with meets the criteria above, keep a look out for our next offering of the program!



Jordan Sweeney, Kate Stanard, Kendra Saul, Emily Styring, & Jason Lazenby

Thursday, May 15

May is Stroke Awareness Month



American Stroke Association  
A division of the American Heart Association.

Together to End Stroke®

# F.A.S.T. is how we come together to end stroke®

Learn the stroke warnings signs

# F.A.S.T.

Face  
Drooping

Arm  
Weakness

Speech  
Difficulty

Time to  
Call 911

## Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

## The faster stroke is treated, the more likely the patient is to recover.

In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

**HCA + Healthcare®**  
**FOUNDATION**

The HCA Healthcare Foundation is a national supporter of Together to End Stroke.

**Stroke.org**



## **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 Christopher Schmitz, VP HR and Facility Operations.

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

I need to start my message with many Thank You's....

Thank you all for completing your portions of the performance evaluations and getting these over to your leaders. The evaluations are completed and our annual report to the board of directors has been sent for review at this next meeting.

Thank You Nurses for all you do, reflected in our nurse's week activities. I hear many of you enjoyed the luncheon.

Thank You all who have respected our new parking spaces and sharing our parking lots with guests. We hope to paint the last of the green employee parking space lines the weekend of May 9th. Remember green equals employee parking spaces, yellow equals guest parking spaces. Speaking of parking, one change we are making is having a dedicated student parking area hosted by Skaalen. We are working with schools over the next few weeks to get everyone badges and approved parking passes.

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

Our Annual Inservice Education is due! If you haven't already done so, please complete your Relias Inservice education asap, and no later than May 14th.  
Have questions, reach out to Sam Stoltz, Clinical Educator.

**Friday, May 16**

**SHINE Awards**

**To: Alyssa Dahmen**

**From: Sarah Callan**

Thank you for always going above and beyond to help get our cardiology patients scheduled for imaging tests. You are a wonderful coworker and asset to Stoughton Health!

**To: Roger Odalen**

**From: Helen Sumwalt**

Roger took on the task of keeping the wheelchair brakes on our chairs working in our area. He showed us the tool and how to use it. Roger, thank you again.

**To: Danielle Kapanke**

**From: Beverly Pope**

You went above and beyond to help me with a payment we needed to get out ASAP. Not only did you get the check ready and available, but you offered to take it to the Post Office and overnight it as you were already going there for Accounting. Thank you for all you do!!!!

**To: Ozzie Doom**

**From: Kim Vike**

On 5/5/25 a patient was coming to the SHOC building for therapy, and had a fall in the parking lot. Ozzie got a wheelchair and brought the patient up to urgent care to be seen. The slope up to the front door can take your breath away on its own, imagine pushing someone in a wheelchair up it! Ozzie did it with his typical friendly and caring manner with no complaints. Great patient care Ozzie!!



**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!

**To: Kyle Primrose**

**From: Emily Mueller**

Thank you Kyle for always helping me out during call cases! You are always thinking ahead and making sure we always have the correct supplies and instruments.

**To: Taylour Halverson**

**From: Emily Mueller**

Thank you for always helping me out whenever I need it! You are always making sure the rooms and linens are stocked at the end of the day! You are always willing to jump into any surgery when we need you!

**To: Whitney Pellettiere**

**From: Taylour Halverson**

Whitney is a wonderful resource who is always willing to answer any questions, help where is needed, and is an excellent nurse. We are very lucky to have her on our team!

**To: Emily Mueller**

**From: Taylour Halverson**

Emily is the queen of emotional support and is always willing to help out wherever it is needed without hesitation. She is a wonderful resource and always finds a way to lighten the mood wherever she goes.

**To: Misty Notstad**

**From: Jordan Sweeney**

Misty and Tressa worked together to create phone scripting for a common and difficult phone call the PFS team has been receiving recently. This was shared with the whole team and has been a very helpful reference. Thank you ladies for working together to help support your team. I appreciate you both!

**To: Tressa Anderson**

**From: Jordan Sweeney**

Tressa and Misty worked together to create phone scripting for a common and difficult phone call the PFS team has been receiving recently. This was shared with the whole team and has been a very helpful reference. Thank you ladies for working together to help support your team. I appreciate you both!