



Daily Dose

Monday, May 19

 *Happy Birthday!* 

 Amy Hermes Administration May 18	 Tara Farrell Patient Financial Services May 20	 Daniel Lunde Facilities May 20	 Jennifer Nettesheim Rehab Services May 20
 Leslie Sammon Emergency Room May 20	 Mike Sipsma Environmental Services May 21	 Nic Kvamme Registration May 22	 Ricky Quesada Zuniga Food and Nutrition May 23
 Tonya Stenback Human Resources May 23	 Sarah Watkins Patient Financial Services May 23		



Happy Anniversary!



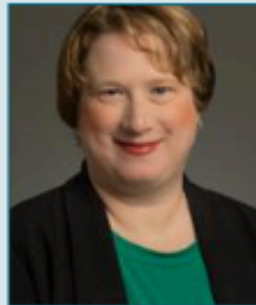
Tracy Wurtzler
Ambulatory Infusion
May 18
44 Years



Taylor Krull
Rehab Services
May 18
10 Years



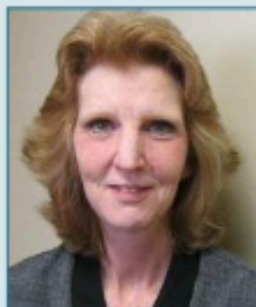
Jane Furgason
Med/Surg
May 19
17 Years



Michelle Abey
Administration
May 21
18 Years



Daniel Arndt
Food and Nutrition
May 21
18 Years



Cori Ninneman
Environmental Services
May 21
18 Years



Jacob Dunn
Geri/Psych
May 21
13 Years



Rene Meurette
Emergency Room
May 21
13 Years



Tina Strandlie
Emergency Room
May 22
30 Years



Alexis Johnson
Lob
May 22
19 Years



Elizabeth O'Leary
Geri/Psych
May 22
19 Years



Laurie Jerrick
Rehab Registration
May 23
20 Years



May 2025

WELLNESS

In the News



Catch up on the latest **wellness-related developments** from the past month.

Spring Allergy Season Expected to Be Longer and More Severe

As the weather warms up, millions of people are experiencing spring allergies. According to the Centers for Disease Control and Prevention (CDC), more than 1 in 3 adults and 1 in 4 children suffer from seasonal allergies. If the spring allergy season has felt longer and more severe, that's because it is. Public health organizations, including the CDC and the Asthma and Allergy Foundation of America, are citing climate change as a possible contributing factor to worsening allergy seasons.

In fact, researchers at Climate Central, an independent group of scientists and communicators, found that the pollen season in the United States is roughly three weeks longer now than it was 50 years ago. The longer pollen season correlates with a longer growing season (or freeze-free season). Warmer temperatures mean that pollinating plants may experience earlier and longer growing seasons, which, in turn, produce more pollen. Tree pollen is the most common spring allergen, with grass pollen occurring in June and July. Ragweed is a common fall allergen, but it can bloom as early as August.

While you can't control the weather, you can take steps to reduce your exposure to seasonal allergens. Health experts recommend closing doors

and windows and using high-efficiency particulate air (or HEPA) filters on your heating, ventilating and air conditioning units to keep pollen outside your home. Like viruses, pollen can also be on your hands, so wash your hands frequently and shower after spending time outdoors. If you plan to be outside, be sure to monitor allergens, especially tree pollen and mold, online or on the local news so you can try to avoid excessive time outdoors when allergens will impact your body the most. 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.

Study Finds Microplastics in Chewing Gum

Research presented at an American Chemical Society meeting in March revealed that an average of 100 microplastics were released per gram of chewing gum, with some producing up to 600 microplastics per gram. This research has yet to be published in a peer-reviewed journal.

Past research estimates that an individual consumes between 39,000 and 52,000 particles of microplastics annually. While most food-related studies focus on food contamination from plastic containers (e.g., plastic water bottles), this new lab work explored

how the human body can be exposed to microplastics through ingestion and inhalation.

The researchers examined five synthetic gum types and five commercially available natural gums through saliva samples. While it was assumed that organic chewing gum would have fewer microplastics, the results revealed that synthetic and natural chewing gums contained a similar amount.

So many of today's everyday items—dinnerware, electronics, toys, clothing—are made with plastic. Plastic is durable and difficult to break down, making it practically impossible to degrade in the natural environment. The U.S. National Oceanic and Atmospheric Administration defines "microplastics" as pieces of plastic that are less than 5 millimeters in length. Some microplastics start this small during production or can result from larger plastics breaking apart over time. Health experts warn that they can damage cells or induce inflammatory and immune reactions. Despite that, the full impact of microplastics on human health isn't known yet at this time.

FDA Bans Red No. 3 Dye

The U.S. Food and Drug Administration (FDA) recently announced a ban on the use of Red No. 3 dye, also known as simply "Red 3," in food products and medications. This decision was in response to a petition from health groups and activists citing Red 3's link to cancer. Red 3 is largely banned in the European Union, Japan, China, Australia and New Zealand. A couple of studies have shown that high levels of the food dye were linked to cancer in rats. However, the FDA noted that the link between the dye and cancer doesn't occur in humans and other animals.

While a direct link between Red 3 and cancer in people hasn't been established, there are other health risks of note. Studies found that Red No. 3 dye disrupts thyroid hormone regulation, which can increase one's risk of thyroid-related disorders. Studies have also found an association between

artificial food coloring intake and behavioral outcomes for children, such as inattention and hyperactivity.

Petroleum-based Red No. 3 dye is often used in candy, baked goods, cereals and icings. It can also be found in sodas, juices, gummy vitamins and cough syrups. It's typically in foods, beverages and ingested drugs that have a bright, cherry-red color. This database lists more than 9,000 brand-name foods that include Red 3. Furthermore, the FDA requires that color additives be listed on food labels. The additive may be listed as Red 3, FD&C Red No. 3, FD&C Red 3 and erythrosine. For nontopical medications, you can check for dyes in the inactive ingredients section of the label or package insert.

The FDA's ban on food products and beverages will take effect in January 2027, and consumable medications will be banned in January 2028. Foods imported to the United States must also comply with the requirements. The ban will not be implemented for some time, so products containing Red 3 could still be on the market for the next two years.

Stay tuned for more wellness-related news and developments.



Tuesday, May 20

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?

SHOC, SHOC & more SHOC still..... all of the clinics are moved into the SHOC as of this week! General Surgery clinic – Dr. Schwaab, Desiree & Angela were the final team to make the move into the new space. All of the teams have done a great job of adapting and making the space their own. There are still some items on backorder and tweaks to be made in the space as everyone settles in and sees how workflows go as they are performed with actual patients. Thanks to everyone who has aided in this project – truly a team effort!

Wayfinding to the Outpatient Center, as expected, continues to need to be emphasized. Please be sure to explain to patients which services are still at the hospital vs which services are at the Outpatient Center when talking to them. Please don't assume that people know where they are going.

Services in the Outpatient Center:

Cardiac Rehab – including Phase 3 classes

Outpatient Physical Therapy, Occupational Therapy & Speech Therapy

Multispecialty Clinics:

Cardiology – Dr. Kaji, Tina DeGroot – APNP-CNS & Jonathan Milton – APNP-CNS

General Surgery – Dr. Schwaab

Orthopedics – Dr. Rawal, Jen Hamilton – PA-C, Clark Collins – PA-C & Cameron Weess – PA-C

Podiatry & Wound – Dr. Lind

Urology – Dr. Hahnfeld, Dr. Jung, Dr. Kopnick, Dr. Kraemer, Dr. Moore, Dr. Richards, Dr. Taylor, Dr. Tierney & Dr. Zenner

Why is this important to staff?

The Stoughton Health Outpatient Center (SHOC) is an exciting new building on campus which allows the services in it to be expanded and grow over time!

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

Parades!

Stoughton Health will be participating in a few parades within the next few weeks, and we would love to have you join us!

Cottage Grove Firemen's Parade

Saturday, June 14th at 12:00 p.m.

Oregon Summer Fest Parade

Sunday, June 22nd at 11:00 a.m.

Please let Kate Stanard know if you would like to walk and represent Stoughton Health in any, or all of the parades.

Message From Partners of Stoughton Hospital



Celebration Message Fundraiser

With graduation season approaching, the Stoughton Hospital Foundation has a new, fun way for you to celebrate an event or recognize someone. For only \$50 you can place your message on the large outdoor digital signs in front our Community Health and Wellness Center (corner of Hwy 50 and Cty Rd B) or at our McFarland Urgent Care Clinic for one day.

For more information or to reserve a sign, please go to stoughtonhealth.com/stoughton-hospital-foundation/ or contact us at foundation@stoughtonhealth.com or (608) 873-2334.

[Click Here to Place Your Message](#)

Wednesday, May 21

Community Education Update

[Click Here to Register for
Dementia & the Aging Brain](#)

[Click Here to Register for
FREE Memory Screening](#)

Boost Your Brain Health



Stoughton Health Community Health & Wellness Center
3162 Cty Rd B, Stoughton

Memory Screenings:

A memory screening is a simple and safe 15-minute brain health check-up that tests memory and other thinking skills.

Memory Screening Appointments:

Wednesday, May 28

Noon - 4:00 p.m.

To register:

Please go to stoughtonhealth.com and click on "Classes & Events" or call 608-877-3498.



Dementia & the Aging Brain

Wednesday, May 28

1:00 p.m. - 2:00 p.m.

Join Ellen Taylor, ADRC Dementia Care Specialist, to learn the basics of dementia, including types and causes of the most common forms.

Learn to distinguish between normal brain aging and the warning signs of dementia.

To register for this talk:

Please go to stoughtonhealth.com and click on "Classes & Events" or call

608-877-3498.

Registration preferred
Walk-ins welcome

stoughtonhealth.com



Click Here to Register for
Dr. Lind's Talk!

Spring Back from Ankle Pain

Expert Tips for Recovery & Prevention

FREE
ONLINE
TALK



Ready to spring back into action
without ankle pain holding you back?

Join Dr. Zachary Lind, Stoughton Health
Podiatrist, to learn practical tips and
effective strategies to recover from ankle
sprains and prevent future ankle injuries.

Register now and take the first
step towards pain-free movement!

Thursday, May 29, 2025
5:30 p.m. - 6:30 p.m.



Dr. Zachary Lind

To register, please go to stoughtonhealth.com
and click "Classes & Events." Participants will
receive a Zoom meeting link.

Questions? Please call (608) 877-3498.

Please note this is an informational session, not intended
to take the place of professional medical advice.



stoughtonhealth.com



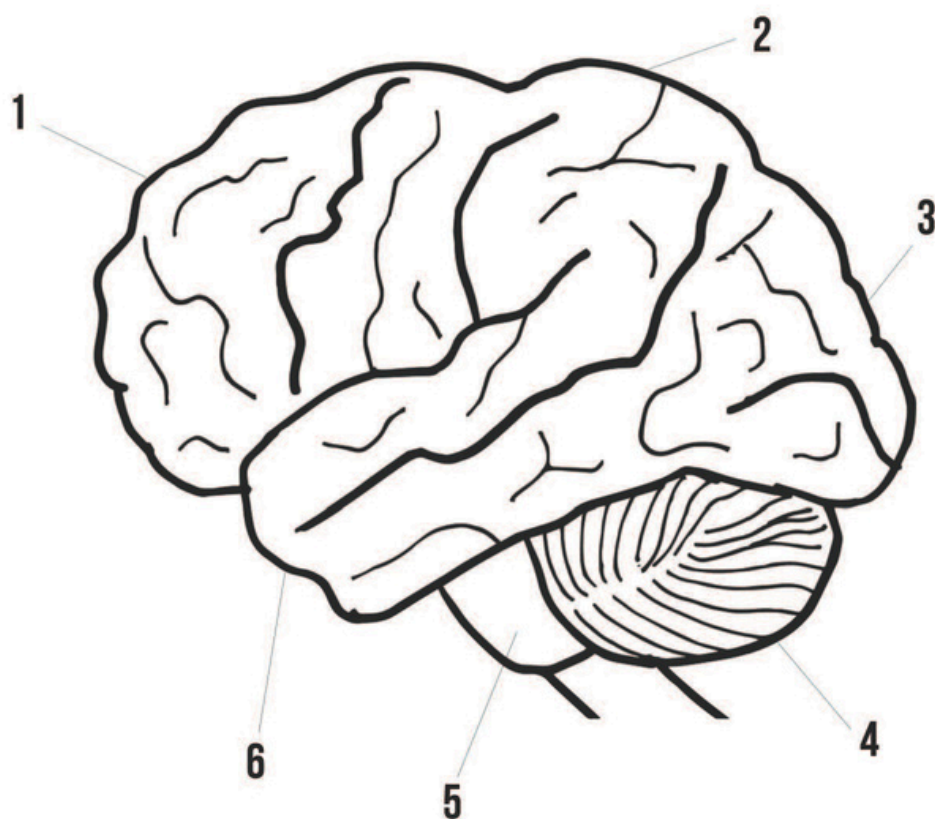
Thursday, May 22

May is Stroke Awareness Month



American Stroke Month

Brain Chart



Label each part of the brain using the names below.

BRAIN STEM
CEREBELLUM
FRONTAL LOBE

OCCIPITAL LOBE
PARIETAL LOBE
TEMPORAL LOBE

More at heart.org/strokemonth

Friday, May 23

SHINE Awards

To: Tara Ferrell

From: Alison Rece

Thank you for always jumping in and helping me with my never-ending work queue! :)

To: Taylor Simonson

From: Sarah Watkins

Taylor has been such an amazing asset to the E4E Team. She has really stepped up as a co-lead and helped tremendously with planning and events. Taylor is never afraid to roll up her sleeves and help and can always be relied. She's definitely an asset to the team and a joy to work with!



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!

Congratulation Laura Mays!

Laura Mays, Stoughton Health's Public Relations/Marketing Director and Foundation Executive Director received the Rural Wisconsin Ambassador Award. The Rural Wisconsin Health Cooperative (RWHC) has established the Rural Health Ambassador Award to recognize employees at member hospitals or collaborative partners who have gone above the call of duty in promoting their respective organizations, and made significant contributions to rural health care in general. Congratulations Laura on this well-deserved award!



Chris Brabant, President/CEO, Laura Mays,
and Jeremy Levin, RWHC