



Daily Dose

Monday, May 26

MEMORIAL DAY



★ REMEMBER AND HONOR ★



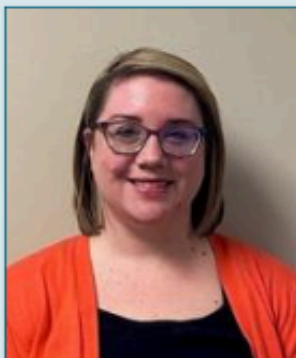
Happy Anniversary!



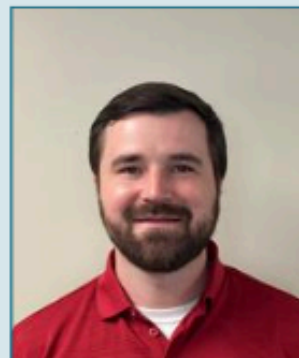
Melissa Kitelinger
Human Resources
May 27
22 Years



Stacey Jacobson
Operating Room
May 28
40 Years



Kelly Harrington
Urgent Cares
May 28
1 Year



Adam Peters
Community Education
May 28
1 Year



Roz Powell
Sterile Processing
May 28
1 Year



Bonnie Anderson
Gift Shop
May 30
30 Years



Barb Long
Operating Room
May 30
25 Years



Happy Birthday!



Ellie Johnson
Operating Room
May 25



Alyssa Dahmen
Medical Imaging
May 26



Roberta Sarow
Material Services
May 26



Sarah Callan
Specialty Clinic
May 27



Emily Mueller
Operating Room
May 28



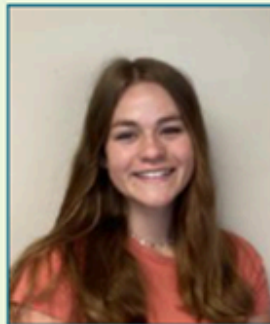
Christy Torpy
ICU
May 28



Chelsey Hasz Seybold
Emergency Room
May 29



Eileen Barry
Emergency Room
May 30



Chloe Kapusta
Emergency Room
May 31



Live Well, Work Well

May 2025

Boosting Your Mental Health Daily

Mental Health Awareness Month is observed every May to help break the stigma and support people living with mental health conditions. Mental illness refers to a range of diagnosed conditions that affect a person's mood, behavior, feelings, thinking and, ultimately, ability to function in daily life. Millions of Americans live with serious mental disorders, such as anxiety, major depression and bipolar disorder.

Half of people in the United States will be diagnosed with a mental disorder at some point in their lifetime.

Mental health plays a huge role in your overall health and well-being. It affects everything, including how you think, feel and act, and helps determine how you make healthy choices and cope with stress. Mental health is always there; your state continually changes depending on resources and challenges. Focusing on maintaining or improving your mental health is important, so here are five ways to boost your mental health on a daily basis:

1. **Express gratitude.** Taking five minutes daily to write down the things you are grateful for has been proven to lower stress levels and help you achieve a more positive mindset.

2. **Be kind.** Helping others and being kind not only helps the recipient but can also benefit your mental health. Simply holding the door for someone or giving a compliment can go a long way.
3. **Get moving.** Exercising regularly can benefit your brain function, reduce anxiety and improve your self-image.
4. **Get a good night's sleep.** Fatigued individuals typically experience drowsiness, mood changes, loss of energy and appetite, headaches, and a lack of motivation, concentration and alertness. Strive for seven to eight hours of quality sleep a night.
5. **Spend time outdoors.** Getting outside, especially when it's sunny, can greatly improve your mood and ability to focus.

Seek help from your primary care doctor or a mental health professional if you're concerned about your mental health. If you need mental health-related crisis support or are worried about someone else, the 988 Suicide and Crisis Lifeline is available by calling or texting 988 and chatting online at 988lifeline.org.



Spring Clean Your Routine

Spring isn't just for cleaning out your closet. It's also a great time to refresh your mind and body. It's important to check in on yourself regularly; a routine refresh can help you avoid illness, reduce stress and feel in control. Consider the following ways to freshen up your daily routine this spring:

- **Assess your current routine.** The first step in spring cleaning your routine is to take stock of your current habits and activities. Are there tasks or commitments that no longer serve you? Are there areas where you feel overwhelmed or stressed?
- **Declutter your home.** No clothing, equipment or other belongings are off-limits, so get rid of items you don't use anymore.
- **Create space for self-care.** Prioritize self-care activities or take a few moments each day to relax and recharge. You can better manage stress and improve your overall well-being by carving out time for the activities you enjoy.

- **Reset your recipes with seasonal produce and other ingredients.** Spring produce includes vegetables like asparagus, artichokes, radishes, rhubarb and peas, as well as fruits like strawberries. In-season produce is picked at the peak of their freshness and nutritional value, packed with essential vitamins, minerals and antioxidants that boost the immune system.
- **Establish healthy habits.** For example, you could commit to a regular sleep schedule or incorporate more movement into your day.

Refreshing your routine can have a profound impact on your mental health. It can help you reduce stress, increase feelings of control and improve overall well-being. Start spring cleaning your routine today to create one that supports your mental health and enables you to thrive in spring and beyond.

Reducing Processed Food in Your Diet

Processed foods have become a staple in American diets due to their convenience, taste, affordability and long shelf life. Yet, an increasing number of health experts are warning of the concerning impacts of these foods. A diet largely consisting of processed food can lead to chronic diseases, mental health issues and even early death.

Consider the following tips to remove ultra-processed food from your diet:

- Read the label, checking for high amounts of additives, preservatives, sulfites, saturated and trans fats, and added sugar and salt.

- Shop the perimeter of the grocery store and buy whole foods like fruits and vegetables.
- Have healthy snacks on hand.
- Swap refined grains—such as white pasta, rice and bread—for whole-grain options.
- Cook meals at home and prep ahead of time.
- Avoid processed meat (e.g., sausage, hot dogs and lunch meat).

Cutting highly processed items out entirely can be difficult, so start with these small steps. Before making dietary changes, consult your doctor.

Recipe of the Month

Strawberry Mango Feta Toast Points

Makes: 4 servings

Ingredients

- 1 mango, ripe (divided)
- 2 cups strawberries (divided)
- ½ cup fat-free feta cheese crumbles
- 2 Tbsp. balsamic vinegar
- 1 cup basil leaves (plus 2 Tbsp. for topping)
- 2 Tbsp. olive oil
- 4 slices whole wheat bread

Nutritional Information

(per serving)

Total calories	240
Total fat	8 g
Protein	17 g
Sodium	390 mg
Carbohydrate	33 g
Dietary fiber	5 g
Saturated fat	2 g
Total sugars	17 g

Source: MyPlate

Preparations

1. Peel and pit the mango. Dice ¾ of the mango and ¾ of the strawberries; place in a large bowl with feta cheese. Put the remaining fruit, ¼ cup basil, vinegar and oil in a blender and blend.
2. Pour the blended vinaigrette over the fruit-feta mix and toss gently.
3. Chop the remaining basil leaves.
4. Toast the bread slices and cut each slice diagonally.
5. Top the toast points with the dressed fruit-feta mix and chopped basil.

Tuesday, May 27

Welcome New Employees!



Anita Liu

Financial Services Intern in
the Accounting department
on an occasional basis for
the summer



Linda Mitchell

Registered Nurse in the
Surgical Services department
on a full-time basis



Joe O'Rourke

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



Hunter Woodard

Sterile Processing
Technician in Sterile Supply
on an occasional basis



Bill Weber

Patient Transporter in the
SHOC-Patient Support
department on an
occasional basis

Syttende Mai 2025



Visit from Syttende Mai King and Queen
in Wellness Garden



Princess Chloe Callan
and mom Sarah



Visit from Syttende Mai King and Queen
in Outpatient Center



Syttende Mai Parade - Thanks to all of our staff and family members who resprsentd Stoughton Health!

Wednesday, May 28
Community Education Update

[Click Here to Register](#)

Freedom Through Forgiveness



Not being able to forgive can lead to pain in many areas of our lives. We know we should forgive, we want to forgive, but how?

Join instructor, Tim Markle, to learn methods of working toward forgiveness and learn to live a forgiving life.

Mondays, June 2 through June 30

11:00 a.m. to 12:30 p.m.

Stoughton Area Senior Center ~ 248 W Main Street

To register for this FREE in-person series please go to stoughtonhealth.com and click on "Classes & Events."

Questions? Call (608) 877-3498



Tim's education includes a BA degree in Psychology with a minor in Philosophy, a Masters in Counseling, and a Master of Arts in Christian Studies. He has combined the scientific research around forgiveness with his personal journey to create this learning series..



stoughtonhealth.com



Oregon Summer Fest Volunteers Needed - June 18 - 23

It takes a village to run Summer Fest - we need over 150 volunteers in a wide variety of tasks!

Individuals, local businesses, and organizations are encouraged to volunteer. We have opportunities for kids 13+. Organize your friends, neighbors, family, colleagues and sign up together to help us make a great event come to life!



Time Commitment: 2- and 3-hour time blocks available.

Check-In: Volunteers meet at the Oregon Chamber Command Center RV to pick up your FREE Summer Fest t-shirt, task details, location, and necessary materials.

Completion: Return materials to the Command Center and keep your t-shirt as a souvenir. Attention Oregon High Schoolers (+ parents!): Volunteer hours with Summer Fest will count towards your 40-hour graduation requirement!

[Sign up today!](#)

Foot Care Clinic Accepting New Clients!

Stoughton Health's Foot Care Clinic offers foot care from trained staff. Service is also available for individuals with diabetes.

Service Provided

Foot inspection
Toenail trimming
Foot massage
Proper foot care education

Location

Stoughton Health
Community Health & Wellness Center
3162 County Road B, Stoughton

Appointments

Tuesday: 8:30 a.m. – 4:00 p.m.
Wednesday: 9:30 a.m. – 4:00 p.m.
Thursday: 8:30 a.m. – 12:30 p.m.
Call (608) 873-2332 to schedule an appointment.

Payment

The cost is \$30 payable by cash or check and due at the time of your appointment. This is a private pay service and not billable to Medicare, Medicaid or private insurance.



Thursday, May 29

This Week in Engagement

This week you're hearing from Chris Brabant, President & CEO of Stoughton Health. What I've been working on this week is community relationships. Even though we are a health care and well care service organization, we also have a responsibility to collaborate with other entities in and near our service area.

On Monday, Michelle Abey and I met with Jane Curran-Meuli, President of SSM Health, Monroe Hospital and SSM Health St. Mary's Hospital-Janesville. We had a conversation about furthering our relationship regarding our ability to care for Swing Bed patients. The Swing Bed Program is a Medicare-funded program that provides a patient with the chance to receive extended care in a hospital setting. It is a form of transitional care and most patients who use this service do so because they need further treatment before they can return home. The most important purpose of this program is that it is an additional service that we are able to offer people in our community and the surrounding communities. It also represents an additional source of revenue for the organization.

I also met with Cindy McGlynn from the Stoughton Area Senior Center to tour the facility, learn about the amazing programs they offer for our area seniors and discuss ways in which Stoughton Health can support their efforts. Cindy is the senior leader of the Stoughton Area Senior Center and is also on our Board of Directors.

To find out more, please reach out to me at cbrabant@stoughtonhealth.com. I'm happy to have a conversation.

May is Stroke Awareness Month

[Click here](#) to watch the video



Send your completed word search to Rhonda Tesmer by Friday, June 6th to enter a drawing for a free meal coupon!



American Stroke Month

Word Search

F E B K E Z L F R H E M O R R H A G E Z
A C H K R D M B Q K X T O H U A W U C X
P T Z X G R D R S N W W K E S C Q S E W
H K I T Z F E A T B P F O M U I D G R H
A T T B L R Y I W Q X N L I Q G Q R E X
S E E O B I O N D J S F B S J C H D B I
I O M N F T D L H X N D S P W Z E Y E F
A C P Z D U H K U C J F T H S L M S L A
Y C O S M O D R E Z B F R E R E I P L F
A I R U U C V D O O W R O R L M P H U R
G P A P V P R A P M F T K E O Y L A M O
W I L A Y U U Y S K B U E M W L E G X N
D T X E Q G S L P C D O L F J J G I K T
N A U D Q B W J M T U V L E F M I A X A
C L P B P G P H Z I O L B Y M X A R B L
M A O Q B L I L Y W V G A G T B A O L A
L N F S D C T S E U E C E R D I O I A V
L T K M I S C H E M I C X N O L C L D O
F H Y Z E F K X L V V J Y G I S R X I R
Z W K L C M N C W T N R U R U C Q T V C

endovascular

thrombolytic

cryptogenic

hemisphere

hemiplegia

cerebellum

hemorrhage

dysphagia

occipital

ischemic

embolic

aphasia

temporal

frontal

stroke

brain

More at heart.org/strokemonth

Friday, May 30

SHINE Awards

To: Pam Engelhart

From: Ayva Bennett

Pam was very welcoming and gave an impromptu SHOC tour to some Stoughton OR staff members!

To: Connie Grenawalt

From: Kendra Saul

Connie you are amazing! She called Tricare to get me quite a few remits for checks we have received when I was having issues finding them! You are such a great worker and asset to this team! I really appreciate you and all your help!

To: Skyler Debilzen

From: Emily Devine

Thank you for pivoting your day to assist the team and getting a patient seen. Your flexibility and teamwork is amazing and appreciated! Thank you!!

To: Bonnie Dyson

From: Pam Engelhart

Big shout out to Bonnie who stayed late to help coordinate a prescription refill for one of our patients for their morning appointment. That level of commitment to patient care is truly appreciated and exemplifies our values and the great patient care we provide to them!

Your help was so appreciated!

To: Kristin

From: Pam Engelhart

Big THANK YOU for staying late to assure one of our patients had a needed prescription for their morning appointment. That level of commitment to patient care is truly appreciated and exemplifies our values and commitment to great patient care delivery!

You are so appreciated!!



**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: Emily Syring

From: Pam Engelhart

Thank you isn't enough to recognize how helpful you have been in the last few weeks for the SHOC building! Emily, you truly have gone above and beyond to assure our clinics have what they need at a moment's notice and for assisting with straightening out our linen orders and delivery hiccoughs!

Your dedication and responsiveness have been invaluable, especially while being stretched a little thin while covering for colleagues.

Thank you for your incredible support!

To: Andy Boryczka

From: Linda Schaefer

Thank you for covering for me when I ran late to the Town Hall Meeting. I appreciate your help in ensuring employees signed in at the meeting. You were gracious in your assistance and extended yourself by letting me know that when I need help taking photos, etc. I can call you for help. I appreciate your support Andy!