



Daily Dose

Monday, May 5

 *Happy Birthday!* 

 <p>"T" Hotchkin Foot Clinic May 4</p>	 <p>Stacey Jacobson Operating Room May 4</p>	 <p>Jonathan Milton Specialty Clinic May 4</p>
 <p>Brian Swain Accounting May 7</p>	 <p>Jenifer Kenrick Human Resources May 8</p>	 <p>Melissa Kitelinger Human Resources May 10</p>



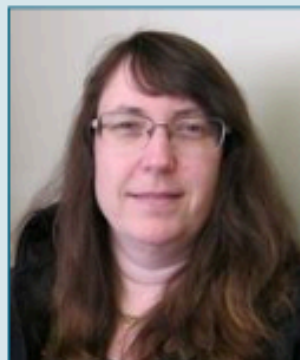
Happy Anniversary!



April Swenson
Rehab Services
May 5
17 Years



Victoria Valdez
Health Information
May 6
6 Years



Aimee Sands
Health Information
May 7
24 Years



Chelsey Hasz Seybold
Emergency Room
May 7
13 Years



Michelle Hahn
Rehab Services
May 8
19 Years



Patricia Downing
Medical Imaging
May 9
20 Years

Stoughton Health Outpatient Center Open House & Ribbon Cutting

To celebrate this milestone, an Open House was held April 23rd. Many community members, partners, and friends joined us for tours, refreshments, and a first look at the new space. Thank you to everyone who joined us and made the day so memorable!



Ribbon Cutting



Cardiac Rehab



Clinic Hallway



Lower Level Registration



Rehab Waiting Area



Clinic



Live Well, Work Well

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



SLEEP HYGIENE TIPS

For those with packed schedules, long days or a lack of routine, prioritizing sleep may feel daunting. Fortunately, focusing on your sleeping environment, habits and attitude can lead to improved sleep hygiene.

This article explains sleep hygiene and its importance and highlights seven tips for quality and restorative rest.

What Is Sleep Hygiene?

Sleep hygiene refers to the habits and routines you follow each day before you turn in for the night. The Centers for Disease Control and Prevention estimates that only about 33% of U.S. adults get the recommended amount of at least seven hours of sleep, underscoring the importance of improving sleep hygiene.

Proper sleep hygiene goes beyond your bedtime routine. It also encompasses the choices you make throughout the day, evening and night, including your exercise habits, diet, exposure to natural light and stress management. By focusing on these various aspects, you're essentially preparing your body and mind for restful sleep long before you lie down in bed.

Why Sleep Matters

Sleep is one of the core activities the body needs to function. Experts view adequate sleep as the foundation of health and wellness; without it, your immunity, strength and overall well-being may be compromised.

In particular, quality sleep is essential for:

- Mood regulation
- Cardiovascular health

- Metabolic health
- Overall performance and well-being

High-risk conditions such as hypertension, obesity and diabetes can also be caused by poor sleep hygiene.

7 Tips for Better Sleep Hygiene

There are various tips and tricks for practicing better sleep hygiene. By incorporating the following seven strategies into your routine, you can help create a more restful and rejuvenating experience for yourself:

- 1. Limit caffeine in the afternoon and evening.** Caffeine is a stimulant, which can make it difficult for you to fall and stay asleep. Herbal teas, such as chamomile and lavender, are a noncaffeinated beverage choice.
- 2. Avoid eating close to bedtime.** Late-night dinners or snacking can trigger gut irritants, such as indigestion or acid reflux. Aim for your last meal to be two to four hours before bedtime.
- 3. Reserve your bed only for sleep.** Using your bed for activities such as eating, working on a laptop or watching TV can confuse your mind and body. To help better distinguish between rest and



SLEEP HYGIENE TIPS

activity time, use a dedicated space elsewhere for those activities and limit screen use in the bedroom.

4. **Keep a nighttime routine.** Regular bedtime habits signal your brain it's time to wind down, so find a consistent way to spend the last 30 to 60 minutes of the day. For example, you could incorporate a skincare routine or spend some time reading a book each night.
5. **Experiment with calming scents and aromas.** Certain scents can trigger relaxation responses in your brain and help you fall into a deeper sleep. Try using lavender or cedarwood oil in a diffuser, or sprinkle a few drops on your pillow.
6. **Enjoy a warm, soothing beverage before bed.** Warm drinks can increase your body temperature slightly, leading to a natural cooling effect that promotes drowsiness. Go for caffeine-free options like chamomile tea or warm milk.
7. **Dim the lights before bedtime.** Bright light, including blue light from device screens, can reduce melatonin production. Try using warm-toned bulbs during the evening or even setting a reminder to start dimming lights.

When to Seek Help

Remember, good sleep is not a luxury—it's a necessity for your health and well-being. By implementing these sleep hygiene tips, you're taking essential steps toward better sleep and a healthier you.

If you've tried improving your sleep hygiene and still struggle with getting enough quality hours of shuteye, consider talking to a health care provider. Persistent sleep issues could indicate a sleep disorder that requires professional treatment.

Partners of Stoughton Hospital Geranium Sale



2025 Partners of Stoughton Hospital **Geranium Sale**

New This Year - No Preorders

First-Come, First Served

Many Colors - New Supplier

\$10/6 inch pot



Wednesday, May 7

10 a.m. to 6 p.m. or sold out

Stoughton Health

Community Health & Wellness Center

3162 County Road B, Stoughton

(Corner of Hwy 51 & Cty Rd B)

(Please take Page Street or Hwy N to Cty Road B to avoid traffic)



Questions about the sale?

Please contact Melanie at (608) 513-9894 or

melanie.miller@wisc.edu or Donna at (608) 873-6318

or dstrandlie74@gmail.com



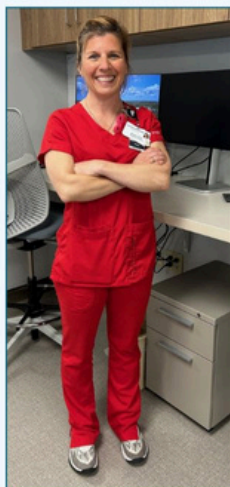
Thank you for supporting Partners of Stoughton Hospital!



Tuesday, May 6

The Power of Nurses

Nurses Week May 6-12



Calling All Photography Enthusiasts!

Submit your favorite photo showcasing our Oregon community for a chance to be featured on the cover of our next Community Guide!

Submission Guidelines:

- High-resolution JPG (minimum size 8" x 10")
- If people are pictured, a signed model release will be required
- Include a photo title and name for credit

Deadline: Friday, May 16th

Email your photo to our publication designer Tara Ingalls at tara@tingalls.com for voting by our Board of Directors.



Volunteer Appreciation Week and Stoughton Health Volunteer of the Year!



On Friday, April 25th the Stoughton Hospital Foundation hosted a Volunteer Appreciation event at Coachman's.

Ruth "Tootsie" Thorson was named Stoughton Health's Volunteer of the Year for 2025. Over the past year she donated 412 hours of her time volunteering in the Close to Home Café at the register. Thank you, Tootsie, for all you do for Stoughton Health.

Please be sure to thank Tootsie and all of our volunteers when you see them!

Partners Spring Card Party

Partners of Stoughton Hospital hosted their annual Spring Card Party on Thursday, April 24th at Christ Lutheran Church. Forty community members enjoyed an afternoon of cards and refreshments.



Card Party Planning Committee

Wednesday, May 7
Community Education Update

Register

GOURD BIRDHOUSE DECORATING



In this class, you will create your own unique gourd birdhouse using various techniques and embellishments. Your overall design could include any of the following choices - feathers, eggshells, beads, cording... or whatever you decide. All supplies are included. Appropriate for all skill levels.

Wednesday, May 21
10:00 a.m. - Noon

Community Health & Wellness Center
3162 County Road B, Stoughton



The class fee is \$35. To register, please go to stoughtonhealth.com and click on "Classes & Events." Financial assistance is available.

Questions? Please call (608) 877-3498.



StoughtonHealth.com





This Week in PR/Marketing and Foundation

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 Laura Mays, Director of PR/Marketing and Foundation

What have you been working on?

This week, the Foundation has been working on finishing up with some major events or fine-tuning the details of upcoming events.

It's been a month of planning and hosting events that included Donor Appreciation on April 16th, SHOC Open House on April 23rd, Volunteer Appreciation April 25th, and Retiree Luncheon on April 29 .

We are putting out press releases, using photos to update the website and writing lots of thank you notes. Board meetings are coming up and we're starting to work on our golf outing and Strategic Planning for the Foundation. A BIG Thanks to all that had a hand in these events and making Stoughton Health shine.

PR/Marketing has been busy with Dr. Lind, podiatrist, who went to ESPN to record a radio spot. We contacted a patient of Dr. Schwaabs for a new TV, radio and print ad. The website is being updated to show the new location of Stoughton Rehabilitation and Sports Medicine, and a postcard is going out to the Cottage Grove area to highlight our urgent care. In addition, the quarterly issue of For the Life of You newsletter will be going out to 54,000 households in the next week. Hopefully many of you have seen the new billboard that went up this week near the fire station. New digital signs are being programmed at the specialty services corridors, so if you have a minute stop up and take a look at the new signage! We had a blood drive for the community last Friday and we're coordinating an employee blood drive May 7th. Please consider giving blood if you can. Stoughton Wellness Coalition worked with the schools and held a Reality Maze for 9th graders with amazing success and life skills learned.

Why is this important to staff?

All of the marketing and community efforts enhance the positive image of Stoughton Health and increase Stoughton Health's reach and visibility.

To find out more reach out to Laura Mays at lmays@stoughtonhealth.com

Thursday, May 8

May is Stroke Awareness Month



Women face higher risk of stroke

STROKE IN U.S. WOMEN BY THE NUMBERS



One in 5 women will have a stroke.

About 55,000 more women than men have a stroke each year.



#3
cause of death

Stroke is the No. 3 cause of death in women.

Stroke kills over 85,000 women a year.



Among women, Black women have the highest prevalence of stroke.

TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

STROKE RISK INCREASES IN WOMEN WHO:



Are pregnant

Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.



Have preeclampsia

This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.



Take birth control pills

These can double the risk of stroke, especially in women with high blood pressure.



Use hormone replacement therapy

It doesn't lower stroke risk if postmenopausal, as once thought.



Have migraines with aura and smoke

Strokes are more common in women who have migraines with aura and smoke, compared with other women.



Have atrial fibrillation

This quivering or irregular heartbeat can increase stroke risk fivefold.

STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health care professional to **determine safest medication** if pregnant with high blood pressure.

Discuss with their health care professional **low-dose aspirin guidelines** starting in the second trimester (week 12) to lower preeclampsia risk.

Get their blood pressure checked before taking birth control pills and monitor every six months.

Review the risk and benefits of hormone replacement therapy with their health care professional and discuss if the benefit outweighs the risks. For some women, it might not.

Quit smoking. All women who experience migraines and smoke should avoid smoking, nicotine use, vaping and e-cigarettes.

Get screened for atrial fibrillation if over the age of 75 as this condition then becomes more common in women.

Learn more at stroke.org

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Friday, May 9

SHINE Awards

To: Nic Kvamme

From: Bev Pope

You are so up-beat and positive. You always have a kind word for everyone that comes in contact with you. Thank you for being such a great example of our Standards!

To: Ozzie Leonard

From: Sarah Watkins

Ozzie has been amazing through the transition to the new space at the SHOC location. He's been so proactive with helping folks and wayfinding. He picked up on the kiosks quickly and became a kiosk expert in the blink of an eye. Thanks for your hard work, dedication, positive attitude and receptiveness to change!

To: FNS Staff

From: Tammy Aldrich

A special shout out to everyone on the FNS team. Everyone was very welcoming, I greatly appreciate everyone's patient's training me. I'm excited for this new journey. Chef Dan has a very solid team.

Thank you everyone,
Tammy Aldrich

To: Jen Mora

From: Kathy Forbes

Jen was so incredibly helpful during the rehab move day into SHOC! I appreciate her jumping in to help organize the OT treatment room - her extra hands really helped the process go more quickly and smoothly.



**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!