



# Daily Dose

Monday, June 16



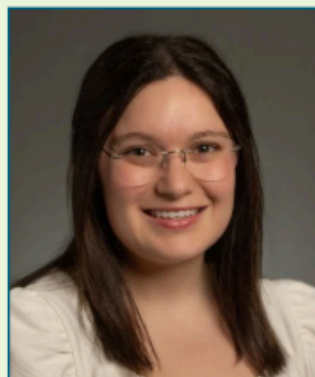
Happy Birthday!



Alayna Hoch  
Geri/Psych  
June 15



Abby Campbell  
Registration  
June 18



Taylor Simonson  
Foundation  
June 18



Erica Schwenn  
Geri/Psych  
June 19



Jessica Waltz  
Med/Surg  
June 19



Sarah Corbett  
Day Surgery  
June 21



Michael Tesluk  
Rehab Services  
June 21



Maureen Vick  
Medical Imaging  
Registration  
June 21



# Happy Anniversary!



Erica Adams  
Medical Surgical  
June 18  
24 Years



Erin Meronk  
Continuous Quality  
June 20  
20 Years

# MANAGING STRESS OVER A LIFETIME

## EAP Article Series

Taking care of yourself by using a few simple strategies will provide lasting benefits in regard to managing your stress and staying in good health.

1. Watch what you eat. Give your body proper nutrients and vitamins every day. Eliminate the majority of unnecessary, unhealthy calories. Watch the caffeine and sugar intake — too much will have you on a roller coaster.
2. Exercise every day. If this feels like work, then reframe it in your mind to simply getting up and moving around often. Your muscles and bones will stay stronger and more flexible, your circulation will improve, and you will even be able to think more clearly. The benefits are enormous.
3. Get proper rest. Know how much sleep you require to function at your best. Then go back to #1 and #2 and be sure you aren't losing sleep due to too much caffeine or not enough exercise.

Other tips and ideas to consider for a less stressful, and more enjoyable life:

- Work on time management and being organized. If you tend to lose track of time or things, getting this area of your life in order may be a huge stress reliever. Finding the right tools and resources will make this easier. Using calendars or day planners, making lists, filing papers, storing items in the same place (like keys, glasses) will save you much time and grief.

- Spend time managing your finances. Know your numbers. Keep track of your balances. Spending even a small amount of time on this each week will save you money in the long run and spare you from many headaches.
- Continue to do the things in your life that bring you enjoyment. Whether it is engaging in a hobby or sport, listening to music, reading, socializing with friends — if it is something you truly enjoy, be sure you make time for it and do it routinely. So many times we put these things at the bottom of our priorities. Having fun in life should be a major priority. If you haven't done anything fun for a long time, make a plan to start back up today. If you can't think of anything to get involved in, try something new or take a class. The possibilities are endless.
- Reach out to others. Whether you need support from them or you have support to offer, keeping in touch with people and connecting on a routine basis is extremely powerful.
- Find meaning and purpose in life. For example, taking time to explore your spirituality can help you stay focused on what is important, and provide you comfort when you most need it. Take inventory of all the things you're grateful for, the quantity and quality of the items on your list may surprise you.
- Remember to keep perspective. Everything in life is temporary and will eventually pass — even the worst of days. Look for the humor in difficult situations and look for those "blessings in disguise." Every cloud has a silver lining.

For additional resources and assistance, visit [MutualofOmaha.com/eap](https://MutualofOmaha.com/eap) or call an Employee Assistance Program professional at 1-800-316-2796.



Employee Assistance Program administered by Mutual of Omaha Insurance Company or United of Omaha Life Insurance Company. Mutual of Omaha Insurance Company is licensed in all 50 states. United of Omaha Life Insurance Company is licensed in all states, except in New York. In New York administered by Mutual of Omaha Insurance Company, 3300 Mutual of Omaha Plaza, Omaha, NE 68175. Not all services are available in New York.





## Tuesday, June 17

### **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 developing a three-year strategic plan for the Foundation. We've met with an ad hoc committee made up of Board Members and will take a final version to the full board in July. We also continue to prepare for our golf event held September 16th at The Oaks in Cottage Grove.

PR/Marketing has been busy with welcoming a new intern, Amy Cournoyer, who will be with us till the end of July. Our team is working on updating brochures and rack cards for many of our departments and finishing up a few signs in the SHOC. Be sure to check out our Mission, Vision, Values that was added to the beautiful, repurposed wood. We are working on outreach events such as parades, Oregon SummerFest, National Night Outs, new TV spots, and coordinating times to visit SSM Clinics to share information about our expanding and current services. A new billboard went up, hopefully many of you have seen that, with the message, We're Here for You. We have a blood drive for the community on Friday, June 20th. Please consider giving blood if you can. Stoughton Health is also amid a new three-year strategic plan, which the PR Team is working on. Please watch for a planning survey and share your ideas and thoughts.

The final update is about Stoughton Wellness Coalition, who continues to do great work and currently is working on vape education and policy work. Adam Peters leads this coalition through funding from a DFC grant.

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

All the marketing and community efforts enhance the positive image of Stoughton Health and work towards building a healthier community. Our departments (foundation and PR/Marketing/Community Ed) are privileged to share all the good work your departments are doing.

To find out more reach out to Laura Mays at [lmays@stoughtonhealth.com](mailto:lmays@stoughtonhealth.com)

## Community Outreach

Thanks to Kim Trinkle and Kelly Harrington, who will be representing Stoughton Health at the Summertime Safety Spectacular! They will be focusing on hand washing.



**SUMMERTIME  
SAFETY SPECTACULAR**  
AT OREGON SUMMER FEST

**Mark Your Calendar!**

- SATURDAY, JUNE 21ST
- 10:00AM - 12:00PM
- LOCATED AT PVE
- ALL AGES WELCOME!

**FREE  
GIVEAWAYS  
SNACKS  
SCOOPIE  
SMOKEY THE BEAR  
& MORE!**

OREGON AREA  
WellnessCoalition

## Have you ever wondered what you could do to make a difference in patient safety and the hospital bottom line?

If you are responsible for doing any stocking of supplies in your department, it's EASY! Just be mindful of the way you stock. When bringing in new supplies, they likely have expiration dates that are later than the supplies already available. Please take the time to put the newer items behind or under the supplies that were already there, so that the older supplies are used first.

How does this help keep patients safe?

It decreases the likelihood that an expired product would get used on a patient.

How does this help the bottom line?

It decreases the chance that items become expired and must be discarded. Discarding expired supplies increases costs and this helps reduce those opportunities.

Wednesday, June 18  
Community Education Update

[Click Here to Register](#)

**Tuesday, July 15**  
**1:00 to 2:30 p.m.**

Community Health &  
Wellness Center  
3162 County Road B, Stoughton

## Save a Life with **COCPR**

*A victim of cardiac arrest  
is three times more likely  
to survive with COCPR.*

Participants will learn how to  
perform COCPR and practice on  
adult manikins.

Class also includes an overview on:

- Choking and abdominal thrusts
- How to use an AED
- COCPR for infants and children



To register for this free class, please  
visit [stoughtonhealth.com](http://stoughtonhealth.com) and click on  
"Classes & Events."

Questions? Please call (608) 877-3498.



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





Thursday, June 19

## Community Events



**OREGON, WI  
SUMMER  
FEST '25**

PRESENTED BY: OREGON CHAMBER

LIVE MUSIC  
FIREWORKS  
CARNIVAL  
CRAFT FAIR  
BINGO  
DELICIOUS FOOD  
PARADE  
KIDS ZONE  
CAR SHOW  
SPORTS  
AND MORE!

**JUNE 20-22**

*Fun for all ages!*

The banner features a stylized orange roofline above the event title. The activities list is in bold yellow text on an orange background. The date is in a white box on an orange background. The phrase 'Fun for all ages!' is in a blue script font. Three Polaroid-style photos are shown: 'SUPERTUESDAY', a group of people, and fireworks.

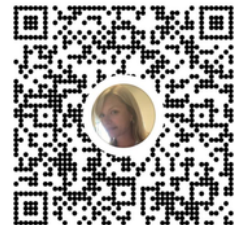
### Oregon-Brooklyn Optimist Club Fundraiser

Our annual fundraiser is happening NOW. For \$20 you get 18 chances to win \$10-500 during the NFL season. All money raised goes directly back to our local youth...what an awesome investment right?

Cash/Check/Venmo (@Carrie-Spilde, last 4 of cell are 3937)

Carrie Spilde

@Carrie-Spilde



**venmo**

# HERE ARE A FEW FUN FACTS ABOUT ANTS THAT MIGHT HELP US ALL:

- Ants can carry 50% more than their own weight. Maybe that's why [Frank Sinatra sang about their tenacity in his famous song, High Hopes](#).
- Ants link their limbs to create bridges between objects, allowing their colony members to walk over them and cross to the other side. Talk about sacrificing for the good of the team!
- Ants have highly efficient, effective lateral communication methods used to quickly inform team members of danger, new food sources, or a need for help. No mass emails needed.
- Groups of ants collaborate to build and maintain complex, stable and functional structures usually underground with intricate tunnels and chambers. Each individual may carry only a tiny grain of sand, but together, through tireless cooperation and unwavering purpose, they create something far greater than any single ant could achieve alone.
- They practice "brood care" where workers feed, groom and care for the colony's eggs, larvae, and pupae ensuring survival of the next generation. It does take a village!

What would it look like if our teams were as [efficient and collaborative](#) as ants building a subterranean nest? I doubt you'd hear any self-pitying statements like, "I'm just a drone. I don't make the rules. I just keep my head down and do what they tell me to." And you wouldn't hear the workers complaining that the queen doesn't value them or pay them what they're worth.

## LEADERSHIP LESSONS FROM THE ANT HILL

1. Every role matters.
2. Teamwork helps to achieve the impossible.
3. Shared purpose and goals inspires collective success.
4. Open communication and coordination prevents confusion and improves efficiency.
5. Persistence in the face of obstacles builds innovation and resilience.
6. Mutual support and accountability fosters a culture where people can lean on each other when struggling but also hold one another accountable for results.

Just as ants instinctively communicate, adapt, and share the load, [high-performing teams](#) draw their strength from collaboration, resilience, and the understanding that every contribution, no matter how small, is essential to building something extraordinary.



**Friday, June 20**

**SHINE Awards**

**To: Rex Mangosing**

**From: Pam Davis**

Rex has been a dynamo filling in the gaps at the urgent cares!! We rad techs REALLY REALLY appreciate his willingness to help out! And this is on top of his regularly scheduled hours.

Thank you so much, Rex!!

**To: Nicholas Kvamme**

**From: Kelsey Roeker**

Patient came up to the desk while we were working asking if she could purchase the fresh bread they get after surgery. Nic and I called around and got the answer that yes, they did. Instead of sending the patient up to the hospital from the outpatient center he ran up to the hospital and grabbed a loaf for her! Made patient feel very special.

**To: Dacia Brunner**

**From: Kelly Perna**

CBISA FY24 has officially been submitted thanks to the help of Dacia and Danielle. You've heard the phrase...It Takes a Village...it does indeed! Thanks to you both!

**To: Danielle Kapanke**

**From: Kelly Perna**

CBISA FY24 has officially been submitted thanks to the help of Dacia and Danielle. You've heard the phrase...It Takes a Village...it does indeed! Thanks to you both!

**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!



**Congratulations June  
Standards Honoree  
Rex Mangosing!**

