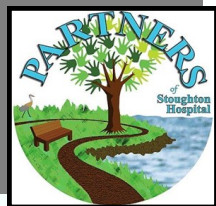


The Pulse 

Partners of Stoughton Hospital



**President**  
Judeen Reese

**Vice President**  
Becky Greiber

**Secretary**  
Diane Matson

**Treasurer**  
Bev Mansfield

**Gift Shop:**  
608 873-2281



**Newsletter Editors:**

Diane Matson  
Judeen Reese

## President's Message - Judeen Reese



Welcome to 2019! It's a great year to be a Partner of Stoughton Hospital. I am writing to you from Orange Beach AL. The beach is therapeutic, calming, rejuvenating and beautiful.

As the sun rose this morning, I was watching two sandpipers on the shoreline. Both were frantically looking for tidbits as the waves came in and went out. I noticed that one sandpiper was hopping while the other easily outran him. This went on to the point that I thought the hopping sandpiper must have only one leg, but not so. Soon he began running and easily kept up with the other bird. A lesson from the sea: more can be accomplished with both feet on the ground.

As I sit here on the beach, thinking of Partners, Facebook comes to mind and then I think- who needs it!! I think again and I come up with many ways Facebook can help expand communication within our organization. Facebook allows us to connect and share information including pictures, videos and links to online resources. Facebook delivers posts about Partners' activities almost instantly: therefore, you receive information now rather than waiting for the monthly newsletter. In some cases, we are able to be proactive rather than reactive.

If you haven't already "Liked" the Partners of Stoughton Hospital Facebook page, please do so today so that you will receive current information and news as it happens. Facebook also gives you the ability to add comments and photos to support each activity or topic. Events will be created in Facebook so you will automatically receive updates and reminders as the event date nears.

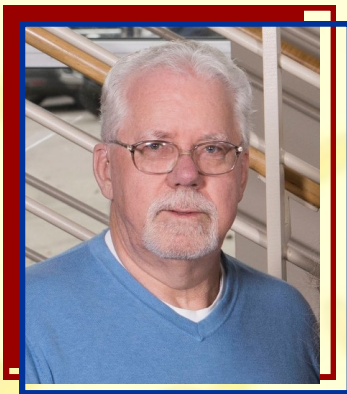
If you're not a Facebook user, let me know. I will show you how to become one. Click here to get started <https://www.facebook.com/pages/Partners-of-Stoughton-Hospital/341242536048611>

or go to your personal page and search for Partners of Stoughton Hospital and click on Like. You'll be glad you did!



## Profile of a Partner – Roger Odalen

Written by Diane Matson



### *Oh Those Stoughton Norwegians!*

Some proudly wear their Norwegian sweaters, some have a working knowledge of the language, some participate in the Sons of Norway organization, some even travel to Norway.....and then there's **Roger Odalen!** Not only is he "guilty" of all of the above, but he and wife Nancy have even hosted two exchange students from Norway on separate occasions, and still communicate with both of them regularly years later.

Calling Ellsworth, Wisconsin his hometown, Roger and Nancy moved to Lake Geneva in 1982, and then relocated to Stoughton in 2002 when Nancy accepted a position at UW. Never one to remain idle for long, Roger started a lawn care service before retiring for a second time in 2012.

When not enjoying travels to Canada, New Zealand, Norway (of course) and throughout the U.S., Roger has volunteered as a hospital valet for the past seven years, and he is currently serving as Partners Vice-Treasurer. When asked why he joined Partners, Roger stated, "I guess I thought 'what the heck'? and I do like to volunteer".

So Roger:

**Mange takk for alt du gjør til Stoughton Hospital, og vårt "for det meste norske" samfunn.**

*Or as we like to say,  
Many thanks for all you do for Stoughton Hospital, and our "mostly Norwegian" community.*

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## Fundraising



Once again, Partners is helping to celebrate the fun of Valentine's Day. For only \$5.00 you can surprise a colleague, friend, or loved one with a **Heart-shaped balloon and assorted chocolates** delivered on Thursday, Feb. 14. Balloons will be delivered within Stoughton Hospital and Annex. All other orders can be picked up in the Hospital Lobby Conference Room between 9:30 - 12:00.

**The deadline for ordering is Friday, February 8.**

Order forms are available at the Lobby Desk or in the Gift Shop.



**Thank You** to Linda Trunzo, our Fundraising Vice Chair and to Claudia Quam, our Fundraising Chair. **You are Rock Stars!!**





## *A Twiddle Muff For Izzy*



Meet **Isabella**, a spunky fifth grade, curly-haired beauty with sparkling blue eyes, a love of bunnies and llamas, a big brother named Jackson.....and an 11 year old who is faced with the challenges of Trichotillomania, an Obsessive-Compulsive Disorder characterized by the repetitive pulling out of one's hair, (as documented in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition).

Partners of Stoughton Hospital introduced Izzy to the twiddle muff, designed to sooth, calm, and distract her from hair pulling, by offering a brightly knitted muff of various textures, containing ribbons, buttons, etc., which allows her to focus her energies on the twiddle muff, offering plenty of tactile stimulation while keeping her hands busy.

Thanks to Partners volunteers who create these muffs and donate them to those in need of a calming source of relaxation. If you or someone you know, would benefit from having a twiddle muff, or if you are willing to create Twiddle Muffs, please contact Partner [Sharon Beall](#) or the Gift Shop for more information.

*Invite others to join Partners. There are many benefits.*

[Click Here To Learn More](#)

## *Stoughton Hospital Gift Shop*

We have an exciting new program in the gift shop called **IN PLAIN SIGHT**



Starting February 1 come visit the gift shop and see if you can find the object in this picture.

If you find it, you will be eligible to win a \$20 gift certificate to the gift shop.

In an attempt to increase business in the gift shop a change of hours is being considered. Current hours are 9:00 to 3:00. Proposed hours are 9:00-4:00. Current three-hour shifts would be extended to 3 1/2 hours each. If you have thoughts to share, please contact [Becky Greiber](#).

## Upcoming Events

For total listing see <http://stoughtonhospital.com/events/> or the publication, *For The Life Of You*.

**Feb. 6** - Monthly Board Meeting, 8:30, Lobby Conference Room

Feb. 8 - Deadline for ordering Valentine Balloons

**Feb. 15** - **American Red Cross Blood Drive**, 8:00-1:00 Call 1-800-REDCROSS for an appointment

**Feb. 20** - Cookie Bake in Lobby



**April 11** - Pansy Orders Due

**April 17** - Pick Up Pansies

**April 17** - WHA Advocacy Day, watch for additional information in future newsletters

**April 24** - Spring Card Party, 12:00 pm, Christ Lutheran Church

**July 10** - Partners General Meeting, Nordic Ridge Park Shelter (see future newsletters for details)



Judeen Reese, Peggy Kiss & Diane Matson

Many Partners joined together to share holiday spirit with members of the Stoughton Area Senior Center by sponsoring an afternoon of Bingo, refreshments and prizes as part of Partners' commitment to volunteer outreach within the community.

Thank you to *Carol Deneen* and *Sandra Maerz* for coordinating this in the past and a huge thank you to all Partners who donated prizes and refreshments. *We can make a difference.!*

**ncoa**  
National Council on Aging



**cellular recycler™**

**Support your local senior center when you donate your old cell phones**

- 90% of proceeds benefit the Stoughton Area Senior Center
- Your donation keeps harmful chemicals out of landfills
- **Drop off sites:**

**Stoughton Area Senior Center**  
248 W. Main Street, Stoughton



**Hanson Electronics**  
2384 Jackson Street, Stoughton



## MEMBERSHIP

Our Membership Committee, chaired by Sandra Maerz has been busy compiling and updating information for the 2019 Directory. We currently have 158 Partners Members.

New directories are available in the Gift Shop. Please sign when you take your directory and see Sandra Maerz with any change to your contact information.

*Welcome* **New Members**

Kathy Knight

Alice Johnson

Wendy Vike

Sandy Fleming

Mary Jo Iverson

Michelle Abbey