

SHS Parent Group



Amazon Fundraiser

The Stoughton High School Parent Group is pleased to announce an easy, ongoing fundraiser through Amazon to use for SHS scholarships.

We have joined with the Amazon School Rewards Program and set up an affiliate account. Our school receives 4-15% of any purchases made on the Amazon site through the link:

Bookmark this link: <http://goo.gl/f3oTfN>

IT IS THAT EASY! Each time you wish to purchase something on Amazon, you access their website through this link, and then use your own login and personal account information.

Please share this link with family and friends, ANYONE can go online and use it. The more it is used the more we raise for future scholarships!

To learn more about the Amazon School Rewards Program please visit: goo.gl/tEogkW

If you have questions please email
elise.mclaury@stoughton.k12.wi.us

THANK YOU FOR YOUR CONTINUED SUPPORT

Yoga Classes

All levels are welcome to attend these free classes offered by Stoughton Yoga. Please bring a yoga mat or large towel. Chairs are available for those who have trouble getting up and down off the floor. All classes are held at Stoughton Hospital in the Bryant Health Education Center (lower level).

To register for any of these free classes, please go to stoughtonhospital.com and click on "Classes & Events." Questions? Please contact Sonja at 873-2356.



Intro to Yoga

Saturday, September 15th, 11a.m. - noon

Saturday, September 29th, 11a.m. - noon

This beginners' level class is designed especially for those who are completely new to yoga and are looking for a gentle introduction.

Finding Balance with Yoga

Saturday, October 6th, 11a.m. - noon

Practice finding the place between ease and effort and explore ways to modify yoga poses to find balance in body and mind.

Yoga for Better Posture

Saturday, October 13th, 11a.m. - noon

The focus of this class is awareness of spine alignment and gentle strengthening for better posture.

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STAT Program

STAT (Stoughton Hospital Teen Activities Team) is a volunteer program designed for students ages 14 to 18 to engage them in healthcare while working with our patients in a supervised, supportive environment.

Volunteers Wanted!

Next Session: September 24 to November 16, 2018 (eight weeks)

Commitment: Two hours per week

Application Deadline: September 14, 2018

As a STAT Program Volunteer, a student gains real life experience in a health care setting. The Volunteers are supervised by a recreational therapist and participate in activities to engage patients. Those activities may include visiting with patients, crafts, and games such as Wii, dice, bingo, and cards. Volunteers may also be asked to assist staff with serving snacks and meals.

Volunteers commit to volunteering for two hours a week for eight weeks. The recommended hours are 3:30 to 5:30 p.m. or 4:00 to 6:00 p.m. Monday through Friday.

Ten Volunteers are chosen through an interview process looking for individuals that are interested and enthusiastic about making a difference in the lives of our patients. It is an opportunity for students to become empowered with leadership and communication skills while being exposed to the hospital environment and community. Participation in the STAT Program may also help fulfill education requirements, build a resume for college, and learn new skills while helping others.

The STAT Program is offered four times a year in eight week sessions.

To apply for or learn more information, please contact Stoughton Hospital Human Resources at 873-2213 or 873-2296 or go to our website and click on the volunteer button.



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Safety Tips

Caring for Your Loved One With Dementia



Please join our expert panel to learn about:

- In-home safety assessments
- Medication reviews to prevent falls
- How to respond when your loved one wanders
- Wisconsin's Silver Alert Program
- How to respond in a dementia crisis
- The First Responder Person-Centered Tool
- Key steps in making the caregiving journey smoother

Questions are encouraged!

Thursday, September 20th 10 to 11 a.m.

Stoughton Hospital

900 Ridge Street, Stoughton

Bryant Health Education Center (lower level)

Speaker Panel

Sara Hannemann: Coordinator for the SSM Health/SAFE at Home Program

Kari Orn: Wisconsin Department of Justice, Statewide Coordinator of the Silver Alert Program

Jodie Castaneda: Case Manager, South Madison Coalition of the Elderly

Kelly Janda: Case Manager, Stoughton Area Senior Center

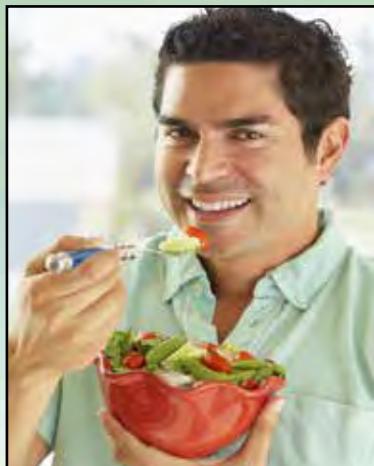
This presentation is open to all members of the community.



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Sponsored by the Stoughton Dementia Friendly Coalition & Partners

Healthy Living with Diabetes



This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. It is for adults who have diabetes or pre-diabetes or are living with someone who has diabetes.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

People who have taken the workshop show:

- Better health, healthier behaviors and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and hospitalizations



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**October 2nd through November 6th (six Tuesdays)
2 to 4:30 p.m.**

**Bryant Health Education Center
Stoughton Hospital
900 Ridge Street, Stoughton**

**\$20 per person for the series. Free if you already have the book.
To register, please contact Sonja at 873-2356.**

This series is sponsored by Stoughton Area Senior Center, Stoughton Hospital & Safe Communities



*Stoughton Area
Senior Center*

Stoughton Hospital
Trusted care. Close to home.



stoughtonhospital.com



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 learning to live a forgiving life.

Tuesday Evenings (six weeks)
September 4th through October 16th

(no class September 25th)

5:00 to 6:30 p.m.

Stoughton Hospital
Lobby Conference Room
900 Ridge Street, Stoughton

To register for this free workshop, please go to stoughtonhospital.com
and click on “Classes & Events.”
Questions? Please contact Sonja at 873-2356.



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Diabetes & Foot Care



David Worth, DPM
SSM Health Dean Medical
Group - Stoughton

Join Dr. David Worth, Doctor of Podiatric Medicine (DPM), to learn more about how to take care of your feet when you have diabetes, and why it's an important component of your overall health.

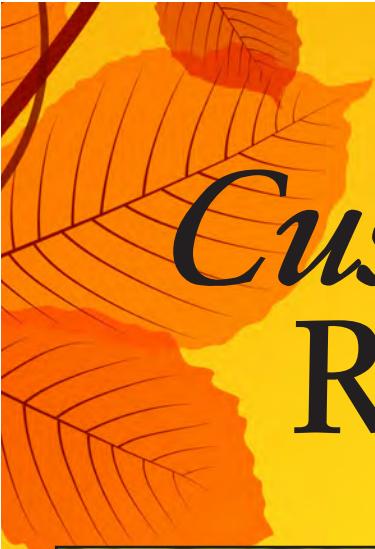
Thursday, September 27, 2018
5:30 p.m.
Stoughton Hospital
900 Ridge Street, Stoughton
Bryant Health Education Center
(lower level)

To register for this free event, please go to stoughtonhospital.com and click on "Classes & Events."

Questions? Please contact Sonja at 873-2356.

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End the Pain with *Customized Knee Replacements*



Customized Knee Replacements

The ConforMIS technology converts a CT scan of the patient's knee into a 3D model that is used to create a customized individually made implant for that patient only.

Join Drs. John S. Rogerson & Ashish M. Rawal, Stoughton Hospital Orthopedic Surgeons, to learn how the ConforMIS knee implants may be the solution to end your knee pain.

**Wednesday, September 26th
6 to 7 p.m.
Waunakee Village Center
Community Room C
333 South Madison Street, Waunakee**

To register for this free event, please go to stoughtonhospital.com and click on "Classes & Events."

Questions? Please contact the OrthoTeam Clinic at (608) 231-3410.

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OrthoTeam Clinic

John S. Rogerson, M.D.
Ashish M. Rawal, M.D.



Local SPANISH, Global Experience

Learning a 2nd language helps your student become a better thinker, better learner and better citizen of the world! **Enroll Today!**

ALL NEW MATERIAL FOR 2018/19



Give Your Child a Skill For Life... SPANISH!

Don't miss out on this year's all new and exciting 16-week Spanish adventure!

Vamos por el pueblo y Vamos a la ciudad - (Let's go to the town and Let's go to the city!)

Join our class *amigos* Dani and Beto as they share the culture and daily life of a small town in Mexico and the bustling city of Madrid, Spain. Students will learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes-- all in Spanish! This stimulating class environment energizes and motivates students to stand out from the crowd.

Register online at : www.FuturaAdventures.com

Open to Kindergarten – 5th Grade and appropriate for students with or without previous Spanish experience.

Deadline to register: October 4th - Price will increase \$10 after deadline.

Sandhill Elementary

Day/Time: Thursdays, 3:10pm – 4:10pm

Dates: 10/11, 10/18, (skip 10/25), 11/1, 11/8, 11/15, (skip 11/22), 11/29, 12/6, 12/13
– Winter Break - 2/7, 2/14, (skip 2/21), 2/28, 3/7, 3/14, 3/21, (skip 3/28), 4/4, 4/11

Tuition: \$225* / 16 weeks

NEW! Parent Portal: Newsletters and Optional Homework available online for immediate access (included with tuition).

Grant Assistance and Payment Plans Available - To request an application please contact sandyo@futuraadventures.com (at least one week before the first class)

Payment / Cancellation Policy: Tuition is non-refundable. To cancel a class, 30 days written notice must be given to sandyo@futuraadventures.com.

A \$50 cancellation fee will be assessed for all cancellations.

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Manis & Mammas



From September to November all mammography patients will receive a coupon for a discounted manicure from a participating local salon!

Now Offering 3D Mammograms!

Our Medical Imaging Team will get you in quickly so you don't have to wait stress-filled weeks for an appointment.

Please call (608) 873-2299 to schedule your mammogram today.



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Community Action Coalition For
South Central Wisconsin, Inc.
1717 N. Stoughton Rd.
Madison, WI 53704
608.246.4730 Ext. 229
www.cacscw.org

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16 KOATS 10-3	17 KOATS 10-7	18 KOATS 10-3		19
21	22	23 KOATS 10-3	24 KOATS 10-7	25 KOATS 10-3	26	27 KOATS 10-3
	29	30 KOATS 10-3	31 KOATS 10-3			

PROGRAM REQUIREMENTS
To qualify you must be low-income and to register you must have identification for each person in your household that is in need of a coat. Accepted forms of identification
•Social Security Card •Insurance card
•Photo Identification •Medical Card

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 KOATS 10-3	2	3 KOATS 10-3
4	5	6 KOATS 10-3	7 KOATS 10-3	8 KOATS 10-3	9	10
11	12	13	14	15	16	17



Stop Suffering from GERD

There's Help for Your Acid Reflux



Aaron Schwaab, M.D.

General Surgeon
Stoughton Hospital
General Surgery Clinic

Antacids and other medication may reduce GERD symptoms, however studies suggest long-term use of GERD medication might be risky. Dr. Aaron Schwaab now offers the minimally invasive LINX procedure which is an effective solution for reflux and may end your long-term dependence on medication.



The LINX device is approximately the size of a quarter.

**Wednesday, October 10th at 6:30 p.m.
Courtyard by Marriott Madison East
2502 Crossroads Drive, Madison**

To register for this free event, please go to stoughtonhospital.com and click on "Classes & Events." Questions? Please contact Sonja at 873-2356.

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stoughtonhospital.com



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Let's Fly a Kite!

Join Us For Family Fun!
Children of All Ages!

September 22, 2018
Sandhill Elementary School
10:00 am – Noon Kite Flying

- Free kites provided to first 50 kids to show up.
- Kids build their own kites with adult supervision – an adult must accompany child.
- Opportunities to learn about kites and the sport of kite flying.



Rain Date: September 29, 2018
Water will be available



Local SPANISH, Global Experience

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Give Your Child a Skill For Life... SPANISH!

Don't miss out on this year's all new and exciting 16-week Spanish adventure!

Vamos por el pueblo y Vamos a la ciudad - (Let's go to the town and Let's go to the city!)

Join our class *amigos* Dani and Beto as they share the culture and daily life of a small town in Mexico and the bustling city of Madrid, Spain. Students will learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes-- all in Spanish! This stimulating class environment energizes and motivates students to stand out from the crowd.

Register online at : www.FuturaAdventures.com

Open to Kindergarten – 5th Grade and appropriate for students with or without previous Spanish experience.

Deadline to register: October 9th - Price will increase \$10 after deadline.

Fox Prairie Elementary

Day/Time: Tuesdays, 3:10pm – 4:10pm

Dates: 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4 – Winter Break --
2/12, 2/19, 2/26, 3/5, 3/12, 3/19, (skip 3/26), 4/2, 4/9

Tuition: \$225* / 16 weeks

NEW! Parent Portal: Newsletters and Optional Homework available online for immediate access (*included with tuition*).

Grant Assistance and Payment Plans Available - To request an application please contact sandyo@futuraadventures.com (at least one week before the first class)

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The Department of Atmospheric and Oceanic Sciences Presents

Len Robock 10th Annual Lecture

Dr. Jonathan Foley

PlanetVision:
A Global Plan to Build a Better,
More Sustainable Future



Thursday September 27th 7:00PM
at the H.F. DeLuca Forum
Discovery Building (WID)

Reception to Follow

For more information visit us at:
www-aos.wisc.edu/robock

A noted science communicator and world-renowned scientist, Dr. Jonathan Foley's groundbreaking research and insights have led him to become a trusted advisor to governments and business leaders around the world.

In midst of grim news on the global environmental front, Dr. Foley presents a practical plan, PlanetVision, based on the latest science, that could help us build a better future. With recent insights from science, emerging solutions from every part of the globe, powerfully motivating stories of hope, and beautiful images and multi-media, PlanetVision engages large audiences, asking them to help address our biggest environmental issues.

Sing with us!



Fall Introductory Choir Ages 7-10

Meets weekly on Saturday mornings
10 - 11am

September 29 - December 8
(no class Thanksgiving weekend)

Lake Edge Lutheran Church
4302 Monona Drive, Monona



learn more and register at:

madisonyouthchoirs.org/join-a-choir

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