

for the

# Health of You

Affiliated with SSM Health Care of Wisconsin

## How to Cope *When Hard Times Hit*

**W**ith layoffs increasing by the day, it's no wonder many of us are feeling stressed.

"Laid-off workers are likely to be angry, sad, and disoriented," says Dr. Ken Robbins, a psychiatrist and depression expert at Stoughton Hospital.

While it may be difficult to imagine now, Robbins said it is important to realize that happiness is possible—and ultimately depends on the worker's ability to cope with change.

"For people who have lost these positions, it's going to be really important that they find ways to adapt because life isn't going to be the same," Robbins said. "And if they remain angry and frustrated that life isn't going to be the same, that might make it difficult to find a new opportunity."

In the short term, Robbins suggests that laid-off workers help combat depression and build their self-esteem by volunteering in their communities.

Other strategies include:

**Share your feelings.** When you're stressed out over a problem, confiding in a trusted friend or family member often helps.


**Write down some practical solutions.** Listing the ways you will reduce expenses and other specific changes will help reduce stress in the long run.

**Use exercise to soothe stress.** Regular physical activity—such as walking, dancing, or working out—boosts your mood, reducing feelings of anxiety and depression.

**Avoid or minimize alcohol and caffeine intake.** Both can increase your anxiety and disrupt sleep. Alcohol can exacerbate depression and can make it difficult to productively manage stress.

If your anxiety or depression symptoms

interfere with your ability to function effectively, Robbins urges workers to contact a mental health specialist.

Such symptoms could include anxiety, difficulty with sleeping too much or too little, low energy, decreased appetite, or sadness which can be accompanied by thoughts of suicide. 



Ken Robbins, M.D.  
Chief of Psychiatry  
Stoughton Hospital



### FINDING YOUR BLISS & MANAGING THE REST

Find happiness and serenity in life again—or for the first time—by attending a Dean/St. Mary's Health Works class from 6:30 to 7:30 p.m. Thursday, April 2, at Stoughton Hospital. Dean Psychologist Lisa Rambaldo, PsyD, offers strategies to release tension, and let go of things you cannot change. Restore your emotional balance, live mindfully and feel empowered to move toward your goals. Lisa provides a perspective that will have you thinking about life in a whole new way. Participants can register to win one of two door-prize drawings for a one-hour massage from Stoughton Hospital's fully-licensed professionals in our complementary medicine department. There is a \$10 fee for the class. Register online at [www.deancare.com/healthworks](http://www.deancare.com/healthworks) or call 1-800-368-5596.

## Your Girl Is Growing Up Fast

Is your little girl growing up? The earliest signs of puberty—the time during which a child turns into an adult—usually begin about age 10 or 11, but can start as young as 8.

Lots of parents feel unprepared to talk about puberty with their daughters. Find a book on the subject and read it together. Encourage your daughter to ask lots of questions, and use understandable, age-appropriate language to answer them. To make her feel more comfortable, tell her a little bit about your own puberty.

Never tease your daughter about her changing body. That will only make her feel self-conscious.

Overweight and obese girls may experience the changes of puberty at a younger age. On the other hand, girls with too little body fat or those who exercise excessively can have delayed puberty. Contact your daughter's doctor if her puberty starts before age 8 or hasn't begun by age 13.

**Explore the emotional and physical changes girls entering puberty experience by attending "Growing Up Girls." The Dean/St. Mary's Health Works class for mothers and daughters is on Wednesday, May 6. Check the events calendar on page 4 for details.**



## It's Never Too Early to Make Your End-of-Life Wishes Known



Lita Falligant (right), a social worker with Stoughton Hospital, provides information regarding advance directives to Jessica Haven at a previous Advance Directive Clinic held at Stoughton Hospital.

Only about one in five Americans has an advance directive. This is a type of document that explains the kind of medical care you want—or don't want—at the end of your life. With an advance directive, family members, doctors, and your health care agent can follow your wishes regarding your personal health care choices.

One type of advance directive, a living will, provides detailed instructions about your preferences if you are terminally ill or in a persistent vegetative state and require medical care to stay alive. "By specifying the treatments you do and don't want, this document can ensure that your wishes are honored," explains Amy Hermes, Stoughton Hospital inpatient services manager. "This is extremely important for peace of mind."

In another form of advance directive, a power of attorney for health care, you name a trusted relative or friend as your health care agent to communicate your treatment decisions, if necessary. A power of attorney for health care document names your substitute decision maker, and also includes your detailed preferences for end-of-life care.

### FREE SEMINAR OFFERED MARCH 25

In honor of National Social Work Month, Stoughton Hospital social workers will be offering a free presentation on advance directives on **Wednesday, March 25, at 6:30 p.m.**, (seating begins at 6 p.m.) in the Bryant Health Education Center on the lower level

of the hospital. The presentation will explain an advance directive page by page, and answer any questions you may have. Hospital staff will also be available for questions.

### REGISTRATION IS REQUIRED

Immediately after the presentation, Stoughton Hospital social workers will be available to help you complete your advance directive, or take reservations for a future appointment to complete one. The presentation and completion of advance directives is free, but registration is required. Please call Sonja at **608-873-2356**.

Bring names and telephone numbers of the two people you want used as health care agents in your advance directive. All information discussed will be kept confidential. Everyone who attends the advance directive presentation will be entered in a drawing to win one of two prizes of \$25 in Stoughton Bucks. Free refreshments will be served.

When you complete your advance directive, be sure to give a copy to your doctor. Hermes also advises people to give copies to their friends and/or family members. "Most important, supply your health care agent with a copy," she says. "You can revise your advance directive at any time."

"It is worth preparing an advance directive when you're healthy," adds Hermes. "Waiting until an illness or accident strikes can make it more difficult to think about health care decisions." ♣

# Take Steps *NOW* to Prevent Osteoporosis *Later*



Lezlie Painovich, D.O.  
Evansville Clinic  
St. Mary's/Dean Venture



Stoughton Hospital Medical Imaging Manager Sara Sturmer assists a patient having a bone density test.

**O**steoporosis is a long name for an easy-to-understand problem: Our bones are becoming porous due to a lack of calcium.

Because of this calcium loss, our bones become weak and brittle, explains Dr. Lezlie Painovich, D.O., Family Medicine at Stoughton Hospital.

Sometimes called the “silent disease,” osteoporosis often reveals itself when you fall or fracture a bone. But you don’t have to wait to start preventing osteoporosis, says Dr. Painovich.

You can make these changes anytime:

- Take the daily recommended amounts of

calcium and vitamin D, because Vitamin D assists in the absorption of calcium. Discuss the newly revised vitamin recommendations with your health care provider.

- Try to get your calcium from food sources such as nonfat and low-fat dairy products. Other good sources of calcium include dried beans, broccoli and sardines.
- Perform regular weight-bearing and weight-resistant exercises. Good examples of weight bearing exercises are jogging and walking. Lifting weights is a good form of weight-resistant exercise.
- Avoid smoking and don’t drink alcohol excessively.

- Talk to your doctor or other healthcare provider about bone health.


Sometime after menopause, depending on your risk, women should have a bone density test and take medication if necessary. The density test measures bone density and can predict your risk of future fractures.

“Once our bone mass has peaked, around age 35, both men and women start to lose that mass,” says Dr. Painovich.

In women, osteoporosis also speeds up after menopause as estrogen levels drop.

“Osteoporosis is more common in women than men because women have less bone mass than men, live longer than men, and the hormone estrogen that women lose as they age is needed to keep bones strong,” notes Dr. Painovich.

Citing statistics that just 35 percent of Americans consume the recommended daily allowance of calcium, Dr. Painovich stresses the importance of prevention.

“A lifestyle that includes a proper diet with exercise is important to a long, healthy life.” 

## Keep Those Kids Moving

As winter eases its grip, it’s time to get your family moving—for everyone’s health. To encourage your kids to play more, the first thing to do may be to cut down on TV and computer use. Try these tips:

- Make it a family habit to take a walk after dinner instead of turning on the TV.
- Help an older child train to walk or run a race for your favorite charity—or sign up as a family team.
- Replace Saturday morning cartoons with rollerblading or a trip to the zoo.
- Instead of staying indoors with a video game, go out and play ball.

- Bike to the library and borrow some books to read together.
- When you watch TV, lead your family in push-ups or jumping jacks during the commercials.
- Check out your community recreation center to see if there are clubs or sports teams available for your child’s age group. Sign up children for a sport aimed at their age group.
- Encourage your children who aren’t interested in team sports to try bicycling, swimming, in-line skating, skateboarding, or martial arts.
- For family exercise time, plug in an exercise tape or DVD.

*For the Health of You* is published by Stoughton Hospital in Stoughton, WI. The information is intended to inform and educate about subjects pertinent to health, not as a substitute for consultation with a personal physician.

If you would like to be removed from this mailing list, e-mail [pr3@stohosp.com](mailto:pr3@stohosp.com) or write to: Public Relations; Stoughton Hospital; 900 Ridge Street; Stoughton, WI 53589



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## calendar of events

### COMMUNITY EVENTS

#### Advance Directives Seminar

Free Advance Directives presentation, 6:30 p.m., March 25, in the Bryant Health Education Center on the lower level. Please call 608-873-2356 to RSVP.

#### Blood Drives

American Red Cross Blood Drives are held at Stoughton Hospital the third Friday of every month. Visit [givebloodgivelife.org](http://givebloodgivelife.org) or call 1-800-GIVE-LIFE to make an appointment.

### SUPPORT GROUPS

#### • Hope Chest (608-877-3476)

Breast Cancer Support Group meets third Monday of each month, 6 to 7:30 p.m., Stoughton Hospital Board Room

#### • Diabetes Support Group/Evansville (608-882-0407)

Meets second Tuesday of each month, 6:30 to 7:30 p.m.  
Evansville Senior Center

### URGENT CARE INFORMATION:

#### Stoughton Hospital Urgent Care

900 Ridge Street  
Stoughton, WI 53589

**608-873-6611**

Hours of Service:

6 a.m. to 11 p.m. daily

(including weekends and holidays)

#### Oregon Urgent Care Clinic

990 Janesville Street  
Oregon, WI 53575

**608-835-5373**

Hours of Service:

Monday–Friday: 6 p.m. to 11 p.m.

Saturday–Sunday: Noon to 11 p.m.

### HEART HEALTHY CLASSES

Classes are free and open to the public, and start at 9 a.m. or 2 p.m. Please call 608-873-2314 to RSVP

#### • Heart Anatomy and Function

March 23, May 11

#### • Exercise Guidelines

March 30, May 18

#### • Heart Healthy Nutrition

April 6, June 1

#### • Risk Factor Modification

April 20, June 15

#### • Exercise and Diabetes

April 27, June 22

#### • Understanding Cholesterol

May 4, June 29

### DEAN & ST. MARY'S HEALTH WORKS CLASSES AT STOUGHTON HOSPITAL

#### Finding Your Bliss & Managing the Rest

April 2 (Thursday), \$10  
6:30 to 7:30 p.m.

#### Home on Your Own: For Kids

April 18 (Saturday), \$25  
9 a.m. to 11:30 a.m.

#### Foot Massage: Treating Your Tootsies!

April 29 (Wednesday), \$28  
6 to 7:30 p.m.

#### Growing Up Girls

May 6 (Wednesday),  
\$30/mother and daughter  
6 to 8 p.m.

#### Childbirth Education

May 9 (Saturday), \$77/couple  
9 a.m. to 3:30 p.m.

*For more information or to register for a class, please visit [www.deancare.com/healthworks](http://www.deancare.com/healthworks) or call 1-800-368-5596. All classes are conducted in the Bryant Health Education Center on the hospital's lower level. Dean Health Plan subscribers and Stoughton Hospital employees qualify for a 10 percent discount on the Health Works classes offered locally.*