

SLIMDOWN CHALLENGE 2017



Our sixth annual Slimdown Challenge is nearly here! It's that time of year to bring out your competitive side to achieve better health. The Slimdown Challenge is more than just a weight-loss competition: The goal is to motivate and inspire you to take responsibility for your health over the course of eight weeks and provide you with tools to be successful for a lifetime. As a participant, you become a part of our Mission in action!

This year is all about incorporating small changes and celebrating all successes, no matter the size, for sustainable weight loss and health improvement in the long run. The challenge begins **Tuesday, April 11th**, with pre-registration beginning on **Monday, March 13th**. As part of the wellness challenge registration process,

From the Fort Memorial Hospital Foundation: **75th Anniversary Employee Appeal**

The 2017 *I Care, I Give* Employee Appeal runs from **March 6 to March 17**. Celebrating Fort HealthCare's 75th Anniversary and the impact of employee contributions is the theme of this year's appeal. For 75 years, area communities have relied on us to help them deliver babies, live healthy, recover from illness, and heal from trauma.

Your generosity, combined with gifts from the community, help our Foundation make grants to programs such as the Healing Breast Care Center, indigent patient discharge medications, rocker beds for hyperirritable newborns, community wellness programs, employee scholarships and much more. No matter where you work within our health system, there is a connection to the grants funded by our Foundation.

Every employee has numerous options for giving. A one-time gift, payroll deduction, online giving, payment by credit card, and a choice of programs you can choose to support and the amount of your gift are all factors you can take into consideration to personalize your contribution.

weigh-ins will begin on **March 27th**. More details about the event and the schedule of weigh-in times/locations can be found online at: **FortHealthCare.com/Slimdown**. This community challenge is free and anyone at least 18 years old can participate.

After registering for the challenge and weighing in, participants will receive weekly challenge instructions, helpful guidance and motivation, and incentives for reaching individual goals through email and primarily via the Cerner Health portal. Each participant with have an account they will be able to log into and interact with information and track activity. At the end of the eight weeks, there will be a final weigh-out and prizes will be awarded.



You can also help celebrate our 75th Anniversary by figuring out ways your gift can reflect that number. For example, a gift of \$75 paid over 25 paychecks is \$3 per check. \$7.50 per pay period is another possibility. Or a gift of \$150 paid over 4 pay periods is \$75 for two months.

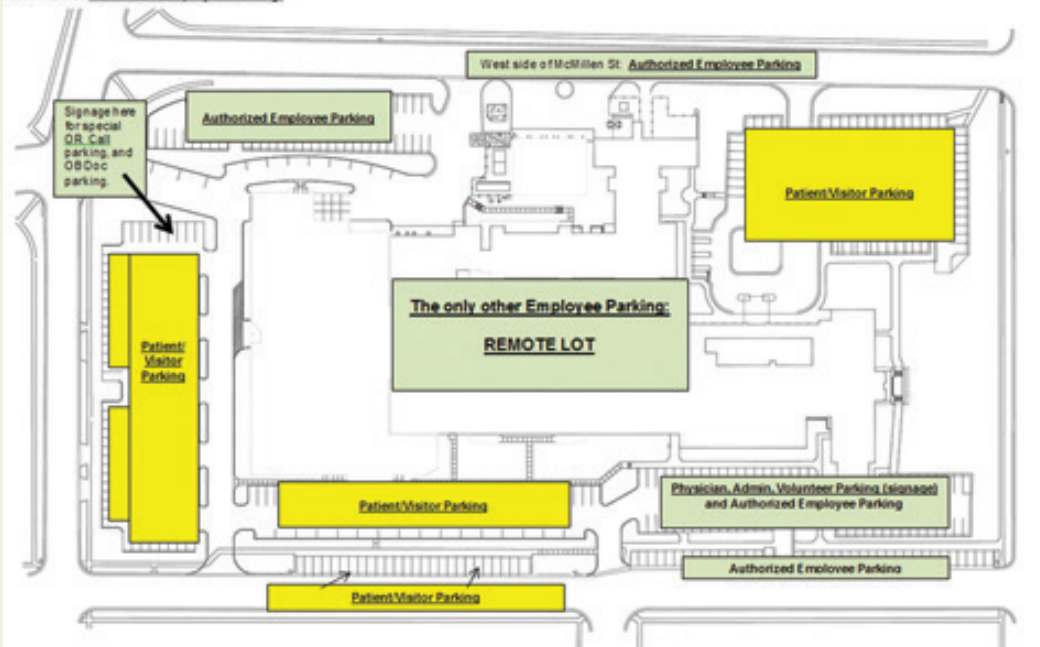
No matter how much you give, the programs you choose to support or the time period in which you make your gift, your gift is a testimonial to the importance of our Mission as a non-profit organization in service to our community. Thank you for taking time to consider how you can participate!



ANNOUNCEMENTS

Hospital Campus Parking

GREEN and YELLOW labels address whole sections of parking, not individual stalls. Individual stalls that are in a YELLOW section but perhaps not actually touched by the yellow label, are still restricted to patients or patient visitors. The same is essentially true of GREEN labeled areas. See policy Definitions for the definition of Authorized Employee Parking.



IMPORTANT: EMPLOYEE PARKING AT THE HOSPITAL

All employees must adhere to the Parking Policy (policy no. SAFE15). If you have any questions about the policy or whether or not you are Authorized, be sure to speak with your manager.



Rotarians from the Fort Atkinson, Jefferson and Lake Mills clubs traveled to the Philippines recently to assist with a clean water project that would extend a municipal water pipeline to schools, daycares and citizens in rural villages. Also, Janet Berget (FHC Purchasing) is part of a group that sews clothing for people in need around the world, and Jim Nelson was able to take the clothing she helped make with him on the trip to donate to families in need. *Pictured above (left to right): Front — Jim Nelson, Ellen Waldmer; Tom Vinz; Back — Tom Dehnert and Edwin Bos.*

Special Thanks...



Source: Daily Jefferson County Union, February 15, 2017

Hello,
My name is Stephanie Pagenkopf, and I am an RN here in the Fort HealthCare Emergency Department. My son, Carter, had a hemorrhagic stroke on December 16, 2016 from a ruptured AVM (tangle of blood vessels in his brain that he was born with). He was in Children's Hospital in Milwaukee for 43 days. During that time, our family received gift cards, visits, food, money, and lots of letters and prayers from many people at Fort HealthCare. Most of it was given anonymously, so I am unable to thank everyone individually. My family is extremely grateful for all the help so many people provided. I am so proud to work at such a supportive place, and I'm humbled by everyone's generosity. Carter is truly a miracle, and he is back home and working hard on his recovery. Thank you so much!





HEALTHY COMMUNITIES

(To be completed by Fort HealthCare only)
Voucher Number:

This voucher is good for one complimentary Mammogram at Fort Memorial Hospital in Fort Atkinson.

To qualify for this program, you must be 40 years of age or older with limited funds or no health insurance coverage.

To schedule your Mammogram, call the Fort Memorial Hospital Radiology department at (920) 568-5420 to make your appointment.

Please present this voucher upon arrival on the date of the appointment.

Appointment Date: _____	Appointment Time: _____
Name: _____	Date of Birth: _____
Referred by: _____	Date: _____

If available, insurance will be billed. This program exists due to the generosity of the Fort Memorial Hospital Foundation and its contributors. Mammogram patients will NOT incur any personal expense for this exam. Further assistance may be available if additional diagnostics are required. For special considerations, please discuss with the Fort HealthCare Radiology department.



Complimentary Mammogram Voucher



FortHealthCare.com/Mammo • FortHealthCare.com/Foundation
Fort Memorial Hospital • 611 Sherman Avenue East • Fort Atkinson

MAMMOGRAMS FOR ALL WOMEN

Screening for breast cancer has become an expectation in our society. So much so, that the Fort Memorial Hospital Foundation experienced a drop in the need for mammogram vouchers when screenings were made mandatory under the Affordable Care Act. An unexpected side effect was people needing diagnostic mammograms and ultrasounds who couldn't afford this next step in care.

Thanks to our partnerships with the Jefferson County Cancer Coalition, Jefferson High School Volleyball Team, and the generosity of people throughout the community, we are updating the program to assist women who can't afford their first diagnostic mammogram and ultrasound.

If the result is a diagnosis of breast cancer, underinsured patients can apply for Community Care assistance for treatment. The updated program

includes new vouchers printed in English and Spanish, brochure inserts about the program and tracking of vouchers so a patient and their provider can easily work together for early detection or the peace of mind from knowing a lump is not cancerous.

The new vouchers are being distributed to all primary care clinics in our service area, Fort HealthCare Center for Women's Health, Fort HealthCare Surgical Associates, and Fort HealthCare Radiology. Vouchers are available to any other clinic or department that refers patients for mammograms. If you need vouchers at your location, contact Stacy Sherman at stacy.sherman@forthc.com. Contact Dwight Heaney, Executive Director of the Foundation at x5404 with any questions.

Healthy Recipe Contest

March is National Nutrition Awareness Month! Take advantage of some of the activities and tools available to make healthy eating a part of your daily life.

This month, healthy options will continue to be highlighted in the Steel Away Café, fresh fruit will be featured in select waiting areas, and a **NEW RECIPE CONTEST** encourages everyone to create and submit a healthy recipe into the contest. Also, a nutrition workshop will be available in the Cerner Health portal to boost knowledge about what's good for us to eat.

Community Health & Wellness, Nutrition, and Food Service will work together to judge the contest, and are your contacts during Nutrition Month for any questions. Prizes will be raffled off upon participation!

For Wellness Program employees, participating will allow you to self-report points at the end of the month in the portal at CernerHealth.com. Download a Recipe Contest flyer with more details off of this news item posted on the Intranet homepage!



Wholesome Harvest CSA Enrollment

Sign up now to participate in this healthy harvest option! Spring greenhouse

shares and produce shares with new options may still be available. Pork, chicken and egg shares may also still be available.

Produce, chicken and eggs are all delivered right to the Hospital for your convenience. There is a new online enrollment process and different payment options. For more information please go to: www.wholesomeharvestcsa.com or email the farm at: veggies@wholesomeharvestcsa.com.



MILWAUKEE · WISCONSIN
JOURNAL SENTINEL

HR CORNER

Here are more reasons why YOU feel we are a Top Workplace:

“Fort HealthCare is so wonderful at hiring the right people for the right positions. I have some very excellent co-workers who are not just wonderful at their jobs, but are also great people in general.” ~ Kristin Schultz, NP

“Fort HealthCare is a Top Workplace because they are constantly educating staff and keeping them up to date and updating policies and procedures to reflect best practices in healthcare.” ~ Amanda Godlewski, LPN



Fort HealthCare
RESPECT
NOMINATIONS

Thank you!

Julie Asmus from the Pharmacy would like to recognize her co-worker, **Abigail Pettit**, also of the Pharmacy, for her Excellence, Professionalism, and Sensitivity:

“We recently had a patient of our outpatient pharmacy find himself unable to pick up medications due to a recent health issue. Abby delivered the medication to the patient’s house after work. The patient was very grateful for this, and Abby definitely went above and beyond her duties to do this.”

Thank you, Abby!



Health Information Professionals Week Promotes “Leading the Way to Quality Data” During 28th Annual Celebration

HIP Week: March 26 - April 1

The American Health Information Management Association (AHIMA) will honor and celebrate health information professionals

year’s HIP Week theme reflects AHIMA’s vision of leading the way to improving health through trusted information.”

During HIP Week, health information professionals will engage in focused activities in their organizations to raise awareness of the important work they perform. The Fort HealthCare HIM Department has a total of 28 employees performing a variety of services including coding, release of information, chart analysis, transcription, scanning, auditing, and tumor registrar.

Information can be used as an asset to benefit healthcare organizations, to improve performance and improve patient health. Achieving aims such as improving cost, quality, and population health depends on the ability to turn data into knowledge. With the theme of “Leading the Way to Quality Data,” AHIMA reiterates its belief in the necessity of leading the industry to quality data.

About AHIMA

The AHIMA represents more than 103,000 health information professionals in the United States and around the world.

AHIMA is committed to promoting and advocating for high quality research, best practices and effective standards in health information and to actively contributing to the development and advancement of health information professionals worldwide

AHIMA is advancing informatics, data analytics, and information governance to achieve the goal of providing expertise to ensure trusted information for healthcare.

For more information, visit www.ahima.org.

during the 28th annual Health Information Professionals (HIP) Week March 26–April 1, 2017. This year’s theme is “Leading the Way to Quality Data.”

“In order for healthcare to meet the Triple Aim of improving care, reducing costs, and improving population health, we need to analyze and use data effectively,” said AHIMA CEO Lynne Thomas Gordon, MBA, RHIA, FACHE, CAE, FAHIMA.

“During AHIMA’s HIP Week, our goal is to raise awareness that health information management professionals are the best equipped to understand health data and turn information into knowledge that powers better decision making.”

HIP Week 2017 will coincide with AHIMA’s Leader Symposium and Hill Day, events where AHIMA members receive education specific to advocacy and visit Capitol Hill to share the importance of advancing Health Information Management (HIM). Information governance, privacy, security, and consumer empowerment continue to be key issues for HIM professionals; AHIMA will continue to provide guidance to the healthcare industry and government leaders seeking expertise and counsel.

“HIM professionals understand the volumes of health data and information being generated, and they know how to manage it and what it is saying,” said Thomas Gordon. “This