

inside



EMPLOYEE NEWSLETTER

75th Fort HealthCare
FOR HEALTH

APRIL 2017



KEEP
CALM
AND
BE STRESS
AWARE

April is
Stress Awareness Month

During the month of April, we are offering a number of stress relieving opportunities for employees - including Meditation & Breathing and Yoga classes, massage therapy, and pet therapy. Visit the Steel Away Café on April 18th for Comfort Soup, and April 27th for a veggie side. Or stop by every Friday in April for fresh fruit-infused water. Schedule your self-care today at FortHealthCare.com/Classes (for the classes) or call (920) 568-5299 to schedule massage therapy. Check the Intranet for additional information about Pet Therapy, stress relief resources, and event updates.



April is also Sexual Assault Awareness Month. Please join us in raising awareness in by participating in **Jeans Day on April 21st!** The cost is \$5.00. Payroll deduction is available in HR. Sign-up sheets are available for offsite locations. Money raised will be put toward continuing education opportunities.



Help support Tomorrow's Hope by **wearing jeans on Friday, April 28th!** The cost to participate is \$5.00 (payroll deduction is available in HR). The mission of Tomorrow's Hope is to

foster health-related research, education, and support activities that have a direct impact on individuals in our local healthcare service area touched by Alzheimer's, cancer, diabetes, heart disease, and other life-limiting illnesses.

Fort HealthCare Pediatrics



We Offer Weeknight Evening Hours!

Monday: 8a-5p

Tuesday-Thursday: 8a-7p

Friday: 8a-5p

Saturday: 8a-12 noon



HEALTH, WELLNESS & YOU



Our sixth annual Slimdown Challenge has begun! 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 runs until June 6, 2017. More details about the event can be found online at:

FortHealthCare.com/Slimdown, and if you are enrolled in the challenge already, tune in to your CernerHealth wellness portal for challenge instructions, information, and activities. At the end of the eight weeks of the challenge, there will be a final weigh-out and prizes will be awarded.

Sign-up and join us at a Fitness Class!

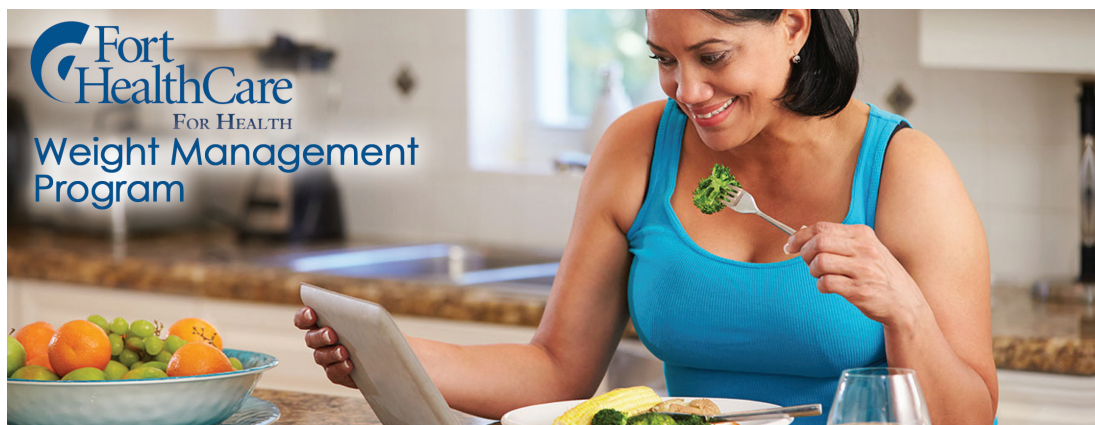
Fort HealthCare employees receive a 50% discount on fitness classes!

We are committed to improving the health and well-being of our communities, and that includes our employees! We offer health, wellness, fitness, and professional training classes every month. View the latest list, descriptions and information at:

FortHealthCare.com/Classes

There are three convenient ways to register:

- Online (website listed above)
- Call (920) 568-5475
- Visit the Registration Desk at the hospital. Be sure to have your Employee ID number handy to take advantage of the employee discount!



Check out the resources our Weight Management department has collected at: FortHealthCare.com/WeightManagement

Our **Weight Management Program** has dedicated a special place on our website where they have put together a list of recommended resources when it comes to helping with health improvement and weight loss. The resources range from handouts and book recommendations, to exercise classes and programs that focus on nutrition or physical activity, to an even more dedicated Medically-Supervised Weight Loss program.

Here, you will find a list of readily available resources about finding support for health and wellness. While they can't do the work for you, they are happy to help guide you toward a program that you feel will benefit you. And the best part is you

can tackle everything at your own pace.

Whether you learn best with self-direction, technology, group settings, or prefer one-on-one attention, there is something for you. The website even offers a Diet Readiness Questionnaire and a list of questions you can ask your primary care provider to help you get started.

Or, you could contact a Weight Management Specialist at 920-568-5489 for a free phone consultation to assist and guide you toward a program that will fit your needs. If you would like the Weight Management Specialist to call you instead, you can fill out the *Weight Management Program Information Request* form located on the website. Here's to a healthier you!



The Weight Watchers® at Work program is a traditional Weight Watchers® program with a weekly weigh-in and support group run by Weight Watchers® Specialists located at Fort HealthCare for employees' convenience. For details, contact Robin Bunting at: robin.v.bunting@weightwatchers.com or call (262) 594-5484.



HEALTH, WELLNESS & YOU

2016 Slimdown Challenge Winner - "It really works!"



"I am one that always knew what I 'should' do, but also felt intimidated to get started," says Amanda Price of Fort Atkinson as she reflects on how she felt exactly one year ago.

Along the way, Amanda learned - and changed - a lot on her journey to better health.

Read her full story on our blog at:

FortHealthCare.com/Blog

Cardio-Pulmonary Rehab



Now with NEW A/V Equipment!



Open Gym hours for staff:

Monday: 3p-6:30a
Tuesday: 3p-7:00a
Wednesday: 3p-6:30a
Thursday: 3p-7:00a
Friday: 2p-6:30a
Saturday
& Sunday: 24 hours

Cardio equipment, free weights, weight machines, jump ropes, and more are here for you at NO COST.

Employees and volunteers may only enter when patients are not present, and a brief orientation must be completed with Cardio-Pulmonary Rehab staff first before you can obtain the passcode to get into the facility.

Contact them at: x5349

"You will never be a 100% ready to change. Don't wait for the 'perfect' time. It will never come - START TODAY!"

Want to start exercising but not sure how to start? Never exercised before and need some guidance? Not interested in investing in a gym membership just yet and want to do an exercise program from home?

This program is for you! **Get N' Fit** is targeted for adults who are ready to start an exercise program.

Through **Get N' Fit**, you'll work with a certified athletic trainer who will customize a fitness program to meet your needs.

The initial session will include a pre-fitness test assessing body composition, balance, flexibility, strength, cardiovascular endurance, resting and training heart rates.

An individualized fitness program will be developed to perform at home. Goals will be set and follow-up visits will be scheduled to re-assess goals, to progress the program, and to acknowledge milestones. Get started today!



Get N' Fit

Customized Personal Training Program
Fort HealthCare Therapy & Sport

Please call Fort HealthCare Therapy and Sport for costs, location information, or to register: (920) 563-9357.
Also view information at FortHealthCare.com/Classes



Welcome New Provider! James C. Flood, MD

We are pleased to welcome a new family medicine provider to our primary care team! James C. Flood, MD joins James Wishau, MD, Jennifer Philbin, MD, Laurel Runte, PNP, and Kristin Schultz, APNP, seeing patients by appointment at Fort HealthCare Lake Mills.

Dr. Flood received his training at the University of Michigan Medical School in Ann Arbor, MI, with an Internship at Florida Hospital Family Practice Residency in Orlando, FL, and a Residency with Loma Linda University Family Practice Residency in Loma Linda, CA. He is Board Certified by the American Board of Family Medicine and a Fellow American Academy of Family Physicians.

He enjoys the broad spectrum of care that the field of family medicine provides. Dr. Flood cares for patients of all ages and takes the time to work one-on-one to determine what care is best for each of them as individuals. He also enjoys working with multigenerational families.

Jones Dairy Farm's Apricot Honey Glazed Ham



Trying to limit sodium intake? If ham is on the menu, choose low sodium foods to go with it.

Ingredients:

- 1/2 cup apricot jam
- 1/2 cup honey
- 1 Tbsp. Dijon mustard
- 1 Jones Dairy Farm Whole Family Ham

Directions:

- Combine jam, honey and mustard in medium bowl and stir until smooth.
- Preheat oven to 325°F.
- If desired, score fat layer on ham. Place ham in baking dish and baste with one-fourth of the glaze mixture. Cover with foil and place in oven.
- Bake for 15 minutes, then baste with another fourth of glaze.
- Repeat two more times.
- Remove foil, baste ham with pan juices and cook for an additional 20-30 minutes, or until internal temperature reaches 145°F.

Nurstoons



TOP 100 MILWAUKEE-WISCONSIN JOURNAL SENTINEL HR CORNER



Fort HealthCare RESPECT NOMINATIONS

Thank you!

Julie Asmus from the Pharmacy would like to recognize **Beverly Churchill** of the EVS department for her Responsiveness and Teamwork:

“It was 7 p.m. and the pharmacy had not been cleaned yet, and our ‘797 IV Clean Room’ needs to be cleaned daily due to special requirements. Apparently EVS was short-staffed and our regular EVS person was not available. I saw Beverly and knew she had cleaned in pharmacy before. She came up to clean in between doing her regular EVS duties in the Emergency Department. Thank you, Beverly, for your Responsiveness and Teamwork!”

2017 Health, Dental, Flex Spending and Wellness Program

Open Enrollment is April 1-15!

The Fort HealthCare annual Flex, Health, and Dental Open Enrollment is underway! Please note that employees (0.5 FTE or greater) **are required** to enroll, re-enroll, or waive coverage in our annual open enrollment.

Valuable information is available on the intranet, under “Human Resources Important Notices and Information:”

- 2017 Kronos Open Enrollment Job Aide
- 2017 Benefits Presentation

Please see the News on the Intranet to note optional meeting times in the I.S. Training Room at the hospital if you would like to work on your open enrollment with a Human Resources Representative.

Those remaining dates and times are:

- Wednesday, April 12th from 7:00 am – 8:00 am
- Friday, April 14th from 1:30 pm – 2:30 pm

For Flexible Spending, you must re-enroll each year

- \$2,600 plan year max = Medical
- \$5,000 plan year max = Dependent Care

Open Enrollment takes place from April 1-April 15, 2017 Please contact Human Resources (x5144 or x5143) if you would like additional assistance or information. Thank you!