





***Health for the Holidays***

The Health for the Holidays Challenge is still going on! Weigh-outs will be held on **January 29th and 30th** (schedules included) and prize winners will be announced that same week. Don't forget to log your 100 points for participating!

***2018 Cambridge Wellness Expo***

Break up the month of January and stop by the Cambridge Elementary School on **Sunday January 14th from 12p-3p** for a fun afternoon of fitness class demos, outdoor snowshoeing, lots of vendors, and the Fort HealthCare Railyard! More details on the included flyer.

***Movin' and Losin' Families***

Are you and your family looking for an excuse to get out of the house this winter and burn off some energy after learn about healthy eating? Starting Monday January 22nd and Tuesday January 23rd, Movin' and Losin' Families will be back up and running! This 8-week program, taught by Fort HealthCare nurses, nurse practitioners and physical therapists, runs each Monday and Tuesday evening from 6:30pm-7:30pm at the Therapy and Sport building on Madison Avenue. The first part of class is spent talking about healthy eating strategies for busy and growing families, and the rest of class is spent moving and exercising. For Fort HealthCare employee's families, the cost of the class is \$20 for the entire session! Interested in signing up? Register online at [www.forthehealthcare.com/class/movin-and-losin/](http://www.forthehealthcare.com/class/movin-and-losin/)

***Biometrics: February 2018 Dates (Hospital)***

2/1/18   8a - 2p	2/13/18   5p - 9p
2/2/18   5a - 10a	2/14/18   8a - 11a & 5p - 8p
2/3/18   9a - 12p	2/15/18   8a - 11a
2/5/18   1p - 5p	2/16/18   5a - 10a
2/6/18   5p - 9p	2/17/18   9a - 12p
2/7/18   8a - 11a & 5p - 8p	2/19/18   1p - 5p
2/8/18   8a - 2p	2/20/18   6a - 10a & 10a - 2p & 2p - 6p & 6p - 8p
2/9/18   5a - 10a	
2/10/18   9a - 12p	
2/12/18   1p - 5p	

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## ***Biometrics: February 2018 Dates (Clinics)***

**2/5/18**

Business Health: 8a-9a | ENT: 9:05a-10:15a | Urology: 10:20a-11:30a | Kids Konnection: 11:45am-1:15p | WW/IMP: 1:30p - 2:30p

**2/6/18**

Therapy and Sport-F: 8a-12p | Jefferson: 8:45a-10a | Wound/Edema: 10:15a-11:30a | UW Cancer Center: 11:35a-12:45p | Lake Mills: 1p-2:30p

**2/7/18**

Surgical Associates: 8:30a-9:30a | IMP-Fort: 11:45a-1p | Cambridge: 1:30p-2:30p

**2/8/18**

Ortho: 7:30a-9:10a | IFC: 9:15a-10:25a | Therapy and Sport-F: 10:30a-11:30a | Johnson Creek: 12p-1:30p | WW Therapy and Sport: 11:30a-1p

**2/9/18**

Center for Women's Health: 10a-12p

## ***Health for the Holidays - Hospital (Weigh-outs)***

**1/29/18** - Java Junction: 8a-2p & **1/30/18** - Java Junction: 6a-10a, 10p-2p, 2p-6p

## ***Health for the Holidays - Clinics (Weigh-outs)***

**1/29/18**

Business Health, ENT, Urology: 8a-8:45a | CWH: 8:50a-9:30a | Kids Konnection: 9:35a-10a | Fort IMP: 10:05a-10:45a | Surgical/Business Office: 11a-11:30a | Ortho, IFC, Therapy & Sport: 11:45a-1p

**1/30/18**

Jefferson: 8a-8:30a | JC Clinic/Wound: 8:45a-9:15a | UW Cancer: 9:20a-9:45a | Lake Mills: 10a-10:30a | Cambridge: 11a-11:30a | WW IMP/Therapy & Sport: 10a-11a

## **FOUNDATION NEWS**

### ***Foundation Celebrates 2017 Accomplishments***

New Year's is a time of optimism. Many people pause to imagine what we want to achieve in the coming year. If you need some inspiration, here are some examples of what your contributions to our Fort Memorial Hospital Foundation achieved in 2017.

- Expanded our breast cancer voucher program to include first time diagnostic mammograms and ultrasounds for women and men who cannot afford the cost.
- Expanded our School Behavioral Health Counseling service from Whitewater to Fort Atkinson and Jefferson schools. With the leadership of Women Who CARE, this service is making a big impact for area students who are struggling.
- Began a new program to assist people who cannot afford outpatient cardiopulmonary rehab services.

Knowing that, what will you help our Foundation accomplish in 2018? Our Foundation is available to support innovative ideas that advance Fort HealthCare's mission. The support of our employees and providers is crucial to our success.

Thanks in advance for all you do to support our Foundation and Fort HealthCare's mission in 2018. It's a resolution you can keep every day!

### ***Tax Statements for Foundation Donations***

Your support for Fort Memorial Hospital Foundation starts with caring about the people we serve through Fort HealthCare's mission and vision. An added bonus, your charitable contributions to our Foundation are also tax-deductible.

In late January, employees who donated to our Foundation will receive a letter documenting your contributions during 2017. For those of you who use payroll deduction, this letter will be the formal acknowledgement you tax preparer wants to see. You should also keep a copy of your last pay stub to document those deductions.

If you or your income tax preparer have questions about your contributions to the Fort Memorial Hospital Foundation, please contact Dwight Heaney, Foundation Executive Director at (920) 568-5404 or [Foundation@FortHC.Com](mailto:Foundation@FortHC.Com).



## HR Corner

### Top Workplace Quote of the Month

*Fort HealthCare is the Top Workplace because:*  
 “They believe in their mission, vision and values. The organization provides flexibility and a friendly environment. It’s nice to want to come to work.”  
 -Misty Renz-Sanches, Business Office



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Fort HealthCare  
**RESPECT**  
**NOMINATIONS**  
*Thank you!*

Vicki Kamuchey of the Hospital Rehab department would like to nominate Caitlin Bedford of the Radiology department for her excellence, professionalism, responsiveness, sensitivity and teamwork. “Despite the mix up of appointment time for my arrival, Caitlin was kind enough to stay late to fit me in so I could keep my scheduled app to my Dr. the next day. I appreciate her willingness to stay and be very kind and understanding. Her dedication to her job shines through her actions and provided me with a WOW experience. She is an asset to Fort Health-Care.”

Kathy Klein of the Fort HealthCare Johnson Creek Clinic would like to nominate Amy Ross of the Fort Urgent Care/ER department for cultural diversity, empowerment, excellence, professionalism, responsiveness, sensitivity and teamwork. “I would like to give a shout out and to thank you to Amy Ross and the Fort urgent Care/ER staff. I am currently in the AEMT program and needed to get some ER/Urgent Care clinical hours. The staff was fantastic and VERY patient with me and my questions. I learned so much and have so much appreciation and respect for the Fort HealthCare ER/Urgent Care staff. Thank you again!” Well said, Kathy.

**Join Us!** Second Saturday of each month @ 9:00 a.m.

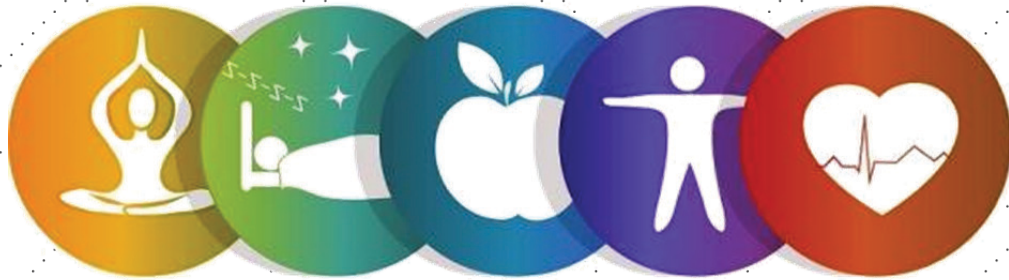
Walk and talk with a local healthcare provider. All ages are welcome!  
 The two-mile walking route begins at:  
 Fort HealthCare Surgical Associates  
 212 Milwaukee Avenue West  
 Fort Atkinson (near Bicentennial Park)

FortHealthCare.com/WalkWithADoc

### January 13th



On January 13th, 2018, come walk with Dr. Martin and talk about health, life, and anything you may have questions about. All ages are welcome and the event begins at 9am. We hope to see you there!



## Health & Wellness Expo January 14, 2018

presented by:

**cambridge**wellness  
collaborative

12:00 - 3:00 pm  
Cambridge  
Elementary School  
802 West Water St

Featuring:  
Live fitness class demos  
Outdoor snowshoeing  
Local vendors

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