

Fort HealthCare 2018 Slimdown Challenge Results!

The seventh annual Fort HealthCare Slimdown Challenge officially came to a close on Tuesday, June 5, 2018. Over 850 participants in the Jefferson County and surrounding area spent eight weeks developing healthy habits. In addition to trying new healthy foods and fitness trends, increasing motivation to stay healthy, and renewing self-esteem, this year's participants reported losing a combined total of 2,268 pounds. The Fort HealthCare Slimdown Challenge is offered free of charge each spring and open to all community members and area employers as part of an overall effort to promote good health and wellness, aligning with Fort HealthCare's Mission to improve the health and well-being of our community. Prizes are awarded for various achievements throughout the challenge as well, to help incentivize participants.

From mid-April to early June, 102 participants reached the projected goal of losing at least eight pounds, with "healthy" weight loss considered to be one or two pounds per week; 67 participants lost over ten pounds. The most weight lost by a single individual was 34.4 pounds and the largest percentage of weight lost by an individual was 12.7 percent. Out of the 340 individuals who completed a final weigh-out, 43 participants moved to a healthier Body Mass Index (BMI) category. BMI is a commonly used measure of body fat that can significantly correlate to various metabolic and chronic health conditions.

Tiffany Pernat, Fort HealthCare's Worksite

Wellness Specialist, states, "While the Slimdown Challenge does monitor weight loss, it is less about total weight lost and more about the quality of life gained through making healthy improvements." When asked about why our top prize winners wanted to participate in the challenge, second place winner, David Taylor, commented "I wanted to drop a few pounds and lower my LDL cholesterol level." Grand prize winner, Rebecca Brown, noted, "I wanted to lose weight and be healthier. I also like the competition and prizes." Third place winner, Laurie McGowan, noted that her motivation for the challenge was knowing that she wanted to be around for her husband, kids, and grandchildren.

Everyone that actively participated in the challenge was eligible for prizes. Prizes were provided by Fort HealthCare through the generosity of Tomorrow's Hope, which aims to support activities that have a direct impact on individuals who are touched by various life-limiting diseases.

Fort HealthCare would like to congratulate everyone who participated, especially this year's prize winners:

- Highest percentage lost – Rebecca Brown
- Highest number of pounds lost – Mary Darnell
- Next highest percentages lost – David Taylor & Laurie McGowan
- Eight pounds or more lost (10 winners) – Spring Hohenwald, Kathy Wollin, Debby Kitsemel, Luke Steffen, Ann Garthwait,

Amber Dunne, Gini Simon, Chris Czerniak, Cassidy Lemminger, Jen Ihlenfeldt

- Maintained a healthy BMI (18.5-24.9) and either lost or maintained (10 winners) – Stacy Blang, Rita Starks, Kaitlyn Meyer, Wilbur Waggoner, Eric Brown, Lois Mach, Julie Asmus, Luke Steffen, Erin Romagna, Dan Oschmann

The Slimdown Challenge is one of many Fort HealthCare opportunities that foster partnerships between local workplaces and local area Healthy Community Coalitions, which includes:

- Cambridge Wellness Collaborative
- Creek Healthy Initiative Coalition (CHIC)
- Fort Healthy
- Jefferson United Motivating People to Wellness (JUMP)
- Lake Mills Wellness Coalition
- Working for Whitewater's Wellness (W3)

These coalitions rallied their communities to participate in healthy behavior change. Fort HealthCare offers the Slimdown Challenge and other programs throughout the year as part of an overall mission to improve the health and well-being of the community. Through programs such as the Slimdown Challenge, residents are encouraged to become active participants in their own health and well-being, all contributing to Fort HealthCare's vision to be the healthiest community in Wisconsin.



HR Corner



Fort HealthCare **RESPECT** NOMINATIONS

Thank you!

Colleen Clipsham of the HIM department would like to nominate **Susan McCaslin** of the HIM department for her empowerment, responsiveness and teamwork. “Recently, the system experienced a critical downtime preventing the coders from accessing their work cues. Susan investigated the situation and alerted the coders to standby while she worked with the IT staff to investigate the problem. During the investigation, staffing time was reassigned until the issue was resolved. After receiving notification from IT, Susan promptly notified the coders that the system was again available and instructed them on how to access their work cues. Due to her initiative and proactive measures, there was minimal loss of productivity and output.” Thanks, Susan!

Jana Ledic would like to express her pleasure with the Labor/Delivery and Lactation departments. “I just wanted to say thank you for an amazing job by all the nurses and Dr. Lynk. Our 3rd child was delivered at Fort HealthCare where are previous two were delivered at different hospitals. The Fort experience was by far, the best! All the nurses were so kind and supportive. I would also like to thank Bev in the lactation department for all of her help and support. Again, her help was SO much better than any help we received at the other hospitals. Thanks again for all you do!”



Josie Haugen of Materials Management would like to nominate **James Rieck** of the EVS department for his professionalism, responsiveness, sensitivity and teamwork. “I have seen Jim going above and beyond many times while passing him in the halls. I witnessed him hand wiping up the floor after some type of black liquid was dripped throughout the hall. He did this while pushing his cart down the hall. Jim notices the little things that one might think aren’t important but to him they matter. Even in halls that aren’t often traveled by the public/patients. Jim has been an excellent addition to the Fort HealthCare team in my opinion, and others!” Thanks, Jim!

Dani of the EVS department would like to nominate **Deb Walters** of the Support Services department for her sensitivity. “I would like to recognize Deb, she is always so positive and in an up-beat mood. She can pull you right out of your funk. Also, whenever I have a question or need to know something, she is the first person I ask. She goes out of her way to find the answer.” Thanks, Deb!

Leah Wuchterl of the Ambulatory Services would like to nominate Margaret Foley of the EVS department for her empowerment, excellence, professionalism, responsiveness, sensitivity and teamwork. “Margaret provided EVS services to the Ambulatory department when another EVS staff was on vacation. Margaret exemplified excellent professionalism; empowerment herself with responsiveness and sensitivity to our needs by being proactive in providing EVS services without being asked; and showed great teamwork! All Ambulatory staff commented on how it was such a pleasure having Margaret in our department and that they could see she took great pride in her job. We definitely saw a difference in the care she took cleaning each room and saw an improvement of the cleanliness in our department overall. Ambulatory staff thanks you, Margaret, for being part of our team and following RESPECT values!” Awesome work, Maragaret!



This Summer, Protect Your Hearing!

We offer the following custom ear protection:



Swim plugs



Noise protection



Concert/musician plugs

Contact the audiology department at

(920) 563-6667

to get summer hearing protection!



Employees at Fort HealthCare say goodbye to Matilda, the Simulation Lab CPR manikin that has provided 9 years of service in the Simulation Lab. Simulation Labs are becoming very important in the nursing school scene, as nearly 50% of clinical experience is being replaced with simulation. There are currently 7 other manikins in the Fort HealthCare sim lab. The FHC Sim Lab will be getting a new model “Alex” that has computer generated pulses that are easier to palpate, smooth durable chest for practicing chest compressions and realistic cardiac rhythms and vital signs that are real time changeable for enhanced simulations.



FOUNDATION NEWS

Foundation Scholarships Announced

The Fort Memorial Hospital Foundation is pleased to announce scholarship recipients for the 2018-19 school year. Eighteen students have been notified of scholarship awards totaling \$19,050.

Each of the nine employees who applied for scholarships received a scholarship award as follows:

Estelle Stinson Chase & Peter A. Chase Scholarship

- Lea Voelz - \$1,000 for A.D.N.
- Rachel Pickering - \$500 for A.D.N.

Dr. Donald and Barbara Williams Scholarship

- Imelda Roser - \$1,500 for MLT
- Teegan Robers - \$1,000 for Masters Health Care Administration
- Rachel Pickering - \$500 for A.D.N

Dr. Tom and Mary Nordland Scholarship

- Samantha Lannan \$1,000 for B.S.N.
- Melissa Kaashagen - \$1,000 for A.D.N.

Education for the Future Scholarship

- Kaitlyn Meyer - \$1,000 for A.D.N.

Fort Memorial Hospital Foundation Scholarship Fund

- Patricia Carroll - \$1,000 for Medical Assistant/Coding
- Jadin Moldenhauer - \$1,000 for Human Biology

Scholarships were also awarded to residents of the FHC service area who are pursuing degrees in health careers.

Scott Hulstein Scholarship

- Erin Rieckmann - \$750 for Pre-Med

Cynthia McKinley Kolasinski Scholarship

- Linda Vo - \$1000 for B.S.N.

Wanda L. Draeger Nursing Scholarship

- Amanda Herold - \$1,000 for B.S.N.

Ormay Freye Scholarship

- Sabrina Stegehuis – 1,000 for B.S.N.

Fort Memorial Medical Scholarship

- Brianna Allard - \$1,000 for B.S. Dietetics
- Erin Dunn - \$1,000 for B.S.N.
- James Neuberger - \$1,000 for Doctor of Pharmacy
- Megan O’Shea - \$1,000 for Masters Communicative Disorders
- Chelsea Shuda - \$1,000 for B.S.N.

Thank you to all of the generous people who donate to our Foundation to help advance careers in healthcare. Your generosity is appreciated by each of these recipients.



Journal sentinel



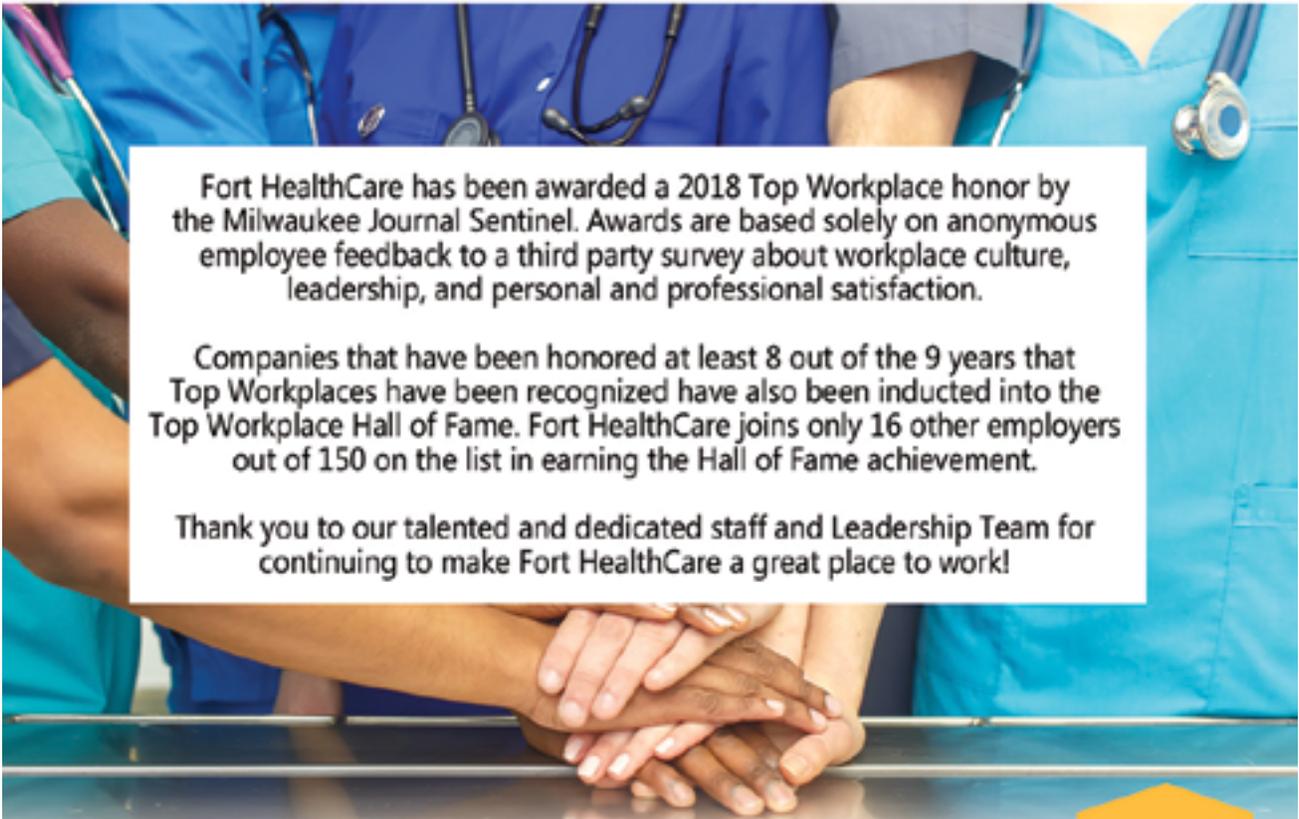
Serving communities in Jefferson County and parts of Dane, Rock, and Walworth Counties for over 75 years.



Responsibility Empowerment Sensitivity Professionalism

CORE VALUES | RESPECT

Excellence Cultural Diversity Teamwork



Fort HealthCare has been awarded a 2018 Top Workplace honor by the Milwaukee Journal Sentinel. Awards are based solely on anonymous employee feedback to a third party survey about workplace culture, leadership, and personal and professional satisfaction.

Companies that have been honored at least 8 out of the 9 years that Top Workplaces have been recognized have also been inducted into the Top Workplace Hall of Fame. Fort HealthCare joins only 16 other employers out of 150 on the list in earning the Hall of Fame achievement.

Thank you to our talented and dedicated staff and Leadership Team for continuing to make Fort HealthCare a great place to work!



www.FortHealthCare.com/Careers



Welcome

Fort HealthCare would like to welcome Nancy Shea to FHC Family. Nancy is a licensed clinical Social Worker and Substance Abuse Counselor who will be providing behavioral health services in Cambridge and Lake Mills starting on July 30th, 2018.



Nancy Shea, Social Worker & Substance Abuse Counselor



ImPACT[®]

Fort HealthCare
FOR HEALTH

What is it?

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a neurocognitive assessment administered online in a controlled environment. ImPACT has two components: baseline testing and post-injury testing which are used in conjunction to determine if a patient can safely return to an activity.

For Who?

All individuals ages 5-59 years old. Recommended for individuals who play high impact sports (Football, soccer, volleyball) or individuals who have high impact jobs and/or hobbies.

How Much?

\$25 for Pediatric Testing (ages <11) and \$20 for Baseline (ages > 11)

Where?

Therapy & Sport Center, Fort Atkinson. Call to set up a test at 920-563-9357



Fort HealthCare at the Fair!

www.Forthhealthcare.com/come-see-us-jefferson-county-fair

Proud Sponsor of the Jefferson County Fair

Stop by and see us!

Located in the Children's Area:

- Visit with our Pediatric providers & Pediatrics Wellness Team
- Railyard Obstacle Course

Located on "Main Street" across from the Fair Park Office:

- Free blood pressure screenings
- Healthy Community Coalitions
- Community Partners
- Cancer screenings information
- Information about Honoring Choices
- Career opportunities

Located next to the Fair Park Office:

- Free Skin Cancer Screening (Wed. 1-3 p.m.)
- Hands Only CPR
- First Aid Tent
- Safe Haven for lost individuals
- Diabetes Education (Friday 12-4 p.m.)
- Jefferson County Sheriff's Department
- Jefferson County Nurses
- **Baby Nursing Station** (water, seating, fans, and electricity available)

July 11th - 15th

Look for our tent near the Fair Park Office!

503 N. Jackson Ave - Jefferson, WI

See Fort HealthCare County Fair website for complete list of provider times during the fair!



FortHealthCare.com

