

Health For The Holidays



By: Tiffany Pernat

Hello everyone, and Happy December!

December, at least to me, means holiday hustle and bustle—there's parties upon parties, cookies everywhere you turn, and the temptation to stay on your couch and not exercise because it's cold/snowy/sleety. Challenge yourself this December to be different, and to take time for you and your health. Remember, your friends, family and coworkers are counting on you to be the healthiest version of yourself, and to promote our Mission and Vision in the community!

Check out the other opportunities at Fort HealthCare for getting involved in your health and your community:

Health for the Holidays Updates

- Health for the Holidays sign-up opened on Monday November 26th, and is open to ALL employees and partners at Fort HealthCare. This 6-week challenge promotes weight-loss or maintenance during the holiday season, and is a great way to get ready for the new Wellness year which kicks off on February 1st 2019. Participants who lose 1 pound per week during the challenge will be down 1 BMI point by the start of the wellness program!
 - ◆ Health for the Holidays Sign Up (wellness portal): 11/26-12/24
 - ◆ Health for the Holidays Weigh-ins (clinics and hospital): 12/3-12/17
 - ◆ Health for the Holidays Challenge: 12/18-1/29
 - ◆ Health for the Holidays Weigh-outs (clinics and hospital): 1/28 and 1/29

Department Wellness Meetings

- An email went out to Leadership and Managers to set up a time for the Fort HealthCare Wellness group to stop by the departments to discuss the upcoming 2019 Wellness year and other wellness opportunities and changes. Please contact Community Health and Wellness to set up this brief discussion at your next staff meeting.

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Love Lights

Mark your calendars for Tuesday December 4th at 6:30pm for the annual Love Lights tree lighting ceremony at the Fort Memorial Hospital, near the Sherman Avenue entrance. At the ceremony, a seasonal message and special music will be provided by local groups. After the ceremony, attendees are able to gather in the Steel Away Café for refreshments and entertainment. New this year—characters from the movie “Frozen” (Anna, Elsa and Olaf) will be present for pictures! All are welcome to attend.

Wellness Champions

Calling all Fort HealthCare employees who are EXTRA interested in Wellness—we need your help! Community Health and Wellness is recruiting Fort HealthCare employees that are motivated and positive with the Fort HealthCare wellness program that would like to be a “Wellness Champion” for their clinic or department. Essentially, this voluntary ‘position’ would act as a liaison between Community Health and Wellness and the Champion’s own department with wellness updates, information and important events and can help answer questions and bolster support in the department/clinic. Interested or know someone who would be great? Contact Community Health and Wellness!

Upcoming Fitness Classes

As always, Fort HealthCare employees receive 50% off all fitness classes using the “EMPLOYEE” discount, and their badge number at <http://www.Forthhealthcare.com/classes-listing/> Classes that are starting in December/January include: (**You CAN sign up late for classes!!):

- **December**
 - ◆ Healthy Steps (December 18th)
 - ◆ Zumba (December 27th)
- **January**
 - ◆ Body Blast (January 2nd)
 - ◆ Glutes and Abs (January 2nd)
 - ◆ Absolute Arms (January 2nd)
 - ◆ Yoga (January 7th)
 - ◆ No Nonsense, Low Impact (January 8th)
 - ◆ Aqua Zumba (January 22nd)
 - ◆ Movin’ and Losin’ Families (January 23rd)
 - ◆ Cardio with Characters

2019 Wellness Year Information

- Both Community Health and Wellness and HR are working on the details for the upcoming Wellness Year. Dates have been set, and we encourage you to put them in your calendar/phone. Expect more emails and details to come in the following months. Please note these dates in your calendar or phone:
 - ◆ 2018 Wellness Year wrap-up
 - **January 31st, 2019**
 - Have 1,000 points logged by 11:59pm for a monetary payout the 2nd pay period of February
 - ◆ 2019 Wellness Year kick-off
 - **February 1, 2019**
 - ◆ Biometrics/Lab Work/Personal Health Assessment Due Dates
 - All due by **11:59pm on February 20th 2019**—absolutely no exceptions!
 - ◆ Advisor Visits
 - Based on wellness score from Biometrics/Lab work/Personal Health Assessment
 - Dates: **March 1-22nd, 2019**
 - ◆ Open Enrollment (Insurance, Flex, etc.)
 - **April 1-15th 2019**



HR Corner



Fort HealthCare **RESPECT NOMINATIONS**

Thank you!

Dani of the EVS department would like to nominate **Patrick Rogan** of the Clinical Engineering department for their teamwork. "Pat went out of his way to help me today when I was pushing two big bins. He didn't have to but he did and I really appreciated the help. Thanks, Pat." Great job!

Dani of the EVS department would like to nominate the **OB Nursing Staff** for their teamwork. "I always see the OB staff working other floors to help out and I love that they work as a team and not just as a department. You are so supportive and helpful, OB" Nice work!

Jill from the Radiology department would like to nominate **Allison Koch** of the Transport department for their excellence and teamwork. "Oh my goodness! Ally has been with us on second shift for awhile. She has seen co-workers come and go and yet she remains. She is always pleasant, willing to go the extra mile and she takes it upon herself to know what's happening each shift between MSP, ER and Radiology. I feel good when I know she's our person for the night." Great job, Allison!

Top Workplace Quote of the Month

Fort HealthCare is the Top Workplace because:
"...employees are encouraged to excel by being given educational opportunities to expand their knowledge." - Susan Kufahl, HIM

**TOP
WORK
PLACES
2018**

journal sentinel



Coming Soon!

Don't forget our e+care will be starting up soon. Employees and Volunteers, make sure you check out:

www.forthhealthcare.zipnosis.com

You will be able to access FHC e+care at any time of the day. All visits will be provided at a one low cost fee.



HealthCare's
**most
wired**®

***Fort HealthCare Earns College of
Healthcare Information Management
Executives Most Wired Award***

Fort HealthCare has once again received the distinction of Most Wired™ Hospital for 2018. This recognition is awarded by the College of Healthcare Information Management Executives (CHIME) every year to select hospitals across the country via results of their Most Wired™ Survey. Fort HealthCare is one of 9 hospitals in Wisconsin to receive this honor. For a full list of winners, visit www.chimecentral.org.

The mission of the CHIME Healthcare's Most Wired program is to elevate the health and healthcare of communities around the world through the optimal use of information technology (IT). The annual survey is designed to identify and recognize healthcare organizations that exemplify best practices through their adoption, implementation, and use of IT.

As stated in CHIME's 11/2/18 press release announcing the survey results, "Healthcare's Most Wired, now in its 20th year, traditionally tracked the adoption of healthcare IT in hospitals and health systems. CHIME took over the Most Wired program and revised the survey questions and methodology this year to highlight strengths and

gaps in the industry, with the goal being to identify best practices and promote the strategic use of healthcare IT to elevate the health and care of communities around the world."

Russell Branzell, president and CEO of CHIME notes, "Healthcare IT has the potential to revolutionize care around the world, but to meet that potential, it must be used strategically." The technology is important, but leadership and strategic vision are equally important. The diversity of the organizations that earned Most Wired this year shows quality care can be achieved almost anywhere under the right leadership. By sharing the best practices in Most Wired, we hope quality care will one day be available everywhere."

The survey examines how organizations are leveraging IT to improve performance for value-based health care in the areas of infrastructure, business and administrative management, quality and safety, and clinical integration. To receive a Most Wired distinction, an organization must demonstrate advancement in steps taken to implement robust clinical information

systems aimed at improving patient care. This includes adopting technologies to improve patient documentation, advance clinical decision support and evidence-based protocols, reduce the likelihood of medication errors, and rapidly restore access to data in the case of a disaster or outage. The survey has become a national inventory on hospital use of IT to improve operations and patient care.

One reason for Fort HealthCare's excellence in IT is its close alignment with health care informatics leader, Cerner Corporation. Fort HealthCare and Cerner first began their journey together in 2009, when Fort HealthCare entered a 10-year, strategic alignment with Cerner ITWorksSM.

Recent innovations include implementing digital connections that allow for patient data sharing with non-Cerner Electronic Health Records (EHRs), providing transparency for Fort HealthCare physicians. To date, the hospital has signed up over 33,000 patients through the CommonWell Health Alliance, an organization that promotes health care information sharing.

WINNER 2018

WINNER 2014 • WINNER 2015 • WINNER 2016 • WINNER 2017

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Fort HealthCare continually works with Cerner to modify and improve its EHR system and online patient portal, which is branded MyCompass. MyCompass allows individuals to manage and monitor their health and wellness, review test results and provider notes, schedule appointments, securely message their provider, track immunizations and medications, request prescription refills, and more. To learn more, visit FortHealthCare.com/MyCompass.

The Most Wired Advantage

Technology is a strong component of a high-quality healthcare delivery system and helps empower patients to be an even stronger partner in their own healthcare. Technology – in the form of electronic health records, mobile technologies, and secure data collection – makes it easier for patients and providers to interact with each other, which improves communication and understanding about health conditions and treatments.

New and more advanced interactive tools are helping patients become more actively involved in their care and maintaining their health. Fort HealthCare's development teams keep these tools in mind when planning for future advancements in communication, patient engagement, and helping to improve patients' overall health.

Fort HealthCare President and CEO, Mike Wallace, states, "The future of health care continues to change, but what remains constant is that good health is all about prevention. We are continually working on ways for our providers and programs to deliver the best possible care both effectively and efficiently for our patients and their families. Being able to provide the interactive tools that we offer to both clinicians and patients, as well as the integrity and quality of the health data that we are able to collect, help maximize our effectiveness in our mission to make our communities the healthiest in Wisconsin."

The American Hospital Association acknowledges that now more than ever, hospitals are using data and analytics to foster a culture of self-improvement; they are strengthening patients' ability to obtain, use, and share their own data and records securely, and they are offering innovative access to care through secure messaging, telehealth, and mobile app

services. Hospitals are also taking cybersecurity seriously with frequent system audits and staff trainings.

Fort HealthCare Executive Director of Population Health and Clinical Services, Chris Barron, R. Ph., states, "The largest advances we've made are the ability to use data and analytics in real time to identify and close gaps in care, as well as prove to patients, providers, payers, and regulatory agencies, the high quality care we deliver."

Barron continues, "This idea of improved quality equates to saving lives through timely, preventive screenings, as well as improved chronic condition management allowing patients to live their healthiest lives possible. Sophisticated analytics tools, and patient outreach tools like MyCompass, work together to engage patients in their care."

Fort HealthCare

Fort HealthCare is committed to improving the health and well-being of our communities, with a vision to be the healthiest community in Wisconsin. As the leading healthcare provider in the region, it is our goal to reach as many members of the community as possible with health and wellness messages, providing tools and resources to help individuals improve their health and quality of life, while collaborating with several partners to positively improve the population's health overall on a long-term basis. For more information, visit FortHealthCare.com.

HealthCare's
**most
wired**™
WINNER 2018

WINNER 2014 • WINNER 2015 • WINNER 2016 • WINNER 2017



Rock The Walk Challenge Results!



On Tuesday, November 6th, the seventh annual Fort HealthCare Rock the Walk Challenge came to a close. Over 380 participants spent six weeks developing healthy habits, and worked to increase the amount of exercise minutes they were doing. This challenge also encourages participants to develop a base and routine with physical activity to help increase motivation to stay active over the winter months. This year's participants reported a total of 603,499 minutes, which breaks down to just over 10,000 hours, 419 days and 59 weeks of combined physical activity minutes.

The Fort HealthCare Rock the Walk Challenge is offered free of charge each fall, and is open to all community members as part of an overall effort to promote health and align with Fort HealthCare's Mission and Vision which states, [to] "Improve the

health and well-being of our community".

While the Rock the Walk Challenge monitors exercise minutes, it is less about the total number of minutes accrued, and more about the quality of life gained through making healthy improvements. Each week, in addition to logging exercise minutes, participants read a health-related educational piece and complete a quiz about the information they read. The various health topics for the Rock the Walk Challenge included blood pressure, glucose/diabetes, BMI (Body Mass Index) and Active Lifestyles. From late-September to early November, 250 participants reached the projected goal of exercising at least 150 minutes per week (900 minutes total), and 178 participants exercised over 1260 minutes for the duration of the challenge. The top two individuals who had the highest exercise minutes of the challenge had well over 20,000 minutes each, with 11 other individuals who finished between 5,000 and 19,999 total minutes.

When asked about why our top prize winners wanted to participate in the challenge, Megan Becker (1st place

winner) commented, "I wanted to keep myself busy and stay on track" and that she "Likes the challenges because it makes me put a little hop to my step".

Everyone that actively participated was eligible for prizes, provided by Fort HealthCare and 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 give big congratulations to all who participated, especially this year's prize winners:

1st Place Winner – Megan Becker

2nd Place Winner – Dionne Weishoff

3rd Place Winner – Cindy Suchanek

900-1260 minutes of exercise (10 winners randomly selected) – Sheila Hiller, Wendy Cartwright, Kathleen Church, Karen Kopp, Jane Humes, Mindy Craig, Michelle Hall, Sheryl Krause, Stacie Allard, Natalie Busshardt.

Over 1260 minutes of exercise (10 winners randomly selected) – Leah Fritsche, Jessica Speth, Suzanne McKechnie, Kalinda Shultz, Kassy Smith, Katie Jeffery, Linda Dunlap, Rebecca Uecker, Catherine Paul, Lisa Koepfel.

The Rock the Walk Challenge is one of many Fort HealthCare opportunities that foster partnerships between local workplaces and community coalitions. Another thank you to the Cambridge Wellness Collaborative, Creek Healthy Initiative Coalition (CHIC), Fort Healthy, Jefferson United Motivating People to Wellness (JUMP), Lake Mills Wellness Coalition, and Working for Whitewater's Wellness (W3) coalitions for rallying their communities around healthy behavior change. Fort HealthCare offers the Rock the Walk 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 Rock the Walk Challenge, residents 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. For more information on Fort HealthCare Community Health and Wellness initiatives and the County Health Rankings, please visit FortHealthCare.com/wellness



inside

December

75 Fort HealthCare
FOR HEALTH



Love Lights Tree Lighting Ceremony

*Tuesday, December 4th
@ 6:30pm Fort Memorial Hospital*

After the Love Lights Tree Lighting Event, come meet Elsa, Anna and Olaf from Frozen.

Fort HealthCare Partners Organization Appoints New Officers

Newly appointed Officers for Fort HealthCare Partners Organization include: Tim Haak, President; Lee Jahnke, Treasurer; and Gwen Harrison, Secretary. Haak and Jahnke are both from Fort Atkinson, and Harrison is from Whitewater.

The Partners are a charitable organization providing services and fundraising to Fort HealthCare, Fort Memorial Hospital, since 1951. Partner services include, CareLine personal emergency response service, pet therapy, patient escort services, greeters, center for joint replacement coaches, in-house mail and supply deliveries, free daily phone calls for the homebound, wheelchair cleaning and maintenance, emergency department volunteers, hospital school tours program, ambulatory service volunteers, afternoon hospitality cart service, clerical assistance, and needlework volunteers who make hats and blankets for newborns and walker bags for joint replacement patients.

Fundraisers by the Partners include operating the Gift and Coffee Shops at the hospital, monthly baked cookie sales, and the annual Love Lights Tree Lighting Ceremony. Flower sales, book fairs, jewelry and nut sales, round out

the yearly fundraising efforts to support new equipment purchases, new services and scholarship awards.

The new Officers and the Fort HealthCare Partners board of Directors are working on a three year strategic plan that includes a new spring fundraiser, Casino Night! The Partners are always looking for more volunteers to help with all of these efforts. For more information, please contact Kari Behling, Volunteer Services Manager at 920-568-5276.

Watch our Youtube video at:

<https://youtu.be/xTDceKcLiU8> or check it out at www.forthhealthcare.com

