



## Participate in Fort HealthCare's Annual Frosty Rock 5K/12K Run/Walk Event – Virtually!

When the temperatures outside get cooler, that doesn't mean that outdoor fitness activities need to come to an end. Continuing with the success of the Summer Virtual 5K Series that took place earlier this year, Fort HealthCare is going to usher into the fall and winter season with a Winter Virtual 5K Series as well. The Winter Virtual 5K Series will consist of six total events offered between October 2020 and February 2021. Participants can sign up for one or all of the races for FREE.

One of those events will be the eighth annual Frosty Rock 5K/12K run/walk, taking place between Friday, November 13 and Sunday, November 15, 2020, as a virtual event. There are different race options available, so you can choose the option that works best for you.

This year, there will be:

- Virtual Kids' 1-Mile Fun Run
- Virtual Untimed 5K Walk
  - Virtual Timed 5K Walk
- Virtual Timed 12K Walk/Run

A virtual race is a race that you can do anywhere, and it does not have a specific starting time or starting place. You can choose the day, time, and even the route you want to take. As the event date draws nearer, we will be sharing more details and even route suggestions for participants to consider on the event's website, [www.forthhealthcare.com/frostyrocks](http://www.forthhealthcare.com/frostyrocks). Participants are also encouraged to follow the event on Facebook at <https://www.facebook.com/FrostyRock5k12k> to keep up with important event details and to share and celebrate progress with the community. The event is free to participate in, but registration is encouraged.

Participants can register for the event at: <https://www.forthhealthcare.com/class/2020-virtual-frosty-rock/>



Runners and walkers will even receive a virtual race bib and the opportunity to order event apparel if they so choose at: [www.forthhealthcare.com/class/2020-virtual-frosty-rock-apparel/](http://www.forthhealthcare.com/class/2020-virtual-frosty-rock-apparel/)

Tiffany Pernet, Fort HealthCare Worksite Wellness Coordinator, states, “Anyone is invited to participate in this event and all fitness levels are welcome! You don’t need to be a regular runner to do this – you can jog or walk the distances, too. Families and friends as well as individuals are encouraged to participate in the fun – while maintaining proper social distancing, of course.”

She continues, “A 5K is 3.1 miles and a 12K is 7.46 miles. We do ask (to be fair to all participants) that you complete one of those distances in the same outing. If you have a fitness tracking device, such as a FitBit, Apple Watch, or an app on your smartphone, you may be able to see the distance of your walk or run while you are doing it. Another great option is to find a route using ‘MapMyRun’ online to find your perfect 5K or 12K course. This makes it great for folks that don’t live near the location we hosted this event in the past. A virtual event can literally be done anywhere.”

Tiffany adds, “The event is totally free to participate in! We just really want to encourage the community to keep a wellness focus even during these cooler months and the holidays coming up, when our real tendencies might be to try and hibernate a little bit. Health and well-being is important all year round.”

Participants will have a choice when registering to elect to do the 5K or the 12K as a timed race. If a timed race option is chosen, racers’ times will be documented on a virtual leaderboard after proof of completion and time is submitted. You can record your time using a stopwatch, phone, or personal health tracking device.

To be eligible for prizes and for leaderboard recognition for the timed races, participants are encouraged to take a photo of their tracking device’s results and the time completed as email attachments and send them to [Wellness.Advisor@forthc.com](mailto:Wellness.Advisor@forthc.com) between November 13 and 15, 2020. No late submissions will be permitted.

For more information about the event or to register, visit [FortHealthCare.com/FrostyRock](http://FortHealthCare.com/FrostyRock). With questions, contact the Fort HealthCare Community Health and Wellness Department at (920) 568-5475 or via email at [Wellness.Advisor@forthc.com](mailto:Wellness.Advisor@forthc.com).



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

Dani Saltz of Radiology would like to nominate Amy Ross and the entire ER department for their excellence, teamwork and responsiveness. “Over a weekend shift staffing was limited in ER and it was very busy. Transport was not available most of the weekend, but Amy took on the roll as much as she was able to and it was very much appreciated! Thank you so much to all of ER staff as well for the great teamwork we had between departments during that time!”





## Mindful Eating Begins With Mind-set

Eating because you're stressed or bored? Let our Real Appeal® coaches help you learn how to avoid common nutrition pitfalls — like emotional eating — and create healthy habits that will last a lifetime.

### Whatever Your Goals Are, We Can Help You Get There

Real Appeal is a program on Rally Coach™ available to you and eligible family members at no additional cost as part of your health benefits plan.



#### 1:1 Communication

Our coaches are here to listen and answer any questions you have about your specific needs and circumstances.



#### Online Group Sessions

Join live sessions with a community of members to learn healthy tips and ideas from your coach.



#### Track Your Nutrition

You can easily track your food and beverage intake on the Real Appeal app. Already use a tracking app? You can sync data from many popular apps to Real Appeal.

Sign Up Today

[enroll.realappeal.com](https://enroll.realappeal.com)

Have your health insurance ID card handy when enrolling.



### Tips to Avoid Emotional Eating

#### Set up your environment for success

Put tempting foods behind closed cabinets or up high where you aren't as likely to see them.



#### Eat balanced meals and get enough sleep

Fill your plate with fiber, protein, and healthy fats. Sleep seven to nine hours each night.



Read "Time-Saving Hacks That Make Healthy Home Cooking a Breeze" on the back and learn how you can make quick and tasty recipes at home without the added fats and sugars.

RALLY/COACH™



## Time-Saving Hacks That Make Healthy Home Cooking a Breeze

Evidence suggests that people who frequently cook meals at home consume less sugar and fat than those who don't cook as often. Take control of your nutrition with these simple home dining hacks.



### Batched Grains

Make large batches of rice, quinoa, barley, or farro every few weeks, then place them in plastic bags in 1- or 2-cup portions and freeze. Thaw in the microwave or in a saucepan filled with water for a quick meal.



### Overnight Oatmeal

Add a cup of plain oats with a cup of dairy or non-dairy milk, then store in the fridge overnight. Top with nuts and fruit for a healthy and filling breakfast.



### Double Up Dinners

An often-overlooked but easy way to enjoy just as many home-cooked meals is to double up your recipes. Make two meals' worth of a freezer-friendly recipe and store one for another night.



### Eat-Ready Veggies

Wash and chop your veggies for the week as soon as you get home from the grocery store. Making a meal-worthy salad or wrap will be as easy as pilfering the fridge.

Get Started Today at [enroll.realappeal.com](http://enroll.realappeal.com)





# OCTOBER SPOOKTACULAR

Get your department together to create a pumpkin masterpiece! If you dare...

**Sign-Up:** Submit email to Carla Bilgrien at [carla.bilgrien@forthc.com](mailto:carla.bilgrien@forthc.com) if you or your department would like to participate by Friday, October 9th

**BYOP (Bring your own Pumpkin):** Please bring your own pumpkin or chip in together

**Details:** Carve or decorate a pumpkin for your department. Drop off Wednesday Oct. 28th by 5 PM. Voting house wide in the Mezzanine from Thursday, Oct. 29th at Midnight to Friday October 30th, ending at 3pm. Please pick up your items and/or attachments on the pumpkin that you do not want disposed of before November 2nd.



**\*\*TOP Winning Department will receive an Ice Cream Party sponsored by Nursing Recognition & Retention Council.**

**\*\*\*Please note that this activity is a NON-paid carving/painting. If done at work, it must be done while swiped out before or after your shift.\*\*\***



Modern Healthcare  
**Best Places to Work 2020**



Fort HealthCare has been nationally recognized by Modern Healthcare as one of the **Best Places to Work in 2020**.

Fort HealthCare has also been awarded a **2020 Top Workplace** honor by the Milwaukee Journal Sentinel. We're incredibly proud to be a ten-time award winner!

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



## Women Who CARE Hosting Mask Decorating Fundraiser to Support Trauma-Informed Care Project

Women Who CARE is hosting “30 Days of Masking,” a personal face covering decorating event and fundraiser, running now through the end of October. They invite the public to participate by purchasing a pre-made mask decorating kit for \$10, use the kit components to decorate the mask that’s included, and then submit a photo of the final product by sharing the image on Women Who CARE’s Facebook page [facebook.com/fortwomenwhocare](https://facebook.com/fortwomenwhocare) and/or on your personal social media accounts using the hashtag #forthehealthcare. Kits can be purchased online at [www.forthhealthcare.com/maskevent](http://www.forthhealthcare.com/maskevent) while supplies last. Proceeds will support the Trauma-Informed Care training project in partnership with Every Child Thrives.

### How to order your mask decorating kit(s)

\$10 will secure one mask kit, but participants can order more than one kit. Women Who CARE will also gladly accept any donation amount above what is needed for a kit to help enhance the services they can offer the Trauma-Informed Care training project. More detailed instructions for placing an order can be found online at [www.forthhealthcare.com/maskevent](http://www.forthhealthcare.com/maskevent).

Kits will be available starting the week of September 21st. When a kit order is received, a Women Who CARE member will contact you to arrange delivery or pickup of your kit(s). Pickup locations will be available in Fort Atkinson, Lake Mills, and Whitewater, or by other special arrangement if necessary.

Dwight Heaney, Fort HealthCare Foundation Executive Director, states, “You can submit photo(s) of your mask creation as soon as your design is completed, up until October 21st.”

Women Who CARE and Fort HealthCare will be sharing the images on their respective social media accounts to increase awareness about their cause and to encourage others to participate in the event as well. Interested individuals can also follow posts about this event on the Women Who CARE’s Facebook page.

Heaney adds, “We encourage the community to join us as an individual, as a whole family, or even for a small group project or team building event. It can also be a fun thing to do with neighbors or coworkers – while following proper social distancing guidelines, of course! No artistic ability is required. Just have some fun with it!”

### Trauma-Informed Care

Childhood trauma can have a lifelong impact on an individual’s health and well-being. When medical providers are aware of such history, it can be helpful to treat recurring health issues. Trauma-Informed Care is a clinical method for understanding the impact of adverse childhood experiences on your health. Proceeds from Women Who CARE’s “30 Days of Masking” event supports training about Trauma-Informed Care for Fort HealthCare’s clinical teams.

### About Women Who CARE

Women Who CARE has its roots in the Women’s Giving Circle established by the Fort Memorial Hospital Foundation in 2004. A group of area women gathered for lunch once a quarter for information and inspiration about their health and well-being. Member contributions were gathered to fund various services at Fort HealthCare. A wide variety of projects were included over the years including hospital equipment, new health and wellness services, and scholarships.

In 2014, a group of members had an idea to expand the way the group functioned. Their idea was to engage the membership to determine ways in which the group could make a measurable impact on the health and well-being of people in our area. From that beginning, a Leadership Committee was formed, and the group set out to identify opportunities for service. For more information about Women Who CARE, visit [www.forthhealthcare.com/wwc](http://www.forthhealthcare.com/wwc)





## Stress and nutrition affect our physical and emotional health

Stress can have a profound effect on proper nutrition, physical activity, and overall well-being (and vice versa)! The reality of this web is that when one is out of balance it is likely that the others will also be out of balance, which leads to decreased overall health (physical, mental, emotional), decreased immunity and increased risk for disease.

Stress and Nutrition Impact us both Physically and Psychologically.

**Physical Stress** - When a person's stress triggers the fight-or-flight response, digestion slows or even stops so that the body can turn all energy to the perceived threat. With less severe or acute stress, the digestive process may slow or be temporarily disrupted, causing abdominal pain and other symptoms of functional gastrointestinal (GI) disorders. Stress responses overall negatively impact all nutrient interactions and have been associated with an array of health concerns such as different GI disorders, autoimmune diseases, and hypertension. The relationship between environmental or psychological stress and GI distress is complex. Today, GI disorders are often treated using psychologic treatments (or stress-relief techniques) and improving gut health by nourishing the body with pre and probiotics. Research has found that people with increased anxiety, stress or depression have different gut bacteria profiles (gut microbiome), which in turn has a profound impact on one's stress level, their health, disease prevention and immunity.

**Psychological Stress** - What do you reach for when you are stressed? Likely, not celery or broccoli. Many of us might turn to food (whether hungry or not) when we are stressed, sad, lonely, or experiencing anxiety. This reaction is often a learned behavior. Food can be comforting, especially those foods with dopamine-releasing qualities often found in "junk" foods. Foods high in fat, sugar, and salt (or a combination of those) trigger the reward system in our brain, temporarily making you feel better. The vicious cycle may continue when you feel guilty for eating the "junk" foods, causing another stress response inside your body (oxidative cell damage and inflammation). Additionally, eating these "junk" foods often influences your gut microbiome, and thus your overall health and immunity.

What food choices would help? Eating foods rich in nutrients, antioxidants, phytonutrients, water, and fiber will not only help to decrease your physiological stress but will help to improve your overall health through various mechanisms. Also, fostering healthy bacteria for your gut can help to improve your gut microbiome for optimal well-being. Using pre and probiotics has proven to decrease stress and anxiety, improve mood and improve GI functioning.

Prebiotics are compounds that are found in plants that cannot be digested by humans but can be digested by bacteria in your gut. Additionally, these prebiotics feed the probiotics (healthy bacteria). You can find prebiotics in foods such as asparagus, Jerusalem artichokes, bananas, whole grain oatmeal, and legumes (beans). Probiotics are found in fermented foods and beverages such as yogurt with "live active cultures", sauerkraut, miso soup, soft cheeses, kimchi, Kombucha and even sourdough bread. Focusing on pre- and probiotics in your diet can also help to combat other things that can negatively impact your gut health in addition to stress, such as antibiotics, sugar, and certain medications.

For a list of stress fighting foods as well as pre-biotics and probiotics visit:

**[www.forthehealthcare.com/nutrition-and-stress/](http://www.forthehealthcare.com/nutrition-and-stress/)**





## GIVE BLOOD

Schedule an appointment today

**Saturday  
October**

# 3

9 AM – 1 PM

Helpful tips:  
Bring a photo ID,  
eat a healthy meal &  
drink plenty of water!

The SARS COV-2 antibody  
test, AKA COVID-19 Antibody  
Test (CAT), will be performed  
on all blood donations as  
part of our standard testing.

Location: 834 E. Milwaukee Street, Whitewater

To sign up, visit [donate.wisconsin.versiti.org/donor/schedules/drive\\_schedule/206624](https://donate.wisconsin.versiti.org/donor/schedules/drive_schedule/206624),  
or contact Katie Kalvaitis at 920-397-8024 or  
[Kathleen.Kalvaitis@forthc.com](mailto:Kathleen.Kalvaitis@forthc.com).

Location: Fort Atkinson Club, 211 S. Water Street East

To sign up, visit the links below, or call/text  
Katie Kalvaitis at 920-397-8024.

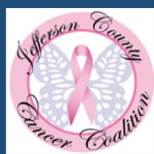
Oct 27: [donate.wisconsin.versiti.org/donor/schedules/drive\\_schedule/209230](https://donate.wisconsin.versiti.org/donor/schedules/drive_schedule/209230)

**Tuesday  
October**

# 27

12 PM – 5 PM

Eligibility Questions?  
Call 877-232-4376



## Denim DAY

Donate \$5 to the Jefferson County Cancer Coalition and wear your  
jeans to work on Friday, October 2<sup>nd</sup> 2020.





## 20 For '20 Challenge Recap

- Thank you to Premier Bank for their donation of prizes
- All kids 16 and under were eligible for a free bike helmet upon completion
- Completed forms were also entered into a prize drawing at the end of the challenge – (20 randomly selected individuals)
- 54 families + 3 individual adults completed and turned in the forms
- 169 bike helmets were given away (37 of the 169 went to 2 different schools for their student programs)
- Cambridge is doing their own program, but plans to give away 75-100 helmets this month (this would be above the 169 already given away)

Pictured: Prizes from the drawing

Fort HealthCare Information System Presents

## PhishMe Challenge

Do you have what it takes to spot phishing emails?  
Participate in the inaugural **PhishMe Challenge**  
and stand a chance to win exciting goodies!

Find out more information about this “last person standing” competition on the intranet home page.





# Schedule today!

FLU SHOT!

### By phone:

### Online:

|                           |                |  |
|---------------------------|----------------|--|
| Cambridge Family Practice | (608) 423-1100 |  |
| Internal Medicine         | (920) 563-5571 |  |
| Integrated Family Care    | (920) 563-5500 |  |
| Jefferson Clinic          | (920) 674-6000 |  |
| Johnson Creek Clinic      | (920) 699-4000 |  |
| Lake Mills Clinic         | (920) 648-8393 |  |
| Pediatrics                | (920) 563-5571 |  |
| Whitewater Clinic         | (262) 473-5888 |  |

Health care that fits you.

