

Jefferson County renews Gold Wisconsin Healthy Communities Designation



Jefferson County has again received a Wisconsin Healthy Communities Designation. Jefferson County had previously received a designation in 2018 and this renewal is recognition of continued work and program towards improving local health.

This program is intended to recognize and encourage achievements in health improvement in Wisconsin communities, and to promote cooperation across multiple sectors.

Gail Scott, Director/Health Officer, Jefferson County Health Department states "Jefferson County is proud to be among the 28 Wisconsin communities that received designations this year and one of five who received the Gold designation. Collaborating partners decided to renew this designation in 2021 to highlight the great work being

done to improve the health of our community." Several initiatives were used in this application and they include: Healthy Communities Coalitions, Drug Treatment Court and Alcohol Treatment Court, Jefferson County Park and Recreation Open Space Plan, Rock River Health Care Network, Jefferson County Drug Free Coalition, Rock River Community Clinic, Naloxone Education and Distribution Program, Drug Disposal Program, and Behavioral Health and Primary Care Integration.

Achieving Gold status means that community partners are working collaboratively to examine the needs of the community and focus on sustainable solutions that have better health outcomes. Gold communities are also recognized when initiatives include multiple health factors such as health behaviors, clinical care, social and economic factors, and the physical environment, as well as being scientifically supported. This process and the resources provided helps collaborating partners to determine what initiatives are being done well and where improvements can be made. Next steps for collaborating partners will be to sustain and build on current partnerships across multiple sectors, as well as diving deeper to assess and address current health

needs to ensure health equity.

The designation recognizes Jefferson County and the Gold level for its work to improve health across multiple factors: health behaviors, clinical care, social and economic factors, and physical environment, encourage communities to conceptualize health improvement in this broad way, structuring their health improvement efforts accordingly and to promote cooperation across multiple sectors.

The Healthy Communities Designation program is designed to be accessible to communities of all shapes and sizes, both rural and urban. The definition of community is broad and can include counties, municipalities, neighborhoods, and other self-defined, place-based communities in Wisconsin. The program uses a three-tiered approach – gold, silver, and bronze – which are meant to provide a trajectory and serve as a guide for communities as they continue to strive toward better health.

"Based on our community health needs assessments and other data collected from the Jefferson County community, we have pursued several initiatives to reach our overarching goals." Mike Wallace, President/CEO, Fort HealthCare, adds "The partnerships of

our community have such strength, Jefferson County continues to move in the right direction, and we are proud of the prestige that comes with this Gold Designation. This is yet another example of what we can achieve when we all work together toward the health and wellness of the community."

The Wisconsin Healthy Communities Designation is an initiative offered by the Mobilizing Action Toward Community Health (MATCH) group of the UW Population Health Institute (UWPHI), in collaboration with diverse statewide groups. The Healthy Communities Designation program, funded by the Wisconsin Partnership Program of the UW School of Medicine and Public Health, is designed to recognize and encourage achievements in health improvement in Wisconsin. To learn more about the program, visit the program website:

wihealthyclmmunities.org





Fort
HealthCare
FOR HEALTH


VIRTUAL 5K
WINTER SERIES



Holidays

DECEMBER 24-26, 2021

EVENT IS FREE • DETAILS & REGISTER ONLINE

forthehealthcare.com/virtual5k

 FOLLOW US: Facebook.com/forthehealthcare



Fort HealthCare Department *Spotlight*

FOOD SERVICES

December is Worldwide Food Service Safety Month

Worldwide Food Service Safety Month is an annual designation observed in December. The goals of this month are to focus on keeping food safe as it's prepared in the service industry, as well as reminding us to be safe and cook properly when we are making our own food at home.

Please take this opportunity to recognize the importance of the FHC Food Services Team and appreciate them for their exceptional contribution in supporting your department and patient care.

The Food and Nutrition Services department is an integral part of the healthcare system. It functions under the philosophy and objectives of Fort HealthCare. They strive to provide high quality food service and nutrition care to our patients, employees and visitors.

Thank you to our incredible Food Services Team lead by Food Services Manager, **Sally Behling**

If you see an FHC Food Service team member during your work shift, make sure to give them a thanks for all that they do!



Cancer Links



Cancer links is a support group for all people who have had or are going through any type of cancer.

We meet virtually over Zoom once a month at 6:30pm on the 4th Thursday.

Sign up on the website below and receive and link in your email.

- When the diagnosis of cancer hits, know that you are not alone. You are now linked to others in a very special way.
- This group is for anyone with previous or current cancers. Any type, any kind - you are all welcome.
- This support group is for you and/or significant others.



WELCOME

TO THE COMMUNITY WELLNESS WALKING PATH

Open: Monday - Friday | 8am - 1pm
December 13th - April 1st

PLEASE SIGN IN AND OUT

PLEASE WEAR A MASK APPROPRIATELY AT ALL TIMES

PLEASE PRACTICE SOCIAL DISTANCING
(NO CONGREGATING IN GROUPS)

PLEASE BRING DRY FOOTWEAR



FORT ATKINSON COMMUNITY FOUNDATION





PLEASE JOIN US FOR A

Loaded Baked Potato fundraiser



\$6.00

Cash preferred, payroll deduction is available.

*Includes a
build-your-own potato and a
bottle of water*

THURSDAY, DECEMBER 9

10:45a to 1:30p in Steel Away Cafe

*United Way fundraiser
sponsored by ITWorks*





Virtual/In-Person Diabetes Support Group Offerings

This is a monthly virtual and in-person gathering in a casual, positive setting. Adult participants include those who have diabetes or who have been touched by diabetes. Spouse and support persons are also welcome to attend. Each month, there is a different topic of discussion such as nutrition, activity, carbohydrates, food preparation, recipe, medication, eye health, blood sugar readings, and much more!

This monthly group meets virtually and in-person on the **second Wednesday of each month from 1:00pm - 2:00pm. You must register in order to receive a link to attend the support group online. For in-person meetings, a location will be emailed to you a week before the class begins.**

You can participate in the class or group from your home via an electronic device such as a computer, laptop, tablet, or phone. Follow the directions below to register:

Participants will need to register by calling the **Diabetes Education Office Assistant, at (920) 568-5453**. Upon registration, you will receive an email link to “Join” the meeting through your computer or mobile device. You will need a microphone on your device in order to participate in the meeting conversation. A camera is not required but helpful.



DECEMBER DIGITAL ZOOM FITNESS CLASSES

MONDAYS: Midday Stretch with Tiffany Pernat
December 6th-27th | 12:00PM-12:15PM | FREE

WERQ with Gina Elmore
December 6th-20th | 5:30PM-6:00PM | \$7.50

TUESDAYS: Yoga Stretch with Carrie Garity
December 7th-28th | 4:30PM-5:00PM | \$10.00

Cardio Burn with Tiffany Pernat
December 7th-28th | 5:05PM-5:30PM | \$10.00

WEDNESDAYS: Midday Stretch with Tiffany Pernat
December 8th-29th | 12:30PM-12:45PM | FREE

Absolute Arms with Tiffany Pernat
December 8th-29th | 4:30PM-5:00PM | \$12.50

Body Blast with Tiffany Pernat
December 8th-29th | 5:05PM-5:35PM | \$12.50

THURSDAYS: Glutes & Abs with Tiffany Pernat
December 2nd-16th | 6:00AM-6:30AM | \$7.50

FRIDAYS: Midday Stretch with Tiffany Pernat
December 3rd-17th | 11:30AM-11:45AM | FREE

Participants can sign up for all classes for \$20 | Employees & Partners receive 50% off all classes



Dec
2021

Self-care

Give and accept support for self-care

When you consider what has happened in the last year or so, you may find yourself struggling to keep your head above water. This can present itself as anxiety or feeling overwhelmed with both small and large events in your life. These feelings are unhealthy if they affect your quality of life and prevent you from functioning normally. When you feel overwhelmed, there are many things you can do to help yourself and those you care for. One of the biggest ways to cope with stress is practicing good self-care.

Self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact. One of the first steps is to identify where in your life you need attention. Self-care looks different for everyone, and it may take trial and error to discover what works best for you. Looking at your whole self can help with this. Ask yourself, "Do I need more sleep, exercise, or interaction with others? Do I need more quiet time that doesn't isolate me, but allows me to relax and focus on things that matter?"

Refrain from relying on bad habits that are not healthy ways to engage in self-care. Practicing unhealthy habits are a way to avoid your struggles instead of dealing with them. Are you drinking one too many glasses of wine? Perhaps you are watching too much TV or staying online to avoid your stress. If these things are happening, then it's time to listen to your internal voice, and reach out for help if necessary.

The same applies if you see someone else struggling with their emotions or daily life. Look for signs, even in nonverbal communication. Remember to ask the obvious questions as well as the not-so-obvious such as, "How are you doing? What has life been like for you lately? Are you getting enough time in your week to do you?"

If you learn to pay attention to signs of distress in others you will likely pay close attention to your own signs. If you would tell someone to go seek help for an overwhelming situation, be sure you can take that same advice. We can't share with others a resource that we lack ourselves. Talk about your concerns with a medical provider, who can refer you to a mental health specialist if needed.





Self-care

Give and accept support for self-care



31 Day Self-care Challenge

- Make a list of things you're grateful for
- Restart an old hobby
- Make a music playlist
- Eat your favorite dinner
- Take a walk outside in nature
- Go an hour without any technology
- Make a list of your future plans
- Binge watch your favorite TV show
- Try out a new recipe
- Dress up in your favorite outfit
- Go a whole day without social media
- Listen to your favorite podcast
- Write down all your thoughts on a blank sheet
- Pick up a new skill or hobby
- Remove all unwanted apps and push notifications from your phone
- Message 3 of your friends to say hi
- Clean something for 20 minutes
- Do a quick workout
- Mail a letter to a family member or friend
- Watch your favorite movie
- Deep clean your living space
- Eat your favorite dessert
- Clean out your junk drawer
- Look at some old photos
- Stop procrastinating on something
- Plan a vacation
- Try doing some yoga
- Read a favorite childhood book
- Create a vision board
- Have a spa night
- Choose your favorite challenges and do them again!

Text, call, or chat online with the [NAMI HelpLine](#) if you need support.

Read this [article](#) to learn how to manage holiday stress.

Allow yourself a few moments to relax with this guided meditation [video](#).

By clicking on these links, you will be leaving this website and will be directed to third-party sites. These links are provided for informational purposes only.



Different pillars of self-care

Self-care doesn't need to be something big and noticeable to the naked eye. Self-care is what you deem necessary to make your day feel more lived and appreciated. These are some of the different areas of self-care that may need attention:

Emotional self-care

Engage in activities that help you connect, process, and reflect on a full range of emotions. Find your voice to speak your mind, know your boundaries, and be kind to yourself.

Financial self-care

Take care of your personal finances. Know where your income is coming from, spend and save wisely, and pay expenses on time.

Environmental self-care

Have a clean space at work or home. Declutter the areas where you want to focus and feel most at peace.

Physical self-care

Exercise regularly, practice good nutrition, and get 7-9 hours of sleep each night.

Social self-care:

Connect with others. Surround yourself with those that bring the most joy and least amount of stress.

Spiritual self-care:

Beliefs and values that connect you to your true self can help guide you in moments when you need strength.

Source: NIH.gov, WebMD.com, MyMoney.gov



Dec 2021



Self-care

WELCOME TO FORT HEALTHCARE!



Please give a warm FHC welcome to our newest team members, Bridget Halbersma, APNP and BethAnn Nowak, MSN, AGPCNP-BC, APNP.

Bridget will be working in our Cambridge and Lake Mills clinics as a Family Medicine Nurse Practitioner.

BethAnn will be working with FHC Internal Medicine & Pediatrics as an Adult Gerontology Primary Care Nurse Practitioner.

If you see them around, make sure to say hello



The 4 C's of self-care

Carving out time for yourself every day is difficult for most people, but it is so important. By taking time to attend to ourselves, we intentionally create love, safety, and belonging within ourselves. Self-care is necessary for continued resilience through difficult times. Consider these four C's of self-care:

Connect with yourself: Make sure you check in with yourself and take your own emotional temperature. You can write down accomplishments that mean the most to you. Write about easily accomplished successes, or difficult ones you fought through. Another way is to journal your life as it happens, as honestly as you can. This allows you to look back and see where your life has taken you and how you managed it.

Connect with others: This is something that is essential to everyone, even extreme introverts. Loneliness can affect nearly every aspect of your mental and physical health. It's a good idea to form a social support network made up of friends, family, and peers. Remember all those social media friends you have? Make your online friends less virtual and more real. Make a point to invite one friend out per month, or at least have a phone call or video chat. When you connect with others, you tend to find comfort knowing that they are there for you if you need them.

Connect with your community: Join local groups that enjoy the same types of hobbies as you, such as hiking, biking, bowling, or crafting. There are also local support groups that bring together people who are going through similar experiences. You can also look at volunteer options in your community. When you donate time and energy to others, you forge a stronger link to the world, and build a social support system. Find something that you enjoy, whether that be with animals, local food banks, or mentoring.

Create joy and satisfaction: Find opportunities to live your best life. Do things that you loved to do when you were young. Create moments in your day that do not look like the rest of your day. Take day trips, make sure you laugh at least once a day, and take a break when you feel overwhelmed. Good feelings can boost your ability to deal with stress, solve problems, think flexibly, and even fight disease. Take care of yourself mentally and physically so your body can keep up with the life you have planned for it!

Source: WebMD.com, MayoClinic.org

Dec
2021



Self-care



December

2021



**Digital Fitness
Classes**

Register [HERE](#)

[Class Schedule](#)

November

Health Challenge



Slimdown Challenge

Dates: November 16-December 28

Take control of your health this holiday season and focus on your "Health for the Holidays" with a weight loss/maintenance opportunity for all!

Additional information is available on the Health & Wellness tab on the Intranet.

**Winter Virtual
5k Series**

Holiday 5k

December 24-26

**December
Resource 1:**

The 4-C's of Self-Care

**December
Resource 2:**

**Different Pillars of
Self-Care**

Monthly Focus

"Self-Care" Emails (Mondays)

Slimdown Challenge ends December 28

Holiday 5k December 24-26

Real Appeal Weight Loss Program

**December
Resource 3:**

LifeMatters EAP

Password: FHC1

QUESTIONS? EMAIL WELLNESS.ADVISOR@FORTH.COM



Fort HealthCare **RESPECT** NOMINATIONS

Thank you!

Lynn Anderson of the Lake Mills Therapy & Sport Center would like to nominate Mary Zoesch of the White Water Therapy & Sport Center for their Empowerment, Professionalism and Teamwork. "While temporarily filling in for another office assistant while out on leave, Mary (Mollie) stepped up and helped me with every aspect of the office. Not only did she answer my questions daily, but she also walked me through so many insurance issues, and helped me to no avail, all while working her own job. She provided so much support & encouragement that is made all the difference." Great job, Mary!

Bev Tucker of MSP would like to nominate Steve Roth and Deb Roe of Support Services and Medical Staff for their Excellence and Teamwork. "MSP had a patient who needed a commode and wheeled walker put together so she could be safely discharged to home. Steve was here doing a repair on MSP and we asked if he would help and he promptly put together the items along with Deb Roe. I feel both of these employees went above and beyond their roles to help this patient."

Liz Nitardy of ER would like to nominate Austin Tubbs of ER for their Excellence, Professionalism, Responsiveness, Sensitivity and Teamwork. "During a particularly busy shift where I was operating as the only HUC in the ER that normally has two HUCs, Austin, one of our excellent scribes, put on several hats. While attending to the documenting needs of the provider, he also began answering phone calls while I sporadically left my post to register patients in rooms, answering call lights from patient rooms, watching for ambulance arrivals, and generally multi-tasked like a 2nd HUC for his whole shift that day.

Austin's commitment as a team player has always been obvious since he started in the ER, but it was really apparent that day. He handles himself in a measured and professional way, has outstanding 'Radar-like' abilities and never hesitates to do a task outside his assigned responsibilities if it means better care for our patients. Knowing that he will someday be a doctor gives my heart joy. He will be an outstanding provider for his patients. It's an honor to work with someone like Austin on our ER team."

Susan Wegner and Becki Durkee of the Business Office would like to nominate Rick Schuett and Justin Lecher of IS for their Excellence, Responsiveness, Sensitivity, and Teamwork. "As we are all struggling to complete extra work due to staff shortages and illnesses Becki and I found ourselves at the end of the day not being able to complete a task due to a scanning issue. We were so excited when Rick picked up the phone and dug right into our problem even though it was the end of his shift. He worked hard and brought in Justin for his expertise! Justin and Rick solved our problem and were pleasant, upbeat, professional and solved the problem even though it kept them late. We sure appreciate our IS team and Rick and Justin are examples of why! Thank you both so much." Thanks Rick and Justin!

Liz Nitardy of the Emergency Room would like to nominate Rhiannon McGough of the Emergency Room for their Excellence, Professionalism, Responsiveness, Sensitivity and Teamwork. "Rhiannon works as a Tech in the ER. There is a lot to know and be able to perform in this environment, very often at a moment's notice. I've watched Rhiannon bloom from tentative to confident as she performs her tasks. She is detail-oriented, thorough and highly conscientious. During some very busy shifts in the ER lately, she exhibits the spirit of a team player whose main goal is best-service-possible for our patients. She will make an excellent Nurse Anaesthetist some day. It's a pleasure to watch Rhiannon's work ethic which is a credit to her generation." Great job, Rhiannon!

Liz Nitardy of ER would like to nominate Jeton Dehari of ER for their Excellence, Professionalism, Responsiveness, Sensitivity and Teamwork. "As a Tech in the Emergency Room, Jeton has been an incredibly valuable team player during these past two months of 'Very-Busy' in the ER. He moves with a purpose no matter who asks for his help--Provider, Nurse or HUC. His demeanor toward his coworkers is always positive. He shows understanding and sensitivity toward our patients. He is absolutely dependable and unruffled. He will make an outstanding doctor some day. It's a pleasure to work with someone like Jeton." Thanks, Jeton!

Tracy Apkarian of IPS would like to nominate Leandra and Alyssa of Radiology for their Teamwork. "Leandra and Alyssa assisted ICU staff with proning our intubated patient both mornings this past weekend. It takes 6-7 staff each time. They patiently waited for us, and assisted us with smiles. We appreciate you both!!" Great job!



Learn How To Win Monthly Prizes

Each month you can win prizes and in a few different ways!

Follow the instructions below for a chance to have your name entered into a drawing.

1. Somewhere on the newsletter pages will be a hidden [🦇] symbol that you'll have to find. Take a screenshot of where it appears on the page and/or email marketingservices@forthc.com with the location of the icon and you will be entered in to a drawing for a prize.
2. Keep nominating a hardworking fellow co-worker for our RESPECT award nominations! Both the person who nominates a colleague and the nominee will be entered into a drawing for prizes. As a reminder, nomination forms are located near the bottom of the employee Intranet homepage (www.forthc.com).
3. Continue to demonstrate our RESPECT values and be noticed by a member of your team to be nominated for a RESPECT award!

We are also going to go back through all of the nominations from 2021 and enter those RESPECT award names into a drawing next month as well. Winners and their managers will be notified by email after every drawing, and results will be announced in upcoming newsletters.



2021 COMMUNITY BENEFIT REPORT

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10 • DIGITAL CLASS INFORMATION

14 • COMMUNITY BENEFIT REPORT

FORTHEALTHCARE.COM



To view this year's Community Benefit Report, please visit:

[Forthehealthcare.com/find-a-doctor/fort-medical-group/community-benefit-report](https://forthehealthcare.com/find-a-doctor/fort-medical-group/community-benefit-report)



Fort HealthCare Partners

2021

Love Lights

Tree Lighting Ceremony Program

Tuesday December 7th, 2021 @ 6:30 p.m.

Welcome Message & Pledge of Allegiance

Mike Wallace, Fort HealthCare President/CEO

Tree Dedication & Count Down

Tim Haak, FHC Partners Past-President

Honorary Tree Lighter

Dr. Donald Williams, Fort HealthCare

Seasonal Message

Pastor Amy - Trinity Lutheran, Fort Atkinson

Sing-A-Long/Closing

Kids Konnection Families accompanied by Jason Lynk on guitar

Add a light to the tree, either as a gift to honor someone (colored light), or as a memorial (white light) for a loved one that has passed away.

Make sure you get a goody bag!
Masks are required on hospital grounds.

Watch us on Facebook LIVE
@FortHealthCare
[Facebook.com/FortHealthCare/Events](https://www.facebook.com/FortHealthCare/Events)



Have you gotten your United Way Special Edition Newsletter yet?
Make sure to check your email (including spam folder) for yours!

You can also view the United Way Newsletter by visiting:

www.FortHealthCare.com/inside/special-edition-2021-united-way-campaign

Thank you for participating in the “find the Batman icon” when reading our monthly Inside newsletter and letting us know you found it. We also want to thank you for sending in RESPECT nominations, we have so many employees doing great things on a daily basis.

Here are the winners for the months of November!

Batman Symbol Winners:

1st place – Stacey Haldemann \$25 Chamber Buck
2nd place – Kelly Eidan - Fort HealthCare T-shirt

RESPECT Nominations:

Halley Decker- nominated Laura - \$25 Chamber Buck
Laura Jacobson - \$25 Chamber Buck



We appreciate the participation and congratulate you!