#### Fort HealthCare Receives Milwaukee Journal Sentinel Top Workplace Award for 2022



Fort HealthCare has been honored as a Milwaukee Journal Sentinel Top Workplace Award recipient for 2022. This is the twelfth Top Workplace Award for Fort HealthCare and the second consecutive year of being recognized as a Top Workplace on a national level.

The Top Workplaces lists are based solely on the results of an employee feedback survey administered by a leading research firm that specializes in organizational health and workplace improvement. To be a Top Workplace, organizations must meet strict standards for organizational health. Each year, employee opinions are collected, ranking their company or organization on criteria including how valued they feel, the benefits and pay, management capabilities, career advancement opportunities, work-life balance, and much more.

Fort HealthCare has received this tremendous award for several years now since the Milwaukee Journal Sentinel began recognizing the Top Workplaces Award in 2010. This award continues to be a great celebration of the hard work and community efforts that Fort HealthCare employees provide through their continued commitment to excellence. Fort HealthCare values its employees, recognizing them as members of the Fort HealthCare family, and promoting a culture where employees can thrive and feel inspired.

#### Fort HealthCare Announces 2022 Scholarship Award Recipients

Fort HealthCare is pleased to announce awarding \$60,000 in scholarships for students pursuing academic degrees in career fields that support Fort HealthCare's Mission. Each of the following scholarships is made possible by generous donations in recognition of the important roles in health care to maintain the quality of life we enjoy in the communities we serve. Thank you to each of our benefactors and the hundreds of people who donated memorial contributions to make these scholarships possible. Congratulations to each of Fort HealthCare's 2022 scholarship award recipients!

Students interested in applying for Fort HealthCare scholarships can complete an application online at FortHealthCare. com/Scholarships beginning in December each year. Applications are due by the following March 1st. Completing one application makes you eligible for each scholarship applicable to the degree you are pursuing. Applicants must be residents from Cambridge, Fort Atkinson, Helenville, Jefferson, Johnson Creek, Lake Mills, Palmyra, Sullivan, or Whitewater, or employees at Fort HealthCare. While grade point average is important, it is not always the primary consideration.

To see the full list of award winners, please go to page 10 & 11 or visit:

FortHealthCare.com/news/fort-healthcare-announces-2022-scholarship-award-recipients





















# **Brain Health**

#### Fend off brain fog with healthy habits

"Brain fog" is a term used for certain symptoms that can affect your ability to think. You may feel confused, disorganized, or find it hard to focus or put your thoughts into words. Many of these symptoms can be prevented or improved by making healthier lifestyle choices. Learn more tips about daily choices that can keep your mind sharp and help fend off brain fog below:

#### Stay mentally fit.

Mental fitness is just as important as physical fitness. Learning new skills or experiencing new things is a great way to stay mentally awake. Take a new route to work, find a new hobby, or memorize a few words in a foreign language. You can do crossword puzzles, play chess, or learn a musical instrument for a brain workout. Learning new activities stimulates the brain. When you learn new things daily you reduce mental decline.

#### Get physically active.

The benefits of exercise are numerous, but did you know that physical exercise promotes mental strength? Moving more and engaging in a variety of physical activities each week has been shown to improve memory and mental alertness. Experiment with different physical activities to find out what you enjoy. For optimal results, you can gradually work toward 150 minutes of physical activity per week. Keep in mind that some physical activity is better than none at all.

#### Fuel your brain.

The effects of nutrition on mental function are astounding. Whole grains, berries, nuts, vegetables, fish, poultry, olive oil, and beans are great brain fuel. Try to limit red meat, saturated fat, salt, and simple sugars. Regularly consuming nutritious foods and limiting the bad ones may reduce the risk of Alzheimer's disease. The benefits of a healthy diet go far beyond brain health, but when considering this as an added benefit, it's a no-brainer.

#### Get enough sleep.

Getting enough sleep has countless benefits. From slowing the aging process to improving memory, sleep is important. Adults should get 7 to 9 hours of sleep each night. Research shows that more rested individuals perform better on memory tests. Getting quality rest puts us in a better mood and sharpens our brains. It also gives us the energy and the ability to run our busy lives.

#### Make positive connections.

Social connection is a strong predictor of overall happiness. It's no surprise that mental performance is also linked to the frequency and quality of the interactions we have with others. Spending time with friends and loved ones and making new connections greatly improves mental clarity and memory. In addition, you can combine social connection with the tips above for even more brain boosting habits. You can learn something new or get some exercise with a friend.

Consult a medical professional before adopting any new lifestyle habits. A medical provider may be able to help you make changes that are right for you.





# Brain Health

Fend off brain fog with healthy habits

#### Say Hello to Summer Word Search

Playing brain games may help improve your reaction time and problem-solving ability. It is important to find one that you will want to continue to play. Just like going to the gym, you can't expect your brain to stay in shape if you stop exercising it. Solve the word search below for a fun brain exercise.

U	K	M	Н	Z	F	S	Q	X	A	N	P	L	S	Е
Α	W	٧	N	T	K	I	R	S	0	L	A	Ε	T	Y
S	W	1	M	Н	J	C	S	L	S	F	X	M	R	Υ
F	N	Q		F	L	C	E	Н	F	R	N	0	A	L
I	D	X	В	G	F	M	K	K	I	X	Y	N	W	F
Т	E	В	X	X	R	I	U	Z	0	N	D	A	В	1
В	A	R	В	Ε	Q	U	E	N	H	P	G	D	E	R
В	J	V	T	Q	S	C	0	G	C	X	F	E	R	E
Q	U	A	W	J	L	I	W	C	U	A	В	M	R	F
В	W	J	L	X	Т	N	R	M	R	Α	M	D	I	L
Ε	E	T	G	A	D	E	K	P	P	U	I	P	E	1
В	N	A	C	S	U	N	S	C	R	E	E	N	S	Е
Н	L	Α	C	D	D	Z	W	G	0	Z	Н	Z	K	S
Α	V	M	X	Н	G	Α	R	D	E	N	L	A	Н	M
D	Y	K	J	F	X	N	E	Α	Н	Z	L	٧	T	S

Barbeque

Beach

Camp

Fireflies

Fishing

Garden

Lake

Lemonade

Strawberries

Sunscreen

Swim

Vacation

Watermelon





# June Is Alzheimer's & Brain Awareness Month

Every June, Alzheimer's and Brain Awareness month is observed, as a way to spread the word about and discuss Alzheimer's disease and other brain health diseases. Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Throughout the month, the Alzheimer's Association encourages people to support the movement by wearing purple and training their brains to fight the disease.

#### 5 Facts About Alzheimer's That You Didn't Know:

- 1. An estimated 55 million people around the world are living with Alzheimer's and other dementias, and if that change doesn't come by 2030, this number will grow to roughly 76 million.
- 2. A person develops Alzheimer's disease in the United States every 65 seconds.
- 3. In the United States, more than 16 million people take care of family or friends with Alzheimer's or dementia.
- 4. Alzheimer's disease is the 6th leading cause of death in the United States. 6.2 million of those living with Alzheimer's disease are over the age of 65.
- 5. Alzheimer's or other dementia kills one in three seniors. This is more than breast cancer and prostate cancer combined.

#### Linked to Heart Disease:

Heart disease can play a role in heightening your Alzheimer's risk, due to the vascular dementia stemming from a narrowing of blood vessels in the brain, caused by low levels of oxygen.

#### **Treatment Costs Are High:**

In 2050, it is estimated that the cost for treatment of Alzheimer's Disease will balloon to a whopping \$1 trillion dollars.







#### Sign-up for a Fort HealthCare Digital On-Demand **Fitness Video Library Subscription!**

Our digital fitness video library offers you flexible options for adding fitness instruction into your day. For as little as \$15 per month, you can have on-demand access to a wide variety of workout routines – and you can cancel at any time. Choose from a set of cardio workout routines, strength training routines, or mind/ body wellness routines, or take advantage of the discounted package option and subscribe to all three categories! Scroll through video options and create your own customized viewing list. You can access the videos anytime on the go from a computer or mobile device with an Internet connection.

To get started or just review options, go to FortHealthCare.com/OnDemand and follow the instructions to create an account.



FortHealthCare.com/OnDemand





















# MID-MONTH RUNALK JUNE 10-20, 2022

EVENT IS FREE • DETAILS & REGISTER ONLINE forthealthcare.com/virtual5k

FOLLOW US: Facebook.com/forthealthcare





### **LET'S GET STRETCHING!**

JUNE FREE DIGITAL STRETCHING CLASSES

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

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

FRIDAYS: Midday Stretch with Tiffany Pernat June 10th - 24th

11:30am - 11:45apm | FREE

















### **ZOOM DIGITAL** FITNESS CLASSES



MONDAYS: Midday Stretch with Tiffany Pernat

June 6-27 | 12:00PM-12:15PM | FREE

WERQ with Gina Elmore June 6-27 | 5:30PM-6:00PM | \$10.00

**TUESDAYS:** Twenty with Tiffany - Tiffany Pernat

June 7-28 | 4:30PM-5:00PM | \$10.00

WEDNESDAYS: Midday Stretch with Tiffany Pernat

June 8-29 | 12:30PM-12:45PM | FREE

Crazy Cardio with Tiffany Pernat June 8-29 | 4:30PM-5:00PM | \$7.50

**Body Blast with Tiffany Pernat** June 8-29 | 5:05PM-5:35PM | \$10.00

**THURSDAYS:** Strength & Core with Tiffany Pernat

In-Person option available: Therapy & Sport - Madison Ave. Fort Atkinson, WI

June 9-30 | 6:00AM-6:30AM | \$10.00

FRIDAYS: Midday Stretch with Tiffany Pernat

June 10-24 | 11:30AM-11:45AM | FREE



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



















#### Eating a brain-healthy diet

Did you know that what you eat can impact your brain? There are a few key aspects of eating that can have significant impact on keeping your brain healthy and reducing your risk of Alzheimer's disease.



Many herbs and spices such as turmeric, cinnamon, and ginger are packed with antioxidants that may decrease harmful inflammation in the brain. The strong flavors and the bright colors hiding inside your spice cabinet can be used as a healthy boost of flavor. For example, turmeric can be added to soups, scrambled eggs, rice, or vegetables.



#### Balance your fats.

A high consumption of saturated fat is associated with increased risk of Alzheimer's disease. Choose lean cuts of beef and pork. Skip the skin on your poultry to reduce saturated fat. On the other hand, eating omega-3 fats is great for your brain. You can increase your healthy fats by eating fatty fish, walnuts, flaxseed, and soybeans.



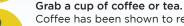
#### Eat more fruits and vegetables.

The deeper the color of fruits and vegetables, the better. Aim for a variety of colors throughout the day. Research shows eating produce like spinach and blueberries can slow brain aging.



#### Enjoy dark chocolate.

Consuming 72% cocoa dark chocolate may improve blood flow to the brain and improve brain health. Enjoy this treat in moderation. Stick to around 1 oz. a day.



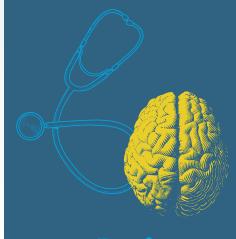
Coffee has been shown to reduce the risk of dementia. Limit your coffee to 3 cups a day. Black and green teas contain brain-boosting antioxidants. Give your tea plenty of time to steep before you drink to get the maximum benefit your brain



Source: HealthvBrains.org







**Brain** Health

## FHC Referral Bonus Program

October 1, 2021 - September 20, 2022



A referral bonus will be paid to current employees who refer a candidate that is hired full or part time!

Visit The Intranet For More Details



#### **2022 Scholarship Award Recipients**

#### Fort HealthCare Partners Scholarships Award Winners:

Taylor Stenklyft (Cambridge High School)
Katrina Breaker (Lake Mills High School)
Gracyn Geyer (Jefferson High School)
Kiara Wolfram (Fort Atkinson High School)
Corrine Stoutenborough
Janelle Wenzel
Trevor Boyle
Myranda Goulder

#### Fort Memorial Hospital Medical Staff Scholarships Award Winners:

Fort HealthCare medical staff sponsors several scholarships in memory of Dr. Robert Handeyside. Graduating seniors, who reside or attend school in the Fort HealthCare service area and have chosen a career in the health care field are eligible for this scholarship.

Lauren Dempsey (Jefferson)
Joanna Guevara (Jefferson)
Gunnar Jurczyk (Jefferson)
Olivia Karlen (Lake Mills)
Audrey Mayer (Whitewater)
Kiara Wolfram (Fort Atkinson)
Emma Zimmerman (Lake Mills)

#### Fort Memorial Hospital Foundation Scholarships Award Winners:

Katrina Breaker Abby Helmick

#### Estelle Stinson Chase & Peter A. Chase Scholarship

The Estelle Stinson Chase & Peter A. Chase Scholarship awards Fort HealthCare employees who are studying nursing (LPN, ADN, BSN Completion, MSN) at an accredited college or university. Consideration is given to the applicant's service and involvement in the community and Fort HealthCare, excluding job related activities.

#### **Awarded To:**

Makenna Croson Trevor Boyle Brenda Manthey Mariah Marowsky Myranda Goulder

#### Scott W. Hulstein Scholarship

The Scott W. Hulstein Scholarship was set up by his parents, Gerrit and Rebecca Hulstein, in his memory. A scholarship is awarded to a high school senior or an undergraduate currently enrolled at a college or technical school pursuing a degree in the health care field.

#### **Awarded To:**

Gunnar Jurczyk Kiara Wolfram Joanna Guevara Katrina Breaker Lauren Dempsey Audrey Mayer

#### Cynthia McKinley Kolasinski Scholarship

Cynthia McKinley Kolasinski Scholarships will be awarded to students studying medicine or nursing at an accredited institution of higher learning. Per the trust established by Ms. Kolasinski, preference will be given to medical students beyond their second year and nursing students beyond their first year.

#### **Awarded To:**

Janelle Wenzel
Corinne Stoutenborough
Allison Wisch
Sheryl Krause
Makenna Croson
Trevor Boyle
Clara Ball
Brenda Manthey
Mariah Marowsky
Myranda Goulder

#### Dr. Donald and Barbara Williams Scholarship

This Scholarship was established by Dr. Donald and Barbara Williams in recognition of the important role Fort HealthCare employees play in providing excellent care for the people we serve. Applicants must be an employee in good standing at Fort HealthCare and pursuing education in a health care field.

#### **Awarded To:**

Gunnar Jurczyk Kathleen Wetzel Brooke Leibman

More on pg. 11

# inside

#### Wanda L. Draeger Nursing Scholarship

This scholarship was established in memory of Wanda L. Draeger, RN, who was an OB nurse at Fort HealthCare for 45 years. Applicants must be currently enrolled and have completed at least one year in an accredited nursing school.

#### Awarded To:

Alivia Dearborn

#### **Arthur and Nancy Nesbitt Nursing Scholarship**

This scholarship was established by Mr. and Mrs. Nesbitt in appreciation for the excellent care provided by Fort HealthCare's nurses. Applicants must be employees of Fort HealthCare in good standing and enrolled in an accredited nursing program during the 2022-2023 school year.

#### Awarded To:

Allison Wisch Sheryl Krause Makenna Croson Trevor Boyle Brenda Manthey Mariah Marowsky Myranda Goulder

# RESPECT NOMINATIONS 7hank you!

Tyler Morgan of the ER department would like to nominate Tara Spychalski for her Excellence, Professionalism, Responsiveness, Sensitivity and Teamwork. "Tara is an outstanding employee and makes a positive impact on our team. She is an extremely hard worker who always goes beyond the goals set for our department. Tara is one of our best ER Techs who we can count on to handle the most challenging situations. She volunteers to do additional tasks around the department and offers her help to everyone. Tara is constantly asking how others are doing and finding out how she can help make their work easier. She has excellent communication and teamwork skills that make the workplace a positive environment. For these reasons and many more, Tara deserves to be honored for her determination and accomplishments."

#### Dr. Tom and Mary Nordland Scholarship

Established by Dr. Tom and Mary Nordland established this scholarship to recognize Fort HealthCare employees who are advancing their careers through education. Applicants must be an employee in good standing at Fort HealthCare and pursuing education in preparation for advancing their careers in the healthcare industry.

#### **Awarded To:**

Hannah Allen Brielle Johnson

#### Florence Falk Nursing Scholarship

This scholarship was established in memory of Florence Falk, LPN, who was an OB nurse at Fort HealthCare for 50 years. Applicants must be an employee in good standing at Fort HealthCare or a graduate of a high school in Fort HealthCare's primary service area (Cambridge, Fort Atkinson, Helenville, Jefferson, Johnson Creek, Lake Mills, Palmyra, Sullivan, or Whitewater). Applicants must also be currently enrolled in an accredited nursing school and in their second year of nursing school or beyond.

#### **Awarded To:**

Corinne Stoutenborough Alivia Dearborn Clara Ball

Heather Kettner of ER would like to nominate Tara Spychalski of ER for her teamwork. "Tara is consistently a pleasure to work with. I always look forward to working shifts with her. She is a fun spirited person whose radiates fun no matter the situation. She is also one of the hardest working techs in our department. She loves getting her hands dirty and helping the nurses and doctors in the ER. She knows where everything is in the department and how to set things up. She pays attention to how different providers like things set up and accommodates to their preferences. Thank you Tara for all you do." Great work, Tara!

Tanya Combs of ER nominates Allison Koch of ER for her Cultural Diversity, Empowerment, Teamwork, Sensitivity, Responsiveness, Excellence and Professionalism. "Allie was my preceptor and during the last 7 weeks I have learned so much about not only the ER but also the Hospital as she is a veteran, 10 year, loyal & dedicated employee. She has a bachelors degree and yet maintains a humble aura. She is kind, thoughtful, diligent and honestly someone that I hope to work along side for many years to come. I love working with her! And I love learning from her.







# Lasting Success Starts With Small Steps

Getting healthier starts with taking consistent steps, celebrating every win, and staying on track during setbacks. Real Appeal® on Rally Coach™ is a proven online weight loss program that supports you, week by week and day by day. It's available to you and eligible family members at no additional cost as part as part of your health benefits plan.



#### **Supporting You Every Week**

- Stay motivated with weekly 30-minute online group sessions.

  Only your coach is visible, so you can join the chat or just watch.
- Build healthy habits with rotating weekly topics, including nutrition, fitness, sleep, stress, and more.
- Set new, doable goals each week that align with your focus areas, then track your progress.



#### **Supporting You Every Day**

- Use digital food and activity trackers to monitor your progress.
   Sync with third-party apps like Apple Watch, Fitbit, and more.
- Get online support from your coach if you have questions or need extra encouragement.
- Set smaller, daily goals and use all the guides, recipes, and workouts in your free Success Kit.

Get Started Now at enroll.realappeal.com

Have your health insurance ID card handy when enrolling.

See more about the nutrition, fitness, and wellness topics you'll learn about with Real Appeal on the back.

RALLY/COACH"





# How We Help You Build Healthier Habits

Here are just some of the topics Real Appeal covers. The common thread? Taking small, consistent steps for lasting change.





#### Nutrition Topics Include:

- · Eating healthier and managing hunger
- Prepping meals and cooking with fewer calories
- · Making healthy choices when you dine out
- · Becoming a savvy food shopper
- · Tackling cravings and emotional eating



#### Fitness Topics Include:

- Finding the types of exercise that motivate you
- · Sneaking more activity into your day
- · Burning calories more efficiently each day
- · Making your nutrition and fitness plans work together
- · Planning a workout routine



#### Wellness Topics Include:

- · Navigating stress and how it impacts your weight
- Getting a better night's sleep
- · Handling curveballs like holidays, weekends, parties, and more
- Staying motivated and pushing through plateaus
- · Finding your motivation to stay on track

Get Started Today at enroll.realappeal.com















Sunday, June 5th 2022 8AM-I2PM



Fort Atkinson Municipal Airport Hwy K

COUNTRY STYLE BREAKFAST TO GO FRENCH TOAST, JONES SAUSAGE & CANADIAN BACON, COFFEE, MILK AND JUICE



\$8/ADUIT

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