



# inside



EMPLOYEE NEWSLETTER



September 2022



**PHYSICAL ACTIVITY &  
DIMENSIONS OF WELLNESS**  
A FREE 6-WEEK CHALLENGE THAT  
ENCOURAGES HEALTHY LIFESTYLE CHANGES

**SEPT. 27—NOV. 8**

**VIRTUAL EVENT! PARTICIPATE ANYWHERE**  
WEEKLY EDUCATION & ACCOUNTABILITY • AWESOME PRIZES  
FRIENDLY COMPETITION • EXTRAS THROUGHOUT CHALLENGE

## ARE YOU READY TO ROCK.... THE WALK?!

It's that time of year again. Our Rock The Walk 6-week challenge is open to all to join. Get together with some friends or a group of employees in your department and have friendly competitions and hold each other accountable for making healthy lifestyle changes. There will also be prizes to win! Sign-up for the challenge will open on Tuesday, September 6th and will be available through Friday September 30th at 12:00pm. To register, visit: [FortHealthCare.com/RockTheWalk](https://FortHealthCare.com/RockTheWalk)

### HEALTHCHECK

With this year's Rock The Walk's theme being *Physical Activity & the Dimensions of Health*, it's important to take a step back and focus on your own health. As Fort HealthCare employees, we are all busy, and it can be easy to lose track of our healthy habits. Let the Rock The Walk be a jumpstart to a healthier you, and improve your overall health and well-being.

Experts recommend you get at least 150 minutes of exercise per week. If you break that down, that's just a little over 20 minutes per day. Rock The Walk is a great way to get moving, but the type of exercise you do, does not matter, as long as it gets you moving and your heart rate up.





# SPEECH KIDS 2022

## RECAP

Speech Kids 2022 has come and gone -- and what a fun time it was! This summer, 30 energetic kids (ages 3-7) filled the halls of the Fort HealthCare Therapy & Sport Center to attend Speech Kids. Two sessions were offered, one in June and one in July. Each session consisted of six 45-minute classes themed around a specific book. We read the books, played games, sang and danced to songs, made crafts, and ate snacks all while targeting speech and language objectives. The Speech Kids worked on a variety of skills with same-aged peers, some included speech sound production, expressive and receptive language skills, and social skills. Check out some of our awesome Speech Kids below!

*A SPEECH KID ENJOYING THE OPPOSITES OBSTACLE COURSE!*



*EACH SPEECH KID GOT TO TAKE HOME A COPY OF THE BOOK WE READ TOGETHER! (FOR A TOTAL OF 3 BOOKS!)*

Thank you to all who participated!

Annie Loof, MS, CCC-SLP

Fort HealthCare Speech-Language Pathologist



## ZOOM DIGITAL FITNESS CLASSES

SEPTEMBER

**MONDAYS: Midday Stretch with Tiffany Pernat**

September 12-26 | 12:00PM-12:15PM | FREE

**WERQ with Gina Elmore**

September 12-26 | 5:30PM-6:00PM | \$7.50

**TUESDAYS: Tabata Tuesday with Tiffany Pernat**

September 6-27 | 4:30PM-5:00PM | \$10.00

**WEDNESDAYS: Midday Stretch with Tiffany Pernat**

September 7-21 | 12:30PM-12:45PM | FREE

**Absolute Arms with Tiffany Pernat**

September 7-28 (No Class 9/14) | 4:30PM-5:00PM | \$7.50

**Body Blast with Tiffany Pernat**

September 7-28 (No Class 9/14) | 5:05PM-5:35PM | \$7.50

**THURSDAYS: Glutes and Abs with Tiffany Pernat**

Digital or in-person at: Therapy & Sport - Madison Ave. Fort Atkinson, WI

September 1-29 | 6:00AM-6:30AM | \$12.50

**Werq with Gina Elmore**

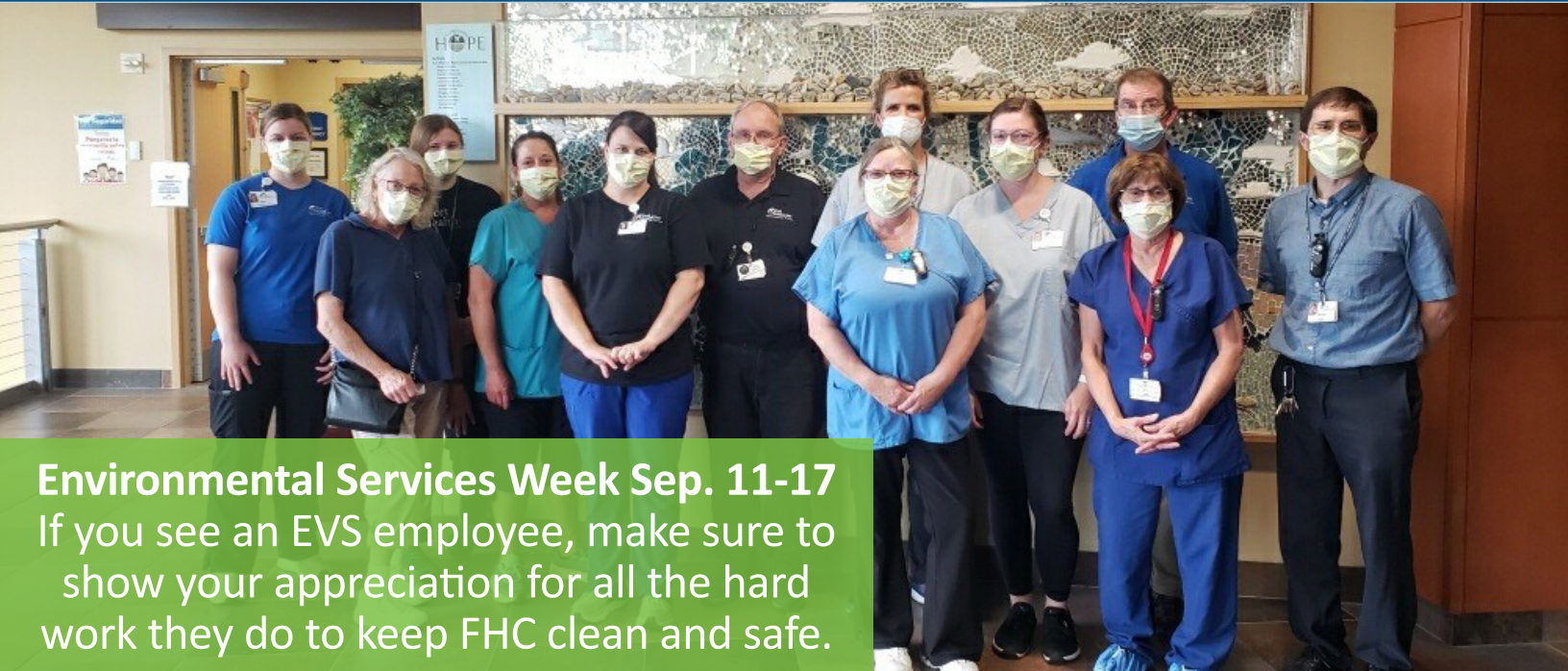
In-person at Therapy & Sport - Madison Ave. Fort atkinson, WI

September 1-29 (No Class 9/15) | 5:45AM-6:30AM | \$15.00

**FRIDAYS: Midday Stretch with Tiffany Pernat**

September 9-23 | 11:30AM-11:45AM | FREE





**Environmental Services Week Sep. 11-17**  
 If you see an EVS employee, make sure to show your appreciation for all the hard work they do to keep FHC clean and safe.

*Pictured Left to right: Abby Wagner, Robin Courtney, Megan Hansen, Keri Williams, Kayla Esquivel, Jim Rieck, Liz Nitardy, Laurie Murray, Caitlyn Fleck, Mike Burns, Sue Beilharz and Tim Haak. Those missing are: Hannah Allen, Stephanie Boehning, Joanne Clark, Laurie Egeline, Lauryn Ganser, Elizabeth Garcia, Emma Felix-Hernandez, Sarah Holzli, Susan Multhauf, Brad Pett, Andrea Records, Sue Riggs, Dawn Stock, Lainie Volquardson, Tisha Walker, Ellie Walton, Rachel Weber, John Welke, and Star Zink.*



**Fort HealthCare Department**  
*Spotlight*  
**ENVIRONMENTAL SERVICES (EVS)**

**AVAILABLE SERVICES:** Patient room cleaning, Ancillary patient room cleaning, office cleaning, public area cleaning, preventive, corrective and restorative carpet and flooring, Cubicle and window treatment maintenance and cleaing, recycling, and providing waste containers, disposables along with soaps and hand sanitizer.

The Environmental Services Department of Fort Memorial Hospital is dedicated to providing a clean, safe and healthy environment for patients, visitors and staff. This is accomplished by using a program for routine daily and weekly cleaning of ancillary and patient rooms; for routine daily and weekly cleaning of carpet and resilient floor maintenance; wall and window washing; and waste management including medical waste and recycling

**THANK YOU TO OUR INCREDIBLE ENVIRONMENTAL SERVICES (EVS) DEPARTMENT!**

EVS and Fort HealthCare would also like to acknowledge the outstanding efforts and dedication over the years to some of our long-term EVS employees!

**5 - 9 YEARS**

- Michael Burns (5 yrs)
- Susan Multhauf (5 yrs)
- Andrea Records (5 yrs)
- James Rieck (5 yrs)
- Stephanie Boehning (6 yrs)
- Tisha Walker (8 yrs)
- Robin Courtney (9 yrs)
- Laurie Egeline (9 yrs)
- Brad Pett (9 yrs)

**10 - 19 YEARS**

- Sue Beilharz (14 yrs)
- Joanne Clark (17 yrs)

**20+ YEARS**

- John Welke (22 yrs)
- Dawn Stock (29 yrs)





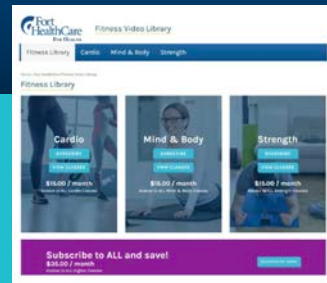
# DIGITAL ON-DEMAND FITNESS

50% off  
for  
employees

## 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](https://www.forthhealthcare.com/OnDemand)





Fort  
HealthCare  
FOR HEALTH



**VIRTUAL 5K**

**MID-MONTH  
RUN / WALK**

**SEPT. 10-20, 2022**

EVENT IS FREE • DETAILS & REGISTER ONLINE  
[forthehealthcare.com/virtual5k](https://forthehealthcare.com/virtual5k)

 FOLLOW US: [Facebook.com/forthehealthcare](https://Facebook.com/forthehealthcare)



**Fort HealthCare**  
FOR HEALTH

**Rotary Club of Lake Mills**

## PYRAMID CITY RUN

TO HELP CHARITIES & ORGANIZATIONS IN JEFFERSON COUNTY

**HELPING OUR FOUR LOCAL FOOD PANTRIES**

Proceeds from this family friendly run/walk will benefit the Lake Mills Food Pantry, The Mill, Sunrise Reach, and Real Hope Community Church's Food Pantry



**SATURDAY**  
**SEPTEMBER 10<sup>TH</sup>**



**WALK/RUN**  
**BEGINS @ 9AM**

**COMMONS PARK**  
**LAKE MILLS**



**REGISTER NOW!**

JUST SCAN THIS QR CODE  
OR FOLLOW THE URL BELOW  
[lakemillsrotaryclub.com](http://lakemillsrotaryclub.com)



**LAKE MILLS AREA COMMUNITY FOUNDATION**  
**RE/MAX SHINE - GINGER RAMSEY**  
**SANFT ACCOUNTING & TAX, LLC**  
**BANK OF LAKE MILLS**  
**CULVERS**

**CV HAIR COMPANY**  
**COUNTRYSIDE JEWELRY**  
**WATSON ACE HARDWARE**  
**TOPELS TOWING & REPAIR**  
**GREENWOODS STATE BANK**  
**ROCK LAKE ACTIVITY CENTER**  
**HORIZON MANUFACTURING GROUP, LLC**  
**RE/MAX COMMUNITY REALTY - BARRY LUCE**  
**AMERICAN FAMILY INSURANCE - TYLER SPETH AGENCY**

Upon registration, be sure to choose FHC as your team!  
50% off your registration with code: FHC50



**unity**  
PROJECT

## 5TH ANNUAL FORT FALL FIESTA

**SEPTEMBER 17TH**  
**12PM - 4PM | JONES PARK**



**Music**  
**Authentic Cuisine**  
**Pinata Making Station**  
**Bouncy House & Obstacle Course**  
**Dance Demonstrations**



### Virtual/In-Person Diabetes Support Group Offerings

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. For in-person meetings, a location will be emailed to you a week before the class begins.

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.



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## Preventive Health

Making wise health decisions

The health decisions you make for yourself and your family can influence your overall well-being, as well as the quality and cost of care. It's not always clear what choices are the best ones for you. Educating yourself on your choices can make you a more confident decision-maker. In general, people who work with their providers to make health decisions are happier with the care they receive, and the results.

Whether you are seeking ways to develop healthy habits to improve your health or you were recently diagnosed with a condition, you have the right to ask questions and make your own decisions. Understanding your condition and the different risks or options is an important step toward making the right choice. Having an open discussion about your treatment involves a balance between listening to the medical facts and considering your personal values.

You are more likely to feel better about the decision if it aligns with your needs and values. Your beliefs, fears, lifestyle, and experiences all play a role in decision-making. Listening to a professional medical opinion while voicing your personal values and experiences paves a healthy path toward communication with your medical provider. It's also acceptable to get a second opinion after receiving advice that you aren't quite sure about.

Follow the steps below when you have a health decision to make.

**What are your choices?** Make it clear to your provider that you want to be involved in the decision making. Ask them to clearly outline your choices.

**Get the facts.** Learn about each option through resources like the library, your provider, and reliable websites you can trust. Make sure the information you collect is based on sound medical research.

**What do you think?** Sort out the information you've gathered and make a list of pros and cons to discuss with your provider. Consider your own needs and values and what you consider to be the best possible outcome. Think about who or what may be affected by your decision such as yourself, your friends and family, or your work life.

**Try on a decision.** Write down the expected outcome for each option and ask your provider if your expectations are reasonable. Be sure to discuss side effects, pain, recovery time, cost, or long-term outcomes of each option. Then see if you still feel it's the best choice for you.

**Make an action plan.** Once you make a decision, find out what you can do to have the best possible outcome. What steps do you need to take next? Think positively about your decision and follow your provider's advice to maximize your odds of success.

Talk with your primary care provider (PCP) about your current health risks or conditions and what you can do to address them. If you currently do not have any health risks or conditions, speak with your provider about preventive health options that are right for you so you can continue living a healthy, happy life. If you do not have a PCP, consider finding one. Having a PCP is important for maintaining health and preventing and managing serious diseases.

Source: Health.gov, HealthWise.org



## Preventive Health

### Making wise health decisions

Showing up to a medical appointment prepared to share your questions and concerns can make things easier. Use the fields below to take notes before and during your appointment.

**What is the condition or concern?** List the symptoms or concerns you need to share with your medical provider.

**What are your choices?** List your medical provider's advice and recommendations.

**Do you understand your choices?** List your medical provider's facts, evidence, and support for their recommendations. Discuss side effects, pain, recovery time, cost, and long-term outcomes of each option.

**What do you think?** List the pros and cons of your choices.

**What is your plan?** Make your decision and plan the next steps.

**What other questions do you have?** Use the space below to jot down other questions or concerns you have.

The CDC offers reliable information in this alphabetical medical condition [index](#).  
Use this [tool](#) to make sure you and your family are up to date on preventive services.  
Learn how to be your own [health advocate](#).

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.



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## The truth behind vaccines

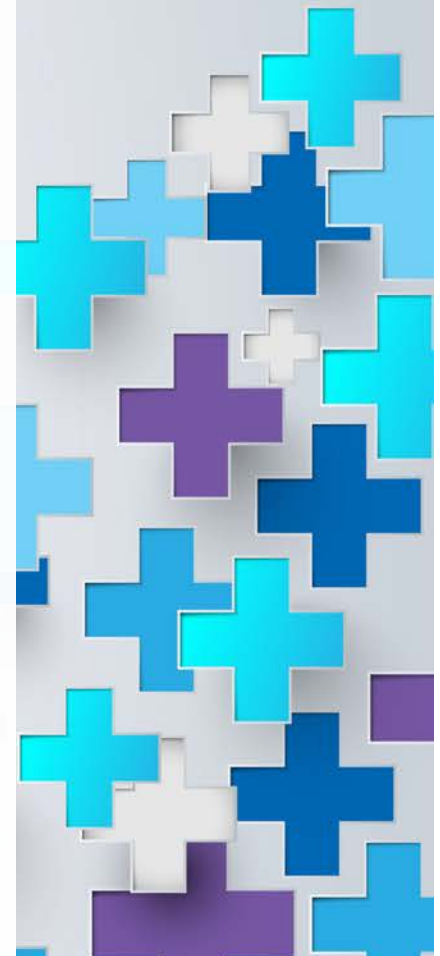
Let's face it, our lives are busy. Some aspects of our health may fall by the wayside due to family and work commitments. We know it is important to work on daily lifestyle habits like sleep, nutrition, and exercise. It is equally important to stay on top of your preventive health. What are you doing to prevent disease? One thing you can do is schedule a routine checkup to make sure you're properly vaccinated. Back-to-school season is a great time to make sure your vaccines are current.

Vaccines are an important part of public health. They prevent the spread of contagious and deadly diseases. Smallpox killed 300-500 million people worldwide before the first vaccine was created. The smallpox vaccine worked so well that the World Health Assembly declared the world free of the disease on May 8, 1980. The U.S. had already eliminated the disease in 1972.

Polio is another disease that caused thousands of deaths. This disease disabled more than 35,000 people each year. Thanks to the vaccine and parents who vaccinate their children on schedule, polio was declared eliminated in the United States in 1979. An unvaccinated person recently caught the virus in July 2022. Public health experts are working to understand how and where this person was infected. They are also pushing residents in the area to make sure they are currently vaccinated to prevent the spread of polio. There is no cure for polio, but it is preventable.

We are also seeing an increase in measles and whooping cough. Although measles was declared eliminated in the U.S. in 2000, it has been reintroduced. This resurgence in preventable diseases could be due to a decrease in routine vaccinations in recent years. Vaccines are your best protection against measles or other contagious diseases. Routine vaccinations can prevent 16 deadly diseases.

Vaccines work by building your natural immunity to disease before you get it. Your symptoms of the disease will be much easier to recover from even if you get sick. Getting the suggested shots each year helps decrease your risk of hospitalization or death. Being fully immunized protects you and your family. It also helps prevent the spread of diseases to those around you. Check with your primary care provider to see which vaccines are right for you.



## BLOOD DRIVE

**Fort Atkinson Community  
Blood Drive Sponsored by  
Fort HealthCare**

**Wednesday, October 12th | 11AM - 4PM**  
**Date & Time subject to change\***

**Location: Fort Atkinson Club, 211 S. Water Street East**  
**Sign up at [bit.ly/fortoct2022](https://bit.ly/fortoct2022), or call/text Katie at 920-397-8024**

**Appointments are encouraged, and walk-ins are also welcome (and will be invited to take an open spot in the schedule as space allows).**



## Pillars to optimal health

When you think of a healthy lifestyle, you might focus on exercise and nutrition. Make sure you are considering other habits that help prevent disease as well. Check out these often-forgotten pillars to optimal health below.

### Preventive care

Stay up to date on wellness exams including yearly physicals and dental and vision appointments. Are your vaccines up to date? Check with your provider to learn more about routine screenings and vaccinations that are right for you.

### Social & spiritual connections

Having healthy relationships, values, and beliefs may lower the risk of anxiety and depression. Having friends can increase your self-esteem and empathy and improve your immune system. Humans are social animals. We crave feeling supported, valued, and connected. Having a sense of meaning, purpose, or connecting with a belief is associated with positive mental health.

### Emotional well-being

Do you feel appreciated, validated, or understood? You need to feel heard, safe, and loved. Seek support through loved ones and health professionals for anxiety, depression, or other emotional concerns. Practice relaxation to reduce and release stress. Get out in nature, listen to music, take a warm bath, enjoy a hobby, and prioritize sleep. Too much stress can lead to diseases like high blood pressure and heart disease.

### Nutrition

Is your food fueling health or fueling disease? Go for whole foods instead of fast food or junk food. You are what you eat, so a well-balanced diet is more likely to make you feel your best.

### Sleep

Sleep is essential to your physical and mental health. Practicing good sleep habits can help you reap all the benefits of a good night's rest. Those who don't get enough sleep on a regular basis can increase their risk of certain diseases and medical conditions. Adults should aim for 7-9 hours of sleep each night.

### Physical activity

Make movement fun! A body in motion stays in motion. Get at least 150 minutes of moderate intensity activity a week. You can work your way up to it by attempting short walks every day.

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# MANDATORY FLU VACCINES

All employees must receive the influenza vaccine by **October 31, 2022.**

Religious and medical waivers are available on the Intranet Resource Library (Business Health) and **MUST** be turned in by **September 30, 2022.**

### CLINIC DATES/TIMES:

- OCTOBER 4 | 7:00AM – 4:00PM | CLASSROOM D
- OCTOBER 10 | 7:00AM – 4:00PM | CLASSROOM D
- OCTOBER 21 | 7:00AM – 9:00AM & 3:00PM – 5:00PM | CLASSROOM D
- OCTOBER 26 | 7:00AM – 9:00AM | CLASSROOM D
- OCTOBER 31 | 7:00AM – 9:00AM | CLASSROOM D



RECEIVE 50  
LIVE WELL  
POINTS!



## 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 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](https://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.



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



## LET'S GET STRETCHING!

SEPTEMBER FREE DIGITAL STRETCHING CLASSES

**MONDAYS: Midday Stretch with Tiffany Pernat**

September 12 - 26

12:00pm - 12:15pm | FREE

**WEDNESDAYS: Midday Stretch with Tiffany Pernat**

September 7 - 21

12:30pm - 12:45pm | FREE

**FRIDAYS: Midday Stretch with Tiffany Pernat**

September 9 - 23

11:30am - 11:45am | FREE

