

Insight

Meet FHN's **GERM** Fighters
Tru-D and the EVS Staff



**Bringing Healthcare
to You**

**DAISY/BEE:
Honoring Our Caregivers**



MARK GRIDLEY, PRESIDENT AND CEO

Welcome to the Start of a Busy Summer!

With Mother's Day, graduations, proms, and the end of the school year, May is a busy month. In June, we will attend festivals and parades, and enjoy other summertime pursuits. I know my family is ready to spend quality time in our communities' beautiful parks. We enjoy appreciating our great regional attractions.

While you're coping with summer problems like insect bites and skinned knees, we at FHN continue our never-ending quest to ensure our hospital and offices are as safe as possible for you. In this issue of INSIGHT you'll read about **everything we do to prevent infection and ensure safety every day at FHN**. We have a team of infection control experts not often seen at smaller hospitals, and we make safety overall a top priority.

We're proud to be able to tell you about the **Mobile Integrated Healthcare initiative we're presenting with the Freeport Fire Department**. It's a leading-edge effort to not only help control healthcare costs for the community but also bring healthcare to the homes of those who can't easily come to us.

This issue also **celebrates staff members observing milestone anniversaries** at FHN. I am very proud of all these great people, and I believe that the number of folks who've stayed with us for many years is a tribute to the type of work environment we seek to create here. On that same note, we're **highlighting our Allied Health staff and telling you how you could become a part of that team, and you'll also read about our recent DAISY and BEE winners**.

When you flip INSIGHT over, you'll find the **annual report of the FHN Foundation**. The Foundation helps us in so many ways, and when you make a contribution, your contribution stays local and local decision-makers determine where it can make the greatest impact. I know you will find the stories in the report inspiring, and I hope you will consider supporting our work.

I look forward to seeing you out and about over the summer and as always, I don't want to miss the opportunity to thank you for the privilege of caring for you—we are honored to provide healthcare excellence for our communities.

Thank you for choosing FHN!

FHN SPEAKER SERIES

It's Never Too Early to Plan Ahead

5:30 – 6:30 p.m. • Wednesday, June 12

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport

You probably have thought about a will or making sure that your family has insurance to help cover expenses when you die, but have you thought about what you want for you? While no one really likes thinking about how we'd like to spend our last days on Earth, making decisions about your care is just as important as deciding your insurance beneficiary. It's actually much easier to do when we're in good health and can talk less emotionally with our healthcare providers, and it's a great feeling to have those personal decisions all handled. Join Rebecca Pedersen, MD—well-known in the community for her ability to matter-of-factly address this topic—in an open discussion about end-of-life care in this free presentation. Register online at www.fhn.org/advancedirectives or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

University-Level Cancer Care, Close to Home

5:30 – 6:30 p.m. • Thursday, July 11

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport

When you or someone you love hears the word "cancer," the whole world changes. At FHN, we know it's really important to have friends and family close as care decisions are made and treatments begin and the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital offers state-of-the-art treatments usually only found at university hospitals. Join Cancer Center representatives including Bobby Koneru, MD, board-certified radiation oncologist, at this free presentation to learn about the latest treatments available at FHN, including extremely precise targeting of tumors with the Center's recently upgraded external beam radiation machine (linear accelerator). Hear about this and more when you register online at www.fhn.org/cancercare or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901

For Your Eyes Only

You're invited to our 2019 Festival of Trees Gala, **CASINO ROYALE!** When it comes to supporting healthcare in your community, "nobody does it better" than you! And be sure to spy along with us at events throughout the year—watch for sleuth-worthy riddles and clues.

Friday, November 22

Grand River Hall

101 S Liberty Ave, Freeport
7 to 11 p.m. • \$65/person



Buy your tickets today! www.fhn.org/casinoroyale



“In the pharmacy, I interface with all of the other departments in the hospital. This has given me the opportunity to work with a lot of dedicated, professional healthcare providers.”

– Michelle Witcik,
Pharmacy Assistant,
FHN Pharmacy

More Allied Health Professional Career Opportunities at FHN

Consider a Career in Allied Health: Pharmacist Assistants and Certified Medical Assistants

There is a wide range of significant, rewarding occupations in healthcare besides the traditional roles of doctors and nurses. Sixty percent of the nation’s total healthcare providers care for patients in a variety of careers under the allied health umbrella.

“Our workforce is comprised of more than 200 allied health staff members providing quality healthcare to our patients every day,” FHN Talent Acquisition Specialist Carol Boeke says. “We are always on the lookout for qualified, experienced allied health professionals to join our team. The two areas of greatest need currently are pharmacy assistant and certified medical assistant.”

Pharmacist assistants work closely with pharmacists in the hospital setting. Duties include medication dispensing and replacements for departments, performing IV admixing of medications, and assisting the pharmacist with entering medication charges and credits.

Certified medical assistants serve as key members of the healthcare team by updating and filing patient medical records, scheduling appointments, arranging for hospital admissions and laboratory services, taking medical histories, preparing patients for examination, providing instructions to patients about medication and special diets, and administering medications as directed by physicians.

Our staff members are always a priority at FHN, as they are the key to providing quality healthcare for those we serve.

FHN’s **Total Rewards Philosophy** represents a broad spectrum of plans and programs designed to reward, recognize, motivate, and develop our staff members throughout their careers. We invest in our staff by providing highly competitive

compensation and benefits packages. We offer flexible schedules in a family-oriented work environment to help keep work and life in balance.

If you share our commitment to providing personal, professional healthcare for patients and you’d like to join our team—or know someone who might—check out the allied health career opportunities available at FHN:

Pharmacy Assistant Positions Available at FHN

- Pharmacist Assistant, Full-time (Variable, 6:30 a.m.–11 p.m.)
- Pharmacist Assistant Clinical Support, Full-time (Variable, 6:30 a.m.–3:30 p.m.)

Medical Assistant Positions Available at FHN

- Certified Medical Assistant–Float Pool, Ad Lib (8 a.m.–5 p.m.)
- Certified Medical Assistant–Float Pool, Full-time (8 a.m.–5 p.m.)
- Certified Medical Assistant–Float Pool, Benefit-eligible Part-time (8 a.m.–5 p.m.)
- Certified Medical Assistant–Savanna, Ill., Full-time (Variable 7 a.m.–6 p.m.)
- Certified Medical Assistant – Cardiology, Full-time (8 a.m. – 5 p.m.)
- Certified Medical Assistant–OB/GYN, Flexible Full-time (Variable 7 a.m.–7 p.m.)
- Certified Medical Assistant – Pediatrics, Full-time (8 a.m.–5 p.m.)

For more information about career opportunities at FHN, visit www.fhn.org/careers or call us toll-free at 1-877-6000-FHN.

Celebrating Nurses, Caregivers All Year Long

Nominate a Caregiver for a DAISY/BEE Award

Florence Nightingale's birthday on May 12th marked the end of National Nurses Week 2019, but we are proud to honor and celebrate our nurses and caregivers all year long!

Every day, every person at FHN strives to provide exceptional, compassionate care to our patients and their loved ones. Now, there's a simple way, as part of an international program, to acknowledge and appreciate a nurse or other caregiver at FHN who makes a difference in your life.

The DAISY (Diseases Attacking the Immune System) Award is an international recognition program for hospitals that honors and celebrates the skillful, compassionate care nurses provide every day.

The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the autoimmune disease ITP (Idiopathic Thrombocytopenic Purpura) in 1999. During his

hospitalization, his family deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way: The DAISY Award.

The BEE (Being Exceptional Everyday) Award honors patient care (non-nurse) staff who assist a nurse or a patient and his or her family in delivering excellent patient care.

Easy Nomination Process

If you've received exceptional care at FHN, we encourage you to share your story with us. You can fill out a simple nomination form online at www.fhn.org/daisy-bee-2019. An FHN multidisciplinary selection committee chooses DAISY and BEE winners from those nominations.

DAISY honorees are recognized at a public ceremony in their unit at FHN and receive a certificate, an award pin, and

a hand-carved stone sculpture entitled *A Healer's Touch*. Everyone in the unit celebrates with cinnamon rolls—a favorite of Patrick's during his illness.

BEE honorees are recognized publicly in their unit and receive a certificate and award pin. Their unit celebrates with honey-themed treats.

The DAISY and BEE awards are sponsored at FHN by a private FHN Foundation donor and coordinated by the Nursing Care Council.

DAISY and BEE recipients are scored based on the following:

- P** Passion/compassion
- E** Empathy in the situation
- T** Trust and teamwork
- A** Admirable attributes
- L** Love for the patient and healthcare profession
- S** Selflessness

When you're nominating a caregiver, details count! Please point out how he or she fulfilled all the **PETALS** on the flower!



National Nurses Week is celebrated May 6–12 each year. It is a time for everyone—individuals, employers, other healthcare professionals, community leaders, and nurses—to recognize the vast contributions and positive impact of America's 4 million registered nurses.



Letter From Tonya Meyer, FHN Foundation Executive Director

Our Favorite Time of the Year

Thank You for Investing in Healthcare in Your Community!

By now you have certainly figured out this Insight isn't your standard edition. From the perspective of the FHN Foundation, it's one of the most important of the year! Why? Because our Annual Report occupies a large portion of this newsletter. And the Annual Report is when we get to say **THANK YOU** to all those donors who have decided to invest in FHN.

The Annual Report allows us to really focus on the great things **YOU** have done to help our patients, staff and their families. Maybe even **YOUR** families. Because of your gifts to the hospital, cancer center, hospice, Family Counseling Center or any of our various funds, we have been able to purchase

life-saving equipment, train staff on the latest technology and update our facilities to enhance the patient experience.

Please read through the Annual Report to "follow your dollar" and see the great work it is doing. Without your gifts, FHN would look a lot different. With insurance reimbursements barely, if at all, covering costs, FHN would struggle to keep adding the latest equipment and new upgrades that allow us to bring the best care close to home. Know that your part in allowing us to offer compassionate, high-quality care is essential. Thank you for investing in healthcare in your community!

February 2019 DAISY and BEE Winners:



Victoria Goetz, RN

Medical/Surgical unit at FHN
Memorial Hospital in Freeport

"I really don't know where to begin. I guess I can begin by saying what she is ... AN ANGEL. I have never in all my hospital stays had someone so caring and gung-ho for your health.

This angel took her time daily to explain to me what was going on with my health, planning meals, helping with pain, dressing, washing, and just simple conversation on a daily basis.

Just thinking of what she has done for me makes my eyes fill with tears. I never knew what my diagnosis entailed, what each med was used for. She even went as far as to pull up pictures that I could understand. I seriously can't say enough about her: It's as if God sent me one of his angels to watch over his flock down here. FHN has truly gained a gem.



Sue Alden

Laboratory Tech at FHN
Memorial Hospital in Freeport

I go to my neurologist in Rockford. On December 4th, I had a message on my phone asking me if I had gone for my blood test. My appointment was the next day.

I called the doctor's office to ask them about the test—no one in his office had informed me about needing to have blood drawn when I made my 6-month appointment. They told me I needed to



Victoria Goetz, fourth from left, celebrates her DAISY honor with Chief Nursing Officer/Vice President of Patient Services Kathryn Martinez (third from left) and her teammates.

I wanted her to take care of me on a daily basis. There is no one like her. She was very caring to family and friends that visited, making sure they were comfortable with what was going on and the care that I was being given. Once again, I just can't say enough about her.

come over to Rockford and get one for the next day. I told them I could get it at the hospital lab in Freeport if they would fax them the orders.

I called your lab at 4 p.m. on the 4th and the tech said they hadn't received any orders yet, but said she would try to get hold of them and if not, then she would call them in the morning. After she received the orders, she would have me come to the lab here and then fax them as quickly as possible for my appointment that afternoon. (She did end up calling me to come in for the tests the next morning, and she faxed the results before my afternoon appointment in Rockford.)

I appreciated that she went out of her way to help me with this situation.

There is no "T" left uncrossed with her, nor any "I" not dotted. God bless her and I hope she goes far in her career. They don't make them like her. Once again, thanks FHN for finding that angel and employing her at FHN.

She was very helpful, courteous, and professional in all that she did for me: The showing of care and telling me she would handle it for me with emotional support and understanding.

The doctor's office realized they had a lack of communication and apologized to me. I just think that Sue should be recognized for her professional and caring ways. Even her lab colleagues had nothing but great words about this great technician.



Germs Never Rest— and Neither Do We

Infection Prevention is an Every Day Priority at FHN

After the long winter we've had, you've probably gotten used to seeing "cover your cough" signs and other warnings about infectious diseases at your healthcare provider's office.

These signs—and the simple hygiene protocols behind them—are one of the best ways we have to help stop the spread of flu and other illnesses: Cover your coughs and sneezes, wash your hands often, and stay home if you are sick.

These days, though, it seems like we hear about new infection risks all year long, with far-away outbreaks of scary-sounding diseases like Zika and Ebola and, closer to home, once-common diseases like measles in New York. Early this spring, Illinois was named as one of the states dealing with an antibiotic-resistant *Candida auris* (*C. auris*) infection.

That's why FHN has a team of people guarding against the spread of infectious diseases all year long. Our first priority is providing safe, quality care with the best outcomes. Infection

prevention is embedded in our infection control program, our policies and the care we provide.

Essential components of an effective infection control program must address a range of threats, because no one knows what new disease will emerge. Our infection control program includes:

Infection Preventionists, essential players in programs that involve patient safety and infection improvement. Their role includes devising strategies to address emerging and reemerging pathogens along with the knowledge of reporting requirements, and compliance with federal and state regulations.

Following the Evidence: Staying up to date in infection strategies for prevention is essential for our infection prevention program. Our infectious disease specialist Robert Geller, MD, MS, FACP, FIDSA, and our nurse Infection Preventionist Margie Kochsmier, MSN RN CMSRN CIC, (pictured at right) hold certifications in infection prevention.



Surveillance is important too. It's the ongoing, systematic collection, analysis, and interpretation of healthcare infection data using definitions from the Centers for Disease Control and Prevention (CDC) in determining epidemiologically significant organisms.



Medical Informatics uses computer technology and communication systems to retrieve and exchange information and data to make healthcare care decisions.

Antibiotic Stewardship: Coordinated strategies to improve the use of antimicrobial medication with the goal to reduce resistance to antibiotics, enhance patient health outcomes and decrease the unnecessary costs of antibiotics.

STARTING EACH DAY WITH SAFETY

How many patients are in the hospital? Are all hospital and clinic departments fully staffed? Who is in charge if there's an emergency?

These are important questions every single day. That's why leaders at FHN gather, in person and via telephone, to address them in a "safety huddle" each day.

"We touch on the day's numbers—from how many people are in the hospital and what units can accept patients to how many primary care providers can accept new patients throughout FHN," says FHN President and CEO Mark Gridley.



"But it's not just numbers." Mark continues. "We note any infection control issues, like patients with influenza or other infectious diseases, any equipment that's not working, any maintenance work that is scheduled — anything that could affect the safety of our patients and staff. We also always share a story or two from patients, both good and bad, as a reminder of the real reason we are here and how important our patients are."

The Joint Commission—the organization that accredits hospitals and healthcare organizations across the country—calls safety huddles like ours "a hallmark of high reliability organizations."

Hand Hygiene: Again, our single most important tool in preventing the spread of infections! Trends regarding hand hygiene are reported on an institutional dashboard and in a quality report to our staff.

Environmental Services: Exposure to germs in the environment can lead to illness in patients and healthcare professionals. Strategies used by our Environmental Services department, including the use of the most up-to-date disinfectants as detailed by the CDC, can effectively guard against healthcare-associated infections.

Using UV light disinfection: Germs are not only becoming resistant to antibiotics but to cleaning products as well. Using UV light disinfection after traditional cleaning is another way for us to stop these organisms from multiplying. UV light disrupts viruses, bacteria and fungus from replicating.

Care Coordination: Communication with patients using nurse navigators bridges gaps in communication and helps us manage the care of patients both pre- and post-procedure.

Comprehensive Unit-Based Safety Programs: Because every patient encounter throughout the care continuum includes all healthcare workers with an infection prevention opportunity, we integrate communication, teamwork and leadership related to infection prevention in our units.

Infection Control Associates: The multidisciplinary team works to prevent, minimize and eliminate outbreaks of infections using best practices. They are champions in each of our departments who establish and maintain the standards of practice for infection control for our staff.

We've incorporated precautions and safeguards for infection prevention into every aspect of what we do; being prepared for unpredictable disease outbreaks and preventing disease transmission is an **every day** priority at FHN.

Organizations that have instituted safety huddles report that they help to create a "culture of safety," where everyone on staff, from administrators to providers, caregivers and non-patient-facing staff is aware of challenges and committed to creating a safe, caring environment for their patients and coworkers. That culture has helped to reduce *c. difficile* (*c. diff*) infection rates, and helped organizations better manage situations like high patient volumes and flu outbreaks.

We view each day's safety huddle as a chance to bring together every part of FHN, from the hospital to our office in your town, and make sure we're doing our best to care for you. If you'd like to read more about our quality and patient safety efforts, visit www.fhn.org/qualitycare.



Get to Know FHN's Environmental Services!



Meet the Clean Team at FHN! Led by EVS Director Lilia Simmons (in jacket, seated at left), these and other members of Environmental Services at FHN are committed to keeping our facilities clean and as germ-free as possible!

FHN's Environmental Services (EVS) team has what might be the most important role in helping keep our patients safe—we're the germ killers!

Our EVS team is 48 members strong. We are your friends, family members, or neighbors. We are focused and dedicated to keeping our hospital clean and free of healthcare-associated infections (HAIs). We are the people who clean each patient room, exam and procedure room, and all the common areas in FHN facilities. Our team is focused on infection control and prevention and the reality of clean.

Some of the new, nasty germs out there are resistant to some cleaning products, so we work with the Infection Control team to make sure we're using the proper cleaning and disinfection products for each job.

In the hospital, after we give each room a good old-fashioned cleaning, we bring in our robot TRU-D to disinfect the room using UV light. Research shows that UV light, by disrupting and damaging a germ's DNA, can kill even drug-resistant organisms like MRSA and *C. difficile* (*C. diff*).

We use our germ-killing robot daily in our operating rooms, ICU unit, patient rooms and everywhere else needed. TRU-D has even been loaned out to a local school to help stop an outbreak of impetigo. We're pretty proud of our little sidekick!

Congratulations to Those Who Celebrated Service Anniversaries in 2018!

45 Years

Jacqueline Busch	Ambulatory Care
Susan Kleckler	Laboratory
Mary Lethlean	Ambulatory Care
Martin Meinders	Respiratory

40 Years

Donna Jacobs	Laboratory
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35 Years

David Reese, MD	Lanark
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30 Years

Diane Bardell	Cardiac Services
Marcia Bouray	Administration
Kathleen Holste	Medical Oncology
Cathy Magee	Stockton
William Schuler	Central Supply
Joanne VanNatta	Sleep Study Lab

25 Years

Shari Anderson	Respiratory
Brenda Baltierra	Stockton
Karlene Beckmeier	Surgery
Valerie Collins	NIHP
Carolyn Johnson	GI Lab
Amy Kempel	Medical Records
Jeffrey Lubbers	Hospice
Danielle Rodebaugh	Radiology
Tana Wuthrich	Laboratory

20 Years

Erich Awender, MD	Emergency Department
Eric Bader	NIPT
Melissa Dickens	Laboratory
Barbara Doty	Emergency Department
Shannon Driscoll	Quality
Julie Edler	Burchard Hills
Sammy Farag, MD	Anesthesia
Mustafa Ghazal	Nuclear Medicine
Sherrie Grulke	Central Scheduling
Lorrie Heeren	Recovery Room
Deeann Heinrich	PT – Burchard Hills
Rebecca Holbert	ICU
Pamela Johnson	Respiratory
Myra Jordan	Pediatrics
Dorothy Kreger	Medical Records
Melissa Larson	Obstetrics
Tina Lingle	Med/Surg/Peds

Mary McCarty
Melanie Morgan
Tammy Pals
Amy Prowant
Lisa Rust
Mercedes Shippert
Amy Smith
Bonnie Stark
Carolyn Taylor
Douglas Toepfer

Michael Williams
Carrie Wright, FNP-BC

15 Years

Crystal Bartell
Kay Brooks
Patricia Croffoot
Vicki Drake
Virginia Escobedo
Tracey Hansen
Rassny Homer
Connie Koehn
Sarah Kramer
Leela Narra, MD
Joy Panos
Mary Place
Megan Scace
Jeffrey Schleich, MD
Rebecca Schnaper
Laura Snider
Jeanna Strader
Tamisha Verner
Jan Voss
Lindsey Wagner
Christine Williams

10 Years

Rachel Ahrens
Denise Argyle
Haley Auer
Judy Baldwin
Megan Christensen
Tracy Clay, FNP-BC
Shaneka Collier
Judy Cullor
Debra Curboy
Linda Curler

Food And Nutrition
OT - Hospital
Risk/Compliance
Human Resources
X-Ray
Emergency Department
Emergency Department
Rehab
Business Office
Emergency Management
Program
IS Applications
Wound Care Clinic

Operating Room
Volunteer Service
Business Office
Highland View Drive
Is Applications
Business Office
Family Counseling Center
GI Lab
Pharmacy
Cardiology
Business Office
Nephrology
Health Management
Burchard Hills
Medical Staff
Lanark
Internal Med
Obstetrics
CBO
Supportive Care
Operating Room

Health Management
NIHP
Hospice
Business Office
Med/Surg/Peds
Med/Pediatrics
Cardiac Services
Ambulatory Care
Admitting
Environmental Services

Kim Dickinson
 Courtney Dodds
 Peggy Folgate

 Delisa Fredrickson
 William Genthner
 Sondra Gentry
 Michelle Gillihan
 Teresa Greenfield
 Tracey Gross
 Nicole Hartje
 Kara Hofmaster, AGACNP-BC
 Cheryl Jamerson
 Megan Kerchner
 Russell Keys
 Karen Kilker
 Teresa Kirby
 Al Klentz
 Suzanne Kohl
 Mary Kraemer
 Patricia Krusey
 Karen Kryder
 Diane Kunz
 Wendy McGath
 Brenda Nyman
 Samantha Osborn
 Lisa Raab
 Kayla Rodebaugh
 Tracey Sack
 Robin Scalise
 Ann Schoenhard
 Arshad Shaikh, MD
 Theresa Slick
 Paul Stadel
 Tammy Stadermann
 Beth Stegall
 Pamela Stichter
 Stephanie Summers
 Janine Tessendorf
 Melinda VanRaalte
 Autumn Wagner
 Sherry Wichman

Forreton
 Telemetry
 Community Healthcare
 Center
 Op. Finance
 Ambulatory Care
 Respiratory
 Emergency Room
 Ambulatory Care
 Radiology
 Ultrasound
 Internal Medicine
 Central Scheduling
 Administration
 Medical Records
 NIHP
 Business Office
 Maintenance
 Lena
 MRI
 ENT
 Ed Services
 Central Supply
 Family Counseling Center
 Hospice
 Obstetrics
 Business Office
 Human Resources
 Medical Records
 Radiology
 NIHP
 Medical Oncology
 Operating Room
 Nursing Administration
 Clinical Development
 Emergency Department
 Radiology
 Business Office
 Telemetry
 Nursing Administration
 Hospice
 OT – Burchard Hills

Susan Brinkman
 Miranda Cox
 Danielle Eberle
 Grant Ebnetter
 Lucinda Engbert
 Heather Gaul
 Judi Guenzler
 Kaylie Hammer
 Roxanne Hare
 Jack Harweger, AGACNP-BC
 Tracy Hays
 Yvonne Howe
 Diana Ibarez
 Margherita Johnson
 Janell Jordan
 Fadi Kara, MD, PhD
 Chelsea Kile
 Emily Kornfeind
 Barbara Lawson
 Jeffery Lehrke
 Ashley McKenna
 Janice McNett
 Jennifer Miller
 Marilyn Miller
 Laura Mitchell
 Jeffrey Ness
 Cole Nesemeier
 Makenzie Olsen
 Clarence Parks, MD
 Melissa Pennington
 Kyle Primrose
 Kristin Rabideau
 Joseph Rendon
 Fadoua Rochon
 Bobette Roemer
 Daniel Ruter
 Laura Setterstrom
 Alicia Shipp
 Kristen Simpson
 Dawn Singley
 Trinity Smith
 Rebecca Thomas
 Tricia Vandenburg
 Heather Wagner
 Alyssa Wales
 Jackie Warner
 Linda Wertz
 Renee Westaby
 Ashlee Williams
 Angela Zuberbuhler

Medical Records
 Highland View Drive
 Obstetrics
 Laboratory
 Laboratory
 Telemetry
 Medical Records
 Med Surg Peds
 Med/Surg/Peds
 Hospitalist
 Med/Surg/Peds
 Food & Nutrition
 Telemetry
 Med/Surg/Peds
 Podiatry
 Hospitalist
 Emergency Room
 Emergency Room
 Pharmacy
 Medical Records
 Laboratory
 Operating Room
 Med/Surg/Peds
 Admitting
 Medical Records
 Tri Rivers (IT)
 Food And Nutrition
 Quality
 Hospitalist
 Gastroenterology
 Operating Room
 PT – Burchard Hills
 Tri Rivers (IT)
 Med/Surg/Peds
 Med/Surg/Peds
 Environmental Services
 Hospice
 NIHP
 Highland View Drive
 Telemetry
 Admitting
 Environmental Services
 Admitting
 Administration
 Admitting
 Pain Clinic
 NIHP
 Highland View Drive
 GI Lab
 Cath Lab

5 Years

Heather Artman
 Christine Baldwin
 Todd Barr
 Alyssa Beidler
 Osha Bledsoe
 Laura Bonsky
 Steven Bressler

 Med/Surg/Peds
 Medical Oncology
 M.I.S.
 Telemetry
 Med/Surg/Peds
 Family Counseling Center
 Ambulatory Care

Welcome to FHN's Wellness Calendar

FHN is proud to offer many opportunities for you to learn about health and wellness—from informational programs and events to free health screenings all year long. We hope you'll take advantage of some of these free, quick chances to “check up” on your health!

(This information was correct at the time of publication. Please see FHN's online calendar at www.fhn.org for additions or changes.)



Blood Pressure Screenings¹

Location	Time	Date	Details
New Jerusalem Church of God	11 a.m.– 1 p.m.	May 16 June 20 July 17	4 E. Iroquois Street, Freeport
Joseph's Pantry Faith Center	4–6 p.m.	May 21 June 18 July 16	203 W. Pleasant, Freeport
Salvation Army	9 a.m.–noon 8 a.m.–noon	May 23 June 27 June 13 ³ July 11 ³	106 W. Exchange Street, Freeport
Mt. Calvary Church of God in Christ	10 a.m.–noon	May 25 June 22	420 Challenge Street, Freeport
Pecatonica United Methodist Church Food Pantry	10 a.m.–noon	May 28 June 25	528 Washington Street, Pecatonica
Golden Meals	10:00 a.m.–12:30 p.m. 10:30 a.m.–noon	June 14 ² July 12 ² June 11 July 9	524 W. Stephenson Street, rear entrance, lower level, Freeport
Gospel Outreach Food Pantry	9–11 a.m.	June 1 July 6	211 W. Spring Street, Freeport
Freeport Area Church Cooperative (FACC)	9–11:30 a.m.	June 5 July 3	514 S. Chicago Avenue, Freeport
Liberty Village Estates	10:30–11:30 a.m.	June 12 July 10	2140 Navajo Drive, Freeport
St. John's Lutheran Church	12:30–1:30 p.m.	June 12 July 10	625 Country Lane, Lena
Pearl City Methodist Church	9–11 a.m.	June 22 July 13	411 S. Main, Pearl City

1 No cost or registration required; open to the public.

2 Free glucose and foot health screening. Please do not eat or drink anything other than water for 8 hours before the glucose screening test.

3 Free glucose screening. Please do not eat or drink anything other than water for 8 hours before the test.

Vein Screenings



Location	Time	Date	Details
FHN Memorial Hospital	3–6 p.m. (by appointment)	May 15 June 15	Achy, tired legs can be a symptom of venous disease. Schedule a free screening at the FHN Vein Center to see if our experts can help. Non-cosmetic treatment options are covered by most insurance carriers, including Medicaid. For an appointment, call 815-599-VEIN (8346).

May is Stroke Month—BE FAST in Case of Stroke

Earlier this month, FHN Stroke Program Coordinator Tracy Love, RN, BSN presented a program on stroke, including how to recognize a stroke and what to do if one is happening to someone you love.

A stroke is a medical emergency, and it's important to get help as quickly as possible. To help you remember what to do in case of a stroke, think BE FAST.

FHN is proud to have received a 2018 Gold Plus Award from the American Heart Association/American Stroke Association. Stroke Program Coordinator Tracy Love was honored with the 2018 Illinois Rural Health Association Award, given to one individual each year for his or her outstanding contribution of major significance to rural health in Illinois.





Class	Time	Date	Details
Heartsaver® First Aid, CPR & AED	8 a.m. – 4:30 p.m.	May 18	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach members how to perform high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use in adults, children, and infants. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email coil@fhn.org for more information or to register..
Prenatal Class	5–9 p.m.	May 21 June 18 July 16	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections, and postpartum recovery. Registration is required; call 815-599-6221.
Stop the Bleed	5:30–7:30 p.m.	May 23	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room Nationally-recognized program designed to teach non-medical people the importance of stopping hemorrhage in a trauma situation. Course is \$25, which includes a Stop the Bleed kit (tourniquet, bleeding control supplies, gloves, and instructions). Open to the public; registration is required. For more information or to register, call 815-599-6707 or email coil@fhn.org .
Breastfeeding Class	7–9 p.m.	June 4	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221.
Heartsaver® Pediatric First Aid, CPR & AED	8 a.m. – 4:30 p.m.	June 8	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use specific to infants and children. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email coil@fhn.org for more information or to register.
Safe Sitter® Essentials	9 a.m. – 2:30 p.m.	May 25 June 10 June 29	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Class designed to prepare students in grades 6 – 8 to be safe when they're home alone or babysitting. Full-day course is \$45, which includes the Safe Sitter Essentials Student Handbook and completion card. Financial assistance is available for eligible students; call 815-599-6707 for more information about eligibility. Register online at www.fhn.org/safesitter .
Community Health Forum: Get Moving I: Exercise and Cancer	5:30 p.m.	June 11	Freeport Public Library, 100 E. Douglas Street, Freeport FHN Medical Oncologist Arshad Shaikh, MD will talk about the importance of exercise to prevent numerous types of cancer. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.
FHN Speaker Series: It's Never Too Early to Plan Ahead	5:30 – 6:30 p.m.	June 12	FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport Join FHN physician Rebecca Pedersen, MD, for a frank, open discussion about advance directives. While no one really likes thinking about how we'd like to spend our last days, making decisions about your care is just as important as deciding your insurance beneficiary. Open to the public and free to attend; refreshments will be served. Register online at www.fhn.org/advancedirectives or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.
Community Health Forum: Get Moving II: Exercise and Your Brain	5:30 p.m.	July 9	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Jack Herrmann will present research on how excess weight and lack of exercise can impact mental abilities from childhood through the golden years. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.
Sibling Class	6:30 – 7:30 p.m.	July 10	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wittig. Registration required; for more information or to register, call 815-599-6221.
BLS for Healthcare Professionals	8 a.m. – noon	July 20	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on course designed to teach healthcare professionals how to perform high-quality CPR individually or as part of a team. Basic Life Support (BLS) skills are applicable to any healthcare setting. Course is \$40, which includes BLS provider manual and certification card valid for 2 years. Open only to healthcare professionals; registration is required. Call 815-599-6707 or email coil@fhn.org for more information or to register.

Support Groups



Group	Time	Date	Details
The First Steps Grief Support Group*	10–11:30 a.m.	June 18 July 16	FHN Memorial Hospital cafeteria meeting rooms – Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160.
Managing Early Grief: The First Nine Months After a Loss	6–8 p.m.	May 15	FHN Hospice, 773 W. Lincoln Boulevard, Suite 403, Freeport This 9-week support group is designed for anyone who has lost a loved one during the past nine months. There is no charge, but registration is required to attend. For more information or to register, call FHN Hospice at 815-599-7240.
Living Through Grief*	6–7:30 p.m.	June 10 June 24 July 8	FHN Memorial Hospital Cafeteria Dining Rooms – Lower Level For more information, call 815-599-7240.
Adult Diabetes Support Group*	1–2 p.m.	April 2	FHN Memorial Hospital Globe Room – Lower Level Topic is healthy picnic foods. For more information, call 815-599-6253.
Adult Diabetes Support Group*	1–2 p.m.	June 4	FHN Memorial Hospital Private Dining Rooms 1 & 2 – Lower Level Topic is insulin pump therapy. For more information, call 815-599-6253.
Parkinson's Support Group*	1:30–2:30 p.m.	June 10 July 8	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena
Perinatal Loss Support Group	6:30–8 p.m.	May 16 June 20 July 18	FHN Memorial Hospital Private Dining Rooms 1 and 2 – Lower Level A safe and supportive space for parents who have lost a child through miscarriage, stillbirth or shortly after birth to cope with and share their emotions. Call 815-599-6160 for more information or to register.

*No cost or registration required; open to the public.

Community Programs



Program	Time	Date	Details
Memory Café	1–3 p.m.	May 23 June 27	SR Center, 216 E. Stephenson Street, Freeport. Open to the public; no cost or registration required.
Talk – Vision Changes*	1–2 p.m.	May 24	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Classic Cinemas Summer Movie Series at the Lindo	Each movie starts at 10 a.m. with limited first-come, first-serve seating. Admission is \$4.	June 15 – <i>Aladdin</i> , PG June 22 – <i>The Secret Life of Pets 2</i> , PG June 29 – <i>Toy Story 4</i> , G	July 6 – FREE movie July 13 – <i>Spider-Man: Far From Home</i> July 20 – <i>Lion King</i>
Talk – Stroke*	1–2 p.m.	June 28	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Gran Fonda Tour Against Cancer	8 a.m.	June 29	Tutty's Crossing Trailhead, 250 E. Stephenson Street, Freeport Choose from several routes including a Family Fun Ride, 30 (trail or road), 50 or 75 miles. In lieu of a registration fee, please donate to the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Register online at www.fhn.org/TourAgainstCancer .
Collective Goods Book Sale	10 a.m. – 4 p.m. 9 a.m. – 3 p.m.	July 11 July 12	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – lower level Collective Goods brings a variety of books, electronics, baking equipment, children's toys, and more to FHN for a convenient shopping experience. A small portion of every sale is donated back to the FHN Foundation Partners in Giving campaign.
FHN Healthy Heart Hustle 5K and Victory Lap	8 a.m.	July 20	FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport Register before July 12 for \$25 registration (\$10 ages 17 and under). Register before July 5 to guarantee a t-shirt. After July 12, registration is \$35/adults and \$12/ages 17 and under. Race will be followed by a Fun Walk "Victory Lap" around the Burchard Hills campus with Cardiopulmonary Rehab "alumni." For more information or to register, visit www.fhn.org/5k

To (Learning About) Your Health!

Join FHN and SCHED for Monthly Health Forums

FHN and the Stephenson County Health Department are proud to present another series of community health forums this year.

Each month, a subject-matter expert presents the latest research on a contemporary health issue and suggests practical ways to decrease your risk of illness and improve your health and the health of the community. The audience is encouraged to participate in each program, and there is ample time for discussion.

All programs are free to attend and begin at 5:30 p.m. at the Freeport Public Library, 100 E. Douglas Street in Freeport. Light refreshments will be served and no reservations are required.



Tuesday, June 11

Get Moving I: Exercise and Cancer

Are obesity and a sedentary lifestyle associated with an increase in cancer rates among people of all ages? What explains the increase in cancer rates among the “Millennial Generation”? What can we do to minimize our risk of developing cancer? Dr. Arshad Shaikh will present the latest evidence on the importance of exercise to prevent cancers of various types.

Tuesday, July 9

Get Moving II: Exercise and Your Brain

Are obesity and a sedentary lifestyle associated with cognitive decline among people of all ages? Why do some people remain mentally sharp well into their 90s and beyond? Does obesity affect children’s academic performance? Dr. Jack Herrmann will present research on how excess weight and lack of exercise can impact mental abilities from childhood through the golden years.



Tuesday, August 13

Get Moving III: Everyday Exercise

Not everyone can afford – or has the time – to work out at a gym every day, but there are many activities you can integrate into your daily routine to help manage appetite and weight while improving fitness. Dr. Lynn Herrmann will discuss her research, and that of others, in this important area.



See the rest of the schedule and information about our presenters online at www.fhn.org/communityhealthforums

Fun Events Raise Funds for a Healthy Community

The FHN Foundation is **going the distance** for this summer’s fundraising events!



No matter your fitness level, join us for this year’s **Gran Fonda Tour Against Cancer on Saturday, June 29**. Options this year range from a Family Fun Ride along the Jane Addams Trail to 30-, 50-, and 75-mile routes!

In lieu of a registration fee, we welcome your gracious donation to the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital.

Dave Fonda, the founder of and inspiration for this event, loved cycling and his community. He started this fundraising event in 2007, dedicated to parlaying his passion into a cause that would help those fighting cancer. Although Dave lost his own battle in 2018, we keep him a part of this event by renaming it in his honor.

For more information on the ride or to register, visit www.fhn.org/TourAgainstCancer.



If running or walking is more your speed, check out this year’s **FHN Healthy Heart Hustle!** You’ve got time to train: **The race is set for Saturday, July 20**.

This year’s timed run will begin and end at the FHN Family Healthcare Center — Burchard Hills, 1010 W. Fairway Drive in Freeport. It’ll be followed by a Victory Lap for kids and families who have benefited from cardiac care at FHN. Day-of-race registration begins at 6:45, and the race begins at 8 a.m.

Proceeds from this event will go to FHN’s Cardiac Care team, who provide state-of-the-art heart care close to home in northwest Illinois.

For more information or to register, visit www.fhn.org/5k.

**Thank
you**

*to our team of talented staff
committed to delivering healthcare
excellence to our community.*



Celebrate with Dr. Workman

After a long and distinguished career, Allen Workman, MD, is retiring from FHN in June. For several decades, he has provided professional healthcare services to scores of area families, first at the former Family Medical Services and now at our Highland View Drive offices. He has been an integral part of the FHN staff and an important ally to many people within the community. **Please join us at an open house to wish him well!**

Dr. Allen Workman Retirement Open House

5–7 p.m. Thursday, June 6, FHN Family Healthcare Center—Highland View Drive, Freeport

Bringing Healthcare to You

FHN, Freeport Fire Department Partner to Offer Mobile Integrated Healthcare

One of the most important things we do at FHN is simply reaching out to our communities with good health information and opportunities to learn more about your health. Our online events calendar (you can find it at www.fhn.org) is peppered with blood pressure screenings, programs to learn more about staying healthy, and events focused on good, healthy fun.

But if it's difficult for you to get around, chances are you're missing out on most of those opportunities. That's why FHN is partnering with the Freeport Fire Department to offer a Mobile Integrated Healthcare (MIH) program.

Studies done by FHN and the Stephenson County Health Department confirmed that lack of access to and underutilization of healthcare is a big problem in our communities: Barriers to getting healthcare included cost of care, lack of transportation, limited hours for primary care providers, and a lack of health and nutrition education. With the support of Freeport City leadership from the Mayor, City Manager, and the City Council, we began working with the Freeport Fire Department to address those barriers.

With the MIH program, the Freeport Fire Department works with FHN's Complex Care Manager (see sidebar) to literally bring healthcare to those who need it. Our program is modeled on a similar one offered by SwedishAmerican Health System in Rockford, which reduced hospital visits and community costs such as ambulance calls and ER visits.

Patients in FHN's Complex Care Management program and Medicare patients being released from FHN Memorial Hospital are eligible to be part of the MIH program.

Once you're enrolled, you'll receive an in-person visit by a Freeport Fire Department paramedic and the FHN Complex Care Manager. They'll talk to you about your health conditions or your hospital stay, and give you good informa-



tion about nutrition and other ways to improve your health.

There is no charge for services provided through the MIH program. Our goal is to, over the span of 10 weeks, help you learn how to manage your chronic disease (such as heart disease, COPD or diabetes), recover from your procedure or event that necessitated a hospital stay (such as heart attack or stroke), and to connect you with resources in the community to help you achieve and maintain your best possible health.

Complex Care Management at FHN

FHN's Complex Care Management program is designed to help people dealing with two or more chronic illnesses like diabetes or heart disease.

This three-month program helps you learn to manage your healthcare—from reviewing your medications with you to attending provider visits with you. All services are free, and you can be referred by your healthcare provider or contact us at 815-599-6434.

Learn more about FHN's Complex Care Management program at www.fhn.org.

Insight



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Editor: Sarah Rogers

Contributors: Julie Beach, Mindy Becker, Peg Drane, Tara Hagemann, Margie Kochsmier, Barb Lessman, Jill McKenna, Marilyn Smit, Pete Willging

Send your contributions, story ideas or comments for Insight to Sarah Rogers at srogers3@fhn.org or call 1-877-6000-FHN (1-877-600-0346) ext. 901.

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