

Insight

'What Great Results!'

**A New Approach
to Chronic Sinus Issues
Plans in Place for a
Crisis Stabilization Center**



MARK GRIDLEY, PRESIDENT AND CEO

Welcome to Fall!

Summer may be winding down, but fall is just gearing up! From flu shots to being ready for people who want to maximize their healthcare benefits before year-end, we look forward to serving you.

In this issue you'll read about a patient who's very happy she chose FHN and our new anterior hip replacement procedure – she's able to do so many things she was unable to before. We also are highlighting our quality department and new providers. I am so proud of the exceptional people we have ensuring the health and well-being of our families at FHN.

You'll read about the Crisis Stabilization Center, which will be the fundraising focus for this year's FHN Festival of Trees Gala. It will open in 2020 as the first in the area to address behavioral health issues in a more healing environment while reducing demands on our emergency room.

As fall allergy season comes around, we're also pleased to

introduce a new procedure for dealing with sinusitis and other allergy-related sinus problems. Balloon sinuplasty is a much less invasive procedure for people suffering from chronic sinus issues. For those who dread the headaches and pain associated with these problems, this could be just the solution for you.

In careers, we're focusing on the many non-clinical positions that FHN offers. Fifteen percent of our professional staff performs all the important duties needed to support the clinical staff who provide direct patient care, and they are critical to our success. Our calendar and highlights of some of our summer activities round out the issue.

As you and your family head back to school, get ready for the fall sports season, or just plan to enjoy the beauty of northwest Illinois this time of year, I thank you once again for giving FHN the privilege of serving as your healthcare provider. We work hard every day to deliver healthcare excellence for our communities to be worthy of that honor.

Thank you for choosing FHN!

Youth Troops Tour FHN/Physicians Immediate Care Urgent Care Clinic

A group of more than 30 kids and parents representing Trail Life USA and American Heritage Girls Troops got a close-up view of how high-quality urgent care is provided to residents of northwest Illinois – and in the process, received some real-life outdoor tips and skills.

Before touring the urgent care facility, troop members and their leaders and parents took in an informative presentation by physician assistant Dan Williams, Psy. D, PA-C with topics that included finding your way back if lost in the woods; starting a fire without matches or lighter; identifying different types of ticks and their hazards; and removing a fish hook from their skin.

Following the presentation, the children enjoyed a tour of FHN/Physicians Immediate Care Urgent Care Clinic to see imaging equipment, urgent care rooms, and medical equipment.

FHN/Physicians Immediate Care Urgent Care Clinic is located on Burchard Avenue (right next to the FHN Family Healthcare Center – Burchard Hills)

with convenient, walk-in urgent care services, including school and sports physicals, with extended hours seven days a week; no appointment needed.



Groups from Trail Life USA and American Heritage Girls Troops visited the FHN/Physicians Immediate Care Urgent Care Clinic for some valuable outdoor tips and a tour of the Freeport facility.

FHN is an award-winning regional healthcare system committed to the health and well-being of the people of northwest Illinois and southern Wisconsin. Organized in 1995, non-profit FHN is comprised of FHN Memorial Hospital, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, 13 family healthcare centers in 5 counties spanning northwest Illinois offering primary and specialty medical care, hospice, and outpatient mental health services. For more information about us, please visit www.fhn.org.



Get to Know the Quality Department at FHN

The FHN Quality Department

(from left to right):

Shannon Driscoll
Cheryl Rife
Aby Breed
Kristina Stadermann
Makenzie Olsen
Margie Kochsmier
Amy Fisher and
Jill Otte
Not pictured,
Wendy Barr.



Healthcare today is complex, fast-paced, and in a state of continual transformation. At FHN, we keep high-quality, safe patient care at the forefront of all that we do as a part of our mission to provide the best care possible to our patients. The dedicated team of professionals in the FHN Quality Department supports many activities that promote and continually strengthen patient care processes across the entire organization. Meet the FHN Quality Department team!

Shannon Driscoll—Quality/Risk Specialist: Shannon conducts reviews of clinical care concerns and supports improvement activities. She also focuses on FHN's compliance with regulatory standards and readiness to meet those standards.

Wendy Barr, Aby Breed, and Jill Otte—Patient-Focused Consultants: Wendy, Aby, and Jill serve as advocates for our patients and their families and/or caregivers. The team is responsible for managing patient concerns, administering patient experience surveys, and engagement with providers, leaders, and staff in followup and improvement.

Amy Fisher—Performance Improvement Coordinator: Amy coordinates many strategic improvement initiatives across FHN. Her efforts primarily focus on a data-driven, team-oriented approach utilizing well-established quality tools and methodologies.

Cheryl Rife—Director, Clinical Quality: Cheryl serves as Director of the Quality Department and leads the team as a resource and champion. Her role is focused on advancing a culture of safety and quality through teamwork, data monitoring and accountability, transparency, and continuous quality improvement.

Margie Kochsmier—Infection Preventionist: Margie is rigorous in her attention to infection prevention and control standards. She comes in contact with patients, families, caregivers, staff members, and external partners (such as area nursing homes and school nurses) in education and the development of policies, procedures, and processes.

Makenzie Olsen—Quality Assistant: Makenzie is vital to the organization, structure, and maintenance of various activities in the Quality Department. She supports individuals, teams, data management and several systems that align overall quality and safety efforts.

Kristina Stadermann—Clinical Quality Analyst: Kristina is responsible for reporting a variety of clinical measures to the various regulatory groups. With expertise in electronic medical records, she works closely with various teams to improve the tools utilized by clinicians as they provide care.

While not always visible to patients and their families, the FHN Quality Team is continually working behind the scenes to help ensure patients receive the best possible care at all of our locations.

Hip Surgery Brings ‘Immediate Relief’



Julie Wenzel was in a lot of pain. Her back and hip hurt, making it difficult to walk, and it was cramping her style. A busy woman, she had a long list of things to do: Tutoring at Blackhawk School, acting as treasurer for League of Women Voters, enjoying the Lindo Theatre Classic Movie Series with her husband, Alan, and attending her great-nephew's graduation party, to name a few top priorities. She knew she needed



After a detailed exam, Dr. Bennett referred Julie to Physical Therapy. The therapists agreed it could be sciatica, general back

to do something, but what? She turned to FHN family practice physician Brian Bennett, MD, (left) to help her decide on next steps.

pain, or more likely, a hip injury causing her discomfort. She was referred to FHN orthopaedic surgeon Greg Dammann, MD, (right) who suggested she try a series of steroid injections. They provided limited success, and when she wasn't dramatically better after three rounds, she went back to ask for additional advice. The doctor reviewed images of her left hip and recommended direct anterior surgery to battle arthritis and a cyst that were causing significant pain.



Deciding on Surgery

Julie was quick to agree that surgery was the way to go, but she didn't know when to do it. She and her husband were planning a beach vacation followed by a family graduation party in Iowa that she was determined to attend. Could Dr. Dammann do the surgery after her vacation but before the party? With just a short gap in between, her hip replacement surgery was scheduled.

Dr. Dammann planned to employ FHN's special Hana[®] table, which gives our orthopaedic surgeons better access during surgery and hastens recovery time. This approach makes it possible to avoid cutting muscles and reattaching them, reducing the risk of dislocation after surgery. It also means fewer restrictions on movement, less post-surgical pain, and a quicker recovery, which suited Julie's busy life just fine. Dr. Dammann assured his patient that she should be able to attend the graduation with minor limitations, such as getting a handicapped-accessible hotel room.

By the time she returned from her beach vacation, Julie was downright eager to "get the show on the road." She shares, "My hip made walking on the beach impossible. Riding in the car was difficult and it even hurt to swim certain strokes, something I do all the time at my home pool. The limited mobility was not just painful, it was discouraging. I was ready."

Preparing for the Procedure

To prepare for surgery, Julie attended a pre-operative class at FHN, met with a nurse navigator, and reviewed a detailed guidebook for reference. She found it helpful. "The whole educational experience was five-star," she asserts, "and having the nurse navigators, Keri and Hannah, available for me to call was a great asset. I was impressed with the team."

On the day of surgery, Julie met with Dr. Dammann and couldn't help but think about him as the young man who grew up in the same Lena cul-de-sac where she was raised. "His dad and my stepdad played golf together, and here he was about to operate on me. Life is interesting!"

The surgery was a success. Although many patients go home the next day, Dr. Bennett suggested an extra day for Julie, since she has a strong reaction to anesthesia and felt nauseated and dizzy post-procedure. By day two, she felt much better and remembers being vocal with her verdict: "I feel immediate relief! What great results!" she exclaimed. "Dr. Dammann and his team did a great job – they even discovered that my left leg was shorter than the other and made adjustments to repair my gait. I am so happy with my care. Both Dr. Dammann and Dr. Bennett are great assets to the community."



Dr. Dammann was able to schedule Julie's surgery at the best time for her, and she's very happy with the results – she made it to a family celebration with no problems! "What great results!"

Focusing on Physical Therapy for a Speedy Recovery

Julie's physical therapy started at FHN Memorial Hospital and continued at FHN Burchard Hills in Freeport, as well as in her home pool where she often walks more than an hour each day. She says, "I had excellent attention on 3N and appre-

ciate the nurses and therapists who took such good care of me. Lindsay in physical therapy was especially wonderful, as were Eric and Whitney. I worked hard and made it to my great-nephew's grad party without any problems. I value everybody who used their training and expertise to stop my pain and help me start living life to the fullest again!"

HANA® TABLE'S ACCESS BRINGS BIG BENEFITS TO HIP SURGERY PATIENTS

FHN's Hana® table is a state-of-the-art piece of equipment that optimizes the anterior approach to total hip arthroplasty. Its unique patient-positioning capabilities enable FHN orthopaedic surgeons to use a minimally invasive procedure to replace the hip, usually through just one incision.

Anterior Hip Surgery Benefits

With direct anterior hip replacement, the muscles are separated and moved out of the way rather than cut. This means far less trauma to muscles and tendons, which translates to:

- less pain
- better joint stability
- fewer post-surgical restrictions
- faster recovery



For more information on hip replacement surgery at FHN, contact our Orthopaedics and Sports Medicine office toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 982.

Balloon Sinuplasty Now Available at FHN

New Procedure Offers Relief From Chronic Sinus Issues



Your sinuses are more than just *“holes in your head.”*

These 8 hollow spaces in your skull aren't an essential part of your body—you could live without them—but they do some important stuff; they make your head lighter, your voice more resonant, and humidify and warm the air you breathe.

Along with all of that, your sinuses produce mucus to protect your nose and lungs from pollutants, dust, and dirt, and begin the immune response to protect your body against bacteria, viruses, and fungal infections.

Your nose and sinuses normally produce about a pint of this mucus each day, which is moved naturally by cilia in the lining of your nose to the back of your throat.

A cold or allergies can cause inflammation in the linings of your sinus, nose, and throat, and keep that mucus from draining out of the sinuses. When that inflammation blocks the outflow of the sinuses and becomes infected, it can lead to facial pressure and pain, persistent nasal congestion and often persistent colored drainage.

Ideally, a prolonged course of antibiotics to kill the infection, and steroids to help relieve the inflammation will provide relief.



That medical treatment, unfortunately, doesn't always work. Some people suffer through multiple sinus infections, have single long-standing infections or suffer from cycles of unrelieved pressure in the sinuses with no relief despite the best treatment with medications. Others have seasonal allergies, nasal polyps or exposures to other nasal irritants, which inflame the sinus tissues for

days, weeks, even months at a time. In severe cases, health-care providers may suggest surgery is needed to overcome the swelling and inflamed tissue blocking the sinuses and allow anti-inflammatory medicine to better reach these areas.

FHN Otolaryngologist Terry Donat, MD, FACS, FICS now offers a more refined, less invasive choice: Balloon sinuplasty, an outpatient procedure proven safe and effective to alleviate the symptoms of chronic sinusitis.

Balloon sinuplasty can be done under local anesthesia, opening up the sinuses with a small instrument about the size of a ballpoint pen refill.

The surgical device is inserted into the blocked sinus as a guide for a tiny balloon which, when visually confirmed in place in the sinus, is inflated to gently expand the sinus opening. When the balloon is removed, the sinus is open and able to drain.

“This procedure offers results that are as good as or better than traditional sinus surgery without the removal of tissue or bone,” Dr. Donat says. “The recovery time after the procedure is hours rather than days. Most people can go back to their regular activities in a day or two.”

The procedure is a good fit for adult patients who have struggled with chronic sinusitis, Dr. Donat says. “It’s not our first line of treatment—but when multiple rounds of medication haven’t worked, or for people whose allergies cause that painful pressure and inflammation, we can offer long-term hope for greatly reducing the number of infections, the length of infection, and reduce or eliminate the symptoms both during and between infections.”

More than 300,000 people have been helped by the procedure, which is covered by most insurance plans. It’s also a reasonable choice for people who are on blood-thinning medications, since little surface tissue injury occurs.

A Team Effort

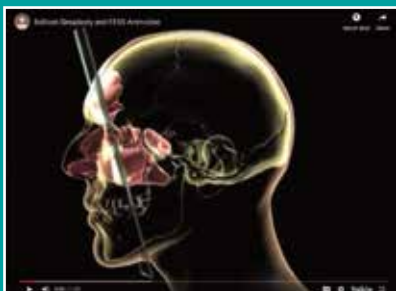
When a patient comes to Dr. Donat with chronic sinus problems, he works with your primary care provider and any other specialists you see, such as allergists, to coordinate medical and surgical treatments and complete state-of-the-art diagnostic testing.

Dr. Donat then creates an individualized treatment plan with a special emphasis on helping you understand and choose the best option for you.

“Education empowers patients to take control of their nasal problems and improve their quality of life,” Dr. Donat says.

“I’m proud to be able to offer this option to patients in northwest Illinois,” Dr. Donat says. “It’s not a cure for chronic sinusitis or allergies, but for most people who suffer repeatedly from these conditions, it reduces their symptoms and gives them some much-needed relief.”

Visit www.fhn.org/balloon-sinuplasty to see a video about balloon sinuplasty and hear an interview with Dr. Donat.



A Slice of Time—and Pizza—Just For You

Presented by the FHN Women’s Care Team
Monday, Oct. 7 -or- Monday, Oct. 21 • 5:30 pm
Cannova’s • 1101 W Empire St, Freeport

Join women’s care providers from FHN for an evening of pizza and conversation all about you. Our ‘Slice of Time’ events at Cannova’s are so popular we’re once again scheduling two of them! Join us either evening to learn about the latest and greatest in women’s care at FHN. There will be four short presentations, all of which you’ll “attend” without leaving your table.

Don’t Fall!—Stephenson County has a much higher rate of death from falls than the rest of the country, and there’s a lot you can do to help make sure you’re not a casualty! You’ll learn about bone density and strength from folks in our rehab team (talking about exercise to improve strength and balance, as well as ways to avoid falls), nutrition services (a good diet for healthy bones), and imaging (how our services help keep legs strong and healthy).

Complex Care Management at FHN helps people navigate the medical system, both within FHN and in the community. Learn about this new effort from Complex Care Manager Rachel Ahrens, who also works with community partners and organizations to help people gain the support they need to live their life at home.

Balloon Sinuplasty—Dr. Terry Donat will highlight this new procedure at FHN. This less invasive choice to treat chronic sinusitis and other sinus conditions is done under local anesthesia, opening up the sinuses with a small instrument about the size of a ballpoint pen refill. This procedure offers results that are as good as or better than traditional sinus surgery, and recovery time is hours rather than days.

A New Crisis Option—Emergency departments across the country, including at FHN, are seeing many patients who come in for psychiatric or substance abuse disorders. Due to the closure of many behavioral health facilities, there is often no good way to treat these patients. A new Crisis Stabilization Center, to be located at the FHN Family Counseling Center, will care for these patients in a much less stressful environment that is not only more comprehensive, but less expensive.

Signs Point to a Bad Flu Season – Get Immunized!

There's more to fall than the start of school, pretty leaves and pumpkin spice. Fall actually is the best time to get vaccinated for the upcoming flu season.

"I've heard people say, 'it's too early to take the flu shot,'" says FHN Infection Preventionist Margie Kochsmier, MSN, RN, CMSRN, CIC. "It takes two weeks to get protection after vaccination and we want to be protected early."

That early protection is even more important this year, Margie says.

"Because we're just the opposite season-wise, our flu season is a pretty good reflection of the Southern hemisphere, which typically sees flu cases start in April or May and ends in June and July. This year, however, they saw cases as early as March, and they saw three times the normal number of flu cases," Margie says.

Plus, the strain circulating was the A strain H3N2, which changes often, making it difficult to perfect the vaccine. When H3N2 is the predicted strain, the flu season usually starts earlier and makes more people sick.

That shouldn't deter you from getting a flu shot this year – in fact, it makes it even more important.

"Two years ago, H3N2 was the strain we saw most often and the media told people 'the flu shot wasn't effective,'" Margie says. "Many people decided not to get vaccinated because they thought it wouldn't help."

"That year, we saw an increase in pediatric deaths, and the Centers for Disease Control (CDC) reported that more than 80 percent of those deaths were in unvaccinated children."

Getting the Best Match

The World Health Organization (WHO) delayed vaccination production this year so they could watch the changes in the



H3N2 strain and get the best match for this season's vaccines.

FHN's flu shot clinics are scheduled to begin in early October, and we don't anticipate any delays in getting this year's vaccine. Our flu shot clinics are open to all adults – see the information and schedule on page 13.

Each flu shot is designed to protect you against 4 different strains of influenza. Persons over the age of 65 receive a high dose version for extra protection.

You can also get your flu shot at your healthcare provider's office – in fact, that's how we recommend children get vaccinated. Just give the office a call to make an appointment.

Nasal Vaccine Available

The American Academy of Pediatrics (AAP) has updated its recommendations for kids, which includes the nasal (live vaccine) for use again this year. We do offer the use of nasal vaccine in accordance with CDC recommendations.

FHN has a limited amount of nasal flu vaccine; we recommend the injection for most people.

Some people should not get the nasal spray flu vaccine:

- Children younger than 2 years
- Adults 50 years and older
- Pregnant women

- People with a history of severe allergic reaction to any component of the vaccine or to a previous dose of any influenza vaccine
- Children ages 2–17 who are receiving aspirin- or salicylate-containing medications.
- People with weakened immune systems (immunosuppression)
- Children ages 2–4 who have asthma or who have had a history of wheezing in the past 12 months.
- People who have taken influenza antiviral drugs within the previous 48 hours.
- Asthma in people aged 5 years and older.
- People who care for severely immunocompromised persons who require a protected environment (or otherwise avoid contact with those persons for 7 days after getting the nasal spray vaccine)

The following conditions also are precautions against the use of the nasal spray influenza vaccine:

- Other underlying medical conditions that can put people at higher risk of serious flu complications. These include conditions such as lung disease, heart disease (except isolated hypertension), kidney disease (like diabetes), kidney or liver disorders, neurologic/neuromuscular, or metabolic disorders.
- Moderate or severe acute illness with or without fever.
- Guillain-Barré Syndrome within 6 weeks following a previous dose of influenza vaccine.

If you have questions about the flu vaccine, please contact your healthcare provider's office.

If you don't have an FHN healthcare provider, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 965 and have an appointment before you hang up the phone!

A Truly Rewarding Career

Opportunities for Non-Clinical Professionals at FHN

Healthcare organizations could not run smoothly or effectively without the many professionals who, with little or no formal clinical or medical training, support the core mission of providing high-quality patient care.

Much like any other complex organization or business, healthcare systems employ professionals who are formally trained or experienced in accounting, customer service, communications, business administration, IT, quality control, logistics, food service, and on and on.

“At FHN, 15 percent of our professional staff is comprised of non-clinical professionals who provide much-needed support to our patients and the medical professionals who deliver direct patient care and support,” says FHN Talent Acquisition Specialist Carol Boeke. “These dedicated individuals are part of the entire FHN team that prides itself in providing superior, quality healthcare services.”

Non-clinical professionals working in healthcare environments often speak about the fulfillment they find in supporting people in a direct, service-oriented setting. They find a sense of pride in their role in the final result of providing quality patient care.

Amy Fisher, a Performance Improvement

“I work with leaders and teams, developing, implementing, and monitoring process and system improvements to ensure that care delivery is patient-centered, safe, and efficient.”

– Amy Fisher, Performance Improvement Coordinator



Coordinator at FHN, was trained in business. She holds a bachelor's degree in business administration from Columbia College. “I’ve always known that I wanted to work for an organization that delivers a noble service; one that is instrumental in providing individuals with a better quality of life,” Amy says. “I couldn’t be happier in my role here at FHN. It’s rewarding to see the work of my colleagues tangibly improving the lives of people in our community.”

As the leading healthcare provider in the region, FHN serves more than 1,500

people every day in five counties. Our 19 locations, including FHN Memorial Hospital, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, and 13 family healthcare centers, provide a wealth of options for non-clinical professionals in a variety of settings.

If you’re interested in finding out more about the variety of non-clinical professional career opportunities at FHN—or know of someone who is—contact Carol Boeke BSN, RN in FHN Human Resources at 815-599-6706 or cboeke@fhn.org or visit www.fhn.org/careers.

FHN Sports Physical Clinics Giving Back to Our Communities

More than 800 student-athletes got their sports physicals at FHN this summer!

FHN providers and staff hosted 21 sports physical clinics at locations across northwest Illinois to help avoid the back-to-school crush and to give back to their communities – the \$20 fee for each physical is donated back to the students’ schools.

We’re excited to be able to give back \$16,500 to 14 area school districts this year. We’re glad to be a part of your community, and so proud to support our local schools!



FHN and Freeport School District staff at the 2019 sports physical check presentation ceremony.



A Calm Place in a Storm Plans in Place for FHN's Crisis Stabilization Center

Generous partygoers at last year's FHN Festival of Trees Gala helped to raise more than \$150,000 to help support behavioral healthcare in our communities.

We've put some of that generosity to work already, helping to fund a variety of small projects, but even better, it has helped us as we begin the drive for an even more ambitious – and much needed – project:

A crisis stabilization center to help people experiencing a behavioral health crisis.

"Hospital emergency departments across the nation, including ours, are seeing many patients who come in for psychiatric or substance abuse disorders, and the staff there cannot provide the psychiatric care the patients need," says FHN Assistant Vice President for Behavioral Health Gabe Gonzalez, MSW.

"Right now, all we can do for people experiencing that kind of crisis is bring security to sit with them in the Emergency Department until they can be admitted or released," Gabe says. "The patient may be frightened or agitated, and the atmosphere in the ED is not conducive to calming down or healing." National trends forecast that up to 25 percent of future increases in ED visits will be for a psychiatric complication.

The answer is a special unit close by designed specifically for emergencies of this type. Gabe has been working with FHN leadership on plans for an FHN Crisis Stabilization Center to be located in the same building as the FHN Family Counseling Center just a few blocks from the hospital.

The planned facility will have 6–8 beds (actually comfortable chairs that fold out for sleeping) in an open unit, with private rooms for meeting with caregivers along the sides. The open floor plan allows staff to monitor patients in a home-like atmosphere where they are free to do as they wish – read, watch TV, sleep, and talk.

The atmosphere of a Crisis Stabilization Center, Gabe says, is much less stressful than the emergency department, and the focus is on getting better and back to regular life. Patients will spend time with a multidisciplinary team that includes nurses and mental health therapists.

"Staff at the crisis stabilization center will be able to work with their patients' existing support system, which strengthens the continuum of care," Gabe says. This more comprehensive

care, Gabe says, actually costs less than dealing with issues like this through the Emergency Department.

"A 2017 study done in rural Illinois showed a decrease in ED length of stay from 7.3 hours to 4.12 hours and an approximate reduction of \$4.1 million on Medicaid funding."

Better care, cheaper – that sounds like a good deal. So, here's where you come in ...

FUNding Drive

This year's FHN Casino Royale Gala will kick off a major funding drive for the FHN Crisis Stabilization Center. The ultimate goal of the drive is to raise the \$650,000 needed to modify the available space in the FHN Family Counseling Center building and create the Crisis Stabilization Center.

"The Gala is a fun way to kick off this really important project," says FHN Foundation Executive Director Tonya Meyer. "We've been having fun with the spy theme all summer, and we'll continue that into this fall, right up until the Gala itself."

This year's Gala will be held from 7–11 p.m. Friday, Nov. 22 at Grand River Hall, 101 S. Liberty Avenue in Freeport. We'll have delicious hors d'oeuvres and desserts, music, dancing, and a holiday silent auction – and of course, James Bond-quality casino games from roulette to blackjack.

Tickets are \$65 per person if purchased by November 1 (\$75 after and at the door), and they're available at www.fhn.org/gala. If you're in a competitive mood, watch FHN Facebook for some fun ways to win tickets – and a sneak peek at this year's gift baskets!

You can also help fund the Crisis Stabilization Center directly through a donation at the ticket site above or the "Give Now" link at the top of fhn.org, or by calling the FHN Foundation at 815-599-6900.

Some Familiar Faces Join FHN

Kathleen Ehlbeck, DO



FHN is proud to welcome family practice physician (and Aquin alum) Kathleen Ehlbeck, DO back home!

Dr. Ehlbeck earned a Doctor of Osteopathy degree from the Des Moines University College of Osteopathic Medicine in Des Moines, Iowa. She served her family practice

residency with Southern Illinois University at Memorial Hospital of Carbondale in Carbondale, Ill.

She served as Family Medicine Chief Resident at Memorial Hospital in Carbondale and has been recognized for her numerous efforts to promote community health. She holds an undergraduate degree in biological research from Loras College in Dubuque. She is board-certified in Family Medicine and Osteopathic Manipulative Treatment.

Dr. Ehlbeck sees patients at the FHN Family Healthcare Center–Highland View Drive in Freeport. To make an appointment with her, call 815-235-3165.

Judy Cullor, FNP-BC



And another welcome back to board-certified Family Nurse Practitioner Judy Cullor, FNP-BC, who will be joining the Orthopaedics team at FHN Family Healthcare Center–Burchard Hills in Freeport this fall.

Cullor has been caring for FHN patients since 2008, when she started her nursing

career as a Certified Nurse Assistant and earned an associate's degree from Highland Community College in Freeport.

She continued her education, earning a bachelor's of science degree in nursing from the Chamberlin College of Nursing in Chicago and a master's degree and Family Nurse Practitioner certification from Saint Anthony College of Nursing in Rockford.

Before she began her nursing career, Cullor served her country in the U.S. Air Force.

To make an appointment with Cullor, call the FHN Orthopaedics and Sports Medicine department at 815-599-7730.

Misty DeHaven, FNP-BC



We are also welcoming back board-certified Family Nurse Practitioner Misty DeHaven, FNP-BC, who has joined the staff of the FHN Family Counseling Center in Freeport.

DeHaven earned her master's degree from Saint Anthony College of Nursing in Rockford

and holds a bachelor's degree from Northern Illinois University in DeKalb. She began her education with an LPN certification and applied associate's and associate's degrees from Highland Community College in Freeport.

She is not new to FHN: DeHaven has been caring for FHN patients since 1997, first as a registrar and scheduler, and as an LPN and RN at FHN Family Healthcare Center–Highland View Drive in Freeport.

DeHaven will see patients at FHN Family Counseling Center. She can be reached at 815-599-7300.



UPCOMING COMMUNITY HEALTH FORUMS

Presented by the Stephenson County Health Department and FHN; no registration is necessary.
Open to the public; refreshments will be served.



Addicted to Our Devices: Is Addiction Affecting You?

Tuesday, October 8 | 5:30 p.m.

Freeport Public Library, 100 E. Douglas Street

Addictions are not only associated with drugs and alcohol. The electronic devices and social media we use every day can be just as devastating to our ability to function in personal relationships, at school, and in the workplace. Dr. Raymond Garcia will discuss addiction in general and present the latest evidence on how seemingly innocent everyday activities can impact our lives.



The Pot Puzzle: Medical & Recreational Cannabis

Tuesday, November 12 | 5:30 p.m.

Freeport Public Library, 100 E. Douglas Street

Are there proven medical uses for cannabis? Is recreational use worse than alcohol or tobacco? How do state laws comply with federal policies? What is the Illinois Medical Cannabis Pilot Program like? These and many other aspects of the ongoing, and rapidly evolving, debate on the legalities of marijuana will be discussed by Dr. Jack Herrmann.

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. *(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
Pearl City Methodist Church	9–11 a.m.	Sept. 14 Oct. 26 Nov. 9	411 S. Main, Pearl City
Joseph's Pantry Faith Center	4–6 p.m.	Sept. 17 Oct. 15 Nov. 19	203 W. Pleasant, Freeport
New Jerusalem Church of God	11 a.m.–1 p.m. 11 a.m.–noon	Sept. 19 Nov. 21 Oct. 17	4 E. Iroquois Street, Freeport
Pecatonica United Methodist Church Food Pantry	10 a.m.–noon	Sept. 24 Oct. 22 Nov. 26	528 Washington Street, Pecatonica
Mt. Calvary Church of God in Christ	10 a.m.–noon	Sept. 28 Oct. 26 Nov. 23	420 Challenge Street, Freeport
Freeport Area Church Cooperative (FACC)	9–11:30 a.m.	Oct. 2 Nov. 6	514 S. Chicago Avenue, Freeport
Salvation Army	8 a.m.–noon 9 a.m.–noon	Oct. 3 ³ Nov. 14 ³ Oct. 24	106 W. Exchange Street, Freeport
Gospel Outreach Food Pantry	9–11 a.m.	Oct. 5	211 W. Spring Street, Freeport
St. John's Lutheran Church	12:30–1:30 p.m.	Oct. 9 Nov. 19	625 Country Lane, Lena
Senior Expo–Eagle's Club	8 a.m.–noon	Oct. 10 ³	1200 W. Galena, Freeport
Golden Meals	10 a.m.–12:30 p.m. 10:30 a.m.–noon	Oct. 11 ² Nov. 8 ² Nov. 12	524 W. Stephenson Street, rear entrance, lower level, Freeport
St. Paul Missionary Church	10:30 a.m.–2 p.m.	Oct. 29 Nov. 11	607 E. Stephenson Street, Freeport
Liberty Village Estates	10:30–11:30 a.m.	Nov. 13	2140 Navajo Drive, Freeport
Freeport Lincoln Mall	10:30 a.m.–2 p.m.	Nov. 25	1255 W. Galena Avenue, Freeport

¹ No cost or registration required; open to the public. ² Free blood pressure, 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 (ends at 10:30 a.m.). Please do not eat or drink anything other than water for 8 hours before the test. ⁴ Free blood pressure, cholesterol, glucose, and foot health screening. Please do not eat or drink anything other than water for 8 hours before the cholesterol and glucose screening tests.

Flu Shot Clinics



Location	Time	Date	Details
<p>Adult-only clinic is \$28 (quadrivalent for adults under age 65) or \$62 (high-dose for 65+) cash or check payable to FHN. No out-of-pocket expense if you are over 65 and covered by Medicare Part B (please present Medicare card) or a Medicare HMO accepted by FHN (list available at each location – covered persons MUST present the Medicare HMO card instead of the Medicare card for billing process). No other insurance coverage can be processed. Per government regulations, no Medicaid cards can be accepted. All clinics based on availability of vaccine. No cost or registration required for blood pressure check. For more information, call 815-599-7437.</p>			
Golden Meals	9 a.m. – noon	Oct. 8	524 W. Stephenson Street, Freeport – rear entrance ♥
Mest Manor	1 – 3 p.m.	Oct. 9	525 3rd Street, Savanna
Lena Living Center	2 – 4 p.m.	Oct. 11	1010 S. Logan, Lena
First Lutheran Church	10 a.m. – noon	Oct. 13	301 S. Clay, Mount Carroll
Good Shepherd Lutheran Church Parkinson's Support Group and Flu Shot Clinic	Noon – 3 p.m.	Oct. 14	118 E. Mason Street, Lena*
State Bank – Freeport	2 – 4 p.m.	Oct. 18	1718 Dirck Drive, Freeport
Bethel United Methodist Church	10 a.m. – noon	Oct. 22	217 S. Hickory, Shannon
Carroll County Senior Center	9 a.m. – noon	Oct. 23 Nov. 22 Dec. 2	317612 Benton Street, Mount Carroll ♥
Liberty Village Estates	10:30 – 11:30 a.m.	Oct. 24	2080 Navajo Drive, Freeport ♥
Sullivan's Foods – Lena	1 – 3 p.m.	Oct. 25	201 Dodds Drive, Lena
Sullivan's Foods – Stockton	4 – 6 p.m.	Oct. 25	103 W. North Avenue, Stockton
Faith United Methodist Church	8:30 – 10:30 a.m.	Oct. 27	1440 S. Walnut, Freeport
Oakley Courts	9 – 11 a.m.	Oct. 29	3117 Kunkle Boulevard, Freeport
Pearl City State Bank	2 – 6 p.m.	Nov. 1	215 S. Main, Pearl City
St. John's Lutheran Church	10 a.m. – noon	Nov. 3	229 S. First Street, Pearl City
Fitness Lifestyles	9 a.m. – noon	Nov. 4	641 W. Stephenson, Freeport
St. John's Lutheran Church	9 a.m. – noon	Nov. 5	625 Country Lane, Lena ♥
State Bank – Davis	1 – 3 p.m.	Nov. 6	100 Ill. Route 75, Davis
Lake Summerset office	9 – 11:30 a.m.	Nov. 7	1202 Lake Summerset Road, Davis ♥
Sullivan's Foods – Freeport	3 – 6 p.m.	Nov. 7	2002 W. Galena Avenue, Freeport
Sullivan's Foods – Savanna	9 – noon	Nov. 9	217 Chicago Avenue, Savanna
Sullivan's Foods – Mt. Morris	1 – 3 p.m.	Nov. 13	101 E. Highway 64, Mt. Morris

♥ Flu Shot Clinic and Blood Pressure Screening

Mobile Rx Pantry Program Pickup Days



Location	Time	Date	Details
<p>Participants who have qualified and received a voucher can pick up their supply of produce, milk, eggs, and frozen and canned meats from the Mobile Rx Pantry program, a partnership between FHN's Connect the D.O.T.S. (Doors of Team Support) and the Northern Illinois Food Bank. Screenings are held at the pickup site from 11 a.m. – noon before each event and at every FHN Top 50 Blood Pressure Screening – a complete list is available at https://tinyurl.com/FreeportMobileRx. For more information, call 815-599-6402.</p>			
St. Paul Missionary Baptist Church	Noon – 2 p.m.	Sept. 17 Oct. 29 Nov. 11	607 E. Stephenson Street #641, Freeport
Freeport Lincoln Mall	Noon – 2 p.m.	Sept. 30 Nov. 25 Dec. 13	1255 W. Galena Avenue, Freeport

Training and Education



Class	Time	Date	Details
Heartsaver® Pediatric First Aid, CPR & AED	8 a.m. – 4:30 p.m.	Sept. 14	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.
Small Steps, Big Rewards.	5 – 7 p.m.	Sept. 17	FHN Memorial Hospital Globe Room – Lower Level This pre-diabetes class, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention, helps individuals at risk for Type 2 diabetes take the first step toward preventing diabetes and living a healthier, longer life. No charge; registration is required. To register or for more information, call 815-599-6253.
Prenatal Class	5 – 9 p.m.	Sept. 17 Oct. 15 Nov. 19	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.
Hospice Volunteer Training	2:30 – 5 p.m.	Sept. 23 Sept. 30 Oct. 7 Oct. 14 Oct. 21 Oct. 28 Nov. 4	FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport Seven sessions. Free training provided by FHN Hospice for anyone interested in becoming a hospice volunteer. There is no obligation to volunteer, however those who wish to volunteer must attend all 7 sessions. For more information or to register, call 815-599-7240.
Breastfeeding Class	7 – 9 p.m.	Oct. 1	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.
Community Health Forum: Addicted to Our Devices: Is Addiction Affecting You?	5:30 p.m.	Oct. 8	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Raymond Garcia will present the latest evidence on how seemingly innocent everyday activities can impact our lives. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.
BLS for Healthcare Professionals	8 a.m. – noon	Oct. 12	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.
Safe Sitter Essentials® with CPR	9 a.m. – 3:30 p.m.	Oct. 14	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 \$50, which includes the Safe Sitter Essentials Student Handbook and completion card and basic CPR skill practice. (Class does not qualify for CPR certification.) Financial assistance is available for eligible students; call 815-599-6707 for more information about eligibility. Register online at www.fhn.org/safesittercpr .
Sibling Class	6:30 – 7:30 p.m.	Nov. 6	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.
Heartsaver® First Aid, CPR & AED	8 a.m. – 4:30 p.m.	Nov. 9	FHN Memorial Hospital, lower level, 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.
Community Health Forum: Medical & Recreational Cannabis	5:30 p.m.	Nov. 12	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Jack Herrmann will discuss the latest news in the debate on the legalities and usefulness of marijuana. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.

Vein Screenings



Location	Time	Date	Details
FHN Memorial Hospital	2–5 p.m. 3–6 p.m. (by appointment)	Oct. 24 Sept. 25 Nov. 19	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).

Community Programs



Program	Time	Date	Details
Memory Café*	2 – 3 p.m.	Sept. 19 Oct. 17	SR Center, 216 E. Stephenson Street, Freeport .
Talk – Cold vs. Flu*	1 – 2 p.m.	Sept. 27	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Talk – Hypertension*	1 – 2 p.m.	Oct. 25	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Talk – TBD*	1 – 2 p.m.	Nov. 22	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
FHN Festival of Trees Gala – Casino Royale	7 to 11 p.m.	Nov. 22	Grand River Hall, 101 S. Liberty Ave., in Freeport Enjoy a huge hors d'oeuvres buffet, music, dancing, and a holiday silent auction while trying your hand at James Bond-quality casino games from roulette to blackjack. This year's FHN Festival of Trees Gala will provide funding for a new Crisis Stabilization Center for FHN Family Counseling. Help us support the continuation and expansion of numerous therapies and programs for all sorts of life's challenges for our community. Ticket prices are \$65 for a single ticket or \$120 for two if purchased by Nov. 1. Tickets are \$75 for a single or \$130 for two after Nov. 1. Purchase online at fhn.org/gala .

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

Support Groups



Group	Time	Date	Details
The First Steps Grief Support Group*	10–11:30 a.m.	Sept. 17 Oct. 15 Nov. 19	FHN Memorial Hospital cafeteria meeting rooms – Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160.
Perinatal Loss Support Group	6:30 – 8 p.m.	Sept. 19 Oct. 17 Nov. 21	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.
Living Through Grief*	6–7:30 p.m.	Sept. 23 Oct. 14 Oct. 28 Nov. 11 Nov. 25	FHN Memorial Hospital Cafeteria Dining Rooms – Lower Level For more information, call 815-599-7240.
Adult Diabetes Support Group*	1–2 p.m.	Oct. 8 Nov. 5	FHN Memorial Hospital Globe Room – Lower Level For more information, call 815-599-6253.
Parkinson's Support Group*	1:30–2:30 p.m.	Nov. 11	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena
Parkinson's Support Group and Flu Shot Clinic	11:30 a.m. – 3 p.m.	Oct. 14	Good Shepherd Lutheran Church, 118 E. Mason, Lena Adult-only clinic is \$28 (quadrivalent for adults under age 65) or \$62 (high-dose for 65+) cash or check payable to FHN. No out-of-pocket expense if you are over 65 and covered by Medicare Part B (please present Medicare card) or a Medicare HMO accepted by FHN (list available at each location – covered persons MUST present the Medicare HMO card instead of the Medicare card for billing process). No other insurance coverage can be processed. Per government regulations, no Medicaid cards can be accepted. All clinics based on availability of vaccine. For more information, call 815-599-7437.
Managing Early Grief: The First Year After a Loss	6 – 8 p.m.	Sept. 18 Sept. 25 Oct. 2 Oct. 9 Oct. 16 Oct. 23 Oct. 30 Nov. 6 Nov. 13	FHN Memorial Hospital Private Dining Rooms – Lower Level This 9-week support group is designed for anyone who has lost a loved one during the past year. There is no charge, but registration is required to attend. For more information or to register, call FHN Hospice at 815-599-7240.

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



Letter From Tonya Meyer, FHN Foundation Executive Director

Our Best Investment – Our People

At the FHN Foundation, we take to heart our mission to unite people and resources in ways that will help realize exceptional health and healthcare today and in the future.

As you invest in our mission, we partner with our healthcare professionals to determine how to best support their work. The past few months, we have received a number of requests for educational support. We are confident that our donors agree with us that investing in the education and advancement of our team is one of the best ways to utilize their gifts.

YOU have supported a physical therapist in studying a new, well-recognized back pain treatment and sent our surgical laser safety officer to laser physics and safety training as well as a telemetry nurse to a symposium where new guidelines and best practices for cardiovascular

disease prevention and management were taught. As with all education, our teams share knowledge and skills with their departments when they return.

FHN also is committed to offering local, clinical training and continuing education opportunities to help our nurses grow professionally. Twice this year, the Foundation has provided lunch for more than 100 clinical team members as they attended onsite education days and received the training required for license renewal, maximizing their learning time for the training.

Thank you for understanding that investing in our human capital is one of our greatest investments. Because of you, we can keep our team members growing, learning, sharing, and focused on providing you with exceptional patient care!

Healthy Activities Raise Funds for the Cardiopulmonary Department and Leonard C. Ferguson Cancer Center at FHN Memorial Hospital

FHN Healthy Heart Hustle 5K and Victory Lap

Thank you to all of the “hearty” runners and walkers who braved the heat to participate in the second annual FHN Healthy Heart Hustle 5K and Victory Lap on August 20. Congratulations to all of the 113 runners and walkers who took on the challenge to support the FHN Cardiopulmonary Department!

With the help of our participants, past and current cardiac rehab patients, and our generous sponsors, including McPherson Law Offices, Helm Group, Physicians Immediate Care, RSM, Brown’s Shoe Fit Co, State Bank, Preferred Real Estate – Dan & Jule Brooks, and FHN Cardiologists, we raised \$7,818 to help cardiac rehab patients!

Gran Fonda Tour Against Cancer

Our popular bicycling event, now called the Gran Fonda Tour Against Cancer, was a success again this year. Freeport’s Chainlink Cyclists hosted the June 29 event, which offered riders 4 routes around northwest Illinois. Thanks to generous gifts from



our 79 cyclists, supporters and sponsors including McPherson Law Offices, State Bank, Loescher Heating & Air Conditioning, Union Savings Bank,

and Freeport Bicycle Co., \$10,225 was raised for the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital.

Insight



Insight is published by **FHN**
1045 West Stephenson Street • Freeport, IL 61032 • (815) 599-6000 • www.fhn.org

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