

A publication of FHN

Inight

Volume 6, Issue 1

**Get the Most
Out of Life –
FHN
Rehabilitation
Services**

**MyFHN:
It's All About You**

**It's Back! FHN
Get FiTeam Challenge**



We're here, for you.

FHN



MICHAEL PERRY, MD, PRESIDENT AND CEO

Happy New Year!

Welcome to the first issue of INSIGHT for 2015. I hope that you and your family and friends had a great holiday season.

As always, our many

Festival of Trees events were well-attended – please surf on over to our video page at www.fhn.org or check out the QR code in this issue that will take you to a video of highlights where you might see someone you know!

In this issue, you'll read how by working with other providers at FHN, **one of our doctors solved a bit of a medical mystery** for a patient. We also have a **feature story on Rehabilitation Services**, where we just welcomed Northern Illinois Physical Therapy to the team. You'll **meet our new**

Laboratory Department Medical Director, find a story about **MyFHN – the quickest, most efficient way to manage your healthcare information and communicate with your provider** – and information about **special pricing on a couple of our heart scans during American Heart Month in February**.



We've included info about **expanded hours for two of our ob/gyn providers**, and you can say hello to the **first baby of 2015 delivered at FHN Memorial Hospital**. We're also kicking off **another Get FiTeam Challenge** this month, and we've got some

great speaking events lined up for the first half of the year that you'll want to mark on your calendar.

There's plenty of other interesting information too – we're hitting the ground running in 2015, and look forward to caring for you and seeing you out and about throughout the year!

Welcome to FHN!

Janet Fleck, MD, Joins FHN as Laboratory Department Medical Director

FHN is pleased to welcome new Laboratory Department Medical Director Janet Fleck, MD.

Dr. Fleck is a board-certified anatomic and clinical pathologist who earned her medical degree from the Indiana University School of Medicine in Indianapolis. She completed residencies in anatomic and clinical pathology at Mount Sinai Hospital in New York, NY and at South Bend Medical Foundation in South Bend, IN.

She has served as a consultant for the Michigan State University Comprehensive Breast Clinic and worked in support of a breast center and multidisciplinary breast cancer conference in Joplin, MO. She has worked at hospitals and healthcare systems in Michigan, New York, Missouri, Indiana, Illinois, Kansas, Tennessee, Oregon, and Ontario, Canada.

Pathologists are physicians who diagnose and characterize disease by examining tissues, blood and other body fluids. Dr. Fleck is certified in both anatomic pathology, which concerns biopsies and organs removed at surgery and cells collected through scrapings and brushings, and clinical pathology, which deals with blood and other body fluids.

Dr. Fleck works with FHN's team of primary care providers and specialists to diagnose disease and help patients regain their best possible health.



FHN's 2014 Festival of Trees is over ...

... but memories were made to last until the 2015 Festival kicks off. Scan here or go to www.fhn.org to see our video recap of the season's best. You may see a family member or friend!

FHN Nephrologist Farhan Khan, MD Solves Diagnosis Dilemma

When Linda Woitynek was recovering from a stroke, she and her husband, Bill, knew it could be a long recovery. But after losing her appetite (and over 60 pounds without really trying), as well as struggling with her blood pressure, Linda was getting frustrated.

Her primary healthcare provider, FHN Family Nurse Practitioner Tracy DySard, BC-FNP, was concerned with Linda's plight and ordered detailed blood tests to try to figure out why she was losing unexplained weight and feeling punk.

When the tests indicated Linda's blood cell counts were awry, DySard was concerned that her skewed counts could be an indication that Linda's kidneys were not functioning properly. She referred Linda to FHN's board-certified nephrologist, Farhan Khan, MD.

After a complete examination to determine kidney performance, Dr. Khan was puzzled. Linda's kidney function seemed acceptable, but her blood tests and overall health were not satisfactory. He was determined to figure out why.

After more tests, careful consideration, and consultation with other medical staff, Dr. Khan discovered the



L to R:
Tracy DySard, BC-FNP, Farhan Khan, MD and Rovinder Singh Saini, MD

underlying condition that was making Linda sick: She had stage 2 lupus.

Happily, Linda's lupus was very treatable. Working with FHN Rheumatologist Rovinder Singh Saini, MD; DySard; and Dr. Khan, Linda was able to reduce her blood pressure medication after a short round of steroids. Her weight is now stabilized, and her overall recovery continues on track. She appreciates the trio of

doctors who are helping her heal.

"It is great to feel better," Linda says, "and I appreciate how hard everyone worked together to improve my health. Dr. Khan was especially supportive and patient. His persistence really paid off. He has great bedside manner and laid everything out to me in layman's terms. He made everything easy to understand ... and he has such a nice nurse! In my book, he is just the best."

“
It is great to feel better,
and I appreciate how hard
everyone worked together
to improve my health.

Linda Woitynek

”



**Nephrologist
Farhan Khan, MD
and Linda Woitynek**



Welcome to MyFHN

“Many of the people on MyFHN have found that the Message function is a quicker, more efficient way to get their questions answered,” Karen says. “It can be more convenient than calling your provider’s office, since you don’t have to repeat yourself or wait if someone is on another line. It can often be more convenient for your providers too, so don’t ever think you’re ‘bothering’ their offices by sending a message during office hours – it’s fine to send a message any time.”

An online message connects you directly to the desktop of your health-care provider’s nurse, where he or she can handle it like a typical call – with a direct answer if that’s possible, with an answer from your provider, or with a call back to you for more information or to schedule an appointment. The difference is, you haven’t spent any time waiting on the phone, and you haven’t had to ask the same question more than once.

Perhaps it’s best summed up by a MyFHN user: “One of our patients says he likes to get his information when he wants it, without waiting on the phone,”

Darn it! You just thought of a question you wanted to ask your healthcare provider – as you walked out of her office. Ugh. If only you could rewind time ...

We can’t rewind time, but FHN does offer you an easy, private way to ask your provider that last question: MyFHN, the website that gives you secure, confidential access to your health records – and your provider – online. Sign in, and with a few clicks, you can ask why your

provider prescribed that medication or ordered that test, or any other question.

“MyFHN gives you another way to communicate with your healthcare provider,” says FHN Medical Informatics Coordinator Karen Sopcic. “It isn’t meant to replace an office visit; it’s more of a way that you can continue a dialogue with your healthcare team about the most important thing in the world – your health.”

**Sign
Up
&
Sign
In**



MyFHN is free to anyone who sees an FHN provider. You can access it directly at <https://www.myfhn.org> or through our website, www.fhn.org.

Because your healthcare information is private, protected information, you’ll need to enroll in MyFHN before you can get access to your records.

To enroll, contact the MyFHN Portal Coordinator at 851-599-6907 or toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 907 to get your medical records number and confirm your email address, both of which are needed to begin the process.

Following that call, you’ll receive an email with a one-time user ID and password, along with a link that will enable you to complete the enrollment process.

If you’d like to use MyFHN to manage the healthcare of a family member over the age of 12, you’ll need to have a Proxy Authorization Form filled out and signed in the presence of an FHN staff member. If you have any questions about this process, or would like to access your child’s (under age 12) health information via MyFHN, contact the MyFHN Portal Coordinator.

Karen says. "A lot of our 'snowbird' patients, who spend winters in the south, like MyFHN because it allows them to have their health records right at hand and to stay in touch with their provider, no matter where they are."

Messages sent through MyFHN are acted on within 2 business days of being received, so this isn't the way to ask a question about an acute illness or an emergency, Karen stresses.

"Our patients will always have the option of calling their provider's office with a question or concern," Karen says. "If your child is sick, please don't hesitate to call your pediatrician, and if you're hurt or have an emergency, dial 911 for help."

It's All About You

More than anything, MyFHN is designed to be a convenient way for you to be involved in your healthcare. If you're curious about the side effects of a drug your provider has prescribed, you can look it up on MyFHN. If you can't remember the exact time of your next appointment, it's listed on your MyFHN home page.

You can cancel an existing appointment or request a new one on MyFHN, too, or check your provider's instructions and notes from your last visit.

Parents can keep track of their children's health record and appointments on MyFHN, and, with proper authorization, an adult child serving as a health proxy for his or her adult parent can keep an eye on Mom or Dad's appointments, medications and provider instructions from anywhere.

"MyFHN makes it easier to communicate with your healthcare provider, and that's always going to be a positive," Karen says. "It also puts all of your and your family's health information in one place that you can access whenever you need to. It's secure, it's free and it can help you get and stay healthy!"

Can You FEEL the BEAT of LOVE? *Get Help Knowing the Signs of Heart Disease*

February is here, and love is in the air. Couples everywhere celebrate Valentine's Day with gifts involving a heart theme. There are chocolate hearts, valentine hearts, balloon hearts, and human hearts. Sure, winning over someone's heart for this holiday is always a thought, but American Heart Month is also a great time to take steps to keep a loved one's heart healthy.

Though heart disease is a debilitating illness and a leading cause of death for both men and women, most heart attacks are preventable with early diagnosis for coronary artery disease (CAD). CAD is a common term for plaque buildup in the heart's arteries that limits blood flow and could lead to a heart attack.

"Coronary artery disease is very preventable," says FHN cardiologist Bhadresh Patel MD, FACC, FACP. "It is very important to know the warning signs such as shortness of breath, chest pain and even fatigue."

To raise awareness throughout the community, FHN is offering special pricing on two heart health tests for American Heart Month: Schedule a **Standard Walking Treadmill Stress Test** or **Calcium Scoring CT Heart Scan** during the month of February, and **pay just \$99 per test.**

Both tests are easy, non-invasive, and can provide important data in predicting the probability of future heart problems in patients with no known history of heart trouble. These tests are indicated for people without a history of heart disease.

"With the treadmill stress test, patients exercise on a treadmill, each heart beat being monitored, to help us determine your heart health," Dr. Patel says. "As you walk, a specially trained registered nurse monitors your heart activity. This test helps determine your exercise capacity and the circulation to the heart, which is helpful in determining the cause of unexplained fatigue, shortness of breath, irregular heartbeats during exercise, or existing or borderline high blood pressure." This test does require physical activity with walking on an incline (up a hill).

A CT scan is another simple screening test that FHN offers to detect plaque in the arteries of the heart. FHN's Calcium Scoring CT Heart Scan uses 64-slice CT scanner technology to detect calcified plaque in arteries, an indication of potential heart issues. This non-invasive x-ray takes only a few minutes and does not require any physical activity.

Appointments for the tests must be made by Friday, Feb. 28 to obtain the special \$99 price, and the **test must be performed by August 29, 2015.** For more information or to schedule an appointment, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 944.



RT? PT? OT? Huh?

Rehabilitation Services Help You Get the M

When a family member says that they are “going to physical therapy,” what comes to mind, a gym setting or a massage table? Why is it called “occupational therapy” when a child is working with a therapist to learn how to play with a ball? What about speech therapy—is that mostly just for people with a lisp or a stutter?

Physical therapy (PT), occupational therapy (OT), and speech therapy are very broad fields within healthcare, which can lead to a wide variety of understanding their importance.

According to Karen Christen, PT and Director of FHN Rehabilitation Services, Occupational Health, Pain Clinic, and Orthopedic Service Line, these types of rehabilitation services focus on returning patients to full function, ideally pain-free and without limitation. “We work to understand what’s important to the patient not only in ensuring that they can manage their regular everyday activities, but also helping them be able to do the things they enjoy,” Karen says.

“For some people, that might mean being able to focus their minds well enough to play bridge. Other folks may want to be able to sit on the floor to play with their grandchildren, get back to playing sports after an injury, enjoy hobbies like gardening or walking their dog, or just be able to return to work without worrying about being able to communicate with their coworkers. It’s our job to find out what’s important to them, and then do everything we can to get them there.”

So, let’s see what physical therapy, occupational therapy, and speech therapy are all about, and look at the FHN teams who work in these areas to help their patients improve their lives.

When Can Physical Therapy Help?

Anything keeping you from your optimum mobility and motion for daily tasks—whether that’s pain, problems with balance, or physical limitations—is an opportunity to experience the benefits of physical therapy.

Many people think of physical therapy as a path to rehabilitation following a major medical trauma—like a stroke or heart attack, or a car or workplace accident—or surgery, and that’s one of their primary roles. However, physical therapists also can act independently of a traumatic situation, offering excellent non-surgical, drug-free options for conditions ranging from back pain and muscle tears to degenerative bone conditions like osteoarthritis and diseases such cerebral palsy or multiple sclerosis.

It’s important that you are willing and able to work collaboratively with your

physical therapist, since the plan of care developed for you is usually developed with you. Treatment by a physical therapist is rarely a passive activity, and participating in your own recovery is usually very rewarding.

What Does a Physical Therapist Do?

As described earlier, one of the most important aspects of your physical therapy is working with your therapist to define your challenges and goals. Your physical therapist will examine you and talk to you about your symptoms and your daily activities. Then you’ll work together to determine if you need help with flexibility, strength, endurance, coordination, and/or balance.

If you are in pain or experiencing swelling, getting those issues under control will be the first order of business. This may require manual therapy (massage or manipulation), educating you about how your body works (or



Most Out of Life

doesn't), or techniques such as heat, cold, ultrasound, electrical stimulation and aquatherapy (exercising in water).

Because this field of care is working to restore or optimize your physical movements, physical therapy almost always includes exercise, which might be stretching, weight lifting, or movements like walking or swimming that are specific to your injury, illness, condition, or that can help prevent future health problems. Your physical therapist will probably teach you how to exercise on your own so that you can continue to improve once your course of therapy is complete.

Some physical therapists are board-certified in areas such as orthopedics, sports, and neurology, or may offer more specialized care such as cardiac rehabilitation or treatment focused on children, the elderly or women's health. Some physical therapists also use devices such as prosthetics (artificial limbs), orthotics (braces and supports), or other equipment.

Do Your Doctor and Your Physical Therapist Work Together?

The short answer is "yes." Referrals are often needed for insurance purposes, and your primary healthcare provider or a specialist such as a surgeon are important members of your physical therapy team, providing their insights gained from their history of treating you.

Based on your needs, your team could include doctors, nurses, various types of therapists, psychologists or other behavioral health professionals, social workers, and others. FHN therapists can help you navigate various healthcare channels to develop the best possible plan of care.



What is Occupational Therapy?

According to AOTA (the American Occupational Therapy Organization), the key question in occupational therapy is not "What's the matter with you?" but "What matters to you?"

Occupational therapy is different from physical therapy. Physical therapists usually work with patients to help them recover physically from a specific incident within a specific timeframe, whereas occupational therapists help people of any age be able to do the things that are important and meaningful to them in their everyday life, every day.

For example, a physical therapist may help someone recovering from surgery or an accident regain his or her original physical capabilities, while an occupational therapist helps people deal with limitations that may be associated with a chronic condition

(Parkinson's disease, for example) that will not change markedly over time, as well as assisting in adapting their actual tasks and environments to their limitations.

Occupational therapy helps people of all ages do the things they need and want to do every day, or be able to fulfill their occupations. For adults, this can mean being able to do their jobs and live independently, and for children it means being able to participate in school and sports or social situations, which is essentially a child's "occupation."

Therapy often begins with an evaluation of the patient's home or other environments such as a workplace or school, leading to discussions about what physical training and/or adaptive equipment may be needed. Occupational therapists may also educate family members or co-workers in ways to support the patient.

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What is Included in Speech Therapy?

Speech therapists evaluate and treat communication disorders as well as problems with swallowing. These disorders can be the result of injuries or illnesses (stroke, Alzheimer's), birth

defects, genetic complications (Down syndrome, autism, etc.), developmental delays, conditions such as attention deficit hyperactivity disorder (ADHD) or deafness, or learning difficulties like dyslexia.

Speech therapists often work with other healthcare providers to ensure a com-

prehensive approach to their patients' treatment. Physical and occupational therapists, neurologists, behavioral health providers, and other specialty providers may help with diagnoses of speech or swallowing problems and then work with speech therapists to develop the best course of treatment.



Rehabilitation Services at FHN

FHN's physical, occupational, and speech therapy team is over 40 people strong. Northern Illinois Physical Therapy (NIPT) recently joined FHN's Rehabilitation Services department, allowing their therapists to focus on clinical excellence while relying on FHN to handle the administrative elements of the business.

"We've had a great working relationship with NIPT for many years," said Jessica Currier, PT, Clinical Supervisor of Rehabilitation Services. "We're looking forward to this logical extension of that relationship and the benefits it will offer all of our patients."

Patients of both organizations now have access to broader services if needed (including specialty rehab), faster appointment scheduling over a wider range of dates and times, and broader insurance coverage acceptance.

The combined capabilities of FHN and NIPT provide patients with a full-service rehab environment on both an inpatient and outpatient basis for patients of all ages, including physical therapy, occupational therapy, sports medicine, and speech therapy.

Specialty services include aquatherapy, lymphedema care, functional capacity evaluations (FCE), work hardening,

ASTYM (targeted soft-tissue treatment that stimulates the body's healing response), pediatric therapy, pelvic health therapy (including treatments for incontinence and similar conditions), and athletic training.

Services are offered in three Freeport locations (FHN Memorial Hospital, FHN Family Healthcare Center – Burchard Hills, and FHN's NIPT office) as well as at FHN's Family Healthcare Centers in Stockton, Lena, and Mount Carroll. For more information or to arrange treatment, visit www.fhn.org or call 1-877-6000-FHN (1-877-600-0345) ext. 940.

A FRESH START FOR 2015

FHN Foundation Board of Directors Welcomes Three New Members

With the start of a new year, the FHN Foundation Board is proud to welcome three new members and bid an appreciative farewell to a long-standing member.

New board members starting their first three-year terms are:

Doug Hoefler – A Freeport native and Pretzel alum who earned a bachelor's degree in industrial administration from Iowa State University and an MBA from Drake University, Hoefler is the secretary and treasurer of Freeport Industrial Roofing. He has served on the board of the Freeport Country Club, as a trustee for Embury Church and on the finance committee for the Chamber of Commerce. He currently also serves on the board of the Hildreth Fund.



Maria LaPorta, MD – FHN Memorial Hospital's Chief of Anesthesiology holds a medical degree from Loyola University Stritch School of Medicine. She also serves as a clinical assistant professor in the department of surgery at the University of Illinois College of Medicine in Rockford and as a vice president and board member of Rockford Anesthesiologists Associated. She has served at U.S. Air Force bases in California and the Philippines and is Chairman of the Illinois Medical Disciplinary Board.

Clarence Parks, MD – The director of FHN's Hospitalist Program earned his medical degree from Rush University

Medical College in Chicago. Dr. Parks has served FHN and its communities as the medical director of the Sojourn House Treatment Center, FHN Hospice, and the FHN New Visions Medical Stabilization Treatment Program. He has done volunteer work for the National Youth Summer Program and the Detroit Police Athletic League in addition to numerous other youth- and student-oriented organizations.



Rebecca Pedersen, MD is leaving the board after serving two full three-year terms. She has raised funds, given personally, and tirelessly championed the foundation amongst her peers and friends. Dr. Pedersen is a family practice physician who sees patients at FHN Family Healthcare Center – Highlandview Drive.

Other members of the FHN Foundation Board include:

Adrienne Becker, Stephenson County Treasurer (secretary)

Nancy Eckert, retired FHN

Jerry Funk, WIPFLI (past chair)

Thomas Huber, Union Savings Bank

Jason Kempel, Lingle Design

Heather McPherson, McPherson Law

Andrea Moring, State Bank (chair)

Kraig Wheat, Swift Hospitality

Teri Winter, Winter & Associates (vice chair)

If you'd like to learn more about FHN Foundation and how it serves our communities, visit www.fhn.org/foundation.stm.

Welcome to the World, De'Ariyah!

FHN's First Baby of 2015 is First Daughter for Herron Family

Congratulations to Darius and Teksha Herron of Freeport, the parents of FHN Memorial Hospital's 2015 New Year's baby!

De'Ariyah Unique Denise Herron was born at 12:45 pm January 2, to the delight of her mom, dad, and 4 older brothers – Jayden, 6; Ja'Kavion, 5; Jasiah, 4; and Darius Jr., 2.



Expanding Hours to Fit Your Tight Schedule

FHN OB/Gyn Providers Offer Extended Hours



Fitting an Ob/Gyn appointment into an already-busy schedule can be a difficult task. But when you're expecting, you should be able to expect appointments that fit into your schedule.

That's why FHN Ob/Gyn providers Kim Vittorio BC-CNM and Danielle Siedschlag BC-NPWH have extended their schedules to include appointments as early as 7 am and as late as 7 pm.

The appointments are open for any type of Ob/Gyn service, from routine checkups for any woman to the monthly check-ins to check on expectant moms' progress.

For more information or to request an appointment, you've got three ways to contact us – online through MyFHN if you've registered for FHN's online portal, or by visiting www.fhn.org and clicking on FHN Online. You can also call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 980.

What is a Midwife?

A midwife can be a woman's primary healthcare provider, but most focus on providing obstetrical and gynecological services to women of all ages.

A midwife is a registered nurse with a master's degree and additional specialized training. Certified nurse midwives are highly educated professionals who work collaboratively with physicians.

Midwives approach puberty and menopause as normal life events and birth as a natural process, believing that these are times when women need special education or support but do not necessarily need to be "cured" or "fixed." Midwives are educators as well as healthcare providers, believing that if women are given the correct information, they can make safe and satisfying choices that do not conflict with the concept of life changes as natural occurrences.

Kim Vittorio has more than 30 years of experience helping mothers through the birthing process and helping women make informed choices for childbirth, contraception, and health maintenance. She helps to train advanced practice nurses as an adjunct faculty member at Northern Illinois University, and is a certified Lamaze childbirth educator.

Kim earned her master's degree in nursing from the University of Illinois at Chicago. BC-CNM stands for board-certified nurse midwife.



What is a Nurse Practitioner?

Nurse practitioners are registered nurses who have continued their education and clinical training in a particular healthcare specialty area. Nurse practitioners have earned a graduate degree in advanced practice nursing.

FHN nurse practitioners are certified to diagnose and manage acute illnesses and injuries, plus stabilize long-term chronic illnesses in collaboration with other members of the healthcare team. They prescribe medications, order and interpret laboratory tests, x-rays and developmental and screening tests to identify their patients' health problems, risk factors and strengths.



Danielle Siedschlag believes knowledge is one of the keys to staying healthy, and works to help each of her patients – whether she is a girl going through puberty, an expectant mother or a woman approaching menopause – understand what is happening to her body. She is a Freeport native and Aquin High School graduate who specializes in adolescent care.

Danielle earned her master's degree in nursing at the University of Nebraska Medical Center in Omaha, Neb. BC-NPWH stands for board-certified nurse practitioner for women's health.

Mark Your Calendar with These Spring Events!

Mark Your Calendar Now for These Upcoming
FHN Events, All of Which Are Free!

WEDNESDAY, FEBRUARY 18

Speaker Series: Good Heart Health During Heart Month ... and Always

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
5:30–6:30 pm



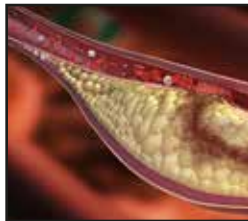
Ever notice how often we use the word “heart”? From being “heartfelt” to “losing your heart,” it’s probably because our hearts are at the very core of our being. Join Bhadresh Patel MD, FACC, FACP from FHN’s cardiology department for this presentation about how to get and keep your heart healthy ... and beating for a long time! Handouts will include heart-healthy recipes. For more information or to register, visit www.fhn.org/heart.

reflux, or heartburn, can happen for many reasons. Join gastroenterology expert Vivek Mehta, MD to find out what may be triggering it, what can be done to treat it – or prevent it – and how to differentiate its symptoms from other ailments and more serious conditions such as heart problems or ulcers. For more information or to register, visit www.fhn.org/heartburn.

WEDNESDAY, MARCH 18

Speaker Series: Get a Clue About Cholesterol

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
5:30–6:30 pm

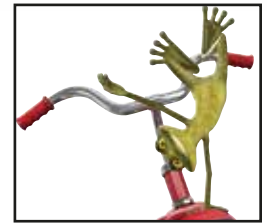


Good cholesterol? Bad cholesterol? Cholesterol-free foods? What IS cholesterol, anyway, and why do we need to pay attention to it? April Moore, MD, will give you the low-down on this highly discussed natural substance, which is found in every cell of your body and is important for normal human functioning. Learn how it can both help and hurt you, and why it’s important to understand its significance to your health. For more information or to register, visit www.fhn.org/cholesterol.

SATURDAY, MAY 2

FHN Family Health Spring Fair

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
10 am–1 pm



Enjoy a multitude of hands-on displays and exhibits to keep you and your family healthy this summer at the FHN Family Health Fair. Visit with pediatricians and other healthcare providers, get tips for safe summer exercise and recipes for healthy summer eating, enjoy a bike safety rodeo, and have your child’s car seat checked for safety, along with many other fun and educational activities! This free event requires no registration—just stop by and have fun!

WEDNESDAY, MAY 20

Speaker Series: Understanding Stroke and Stroke Care

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
5:30–6:30 pm



Stroke is a stop in the flow of blood to the brain either by blockage (clot) or by hemorrhage (bleeding) in the brain. It is the fifth leading cause of death in our country and is a medical emergency, but do you know how to recognize a stroke or what to do if one is happening to you or someone you love? Learn the signs and symptoms of stroke, how you can help prevent one, and the treatment options available in a discussion with FHN Stroke Program Coordinator Tracy Love, RN, BSN. Tracy will also demonstrate state-of-the-art diagnosis equipment used in FHN’s emergency department. For more information or to register, visit www.fhn.org/stroke.

WEDNESDAY, APRIL 15

Speaker Series: It Must’ve Been Something I Ate

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
5:30–6:30 pm



Is it your lunch “revisiting” you, or is something else creating that burning sensation in your esophagus? Acid

Join Together, Get Fit Together, Win Together

FHN's Get FiTeam Challenge Returns to Team Up the Community



Get FiTeam

Last year, 148 people accepted the challenge to eat healthier, drink more water, and exercise more. Working in teams of four, each person lost an average of 7 pounds, learned about healthy habits and had fun – and they set the bar pretty high for team names. Seriously, can you top **Hungry Hungry Hippos** or **Bustin' Booties**?

The only local health and fitness program that includes before and after screenings for important

health indicators, the Get FiTeam Challenge kicks off the week of February 22. You can join the Challenge to compete against other teams in a 12-week health and fitness program! Team registration is \$100 (groups of 4 only, \$25 per person) and is open through February 21.

After completing a baseline screen confirming each participant's height, weight, blood pressure and body mass index (BMI), teams earn points for exercising, drinking plenty of water, and eating at least five servings of fruits and vegetables every day.

Throughout the Challenge, we'll share healthy recipes and exercise tips, host health-related events, and give you opportunities to win fun prizes. All contestants will also get the chance to "test

drive" a variety of local fitness clubs with free trial memberships to:

- The Answer Fitness and Health Center in Savanna
- Anytime Fitness in Freeport
- Curves of Freeport
- Curves of Lena
- Family YMCA of Northwest Illinois in Freeport
- Fitness Lifestyles in Freeport
- Freeport Health Club
- Whole Body Studio in Freeport

The pressure's on to keep it healthy for your team through the end of the challenge on May 17. Six teams will win prizes – the three teams with the highest percentage of weight loss and the three teams with the most points. Weight loss winners take home Hibbett Sports gift cards; challenge points winners take home ShopKo gift cards. Each person on the first-place teams will receive a \$250 card, each person on the second-place teams will receive a \$100 gift card, and each person on the third-place teams will receive a \$50 gift card.

For more information or to register, visit getfit.fhn.org. During the Challenge, keep in touch with other competitors and receive updates on our Facebook page.



2014 Healthcare Career Scholarship Winners

FHN is proud to award healthcare scholarships to a number of area students each year. We're proud to announce this year's winners:

Healthcare Career Scholarships (\$1,000)

- Abby DeMus of Durand, who is majoring in nursing at Lewis University.
- Cody Gallagher from Ridott, who is pursuing a physical therapy degree at Clarke University in Dubuque.

Volunteer Resources Scholarship (\$500)

- Jennifer Martinez of Forreston, who is majoring in nursing at University of Dubuque.

Pauline Noller Nursing Scholarship (\$500)

- Rachel Visel of Lena, who is pursuing a degree in nursing at Union University in Jackson, Tenn.

For more information on scholarships available at FHN, visit www.fhn.org/scholarships.asp. **Congratulations to all our scholarship winners!**

Insight

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