

A publication of FHN

Insight

Volume 8, Issue 1



Keeping Larry on the Links

*'Total Confidence
in the
FHN Team'*

TRUMATCH®
Personalizes
Knee Replacement

Pulmonary, Cardiac
Rehab – Help, Close
to Home

 *We're here, for you.*
FHN



MARK GRIDLEY, PRESIDENT AND CEO

Summer's Here!

Summer is in full swing here in northwest Illinois, and my family and I are enjoying it! There's so much to do, from festivals and parades to runs and bike rides. What a great place to be ALL IN and raise a family!



I was proud to welcome Illinois' First Lady Diana Rauner to FHN to announce a program for the families of all babies born at FHN Memorial Hospital. This is a great step towards helping these tiniest members of our communities have the best possible start in their lives. It was exciting to host the First Lady and partner with the Stephenson County Health Department to kick off the program in Stephenson County, one of only two counties in the state who are in the pilot program.

I'm also proud to thank UNION Savings BANK for a large contribution to the FHN Foundation. You can read all about it, as well as learn a little more about the purchases the Foundation makes on behalf of our many wonderful donors.

Happy reading!

In this issue we feature several of our outstanding departments, including our cardiology team, the Women's Diagnostic Center, and our cardiac and pulmonary rehab folks. We also tell you about a new process to optimize knee replacements and provide some highlights of our participation in spring and summer community events, along with a listing of FHN-sponsored events yet to come this year. There's an article on ticks too – these pests are out in force this year.

Meet Mark!

Town Hall Cookout



They Met Mark!

Members of the community were invited to a town hall cookout with Mark Gridley on Wednesday, June 21 at FHN Family Healthcare Center – Burchard Hills. Attendees enjoyed a healthy early supper of turkey hot dogs, black bean burgers, salads, and cookies. Mark took questions from the crowd ranging from his experience in the military to challenges ahead with healthcare insurance to the situation with opioids in our area. Everyone enjoyed the sunshine and meeting Mark!



Thank You for Your Answers!

Thank you to everyone who completed our office appointment times survey. We appreciate your help!

Congratulations go out to our three contest winners:

Vicki Pales of Baileyville • Roland Caruso of Freeport • Kathy Lapp of Freeport

Each winner received gift certificates to area restaurants totaling \$100. Enjoy!

“My Heart Was In the Right Place.”

FHN’s Cardiology Team Helps Keep Larry On the Links

Larry Feiner was sitting at his desk at Midwest Bank, working on the computer like any standard workday. But when a sharp, numbing pain radiated across his chest two days in a row, he knew it was anything but normal. “That got my attention,” he says. “It was almost like a charley horse in my chest. I was scared, so I called Dr. Chris Jelinek’s office and the nurse told me to head to the ER.”

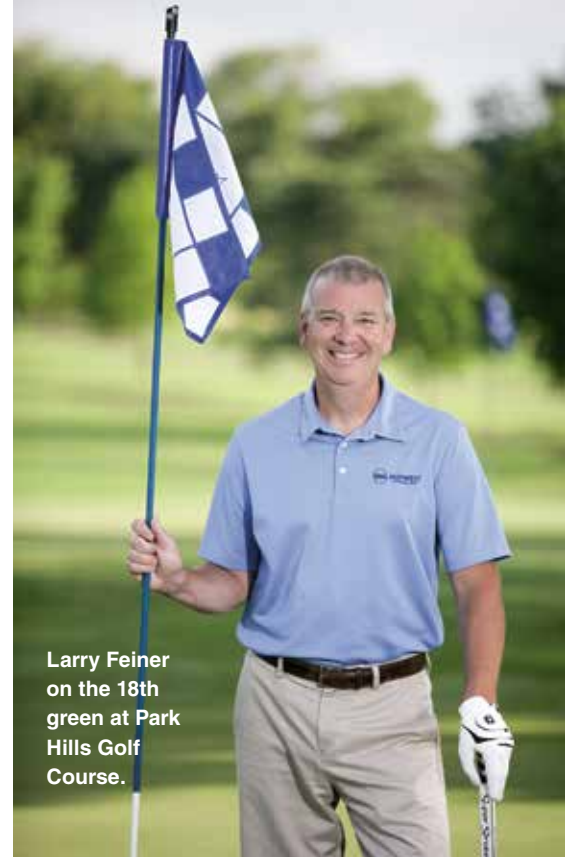
After an EKG and blood tests confirmed there had been no heart attack, Dr. Jelinek scheduled a nuclear stress test in the FHN Cardiac Laboratory. The new, state-of-the-art equipment there makes these sophisticated tests possible in one day instead of the usual two or more, offering more convenience for cardi-

ology patients. The unit’s exceptional specificity and sensitivity indicated Larry’s heart had some abnormalities that needed further review.

A referral to Dr. Prasad Kilaru then prompted an angiogram, an imaging test that checks for obstructed or narrowed blood vessels in the heart. The Cath Lab team identified some blockages, which helped explain the chest pain and didn’t really surprise the patient.

“I have a family history,” says Larry, “so I knew it was possible. The good news? The blockages were so small I didn’t need additional procedures. Now I am armed with new cholesterol medication to control my blood lipid levels and I am

Larry Feiner received a nuclear stress test on FHN’s new stand-alone SPECT CT equipment in the Cardiac Laboratory. Single-photon emission computed tomography (SPECT), is a nuclear medicine tomographic imaging technique using gamma rays. FHN is the only local hospital equipped with this 16-slice technology, which provides higher accuracy, better sensitivity, and faster turnaround. Dr. Prasad Kilaru and Evan Spangler, imaging tech, discuss benefits of the procedure with the patient.



Larry Feiner on the 18th green at Park Hills Golf Course.

eating better. I already exercise regularly and am dedicated to keeping that routine. And I have total confidence in the FHN team who takes care of me.”

He confirms, “The level of professionalism I experienced throughout FHN was second to none. Everyone worked together like clockwork, providing efficient and personalized care that helped ease my anxiety. From my initial consult with Dr. Jelinek to my ultimate diagnosis from Dr. Kilaru, I knew my heart was in the right place. I can’t thank FHN enough for making a stressful life event a very good experience.”

FHN’s providers put their hearts into quality care for every patient. Our award-winning cardiac team offers interventional procedures including pacemaker, defibrillator, angioplasty, and stent placement. We provide comprehensive care, screening for any controlling risk factors, diagnosis and treatment, and aggressive follow-up care. To contact our cardiology team, call 815-599-7722 or toll free at 877-538-0239. You can also learn more about our capabilities online at fhn.org.





Ticked Off

Don't Let a Tick Make You Sick this Summer

2017 is expected to be the year of the tick.

Due to favorable environmental conditions and a higher population of hosts, ticks have become more common nationwide. Though small in size, the average tick can carry a number of problematic diseases; most commonly, Lyme disease.

There are, however, a multitude of ways to avoid ticks and even prevent the diseases they carry if you or someone you know is bitten.

Be Prepared On Ticks' Home Turf

Ticks are most prevalent in wooded areas and places where tall grass grows. The black-legged tick, or "deer tick," is the most common type found in this area.

"We have started moving into the ticks' area," says FHN Infection Preventionist Margie Kochsmier. "People are going into the woods, hunting, fishing, hiking, and enjoying their summer."

Don't worry, we're not discouraging summer activities in the woods; just remember to take preventative measures. Margie says one of the best ways to more easily detect ticks is to wear light-colored clothing to contrast the natural color of the bug.

In addition, she advises wearing long-sleeved clothing and long pants, even going so far as to tuck your pant legs into your shoes.

Ticks can still attach to your clothing, so "the best thing to do is shower immediately after getting back from the woods and tumble-dry your clothes," Margie says. "The heat will kill any ticks on your clothing."

4 FHN *We're here, for you.*



Body Checks

FHN Infectious Disease Specialist Robert Geller, MD, MS, FACP, FIDSA, also suggests that people do body-checks after getting out of the woods.

"One of the most important things you can do is to just check for ticks," Dr. Geller says. Detection can be difficult due to the size of the tick, which is why it is important to check as often as possible.

"I'd say 50 percent of the people with Lyme claim a tick never bit them," Dr. Geller says.

If you are bitten, don't panic: It takes at least 24 to 36 hours before the tick can transmit any disease.

Removing the tick is fairly simple: Use a pair of tweezers to remove the tick by its head. Don't use nail polish or alcohol to try and kill the tick beforehand.

"If a piece is left in there, don't try and get it," says Dr. Geller. "Rooting around will probably make it worse. If the tick is gone, the part will fall out on its own."

For more information and an illustration on how to remove a tick, Dr. Geller suggests consulting the Center for Disease Control website, www.cdc.gov.

Even if you've successfully removed a tick, watch for the early signs of Lyme: flu-like symptoms,

arthritis, rash, fever, headache, and joint, heart, and nerve pain

If you experience any of these—even if you aren't aware of having been bitten—schedule an appointment with your healthcare provider as soon as possible.

Lyme Can Affect Pets, Too

It is easier to detect the symptoms of Lyme disease in people than in our four-legged counterparts.

"Dogs can't tell you what's wrong," Margie says. "They just get really sluggish, so you have to watch out for them."

It is important for pets, dogs especially, to be outfitted with tick collars or be on a flea and tick medication when they are allowed to roam outside. This also prevents ticks from hitching a ride on your dog into your house.

There are a number of tick-prevention tools available as well, including Deep Woods insect repellent and other protectants to spray on your clothing. Couple these tools with the advice here and you and your family can enjoy a tick-free summer!



FUN OUT OF THE SUN! Cool Off with Fun Movies from FHN and the Lindo!

There's still plenty of fun left this summer—and plenty more chances to catch a great movie at a great price with your family at FHN's Summer Family Movie Series at the Classic Cinemas Lindo Theatre in Freeport.

Remaining movies include:



Each movie will begin at 10 a.m., with limited first-come, first-seated seating. Admission is just \$4, compliments of FHN, and the final movie in the series—the classic The Princess Bride—is FREE!

Kids who attend the movies will receive a surprise from FHN, and there are plenty of other surprises in store, so join us for some cool fun!

Classic Cinemas Lindo Theatre is located at 115 S. Chicago Avenue in downtown Freeport. For more information about the Summer Family Movie Series presented by FHN and Classic Cinemas Lindo Theatre, visit www.fhn.org.



UNION Savings BANK Completes \$50,000 Gift to FHN Foundation

With a \$10,000 donation, UNION Savings BANK recently completed a \$50,000 pledge to the FHN Leonard C. Ferguson Cancer Center made five years ago. This is the largest gift UNION Savings BANK has made to any organization, and it's in line with the bank's focus on the community. In presenting the gift, USB officers stressed that cancer touches nearly everyone's life, and that having the Cancer Center here is an asset for our community.

USB's gift sponsors one of the Cancer Center's eight chemotherapy stations added in 2012, which make it possible for patients to receive lifesaving treatments close to home, near their support system and without a long drive. The number of treatments at the Center rises each year, averaging about 1,000.

"We are deeply appreciative of this major gift," said FHN Foundation Executive Director Tonya Meyer. "Their generosity makes it possible for us to increase our capacity to offer cancer care right here for people in our communities."

For more information on the FHN Leonard C. Ferguson Cancer Center and the FHN Foundation, visit www.fhn.org.



Pictured from left: bank President Richard Wolfe, FHN Foundation Executive Director Tonya Thayer Meyer, FHN Foundation Annual Giving Coordinator Jackie Wehrenberg, bank Trust Office Cheryl Lessman, and bank Senior Trust Officer Stephen Kroeger.

EAT HEALTHY

MOVE MORE

STEPHENSON COUNTY HEALTH DEPARTMENT

Win With Wellness!
Healthy Lifestyles

ASK US HOW:
STEPHENSONHEALTH.COM



This oxygen concentrator (to the left of the exercise bike), used by Joan Maltry at her rehab sessions, provides continuous oxygen flow during exercise. It was donated by FHN's Partners in Giving (PiG) program, through the FHN Foundation. Joan says this equipment helps her get better quality breaths and exercise physiologist Molly Breningstall (right) believes it is important to the regimen of many patients.



Brian Routen, FHN's concierge, and Joan Maltry smile as she leaves rehab. Brian helps Joan get in and out of the car, get to and from her sessions, and transport her oxygen equipment. "He is a super young man," asserts Joan. "I don't know what I would do without him."

FHN **PULMONARY** REHAB –

Helping Joan Maltry Breathe Easier

Joan Maltry has trouble breathing. Like 11 million other Americans, she suffers from chronic obstructive pulmonary disease (COPD), a serious lung condition that used to be called emphysema or chronic

"Coming here twice a week just helps me feel stronger."

bronchitis. "It is a frustrating ailment," according to Joan, "but I feel a lot better with the help of FHN's Pulmonary Rehab team. I am really grateful for the professional treatment I get here, and it is just a few blocks from my home."

Although she quit smoking more than 30 years ago, Joan was diagnosed with COPD this spring after a bout with pneumonia. Following a stint in a "bounce back" unit, her FHN pulmonologist, Dr. George Tzelepis, suggested further rehab and a long-term maintenance routine at FHN's Cardiac and Pulmonary Rehab Center, located at FHN Memorial Hospital.

"My sessions have been so helpful," Joan emphasizes. "Early on I got training on how to properly use my inhalers, do exercises from home, and gain confidence to keep me going. Now that I am in maintenance, I come to work out on a bike two times a week. The rehab nurse and exercise physiologist, LeAnne Raders and Molly Breningstall, help me get on and off the equipment, check my vitals, and make sure I am doing everything correctly. They are absolutely superb—so personable and supportive. If I need something they are right on top of it."

Not only does the treatment help stave off the effects of COPD—she breathes better after her visits—it helps Joan feel better overall. She says, "Coming here twice a week just helps me feel stronger. It gives me energy and provides social interaction with some very nice people who have some of the same struggles I do."

According to LeAnne Raders, the cardio/pulmonary rehab RN, any persons struggling with COPD, fibrosis, or other chronic lung conditions can receive care at FHN's Pulmonary Rehab facility, as long as they have received a pulmonary function test and an order from their doctor. "This is true whether their provider is at FHN or elsewhere," emphasizes LeAnne. "We help patients from all over the region who go to a variety of places for their primary care. If they find our location more convenient and we can save them a trip out of town, we are happy to help them breathe easier. If anyone has questions, I hope they will call me at 815-599-6388."

*Get your
therapy
Free!*

**FHN
Pulmonary
& Cardiac
Rehab**

Breathe



Beat B



**We're
FHN**

your
happy in
support!

IN
Pulmonary
Cardiac
Rehab

Easier.

Better.

here, for you.

FHN **CARDIAC** REHAB—

Helping Wayne Wubbena's Heart Beat Better

After a decade that included heart attacks, bypass surgery, stents, high blood pressure, labored breathing, and issues with a racing heart rate, Wayne Wubbena has been through a lot. Luckily he is feeling and looking good today, 50 pounds lighter and stronger than he has felt in a long while.

Wayne attributes part of his success to his granddaughter, Brynn Fry, who encouraged her “Pappy” to keep going to the doctor to get better. She shares the credit for his newfound vitality, in part, with FHN’s Cardiac Rehab program, which Wayne has participated in on three occasions. This last time more than ever, Wayne was a model patient.

“The sergeant, as I like to call exercise physiologist Molly Breningstall, encouraged me just the right amount,” he shares. “She was like my personal trainer. She suggested I lift weights for arm and leg strength and also helped me set goals on the treadmill. Somehow, she always seemed to know when to push and when to slow down, always monitoring how I felt during each workout.”

He adds, “LeAnne Raders, the cardio/pulmonary rehab RN, and Molly both encouraged me to lose weight, and I did it. Nutrition counseling and other educational classes, ranging from ‘Cholesterol and your Health’ to ‘Stress and Emotional Wellness,’ helped. Now I read labels, watch my salt, carbohydrates, and fats, and am more aware of what I eat.”

Molly stresses that Wayne’s success is not unusual. “Those who participate in cardiac rehab reduce their risks of mortality by more than 50 percent,” she says, “and can also reduce the likelihood of hospital readmission by over 30 percent.

This kind of therapy is a proven strategy endorsed by heart specialists nationwide. Whether patients are referred to us by our top-notch FHN heart team or are sent from other locations, we see people improve their quality of life all the time. It is well worth their effort to pursue cardiac rehab.”

“Now I can
do more
of what I
want to do.”

Brynn Fry (center) encouraged her grandfather to “go back to the doctor.” Wayne says, “I received a lot of support from my grandchildren, family, and friends, and I really appreciate it.” Granddaughter Sadie is also pictured.



Wayne Wubbena is monitored by LeAnne Raders, RN, BSN, as he works out on a treadmill in Cardiac Rehab Services at FHN Memorial Hospital. Wayne receives printouts of his progress, which are also sent to the cardiologists for review every 30 days.

Wayne agrees. “I picked up a 50-pound box at Christmas, no problem,” he says with a grin. “It is easier to walk and breathe. I feel more confident pursuing my hobbies and going to many of my grandchildren’s school events. Now I can do more of what I want to do. And I didn’t have to drive all the way to Rockford to get great care.”



Convenience, Comfort, Care

FHN Women's Diagnostic Center Expands Services

The FHN Women's Diagnostic Center has undergone some exciting changes this year, increasing our capabilities and making it even easier for you to get your yearly mammogram.

"We've just installed a state-of-the-art combined CT scanner and nuclear Gamma camera to significantly improve our ability to localize tumors and infections and also provide quicker scans with a higher level of detail," said FHN Imaging Operations Leader Katie Alvarado.

The \$1.3 million SPECT.CT machine provides exceptional specificity and sensitivity in finding and targeting tumors and infections, enabling FHN's oncologists, surgeons, and physicians to better plan treatments.

The SPECT.CT unit also makes heart

nuclear stress tests possible in one day instead of the usual 2 or more, offering more convenience for cardiology patients.

More No-Appointment Mammogram Days

Our Walk-In Wednesday no-appointment mammograms have made it more convenient for many women to get their yearly mammograms. We're making it even easier by expanding this service to two days each week!

From 7 a.m. to 3 p.m. on Wednesdays and from noon to 6 p.m. on Thursdays, simply walk in to FHN Memorial Hospital in Freeport, register at admitting, and head back to the Imaging department on the main floor for an all-digital mammogram. No phone calls, no scheduling,

no hassle—and no excuse not to get this very important screening done!

We are even doing away with one of the little impositions that are a part of your yearly mammogram: We still ask that you don't wear deodorant or antiperspirant on the day of your mammogram, but personal-sized one-use packets are available for you when you're done, so you don't have to carry a stick of deodorant around all day!

You don't have to be an FHN patient to take advantage of Walk-In Wednesdays and Thursdays or Saturday Mornings for You (right), and most health insurance policies cover a yearly mammogram for women over age 50. For more information on preventative care and the FHN Women's Diagnostic Center, visit www.fhn.org.

A Healthy Occasion

We've also introduced special Saturday Mornings For You, an opportunity to spend some time relaxing while taking care of an important screening.

From 8 a.m. to noon on selected Saturdays, up to 16 ladies (on your own or with friends) can reserve time at the Women's Diagnostic Center at FHN Memorial Hospital for a morning of:

- All-digital screening mammograms for all participants (Participants must be appropriate for and receive a standard screening mammogram; please note that this will typically not apply for women under 40. Eligibility will be confirmed during the registration process.)
- Information about myRisk, FHN's genetic risk assessment program that can empower those with a family history of cancer to make more informed healthcare choices
- Mini-manicures and/or seated massages
- Spa refreshments
- Special women's care goodie bags
- Q&A with the Imaging healthcare team

Registration is required but there is no charge for these special events (mammograms will be charged to health insurance; please note that most insurance does not cover more than one mammogram per year, and other restrictions may apply for different situations and types of coverage).

Call us at 815-599-6860 to register.



Upcoming Saturday Mornings for You

July 29 • August 19 • Sept 9 & 30
October 21 • November 11

For Knees, It's a TRUMATCH®

Process Customizes New Knee—and the Replacement Surgery



Shin bone connected to the knee bone

Knee bone connected to the thigh bone

Thigh bone connected to the hip bone

Hip bone connected to the back bone ...

The old spiritual **Dem Bones** has it right: All the parts of your leg are connected, and they all matter quite a bit, even when just one—the “knee bone”—is hurting. That's why FHN offers TRUMATCH® personalized knee replacements.

Once you and your orthopaedic surgeon have decided that total knee replacement is the best option for you, your first step in the TRUMATCH process will be a CT scan of your entire leg, from hip to ankle.

The results of this scan enable the TRUMATCH Solutions engineering team to create a three-dimensional model of your knee and how it works with your leg bones. They'll use this model to create guides for your surgeon, essentially personalizing not just the replacement piece itself, but the entire surgical process to fit your anatomy.

“These guides allow the surgeon and his team to position and align the implant with greater accuracy, which is crucial to how the knee will perform,” says FHN Director of Surgical Services George Lester, RNFA MBA BSN CNOR. “That gives the knee better balance, which means it will wear more equally, and the joint will have a longer life.”

TRUMATCH also helps FHN's surgeons operate more efficiently, eliminating some steps in the surgical process and offering the best possible outcome. “There's less bone loss, less blood loss, and many of our knee replacement patients are able to go home in just 24 to 48 hours,” George says.

As with any knee replacement, the real work begins once the surgery has ended. “Our joint replacement team will work to get you up and moving around soon after surgery, and rehab is one of the most important parts of knee replacement,” George says. “Our physical therapists and occupational therapists really do the magic—they'll help you get back your strength and range of motion, and get you back to functioning on your own.”

FHN is the first hospital in the area to offer TRUMATCH. “Like any knee replacement surgery, it's covered by insurance, and we've partnered with the manufacturer, Johnson & Johnson, to be able to offer the TRUMATCH process at no additional cost to our patients,” George says.

Illinois Family Connects Debuts in Stephenson County

FHN, SCHD Partner in Pilot Program for Newborns' Families

Illinois' First Lady Diana Rauner kicked off the Illinois Family Connects program in Freeport May 1. Stephenson County is one of just two Illinois counties awarded a state and federal grant to offer the program, which provides in-home nurse visits to newborns and their families.

FHN and the Stephenson County Health Department are partnering to offer the program free of charge to all Stephenson County families of babies born at FHN Memorial Hospital. Part of the grant will pay for a small team of registered nurses from the SCHD who will provide a weight and health check for each baby born at FHN Memorial Hospital, and schedule a follow-up home visit with Mom and baby.

The program is modeled after Family Connects in Durham, NC. Research showed that when families used the program, mothers felt less anxious, were able to learn about quality childcare options available to them, and their babies need less emergency care at hospitals. In fact, research found that every \$1 invested in the program saved



Members of the FHN Women's Healthcare team attended the Illinois Family Connects kickoff. Pictured are: FHN President and CEO Mark Gridley, Perinatal Educator Kayla Carroll, Ob/Gyn Physician Courtney DanPullo, Illinois First Lady Diana Rauner, Ob/Gyn Team Leader Jessica Ward, Practice Director Michele Schiess, and Nursing Operations Leader Michelle Allen.

\$3.02 in emergency health costs for the community.

During a home visit, the nurse will offer support to new parents, answer any questions they may have and help the parents get the most from the resources available to them, from well-check visits

with the pediatrician to connections with social service agencies, quality childcare options and other programs that may benefit the family.

For more information on Illinois Family Connects, visit ilfamilyconnects.org.

Letter From Tonya **Your Foundation Gifts at Work**



The FHN Foundation has been busy the past few months, thanks to the generosity of our donors. The Leonard C. Ferguson Cancer Center recently purchased a new electric exam table using Foundation funds.

This past year, we were excited to welcome Paramount Oncology Group to the Cancer Center, but with our new physician team, we needed to bring in some high-tech equipment.

The new electric exam table can adjust into a chair position, which allows our radiation oncologist to perform a direct assessment of a patient's mouth and throat. This enables him to visualize tumors and assess the patient's status both pre- and post-treatment.

Your generous gifts also have assisted FHN Hospice. Many members of our dedicated

Hospice staff have been busy taking appropriate coursework to renew their hospice certification and complete their professional training. Those who have given to our Memorial Fund have supported our staff members, who compassionately care for our loved ones who enter our Hospice program.



FHN Foundation could not do our good work without your support. Thank you to all those who give or have included the Foundation in their estate plan. You are leaving a legacy!

To give online, click **Donate Now** at fhn.org or mail a gift to FHN Foundation, 1045 W. Stephenson St., Freeport, IL 61032.

Tonya Meyer
FHN Foundation Executive Director



Upcoming Events!

Mark your calendar now for these upcoming FHN events, all of which are free. For more info and registration (if needed for us to plan for refreshments), visit www.fhn.org—registration is usually open two to three weeks prior to each event. Hope to see you soon!

Wednesday, July 26 • 5:30–7 p.m.

The Latest in Cancer Care—Open House at The Leonard C. Ferguson Cancer Center

1163 West Stephenson Street, Freeport

Meet our cancer care providers—including two new physicians who've begun offering treatment at FHN in the past year—and hear about some of the latest developments in cancer care in a short (15-minute) presentation and tour throughout our updated Center, including a large state-of-the-art chemotherapy area, healing garden, and equipment for radiation therapy including an Image Guided Radiation Therapy (IGRT) machine and a 4-D CT scanner. Refreshments will be available—weather permitting, we'll enjoy them in the healing garden!

Wednesday, August 30 • 5:30–7 p.m.

We Have Your Best Interests at Heart – Cardiovascular/Imaging Open House

FHN Memorial Hospital

1045 W. Stephenson St., Freeport

Your cardiovascular system is central to your well-being—and we're ready to take very good care of it. FHN offers you complete cardiovascular care and support in one centralized location close to home. Join us to tour the FHN Judy and Virgil Bocker Cardiovascular Center and our all-digital cath lab; see our new state-of-the-art combined CT scanner and nuclear Gamma camera, installed at a cost of \$1.3 million to provide exceptional specificity and sensitivity; and check out our cardiac/pulmonary rehab capabilities. Enjoy refreshments and visit with our staff and providers while learning how your heart is in the right place at FHN!

Wednesday, September 27 • 5:30–7 p.m.

Let Us Help You Live Strong!

FHN Family Healthcare Center—Burchar Hills

1010 West Fairway Drive, Freeport

With a physical, occupational, and speech therapy team numbering over 40 people, we can help you recover to your fullest potential from an illness or surgery, recuperate from an injury, or get back in the game after a sports related injury or if you've overdone it as a weekend warrior. FHN offers a multitude of innovative treatment techniques and specialties in a full-service rehab environment on both an inpatient and outpatient basis for patients of all ages. Tour our rehab gym and learn about the many ways we can help you enjoy life to the fullest, hear about our sports medicine offerings, and get more info on our specialty services – like aqua therapy, lymphedema care, vestibular rehab, work conditioning, and ASTYM – as you enjoy refreshments while visiting with our therapy staff and providers.

Monday, October 23 • 5:30–7 p.m.

A Slice of Time—and Pizza—Just for You!

Cannova's

1101 W Empire St, Freeport

FHN is pleased to present another of these very popular women's events during Breast Cancer Awareness Month. Join women's care providers from FHN for an evening of pizza and conversation at Cannova's in Freeport. Several short, informational presentations will be offered, and you'll have time to eat and chat with providers and staff from our women's care team over great food, complimentary beverages, and (of course) dessert!

Women's Diagnostic Center Open House

The public got a chance to see FHN's new SPECT/CT scanner as part of an open house May 24 at the FHN Women's Diagnostic Center inside FHN Memorial Hospital in Freeport.



Spring Health Fair 2017

A little rain didn't stop the fun at the April 29 FHN Family Health Fair and YMCA's Healthy Kid Day at the Y. Kids got to toss bags, karate-kick a board (hiii-ya!), run an obstacle course, learn about staying away from poisons and much more.



More Chances to Win!

FHN Miles And Minutes Adds a Sweepstakes Category

FHN's popular Miles And Minutes program is back, and we've added a brand-new category to the competition!

In the new Sweepstakes category, participants can win entries for their school in a prize drawing at the end of the summer. Watch the FHN Miles And Minutes Facebook page (www.facebook.com/FhnMilesAndMinutes) for the latest contest.

Every time you enter a contest on the FHN Miles And Minutes Facebook page, your school gets one point in the Sweepstakes competition—one chance at a prize. Winning a contest gets your school even more chances at a prize.

At the end of the summer, we'll draw three winners at random from all the Sweepstakes entries.

Winners in the Sweepstakes category will receive:



- First prize: \$1,000
- Second prize: \$500
- Third prize: \$250

Just to make it fun for everyone, prize winners in the regular categories (school system with the most average "miles" logged per participant and school system with the most "miles" total) won't be eligible for Sweepstakes prizes. But remember, we won't know who the regular category winners are until September!

Prize money for all of the categories will be awarded in September.

For more information on FHN's Miles And Minutes, or to register, visit www.fhn.org/milesandminutes



LOCAL FOOD

Eat Healthy – Eat Local!

Check fhn.org for a listing of area farmers markets and a local food directory!



FHN in the Community

FHN is proud to be a part of your community, and one way to show it is to be a part of events across northwest Illinois. From walking in the Freeport Memorial Day parade (top photo) to running in the Pecatonica 5K, we're proud to be here, for you.

Insight

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Editor: Sarah Rogers

Contributors: Julie Beach, Mindy Becker, Tony Coduto, Peg Drane, Tara Hagemann, Barb Lessman, Matt Martinez, Jill McKenna, Marilyn Smit

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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IN.**