

# Insight

**Urgent Care Clinic  
Coming to Freeport**

**Cancer Fellows Learn  
At FHN Cancer Center**

**ACA Enrollment  
Ends Dec. 15 –  
Help Available at FHN**

**Gold-Standard  
Stroke Care**





MARK GRIDLEY, PRESIDENT AND CEO

## Happy Holidays!

It doesn't seem possible, but this is the last issue of INSIGHT for 2017. And it's packed!

We are very proud that FHN has been awarded the Get With The Guidelines Stroke Gold Plus Quality Achievement Award from the American Heart Association/American Stroke Association.

This award recognizes over two years of compliance with strict quality measures related to our ability to treat stroke patients in our emergency room and hospital. It's a prestigious accomplishment that brings us national recognition in *U.S. News & World Report*, and we're very glad to be able to bring the care associated with this achievement to our communities.

We're also really excited about our joint venture with Physicians Immediate Care that will bring an urgent care clinic to Freeport. This is being built right across the street from our Family Healthcare Center-Burchard Hills and will be open in Spring 2018.

You can read about these major developments as well as the outstanding fellowship program hosted at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, an award for our Parent Enrichment Program, another FHN provider being added to our growing list of physicians receiving the Rural Physician of Excellence Award, our Small Town Heroes for 2017, and the role our Foundation is playing in ensuring healthcare excellence for rural communities like ours. We're also welcoming Debra Dyrek, a new Assistant Vice President of Nursing. We've been busy being here, for you!

## This Year's Deadline Is December 15 Have You Signed Up for Healthcare Enrollment?

This year's healthcare coverage enrollment period is shorter – you only have through Friday, Dec. 15 to sign up. If you need help navigating your choices, FHN can help!

We have two Certified Application Counselors trained to help you understand and obtain healthcare coverage, whether through the Health Insurance Marketplace related to the Affordable Care Act (ACA), or through the expansion of Medicaid, depending on your income. These professionals have the experience and training to help you understand what you and your family need. You may even qualify for savings.

Open enrollment for insurance coverage under the Affordable Care Act – sometimes called "Obamacare" – began Nov. 1 and will end December 15, 2017. You must be enrolled by December 15, 2017 to be covered on January 1, 2018.

**For more information, visit [www.fhn.org](http://www.fhn.org) or call 815-599-7950 or 877-720-1555.**



Also included is the calendar for our annual Festival of Trees events. We enjoyed the autumn with you – as evidenced in this photo of our ob/gyn team celebrating Halloween – and are looking forward to our year-end FHN traditions. There's something for everyone, and we're supporting the working-together theme of Collaborate Freeport with our Festival theme, a quote from Vesta Kelly: ***Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.*** We believe that, and we work to prove it every day.

As you look ahead to the holidays with your family and friends, I thought I'd share one of my family's favorite traditions since we moved to Freeport more than seven years ago. The holiday tree lighting at FHN Memorial Hospital has been one of the festive experiences that we enjoy. Listening to carolers, sipping cocoa, and enjoying a cookie with neighbors is always fun. This year I am especially excited, as both of my sons will be singing with the youth choir at this event. I'd love for you to join us.

**I hope you have healthy, happy holidays, and I look forward to serving you in 2018!**

OPEN ENROLLMENT RUNS

NOV 1 2017 TO DEC 15 2017

*“Many callers feel overwhelmed and confused, but once we break it down for them they feel a lot better about their choices. We are gratified to help these individuals understand the system and explain how they can access a variety of plans to meet their needs. We truly look forward to assisting with questions!”*

Jody Heeren  
FHN ACA Certified Application Counselor



We were proud to announce this September that FHN Memorial Hospital has received the American Heart Association/American Stroke Association's Get With The Guidelines® - Stroke Gold Plus Quality Achievement Award.

Quite a mouthful, isn't it? What it boils down to is a formal recognition of our healthcare team's hard work and commitment to saving lives. We have worked toward this recognition, literally, for years. Hospitals must achieve 85 percent or higher adherence to all Get With The Guidelines® - Stroke achievement indicators for two or more consecutive 12-month periods and achieve 75 percent or higher compliance with five of eight stringent quality measures to be eligible for the Gold Plus award.

The Get With The Guidelines – Stroke quality measures are designed to help us provide our patients the most up-to-date, evidence-based care in hopes of reducing death and disability and speeding recovery for our patients who experience a stroke.

“Our caring team works every day to turn these treatment guidelines into lifelines for people who come to FHN Memorial Hospital with stroke symptoms,” says FHN President and CEO Mark Gridley. “We couldn't be prouder of their achievement. Being honored for giving excellent patient care is the best recognition a hospital can get.”

## Meeting the Gold Standard FHN Memorial Hospital Earns AHA/ASA Gold Plus Status



Stroke Team representatives (left to right) Telemetry Nursing Operations Leader Megan Loomis; Asst. VP, Ancillary Services/Safety Officer Robin Scalise; President and CEO Mark Gridley; Stroke Program Coordinator Tracy Love; Emergency Services Nursing Director Denise Book; VP, Patient Services/CNO Kathryn Martinez accepted the award.

### The Guidelines

The Get With the Guidelines–Stroke Registry focuses on care for stroke patients, including aggressive use of medications such as clot-busting and anti-clotting drugs, cholesterol-reducing drugs, and preventive action for deep vein thrombosis and smoking cessation counseling.

“With a stroke, time lost is brain lost, and this award demonstrates our commitment to ensuring patients receive care based on nationally-respected clinical guidelines,” said FHN Stroke Program Coordinator Tracy Love, MSN, RN, CNL. “FHN is dedicated to improving the quality of stroke care and the American Heart Association/American Stroke Association's Get With The Guidelines – Stroke helps us achieve that goal.”

For providers, Get With The Guidelines–Stroke offers quality-improvement measures, discharge protocols, standing orders and other measurement tools. Providing hospitals with resources and information that make it easier to follow treatment guidelines can help save lives and ultimately reduce overall healthcare costs by lowering readmission rates for stroke patients.

According to the American Heart Association/American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States. On average, someone suffers a stroke every 40 seconds, someone dies of a stroke every four minutes, and 795,000 people suffer a new or recurrent stroke each year.

## University-Level Care in a Community Practice

# FHN Oncologist Brings International Doctors to Town



FHN Radiation Oncologist Tamer Refaat Abdelrhman MD, PhD, MSCI, DABR is doing more than bringing university-level cancer care to Freeport. He – through the Paramount Oncology Group (POG), of which he is part – is bringing some of the world's best and brightest young physicians to Freeport to learn about cancer care.

Dr. Refaat is president of the Cancer Fellows Foundation (CFF), a group that draws physicians from around the world to a 4-week fellowship in radiation oncology here in the Midwest. Forty-five physicians from eight countries applied to be in the CFF's first program, which began this past summer.

The experience includes instruction at Northwestern University, where Dr. Refaat is on the teaching staff, and time in Chicago, but the majority of the training takes place at POG-affiliated cancer centers, including the Leonard C. Ferguson Cancer Center at FHN Memorial

Hospital in Freeport. CFF fellows receive a scholarship to cover their expenses while in the program.

"The idea is to be able to offer better cancer care to patients in smaller communities around the world that might not otherwise see university-level treatment," says Dr. Refaat. "When we formed CFF, we had a choice: We could travel and stay one or two weeks to train physicians in these communities, or we could bring physicians here for training and send them back home to teach their own students and colleagues."

Diana Kacharava, MD, (above and at right with Dr. Refaat) a radiation oncologist from Kutasi, Republic of Georgia, one of the first fellowship students, was impressed by the Cancer Center's accessibility.



These physicians come here and learn, and then replicate what they've learned back at home, to teach others.

Dr. Refaat



"Patients being treated for cancer in my country often find scheduling a problem because they have to travel quite a distance for treatment," Dr. Kacharava says. "I love Freeport; it is a small city with access to very high-quality care here."

The team atmosphere at the Cancer Center is one advantage Dr. Kacharava plans to share with her colleagues at home. "I found the tumor board (meetings) really impressive, and the way

that everyone, from the physician to the dosimetrist and physicist\* and the techs, work together on treatment planning and delivery."

Doaa Alameldin, MD, a radiation oncologist from Cairo, Egypt, also was appreciative of the opportunity to train with Dr. Refaat and get introduced to the modern state-of-the-art technology in radiation oncology.

"I am really happy to learn how Dr. Refaat and his team at the Cancer Center optimize and create intensity modulated radiation therapy (IMRT) plans and utilize image-guided radiation therapy (IGRT) on a daily basis. I am also impressed by the accuracy of stereotactic body radiation therapy (SBRT) and looking forward to start implementing these techniques back home in Cairo," Dr. Alameldin says.

In the time they spend in the United States, fellowship students experience life in a big city – they spend at least one full weekend in Chicago – and learn from Dr. Refaat and other Northwestern University faculty in Chicago and Freeport, as well as other POG physicians in Dubuque, Iowa.

"These physicians come here and learn, and then replicate what they've learned back at home, to teach others," Dr. Refaat says. "That's why we created this charity, to show physicians around the world that care at a university standard can be available in community practice."

\* Dosimetrists work with medical physicists to create a treatment plan to deliver the correct dose of radiation to the tumor while doing the least harm to surrounding tissues. The radiation oncologist consults the patients, recommends a radiation treatment plan, prescribes a radiation dose to a patient's tumor, delineates the tumor and nearby organs at risk, then relies on the dosimetrist and physicist to create a treatment plan. The radiation oncologists then review and approve the plan before radiation treatment begins.

For more information or to donate to the Cancer Fellows Foundation, visit [www.cancerfellows.com](http://www.cancerfellows.com). CFF is a 501(c)(3) nonprofit organization. All donations are tax-deductible to the extent allowed by the law.

## FHN Welcomed Pink Heals Tour to Freeport



FHN was proud to be a late September stop on the latest Pink Heals Tour. The famous pink firetrucks brought cancer survivors, men and women fighting cancer, and friends and families out to share their stories and sign the trucks.

## A Slice of Time – and Pizza – Just For You!



Great food, tasty drinks, and bone health were on the agenda for this October's Slice of Time event at Cannova's in Freeport. Members of the FHN Women's Care Team were on hand to talk about topics from osteoporosis to breast health.

# FHN, Physicians Immediate Care Bring Urgent Care Clinic to Freeport



**Starting next spring, seeing a healthcare provider for a sore throat, sprained ankle or scrape will be easier than ever. FHN has partnered with Physicians Immediate Care to build and operate an urgent care clinic in Freeport.**

Freeport's own Winter Construction, Inc. is in charge of construction on the clinic, which began in early October and is expected to be completed in time for a spring 2018 opening. It is located at 1009 Fairway Drive, just south of the FHN Family Healthcare Center – Burchard Hills in Freeport.

The clinic will be open seven days a week with patient-friendly hours. It will be equipped with digital X-ray capability, lab testing, and six exam rooms, including a trauma room for treating non life-threatening injuries and illnesses.

It will also offer occupational medicine services to employers for convenient, timely treatment of work-related injuries, drug and alcohol testing, and a variety of work-related physical examinations. You don't have to be an FHN patient to use the urgent care clinic.

"We're excited to partner with Physicians Immediate Care to expand the healthcare options available for our community," says FHN President and CEO Mark Gridley. "Having a facility like this will make it possible for people to get in to see a provider quickly, and it's a much cheaper choice—for patients and for the healthcare system in general—than going to the Emergency Department with a minor illness or injury."

Under the agreement, Physicians Immediate Care will handle day-to-day management of the jointly-operated clinic. The company has been in business for more than 25 years and operates a network of more than 40 urgent care clinics.

"Coordinating care between the family physician, the hospital, and our clinic creates a more efficient and affordable experience for our patients," Physicians Immediate Care CEO Stan Blaylock says.

Watch for more news about the clinic online at [www.fhn.org](http://www.fhn.org) and in the next issue of Insight.

## The New Clinic Will Offer Care for ...

### Injuries

- Abrasions
- Back pain
- Broken bones
- Burns
- Eye and ear injuries
- Foreign object and splinter removal
- Fractures and dislocations
- Hand and foot injuries
- Lacerations and open wounds
- Minor concussions
- Muscle injuries
- Sprains and strains
- Wound care

### Illnesses

- Allergies and minor allergic reactions
- Asthma
- Bronchitis and pneumonia
- Cold, cough and flu
- Dehydration
- Ear and eye infections
- Hemorrhoids
- Migraines and headaches
- Nausea, vomiting, and diarrhea
- Rashes and poison ivy

- Sexually transmitted diseases (STDs)
- Sinus infections
- Sore throat and strep throat
- Urinary tract and bladder infections

### X-Rays, Diagnostics and Lab Tests

- Digital x-ray system
- Electrocardiogram (EKG) for heart function
- Slit Lamp Machine (vision function)
- Audiogram (hearing function)
- Spirometer (lung function)
- Blood glucose
- Complete Metabolic Panel (CMP)
- Drug Screen
- HIV
- Mono
- Prostate-Specific Antigen (PSA)
- Sexually transmitted diseases (STDs)
- Total cholesterol
- Rapid influenza
- Rapid strep

### Physical Exams

- Boy/Girl Scout
- Camp
- Insurance
- Immigration
- Pre-employment
- Pre-surgical
- Return to work
- School
- Sports

### Immunizations

- Hepatitis B
- Influenza (flu)
- Measles, Mumps, and Rubella (MMR)
- Pneumonia
- Tetanus
- Tetanus, Diphtheria, and Pertussis (Tdap/DTap) (adult and pediatric)
- Varicella (chickenpox)

(For a more complete list of services offered, visit [www.visitphysicians.com](http://www.visitphysicians.com).)

## National Recognition

# Parent Enrichment Program Earns Blue Ribbon Status



We are extremely proud to share the news that our FHN Parent Enrichment 0–3 Program has been endorsed by the Parents as Teachers (PAT) organization as a Blue Ribbon Affiliate, one of the top-performing early education and home visiting affiliates in the group's international network of more than 1,300 affiliates.

"Over the past year, we have gone through an intensive quality endorsement and improvement process through the PAT National Center," FHN Prevention and Education Supervisor Beth Johnson says. "This recognition is the result of years of dedicated teamwork and committed and compassionate work with families."

The FHN Parent Enrichment Program works with families from the prenatal stage through age 3 to support parents in their role as their child's first and most important teacher. Through home visits and family-oriented activities, Parent Enrichment Program parent educators address parenting questions and provide families with the tools and information they need to do their most important job—being a mom or dad.

"The Parent Enrichment Program team members' professionalism and hard work clearly show through this endorsement," FHN President and CEO Mark Gridley says. "I'm proud to congratulate and thank them for this achievement."

The Parent Enrichment Program is open and free to eligible families of a child prenatal through 5 years old in Stephenson and JoDaviess counties. For more information on the program, visit [www.fhn.org/fcc-parent-enrichment-program.asp](http://www.fhn.org/fcc-parent-enrichment-program.asp).



Parent Enrichment Program families get together for playgroups, a chance for moms and dads to play with their kids and talk to other parents. Exploring a firetruck and footprint ghosts were highlights of a recent gathering.



Letter From Tonya Meyer, FHN Foundation Executive Director

## This past fall has been busy for the FHN Foundation!



We kicked off September with our **Partners in Giving (PiG) fundraiser**. During the month, employees were encouraged to invest in FHN by making a donation to the PiG fund. This fund is managed by a volunteer committee of employees who review equipment

requests submitted by department directors. These “Wish List” items are reviewed by the committee each fall, and 60 – 75 percent of the items requested are purchased using PiG funds. The 2017 PiG Campaign raised \$91,000, with more than 47 percent of employees participating!

Gerald Woker, a member of the local agriculture community, is at the heart of our newest fundraising campaign. Gerald credits the FHN Cardiac Rehabilitation Department for saving his life, and he approached us at the FHN Foundation with an idea: He wanted to ask a local elevator if they would allow farmers to donate



100 bushels of their harvest toward a new piece of equipment for the Cardiac Rehabilitation Department. **Thank you, Gerald, for inspiring and leading the 100 Bushels for the Heart fundraiser!**



### And Sarah Marsh made us proud!

This fall Sarah Marsh, MSN, FNP-BC was hired as a Nurse Practitioner Hospitalist at FHN Memorial Hospital. Sarah is a past recipient of the Mildred F. Ferguson ADN Scholarship. Sarah has worked at FHN for more than 10 years while

advancing her education. We were proud to provide financial assistance as Sarah worked her way through earning an associate’s degree, a bachelor’s degree, and finally, a master’s degree and certification as an advanced practice nurse! Be sure to tell her congratulations when you see her offering compassionate care to our hospitalized patients.

**THANK YOU FOUNDATION SUPPORTERS!** None of our good work is possible without you sharing your resources with us. We are truly grateful to have your trust as we work to improve the health and wellness of our communities.

## Reduce Your 2017 Taxes with an IRA Gift to FHN

Did you know that you can reduce your taxes while helping to ensure healthcare excellence in our communities by making a gift from your IRA to FHN?

The IRA charitable rollover permits individuals who are 70½ or older to roll over up to \$100,000 from their IRA to charity, free from federal income tax. An IRA rollover gift finalized before December 31 also qualifies for your required minimum distribution, permitting you to lower your income and taxes for this year while helping FHN deliver excellent, personalized healthcare for your family, friends, and neighbors.

Contact your attorney or financial advisor today to learn more about how you can redirect IRA income to FHN through the FHN Foundation and enjoy valuable tax savings this year. We are happy to answer your questions too, and provide information you and your financial counsel will need – just give us a call at 815-599-6900 or stop by our office at FHN Memorial Hospital.

**Thank you for your support!**

## Drive Through Flu Clinics

Getting a flu shot was no problem at FHN’s Drive-Through Flu Shot Clinics! Adults could pull into FHN’s Burchard Hills parking lot, fill out forms and get immunized without leaving their car. Look for more drive-through flu shot clinics next year!



## Making FHN Better

### Meet FHN’s New Assistant Vice President of Nursing, Debra Dyrek!

**W**e are honored to bring another established leader to FHN. We welcomed new FHN Assistant Vice President of Nursing Debra Dyrek, MSN, MBA, RN, NEA-BC, CMSRN, to our team in September.

Debra comes to us with a strong nursing and leadership background—she has worked in a variety of clinical and nursing leadership settings. She earned her bachelor’s degree in nursing from the University of Oklahoma in Norman, Okla, a master’s degree from Northern Illinois University in DeKalb, and an MBA from National-Louis University in Chicago.

“The MBA really cemented my leadership and business experience, while the MSN showed me the importance of having education and experience to back up the roles we’re in. The MSN taught me the bigger picture of nursing leadership. Overall, my education was a very well-rounded experience that led me where I am today,” Debra says. She has also earned certifications from the national Academy of Medical-Surgical Nurses (AMSNS) and is a board-certified Advanced Nurse Executive (NEA-BC).

Debra is eager to partner with FHN’s nurses and executive team to find ways to impact the entire organization and our patients. She’s looking forward to answering the questions “*What are we doing to make FHN a better place? What more could we be doing?*”

“My main focus for the coming year is to work with nursing leaders in the hospital and focus on patient experience and



staff engagement. We want to be the best place for patients to come. While we always want to improve our scores and ratings, our main goal is to improve the quality for patients who come to us with a need for care,” Debra says.

This aligns perfectly with her nursing philosophy: In order to be a great leader, it’s important to model what you expect from others. Being visible, accountable, supportive, motivating,

*“My main focus for the coming year is to work with nursing leaders in the hospital and focus on patient experience and staff engagement. We want to be the best place for patients to come.”*

and empowering is necessary to bring change and improvements to nursing. Debra strives to look for the very best in each individual, and be patient as we work to bring excellence to the communities we serve.

“Though I’m new, I’m already extremely impressed with the organization, our staff and the relationships we have with our patients. I’m very excited for the

future and I’m proud to be a part of something so great,” Debra says.

Debra and her husband have three adult children, two cats, and a dog. Her favorite pastime includes traveling—especially to places with sun, warm weather and beautiful beaches.

**Welcome, Debra!**

Congratulations!

## FHN's Pedersen Named Rural Physician of Excellence



FHN Family Medicine Physician Rebecca Pedersen, MD has been named a Rural Physician of Excellence by the Illinois Rural Health Association, an organization formed in 1989 to advocate for rural healthcare issues.

The award was created in 2005 to honor rural physicians who go above and beyond the call of duty to provide healthcare to Illinois' rural residents. Through the years the IRHA has recognized more than 100 physicians for their commitment to service, leadership in the community and dedication to wellness and prevention. Other FHN physicians who have been honored include:

**David Reese, MD • Shokry Tawfik, MD • Beth Kalnins, MD  
Michael McFadden, MD • Daniel Woods, MD**

Dr. Pedersen has been with FHN since 2001, and cares for patients at the FHN Family Healthcare Center – Highland View Drive in Freeport. She earned her medical degree from the University of Illinois College of Medicine at Rockford, where she was part of the Rural Medical Education Program. She will receive her award at a special ceremony this month at FHN Memorial Hospital.

## FHN Endows Scholarship at U of I College of Medicine – Rockford

FHN is encouraging bright young men and women across northwest Illinois to consider a career in rural medicine with a gift to the University of Illinois College of Medicine – Rockford.

A \$30,000 endowment from the FHN Foundation created the FHN Rural Medical Education Program Scholarship, to be awarded annually to selected students with financial need from Carroll, JoDaviess, Ogle, Stephenson, and Winnebago counties. The scholarship will help students in the college's Rural Medical Education (RMED) program to reduce their burden of debt and may increase the likelihood of students returning to practice in rural, underserved communities after completing their medical education and training.

"FHN truly values the high-quality medical education that the RMED program delivers that focuses on meeting the specialized patient needs of rural families throughout the communities in which we are privileged to serve," says FHN President and CEO Mark Gridley. FHN is one

**“ ”**  
We are delighted about this generous gift and the continued support FHN provides.  
Alex Stagnaro-Green, regional dean of the College of Medicine Rockford.

of RMED's teaching sites and has been a long-standing partner to the program.

The RMED program is a supplement to the College of Medicine Rockford's Doctor of Medicine Program. FHN and 29 other rural hospitals and health centers across Illinois collaborate with the RMED program to train health professions students in a rural environment. Through this collaboration, RMED plays a key role in helping healthcare partners successfully recruit talented physicians.

"We are delighted about this generous

gift and the continued support FHN provides," says Alex Stagnaro-Green, regional dean of the College of Medicine Rockford. "This endowed scholarship will greatly impact our ability to recruit and retain future physicians to our RMED program. Last year, we welcomed our largest RMED class in our history – 30 students – representing over 50 percent of the first-year medical students. Having scholarships available to offset the burden of debt will be critical for our students and will allow them to focus on being the best scholars and physicians they can be."

Recognized nationally as a leader in training rural physicians, RMED's educational delivery method has been designated a best-practice model, used in the development of new rural medical education programs around the world. Since its founding in 1992, the RMED program, part of the National Center for Rural Health Professions, has graduated more than 250 physicians; more than 70 percent have returned to practice in rural areas throughout Illinois.

## FHN's Small Town Heroes



Left to Right:  
**Michelle Allen**  
**Ryan Shirley**  
**Marilyn Smit**

Of the 13 people honored this fall as Champions of Change, three work at FHN! Champions of Change was the theme for this year's Small Town Heroes campaign sponsored by United Way of Northwest Illinois. They asked the community to nominate individuals who strive to create positive change in the lives of others, our communities, and our region. The United Way's goal through this campaign is to not only recognize these individuals but also share their passionate stories and inspire others to get involved in making our communities the

best they can be. The Champions were honored at a ceremony at the bridge at Tutty's Crossing where a photographic print of each by D+F Studio was unveiled, and a summary of the nomination was read.

"As we look to the future of FHN, I'm sure it's individuals like these who will lead the way," said Mark Gridley, President and CEO. "I am so proud of them, and of all the ways FHN is ALL IN for our communities. Way to go, Michelle, Ryan, and Marilyn!"

### Michelle Allen

Nursing Operations Leader for Ob/Gyn

Michelle is a champion of change for some of the most vulnerable people in our community. At work, she saw that many families in the area struggle to find the support they need, and she began remedying it: Michelle, her husband Derrick, and her two children became a foster family in 2015. In the past 2 years, they have fostered eight children.

Michelle has loved each of these children as her own until his or her biological parents were ready to regain guardianship. Michelle spreads the word about foster parenting, and has inspired other families to become foster families. Michelle's example of selfless love for kids and families in our community has empowered others down the path of change.

### Ryan Shirley

Maintenance Coordinator

Ryan is a shining example of a man committed to positive change in our community. Ryan doesn't wait for someone else to step up to the plate—when he sees a need, he does his best to find a solution. When he saw litter, he formed It's Up to Us (IUTU) to organize community clean-up days. He encourages fathers to participate in their children's lives by organizing events at the Boys and Girls Club. Ryan also opened a grocery on Freeport's east side to provide access to food and necessities not readily available. On Facebook, Ryan promotes positive events and offers encouraging words about the community. He is a true champion of change through his business, volunteer efforts, civic engagement, and by his example.

### Marilyn Smit

Marketing Executive

More than 15 years ago, Marilyn and her business partner, Joe Vaske, were part of Honeywell's marketing team. When they learned that the department would be eliminated due to outsourcing, they started M45 Marketing Services and have worked with over 200 clients since then—FHN is a key partner for them, and they for us. Marilyn has made a significant impact through her role as a leader and catalyst in efforts such as Vision 2020, Prospering Together, and the development of Little Cubs Field and Pretzel City Kitchens. At FHN, Marilyn was instrumental in organizing the pet therapy program, and regularly visits the hospital with her dogs Harry and Finley. She brings intelligence, ideas, enthusiasm, and a big heart to every encounter.

**We hope you will join us at one or all of FHN's Festival of Trees remaining events – there's something for everyone!**



**Holiday Family Movie Series** • Lindo Theatre, 115 S. Chicago Avenue, Freeport

- **Coco**, Saturday, December 2, 10 a.m., (PG) \$4
  - **How the Grinch Stole Christmas**, Saturday, December 9, 10 a.m., (PG) FREE
  - **Ferdinand**, Saturday, December 16, 10 a.m., (PG) \$4
  - **Star Wars, The Last Jedi**, Saturday, December 23, 10 a.m., (PG13) \$4
- No advance tickets • Limited seating • Holiday surprise from FHN for all kids.

BONUS MOVIE: **White Christmas** (G) • Wednesday, December 13, 1 p.m. and 7 p.m., free-will offering and/or food drive contribution

**FHN Community Festival of Trees** • December 4, 5 p.m.

Enjoy holiday singers and beautiful holiday trees decorated by local service organizations, clubs and church groups competing for prizes at Freeport Public Library, 100 East Douglas Street in Freeport.

- **Vote December 4–16** for your favorite holiday tree!
- **On display December 4 – December 30** at the Freeport Public Library. Hosted by FHN and the Freeport Public Library.

**Holiday Storytelling** • December 5, 6:30 p.m., Freeport Public Library.

**Singin' at the King** • Enjoy holiday music from area school and church choirs. Thursday, December 7, 5:30 p.m., King Community Campus gymnasium. Suggested donation of one non-perishable food item for entry.

**Festival of Giving** • Friday, December 8, 6 a.m.– 6 p.m. Give a brand-new toy or bid on one of the many auction items during this charitable toy drive, hosted by Highland Community College and Big Radio, to benefit less fortunate kids in our area.

**Luminary Night** • Enjoy the beauty of the soft light of luminaries as FHN joins this annual neighborhood tradition. Sunday, December 17 • Dusk to 9 p.m. along Stephenson Street and Lincoln Boulevard.



## A Reminder From Dr. Hartman: **Use Your FSA Funds!**

We know this time of year is fun-filled and super busy, but we want to remind you to use any remaining flexible spending account (FSA) dollars before December 31.

"It's important to know that if you don't use them, you not only lose those funds, but you also have to pay taxes on them," says FHN Audiologist Anneliese Hartman, AuD.

Something else to keep in mind is that you can use your FSA dollars for hearing aids! If you want to save even more money, be a part of our Hearing Aid Battery Club. Purchase 10 hearing aid battery packages through FHN Audiology and the 11th package will be free. We're also offering free screenings for adults through the end of 2017.

Various medical, dental, and optometrist appointments are FSA-eligible as well, so now is the time to get that eye exam, teeth cleaning, or checkup.

November is also a good time of year to start thinking about how much you'll need to set aside in FSA funds for 2018.

Healthcare open enrollment time is here! If you need help signing up for healthcare coverage, including coverage under the Affordable Care Act, remember you can call FHN's Certified Application Counselors at 815-599-7950 or toll-free 877-720-1555 for help!

## Insight

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