

A publication of FHN

Volume 9, Issue 2

# Insight

**Just One Call:  
Find a Primary Care  
Provider Today!**

**Early Detection: Colonoscopy  
Test 'Saved My Life'**

**Community Health Forums  
Beginning This Spring**



*We're here, for you.*

**FHN**

## Spring is Almost Here!

If your family is anything like mine, you're looking forward to sunshine and the opportunity to get out and enjoy all Northern Illinois has to offer recreationally. I also know that it's a very busy time of year for those of you in our area's important

agricultural community, and I hope that Mother Nature cooperates with your plans for the work of the season.

In this issue, I'm very proud to roll out a renewed commitment to having our primary care providers—your health coach and first line of defense against illness or injury—available for appointments when you need them. If you don't have a primary care provider, give us a call at 1-877-600-0346, ext. 965, and we'll have an appointment scheduled for you before you hang up the phone. If you've already chosen FHN for your healthcare, we want to be sure you have all the important screenings and up-to-date care you need—call us to schedule a visit if we haven't seen you in a while!

I'm also proud to let you know that FHN's Women's Care team has been recognized statewide for our obstetric care performance. Following a two-year process, we've been recognized with a Gold Award by the Illinois Perinatal Quality Collaborative. New moms are very important to us, as this award proves!

There's a great story about a patient who underwent a screening in our GI Lab, where we found a tumor that could have turned into cancer, dealt with it promptly, and according to him, likely saved his life. We have an open house coming up at the GI Lab—I hope you will visit. Along with other stories and the introduction of Dr. Terry Donat, our new otolaryngology specialist, you'll also read about how our Vein Center can get you back on your feet in time for fair-weather walks—I've been a patient there myself, and I'm really pleased with the results—no more painful legs or trouble sleeping!

On the health information front, we have a new offering on our website that allows you to check your symptoms if you're hurt or not feeling well and match you up with an FHN provider if needed. For further education, we're partnering with the Stephenson County Health Department to present a series of monthly forums on health topics currently in the news and on people's minds—the series begins in April.

**Enjoy the issue – and Spring!**



## Otolaryngology and Facial Plastic and Reconstructive Surgery Specialist Terry Donat Joins FHN

We are pleased to announce that Otolaryngologist and Facial Plastic and Reconstructive Surgeon Terry Donat, MD, FACS, FICS, has joined the FHN Ear, Nose, and Throat team.

Dr. Donat is board-certified in Otolaryngology and Facial Plastic and Reconstructive Surgery, and cares for patients of all ages. He offers same-day appointments for acute and urgent cases, and is currently accepting patients at FHN Specialty Care – Stephenson Street, 1036 W. Stephenson Street in Freeport.

Dr. Donat holds a medical degree from Hahnemann University School of Medicine in Philadelphia, Pa. He served an internship, residency and a fellowship at Wayne State University School of Medicine in Detroit, MI. His WSU fellowship included research at the University of Michigan School of Medicine in Ann Arbor, MI. He then completed his Facial Plastic Surgery fellowship at the University of Minnesota School of Medicine in Minneapolis, MN.

To make an appointment with Dr. Donat, call the FHN Otolaryngology Department at 815-599-7770 or toll-free 1-877-6000-FHN (1-877-600-0346) ext. 965. For more information on Dr. Donat and Ear, Nose and Throat care available at FHN, visit

**[www.fhn.org](http://www.fhn.org)**.



# FHN Vein Center

## Don't Let Tired, Heavy Legs Slow You Down

If a short walk or going up the stairs has become painful and tiring, you may have problems with the veins in your legs.

Venous disease can lead to varicose veins, sores on your legs, and even more serious circulation problems like blood clots. The specialists at FHN can help relieve your pain and provide long-term solutions through endovenous laser ablation, sclerotherapy, and more.

Our team of experts uses two approaches when it comes to venous disease treatment. The first involves wearing compression hose that apply light pressure on your legs. The second is outpatient surgical treatment.

We believe life is far too short to have endless aching, cramping, throbbing, swelling, and tiredness in your legs. Non-cosmetic treatment options are covered by most commercial insurance carriers, including Medicare. Give us a call today to schedule your appointment!

I came in for a free screening at the Vein Center after some pain and swelling. I didn't think I would be tested positive for venous disease, but I was. I was a little nervous going in for the first treatment, but for my second time, I wasn't nervous at all. The staff was very friendly and knowledgeable, and the treatment went very smoothly.

**Patient Scott Philips**

Exercise was very slow and difficult for me. My legs were heavy. I couldn't do as much as I wanted to. I had the venous disease treatment, and it was life-changing. I can now walk without pain. I used to have severe leg cramps at night, and they are completely gone after my treatment. I'm telling everyone I know about it!

**Patient Cynthia Runte**

I've had hereditary issues with varicose veins that really weren't a problem until after my early 40's. They became painful and started to interfere with my activities such as running and even my sleeping due to aches and cramps. I'm pleased to share that in just a few weeks after my first procedure at FHN's Vein Center I was able to complete a 5K with notable improvement in my pain. Since then, I have had additional procedures and I am happy to report that my legs are currently pain free and I have been able to increase my activity once again, as well as enjoying better sleep, due to no more leg aches. I would personally recommend the Vein Center to any of my family and friends!

**Patient Mark Gridley**

More than 40 million Americans suffer daily with painful, tired legs due to venous disease. Call 815-599-VEIN (8346) today to schedule your appointment for a **FREE VEIN SCREENING** from 3 to 6 p.m. at FHN Memorial Hospital.

**March 27 • April 24 • May 22**

## MyFHN On The Go – There's an App for That!



With our new MyFHN app, you can easily access your healthcare information on your smartphone any time! You can choose to log in using the website too, but if you'd like to take advantage of functionality designed just for your phone or tablet, just follow these simple steps:

1. Search for the MHealth app in the Google Play or Apple App store.
2. Select the Meditech MHealth app (there are multiple MHealth apps).
3. "Allow" MHealth to access your location—this will give you a selection of patient portals near you, and MyFHN will be one of them.
4. Choose the FHN/MyFHN Portal and download it—it will now appear as an icon on your smartphone.
5. Anytime you want to access MyFHN through the app, just log in with the same username and password set up for the online version of MyFHN.

**Thanks for choosing MyFHN!**

# New to FHN? Our Primary Care Providers Are Here For You!



Your Primary Care Provider is your principal partner in healthcare. Finding the right one is an important step in your lifelong health! If you're ready for a provider who is ready for you, call us for an appointment and you won't hang up the phone without one.\*



**Just call us toll-free at**  
1-877-6000-FHN  
(1-877-600-0346),  
ext. 965

**Monday-Thursday** 7 am – 6 pm  
**Friday** 7 am – 5 pm  
**Saturday** 8 am – noon

Your Primary Care Provider is your wellness coach and your first line of defense against illness or injury for you and your family. They also can open doors to almost 50 specialty

services at FHN that can partner with you for your healthcare needs. FHN is committed to personalized care in a hometown setting that "feels different" than anywhere else. We go the extra mile, every day to make sure that when you choose us for your care, you're making the right choice.

"We've revised our scheduling process to make it really easy for people to schedule an appointment," says Director of Patient Access Sarah Graybill. "With all the demands everyone seems to have these days, getting healthcare when you need it shouldn't be one more thing to have to squeeze into an already-full calendar. We also know that having to wait to feel better isn't something anyone wants, and we're committed to making sure that doesn't happen." **Welcome to FHN – we're here for you!**

\*Restrictions or requirements of health insurance carriers may apply; eligibility will be confirmed during our conversation with you.

## ALREADY HAVE AN FHN PRIMARY CARE PROVIDER?



We're not here for you just when you're sick or injured. Your everyday wellness is very important to us and we're happy to see you any time!

Have you scheduled your annual checkup for 2018? Are your children up to date on their vaccinations and school physical requirements? Want some answers about anything that has changed in your health or the way you feel? Need help scheduling important screenings or regular wellness visits? We've got you covered.

If we haven't seen your smiling face recently, welcome back! As Benjamin Franklin said, an ounce of prevention can be worth a pound of cure, so come on in and let's make sure you're enjoying your best health. Primary Care offices open at 7 a.m. each weekday, so if you wish, you can schedule a visit before you begin your busy day. See you soon!

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

## Online Symptom Checker

# FHN Debuts Smart Engage to Help You Get Back to Good Health

We are excited to introduce FHN's new online health navigator, Smart Engage!

You'll be able to access this free symptom checker on the FHN Media tab of the FHN website. It's completely free, fast, and easy.

Once you're on the Smart Engage dashboard, click on the area of the avatar's body where you're feeling discomfort or pain.



If you're experiencing knee pain, click on the knee, and resources on various symptoms, diseases, injuries, tests, self-care, surgeries, exercises, and therapy will pop up. You can look through articles from trusted sources about your condition and even be paired with an FHN healthcare provider who specializes in that area of pain or injury.

We hope you'll use Smart Engage to learn more about what's going on in your body so our providers can work with you to get to the root of your problem and get you on your way to feeling healthier!

## FHN Strikes Gold with IPOC

# Making Strides for Moms' and Babies' Health

We are proud to announce that FHN's Women's Care team has been recognized statewide for our care of moms and moms-to-be with hypertension. The Illinois Perinatal Quality Collaborative, a statewide group that works with hospitals to improve care for pregnant women and newborns, gave our Women's Care team a Gold award for our work in the group's hypertension initiative.

"This was a two-year process that focused on several goals, including ensuring that pregnant and postpartum patients with hypertension were being treated in the proper areas, decreasing time of arrival to treatment, and making sure that our providers and staff and patients were educated about the dangers of pre-eclampsia and hypertension," says FHN Women's Service Line Operations Leader Michelle Allen, RNC, BSN.

Our Women's Care team is more than the Ob/Gyn office – team members in the Emergency Department and Labor and Delivery at FHN Memorial Hospital played an important part in our success. We're very proud to be making strides in identifying and helping mothers at risk for pre-eclampsia!

### What is Pre-eclampsia?

Pre-eclampsia is a condition that some women develop after about 20 weeks of pregnancy. The main symptom of pre-eclampsia is high blood pressure. While many cases are mild and can be controlled with regular visits to your obstetrician, pre-eclampsia can be dangerous and even deadly for both a pregnant woman and her unborn baby.

Worldwide and in the United States, hypertension is one of the leading causes of pregnancy-related deaths before, during, or after delivery. Pre-eclampsia causes an estimated 60,000 maternal deaths yearly worldwide.

## CONNECT the D.O.T.S.

We are working with many community partners to provide the team support needed for individuals with complex care challenges. We will have successes to report soon! Partners so far include:

- Amity Daycare and Learning Center
- Boys & Girls Club of Freeport/Stephenson County
- City of Freeport
- Church organizations
- Freeport Fire Department
- Freeport Police Department
- Freeport School District 145
- Joseph's Pantry
- Mt. Calvary Church of God
- New Jerusalem Church of God
- NICAA Head Start
- North Central Illinois Council of Governments (NCICG)
- Pretzel City Area Transit
- Salvation Army
- Senior Resource Center
- Star Ambulance
- Stephenson County Farm Bureau
- Stephenson County Health Department
- United Way of Northwest Illinois
- YMCA

**Questions?** Contact FHN's executive sponsor of the initiative, Vice President of Patient Services/Chief Nursing Officer Kathy Martinez, MSN, RN, at 815-599-7529 or kmartinez@fhn.org.

# NOTED EXPERTS TO ADDRESS COMMON HEALTH QUESTIONS

## SCHD, FHN Partner to Present Health Forums

**Should I  
feed my baby  
organic food?**

**Am I at risk  
for Zika virus  
disease?**

**Are there valuable  
medicinal uses for  
marijuana?**

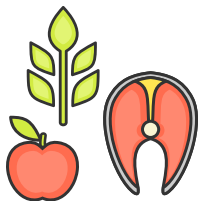
These are just some of the many questions that will be discussed by a series of health experts scheduled to present at the upcoming *Community Health Forum series*, sponsored by the Stephenson County Health Department and FHN.

The monthly series beginning in April will cover the latest research on a number of contemporary health issues from food fads and the metabolic syndrome (sources that can lead to diabetes, heart disease, and stroke) to chemicals in the environment that can result in endocrine (hormone) abnormalities and how to negotiate the healthcare system. In addition to addressing health topics of concern, speakers also will suggest practical ways to decrease risk of illness and to improve the overall health of individuals and of the community.

Each talk will be moderated by Alan Wenzel to encourage interaction with the audience, and will allow ample time for discussion.

All sessions will begin at 6:30 p.m. at the Freeport Public Library, 100 E. Douglas St. Refreshments will be served.

**Hope to see you there!**



### **Tuesday April 10 Food Fads and Fables**

*Are organic foods healthier than conventionally produced foods? Are genetically modified foods (GMOs) bad for us? What are the benefits of raw food diets for people and pets? Are there antibiotics and hormones in our food? These are just some of the questions and concerns that Dr. Jack Herrmann will address, using the best evidence from current research.*

### **Tuesday May 8 Mosquitoes, Microbes, and Me**

Given all of the media coverage of dread diseases such as Ebola, Zika and the pandemic flu, *what are the risks of contracting any of these? When should we worry?* Dr. Yvette Johnson-Walker will present the latest research on which contagious diseases we should worry about and which we shouldn't.



### **Tuesday June 12 Cancer, Cognition, and Exercise**

Drs. Mike Perry and Jack Herrmann will present the latest evidence on the importance of exercise to mitigate cognitive decline in middle age and prevent cancers of various types.

### **Tuesday July 10 'Mismatch' Diseases and Modern Life**

Modern life has subjected us to many lifestyle exposures that are new to us and at odds with the way that we have evolved over millennia. Dr. Jack Herrmann will discuss how our evolutionary biology has set us up for "mismatch" diseases such as obesity, Type II diabetes, cancer, and arthritis.



**Community Health Forum presentations** will continue through November 2018, covering topics from the importance of staying active to navigating the healthcare system and medical and recreational cannabis. For more information on the experts presenting the programs and the schedule for the rest of the events, visit [www.fhn.org](http://www.fhn.org).

### **Your hosts ...**



Dr. Jack Herrmann



Dr. Yvette J. Johnson-Walker



Dr. Michael Perry



Dr. Lynn Herrmann



Alan Wenzel



## FHN's First Baby of 2018

### Welcome to the World, Lakayla Chanel!

FHN's first baby of 2018 arrived on the chilly morning of January 2 around 8 a.m. Lakayla was born about a week before her due date, measuring 18.5 inches long and weighing 6 pounds, 7 ounces.

Mom Lakita and baby are both happy and healthy. When we asked Lakita what she wants her daughter to know about her birth, she said, "I want her to know that she was brought into the world during a very special time—the start of a new year. Her brothers and sisters are also holiday babies, born on St. Patrick's Day, 4<sup>th</sup> of July, and Christmas."

**Congratulations to Lakayla's family –  
what a way to ring in the new year!**



Letter From Tonya Meyer, FHN Foundation Executive Director

## A Comforting, Welcoming Space

FHN Hospice program is honored to have been selected as a recipient of a gift from the Freeport Community Foundation Craig Wilson Trust. Betty Wilson, Craig's mother, was very pleased to see \$1,000 from her son's trust be designated to an upcoming Hospice project at FHN Memorial Hospital.

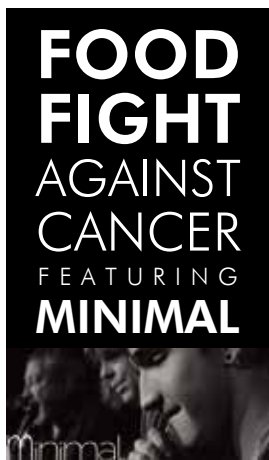
Plans are under way to give the Family Centered Care Room and its adjoining lounge on the Medical/Surgical floor in the hospital a much-needed update. Old wallpaper will be removed and replaced with a fresh coat of paint. The worn furniture will be replaced with new, more comfortable furniture, including a sleeping pullout chair for visitors to stay overnight.

The Family Centered Care Room is available to both FHN Hospice and FHN Medical/Surgical floor patients and their

loved ones. We will be excited to show off our "after" photos once the work is completed!

If you would like to make a gift in support of the Family Centered Care Room project, visit [www.fhn.org](http://www.fhn.org) and click on the "Give Now" button on the top right. You can also send a check with "Hospice Family Room" in the memo to FHN Foundation, 2045 W. Stephenson St., Freeport, IL.

We're pleased and proud to have helped make this project happen. Please don't hesitate to contact the FHN Foundation at 815-599-6900 if you have any questions.



Tickets are still available for this year's Food Fight Against Cancer event featuring the music of Minimal!

Tickets are \$35 each or \$65 for a couple—join us for a great night for a great cause!

**Friday, March 23 • 6 – 10 p.m.**

**Wagner House, 1 E. Spring Street, Freeport**

Voted Rockford's best new band in 2014, top pop band in 2016 and 2016 Top Male Vocalist—Rock, Pop, Country, **Minimal** will perform a fun mix of classic and contemporary music for guests as they enjoy delicious hors d'oeuvres and desserts from area caterers and bakeries.

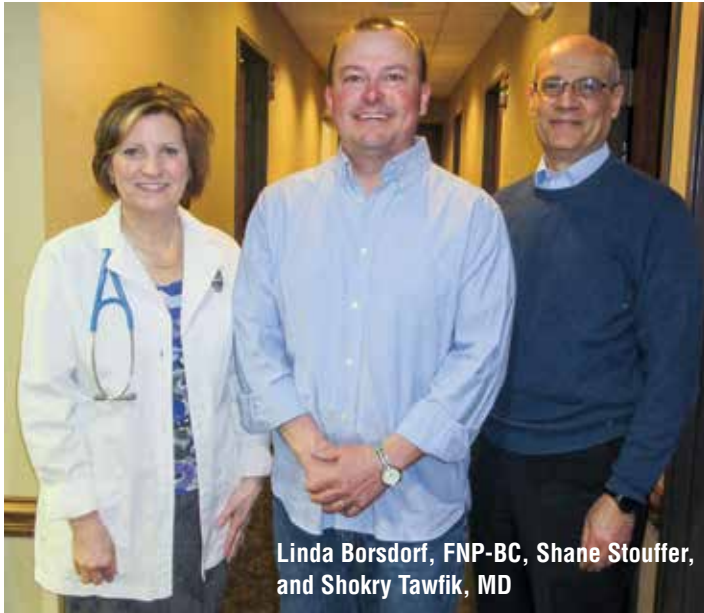
Union Savings BANK is the evening's sponsor, and caterers are donating their best creations for a fun evening to benefit the Cancer Center, which provides leading-edge care close to home for northern Illinois cancer patients. This event is presented by friends of the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital.

For more information or to purchase tickets, visit [www.fhn.org/FoodFight](http://www.fhn.org/FoodFight) or contact the FHN Foundation toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 947. Tickets will also be available at the door.

# Winslow Man Says Timely Colonoscopy Saved His Life

**“I would never have done it if it wasn’t required by my health and wellness program.”** That’s what Shane Stouffer of Winslow says about the colonoscopy that, according to him and his doctors, saved his life.

It all started with a letter from his health coach. This type of correspondence is a key component of participating in a workplace-related wellness program, which prompts him to have age-appropriate tests, eat well, and exercise, among other things. Shane was turning 50, a time when most medical guidelines suggest a colon screening is in order.



Linda Borsdorf, FNP-BC, Shane Stouffer, and Shokry Tawfik, MD

## ‘There was nothing to it’

He wasn’t thrilled about getting the test, but Shane figured he would keep up with the program’s wellness guidelines. He acknowledged, “Bottom line, I appreciate the proactive approach instead of trying to treat an issue later or simply neglect it altogether.” So he scheduled a colonoscopy with **Dr. Vivek Mehta**, and tried not to think about it until it was time to prepare for the procedure. “Really, there was nothing to it,” stressed Shane. “It was painless—over and done with in no time, and I was completely unaware until I woke up in the recovery area. When Dr. Mehta came to discuss his findings with me I jokingly said, ‘Is it good news or bad news?’ When he said it was ‘bad’ I was certainly surprised.”

Shane’s tumor was 9 cm—about the size of a baseball—but he never felt a thing. “It was hard to believe I had such a large growth and had no symptoms,” explains Shane. “Though the early screening biopsy came back negative, Dr. Mehta recommended prompt surgery because of the polyp’s ‘fingers’ that can indicate that it will soon spread. We scheduled a time with FHN surgeon **Dr. Rafael Castro** for just a couple weeks away. My family healthcare providers from Lena, **Dr. Shokry Tawfik** and **Nurse Practitioner Linda Borsdorf**, handled all the

pre-op work and counseled me and my family. **Dr. Ravi Vyas** attended to me while I was hospitalized. And throughout the ordeal, **Dr. Michael McFadden** supported and collaborated with my providers. I had great help from a whole team of specialists at FHN!”

From Shane’s perspective, the toughest part of the entire experience was recovery. He was in the hospital for less than a week, but he was very antsy to go home. “Dr. Tawfik checked on me daily and provided support to keep me positive. And the nurses on the med/surg floor helped me so much,” Shane says. “They knew I couldn’t wait to get out. They were really special and made the stay bearable. I especially appreciated the compassion of **Joann Olszewski, RN**, who called in to check on me on her days off due to my anxiety to be discharged.”

## Surgery did the job

When tests came back post-surgery, the diagnosis was Stage 1 colon cancer. The good news? Surgery had cleanly removed the tumor and was considered curative--no chemotherapy or radiation was suggested. According to Shane, “I was lucky. The surgery got it all. My treatment includes follow-up blood screens at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital and meeting with my oncologist, **Dr. Arshad Shaikh**, to monitor my progress and minimize chances of recurrence. He recommends a follow-up colonoscopy in six months... and you can bet I won’t put it off.”

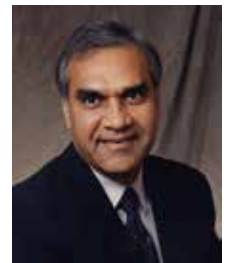
Now, Shane is a big proponent of the test so many people dread. “People should not be afraid of getting a colonoscopy,” he says. “They should call and make the appointment right away. The test was really no big deal, but the findings and surgery more than likely saved my life, or at minimum increased my quality of life. That is definitely a big deal to me, my family, and my friends.”



Vivek Mehta, MD



Rafael Castro, MD



Ravi Vyas, MD



Michael McFadden, MD



Joann Olszewski, RN



Arshad Shaikh, MD



## OPEN HOUSE: GI Lab

Wednesday, March 28  
4-6:30 p.m.  
FHN Memorial Hospital  
Freeport, IL 61032



Join providers and staff at FHN's GI (gastrointestinal) Lab to learn about our capabilities and how we can help find colorectal cancer while it is still highly treatable. We'll have demos to explain why you don't need to dread a colonoscopy, and tours through our high-tech lab. We'll also provide handouts including tips on how to prevent cancer, healthy recipes to deliciously incorporate fiber into your diet, and more. Don't miss this opportunity to see why our GI Lab should be an important stop in your journey to maintaining good health, and remember: What happens in the GI Lab, stays in the GI Lab!

## Welcome to FHN's Wellness Calendar

FHN is proud to offer many opportunities for you to learn about health and wellness—from informational programs and events to free health screenings all year long. Our popular Top 50 program offers a full slate of free blood pressure and other health screenings that are open to any adult! For years, Top 50 members have received a quarterly newsletter with a calendar of events.

This year, we're sharing information about the programs we offer in a convenient calendar in each issue of Insight. We hope you'll take advantage of some of these free, quick chances to "check up" on your health!

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

### Blood Pressure Screenings\*

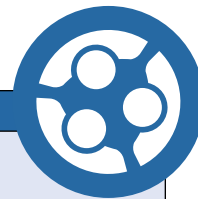
Location	Time	Date	Details
Golden Meals	10:30 a.m. – noon	April 10   May 8	524 W. Stephenson Street, rear entrance, lower level, Freeport
Gospel Outreach Food Pantry	9 – 11 a.m.	April 7   May 5	211 W. Spring Street, Freeport
Joseph's Pantry Faith Center	4 – 6 p.m.	March 20   April 17   May 15	203 W. Pleasant, Freeport
Liberty Village Estates	10:30 – 11:30 a.m.	April 11   April 13   May 9	2140 Navajo Drive, Freeport
Mt. Calvary Church of God in Christ	10 a.m. – noon	March 24   April 5   April 28   May 3	420 Challenge Street, Freeport
New Jerusalem Church of God	11 a.m. – 1 p.m.	March 15   April 19	4 E. Iroquois Street, Freeport
Pearl City Methodist Church	9 – 11 a.m.	April 28   May 12	411 S. Main, Pearl City
Pecatonica United Methodist Church Food Pantry	10 a.m. – noon	March 27   April 24	528 Washington Street, Pecatonica
Salvation Army	10:30 a.m. – 12:30 p.m.	March 22   April 12   April 26   May 10	106 W. Exchange Street, Freeport
St. John's Lutheran Church	12:30 – 1:30 p.m.	April 11   April 18   May 9	625 Country Lane, Lena

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

### Vein Screenings

Location	Time	Date	Details
FHN Memorial Hospital	3 – 6 p.m. (by appointment)	March 27   April 24	Achy, tired legs can be a symptom of venous disease. Schedule a free screening at the FHN Vein Center to see if our experts can help. Non-cosmetic treatment options are covered by most insurance carriers, including Medicaid. For an appointment, call 815-599-VEIN (8346).

## Support Groups



Group	Time	Date	Details
<b>Adult Diabetes Support Group*</b>	1–2 p.m.	April 3   May 1	FHN Memorial Hospital Globe Room—Lower Level For more information, call 815-599-6253.
<b>Alzheimer's/Dementia Caregiver Support Group*</b>	6–8 p.m.	April 3   May 1	Oakley Courts, 3117 W. Kunkle Boulevard, Freeport
<b>The First Steps Grief Support Group*</b>	10–11:30 a.m.	March 20   April 17   May 15	FHN Memorial Hospital cafeteria meeting rooms—Lower Level For more information, call 815-599-7240.
<b>Living Through Grief</b>	6–7:30 p.m.	April 9   April 23   May 14	FHN Memorial Hospital Cafeteria Dining Rooms—Lower Level For more information, call 815-599-7240.
<b>Managing Early Grief: The First Nine Months After a Loss</b>	6–8 p.m.	March 21 – May 23	FHN Hospice, 773 W. Lincoln Boulevard, Suite 403, Freeport This 10-week support group is designed for anyone who has lost a loved one during the past nine months. There is no charge, but registration is required to attend; call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 960.
<b>Memory Café*</b>	1–3 p.m.	March 22   April 26	Senior Resource Center, 216 E. Stephenson, Freeport
<b>Perinatal Loss Support Group</b>	10–11:30 a.m. 6:30–8 p.m.	March 15   April 19   May 17	FHN Memorial Hospital Globe Room – lower level A safe and supportive space for parents who have lost a child through miscarriage, stillbirth or shortly after birth to cope with and share their emotions. Call 815-599-6160 for more information or to register
<b>Parkinson's Support Group*</b>	1:30–2:30 p.m.	April 9   May 14	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena

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

## Training and Education




Class	Time	Date	Details
<b>Breastfeeding Class</b>	7–9 p.m.	April 3	FHN Memorial Hospital, 1045 W. Stephenson Street – Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221.
<b>Diabetes Education Class</b>	1–4 p.m.	Part 1–April 18 Part 2–April 19	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Series of two classes. Classes are available only through physician referral and there is a charge to participate; call 815-599-6253 for more information.
	9 a.m.–Noon.	Part 1–May 9 Part 2–May 10	
<b>Hospice Volunteer Training</b>	5:30–8 p.m.	March 26 – May 7	FHN Hospice Office, 773 West Lincoln, Freeport Free training for anyone interested in becoming a hospice volunteer. A light supper is provided. There is no obligation to volunteer, however those who wish to volunteer must attend all 7 sessions. To register, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 960.
<b>Prenatal Class</b>	5–9 p.m.	March 20   April 12	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Registration is required; call 815-599-6221.
<b>Sibling Class</b>	6:30–7:30 p.m.	May 3   May 9	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wittig. Registration required; for more information or to register, call 815-599-6221.
<b>Small Steps, Big Rewards</b>	5–7 p.m.	March 20	FHN Memorial Hospital Globe Room—Lower Level This pre-diabetes class, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention, helps individuals at risk for Type 2 diabetes take the first step toward preventing diabetes and living a healthier, longer life. No charge; registration is required. To register or for more information, call 815-599-6253.

## Community Programs



Program	Time	Date	Details
<b>March Into Wellness Health Fair*</b>	11 a.m. – 1 p.m.	March 17	Savanna Museum, 406 Main Street, Savanna FHN will present general health information and offer free blood pressure screenings.
<b>Founding Our Future: Make a Lasting Impact on Our Community</b>	5 – 7 p.m.	March 21	Eagles Club, 1220 W. Galena Avenue, Freeport Seminar will feature a panel of legal, accounting and insurance experts talking about planned giving. A light meal will be served; admission is free, but seating is limited. Co-sponsored by FHN Foundation, Freeport Community Foundation, HCC Foundation, and the Stephenson County Farm Bureau. For more information or to reserve a spot, email Marlie at office@stephensoncfb.org.
<b>Food Fight Against Cancer: Caterers are ALL IN!</b>	6 – 10 p.m.	March 23	Wagner House, 1 E. Spring Street, Freeport Join friends of the Leonard C. Ferguson Cancer Center for taste-tempting treats, music, and fun, all to benefit the Cancer Center! Tickets are \$35 each or \$65 for a pair. Music by Rockford's Minimal; sponsored by Union Savings BANK, appetizers courtesy of area caterers. For more information or to purchase tickets, visit <a href="http://www.fhn.org/FoodFight">www.fhn.org/FoodFight</a> or contact the FHN Foundation toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 947.
<b>Healthy Cooking Demonstration*</b>	2:30 p.m.	March 27	Joseph's Pantry – Faith Center, 203 W. Pleasant, Freeport Barb Curry from the University of Illinois Extension Office will talk about and demonstrate "Cooking With What's on Hand."
<b>Fall Prevention Prairie View Assisted Living Speakers Bureau*</b>	1 – 2 p.m.	March 30	500 E. McNair Road, Winnebago FHN Community Services Director Jackie Roach, RN will be the speaker.
<b>Community Health Forum: Food Fads &amp; Fables*</b>	6:30 p.m.	April 10	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Jack Herrmann will talk about the latest food fads, including organic, genetically modified foods, raw food diets and more. Presented by the Stephenson County Health Department and FHN. Refreshments will be served.
<b>FHN Volunteers Present Masquerade \$5 Frenzy*</b>	7 a.m. – 5 p.m. 7 a.m. – 3 p.m.	April 16 April 17	FHN Memorial Hospital Conference Dining Room, lower level, 1045 W. Stephenson Street, Freeport Jewelry, purses, fashion and accessories for men, women, teens, and children available – and everything is \$5! A portion of each sale is donated back to FHN.
<b>FHN/YMCA Family Health Fair*</b>	9 a.m. – noon	April 21	Family YMCA of Northwest Illinois, 2998 W. Pearl City Road, Freeport Wellness tips, healthy activities, health information and fun for the whole family. FHN Top 50 will hold a free blood pressure screening for adults.
<b>Talk: Vertigo and Dizziness*</b>	1 – 2 p.m.	April 28	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
<b>Community Health Forum: Mosquitoes, Microbes &amp; Me*</b>	6:30 p.m.	May 8	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Yvette Johnson-Walker will talk about the latest research on contagious diseases from influenza to Ebola and the Zika virus. Presented by the Stephenson County Health Department and FHN. Refreshments will be served.

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



SAVE THE DATE –

## YMCA Healthy Kids Day<sup>®</sup> and FHN Family Health Fair is April 21

The Family YMCA of Northwest Illinois and FHN are teaming up to bring you the region's best healthy activities, wellness tips, and lots of fun for the whole family from 9 a.m. – noon Saturday, April 21 at the YMCA at Highland Community College in Freeport.

Everyone is welcome – you don't need to be a Y member, or even a kid, to join us. We'll have information and activities for people of all ages!

# National Healthcare Volunteer Week is April 15–22

## FHN Volunteers by the Numbers



We completed **15,694** Errand and Escort requests on the hospital campus.



FHN Volunteers worked at **16** different sites in **26** service areas each month throughout the region.



We delivered **2,000** Meals on Wheels in 2017, facilitated **2,970** meetings between surgeons and families, and dedicated **4,094** hours to completing clerical projects in various FHN offices and departments.

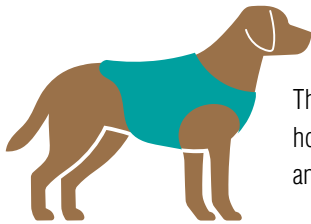


We shared our Mini Medic Tours with **50** elementary students.

**48** people joined the Volunteer Team in **2018**.



In 2017, our volunteers recorded a total of **33,069** hours, with an estimated economic impact value for FHN of **\$849,500**.



The Beyond Words Pet Therapy teams logged **1,341** hours providing comfort to patients, visitors, and staff and serving as FHN ambassadors to community events.

And finally, through events like our **\$5** Frenzy coming up in April (check out the calendar for details!), we raised **\$85,054.61** for the FHN Foundation.



## UPCOMING EVENTS



SPEAKER SERIES:

### Understanding Stroke and Stroke Care

Wednesday, May 16

5:30-6:30 p.m.

FHN Family Healthcare Center–Burchard Hills  
1010 W. Fairway Drive  
Freeport, IL 61032

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; someone has a stroke every 40 seconds, and someone dies of stroke every 4 minutes. Stroke also is a leading cause of serious long-term disability, reducing mobility in more than half of stroke survivors over age 65. 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 describe the state-of-the-art diagnostic equipment used in FHN's Emergency Department.



SPEAKER SERIES:

### I Need a Doctor – Where Should I Go?

Wednesday, June 13

5:30-6:30 p.m.

FHN Family Healthcare Center–Burchard Hills  
1010 W. Fairway Drive  
Freeport, IL 61032

It's 6:30 p.m. and your child just got a serious sprain at a school sporting event—where do you go? Riding to church Sunday morning, you discover that one side of your mom's face is drooping and she can't raise her arm—where do you take her? You just got a bad bee sting at 8:30 a.m. while playing golf—where do you go? With the opening of the new urgent care facility with Physicians Immediate Care, FHN patients have a variety of options for different types of care. Join representatives from FHN primary care, the Emergency Department at FHN Memorial Hospital, and the Physicians Immediate Care team to learn which type of care is best for which situations. After the presentation, walk across the parking lot to visit the new urgent care facility!

## Insight



*We're here, for you.*

FHN

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