

Inight

**Knee Pain?
From Reconstruction
to Replacement
We're Here, For You**

**Crisis Training at FHN:
Stop the Bleed**



Celebrating



Jane Addams

Happy 50th Anniversary, FHN Family Counseling!

Behavioral health services in Illinois have had a challenging time in recent years. Many have closed, and funding has been strained. At FHN, we have weathered the storm and in this INSIGHT, we celebrate the 50th anniversary of FHN Family Counseling (FCC) and offer thoughts for the coming years.

I'm proud to recognize and thank the many providers, staff, community members, and board members who have served or worked at FCC – you've made important contributions that positively impact our communities in this important area of healthcare!

Also in this issue we highlight our orthopedic surgery capabilities including TruMatch®, an innovative new knee replacement system that ensures that your new knee fits as perfectly and comfortably as possible while also offering most patients a quicker recovery and better long-term results. We're proud to be the only healthcare organization in the region, including Rockford, to offer this technological advancement.

We have a heartwarming story about a family who have created a community tradition to honor their late father and support FHN Hospice, and with summer upon us, we've included a handy comparison chart showing the many FHN options for

treatment of injuries and illnesses that may accompany the season, including FHN FastCare, FHN/Physicians Immediate Care Urgent Care and in life-threatening situations, the emergency room at FHN Memorial Hospital.

Summer is also school/sports physical season, and the full schedule of all our sports physical sessions is online at www.fhn.org. Don't forget that FHN donates back the full cost of sports physicals to the student's school – last year we raised \$15,600 for area schools! Summer also is a great time to get caught up on wellness appointments and avoid the autumn rush. If you need help finding a primary care provider for these or other services, just give us a call at 1-877-600-0346, ext. 965 and you'll have an appointment before you hang up the phone.

The FHN calendar in this issue is a big one – there's so much going on during the summer, from support groups and educational sessions to festivals and parades. FHN is committed to being not only your first and best choice for healthcare in northwest Illinois, but a great neighbor and community partner as well.

I will close by thanking you for continuing to refer your friends and families to FHN so we can care for you as we would our own family. And speaking of family, I do hope I'll see you while I'm out and about with mine – enjoy the summer!

FHN Jointopoly Reunion

More than 100 patients are enjoying life to the fullest after total joint replacement at FHN! This June, some Joint Club "alumni" gathered to visit, enjoy refreshments, and listen to a talk from FHN Rehab Services Director Jessica Currier on how to maintain strong joints through a healthy lifestyle. FHN therapy dog Finley even showed up to spread some love!



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!

Nominate Your Nurse or Caregiver!

We're proud to celebrate our healthcare providers. But we want your help, too.

To acknowledge and appreciate our employees, you can nominate your FHN nurse or caregiver for a national award!

The DAISY (Diseases Attacking the Immune System) Award is an international program that honors and celebrates the skillful, compassionate care nurses provide in hospital settings every day. The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of an auto immune disease. In addition, the BEE (Being Exceptional Everyday) Award was created to honor patient-care (non-nurse) staff who assist a nurse or patient and his or her family in delivering excellent patient care.

Help us celebrate our employees by nominating your nurse for the DAISY Award, or your caregiver for the BEE Award at www.fhn.org/daisy-bee-2018.asp. A multidisciplinary committee at FHN will select the DAISY and BEE Award honorees from your nominations. Honorees will be publically recognized with a certificate, pin, and treats in their unit.

Thank you for helping us recognize the selfless, compassionate work our nurses and caregivers do every day!



Just One Call is All it Takes ...

... to find a primary healthcare provider and get an appointment at FHN. If you are in search of a provider who will work with you to achieve and maintain your best health, call us for an appointment and you won't hang up the phone without one.

**Call us
toll-free
1-877-6000-FHN
(1-877-600-0346)
ext. 965**



Welcome to FHN! Gastroenterologist, Hospitalist Join FHN



FHN is pleased to welcome board-certified gastroenterologist **Timothy Laurie, DO, FACP**, to FHN. Dr. Laurie sees patients at the FHN Specialty Care—Stephenson Street clinic in Freeport.

Dr. Laurie holds a medical degree from Midwestern University in Downers Grove, Ill., and also is board certified in Internal Medicine.

He served his residency and a GI fellowship at Advocate Lutheran General Hospital in Park Ridge, Ill.

While at Advocate Lutheran General Hospital, he served as research director, faculty clinical director and GI fellow mentor. Dr. Laurie is a Fellow of the American College of Physicians as well as a member of the American College of Gastroenterology, the American Medical Association, and the American Osteopathic Association.

To make an appointment with Dr. Laurie, call the FHN Gastroenterology department at 815-599-7715.



Nurse Practitioner **Michele Wilkinson, AGACNP-BC**, has joined the Hospitalist team at FHN Memorial Hospital. She is a board-certified gerontology acute care nurse practitioner who holds a master's degree from the University of Illinois – Chicago.

Michele has cared for patients in cardiac telemetry,

progressive care, and intensive care units and is also board certified as an advanced certified hospice palliative nurse practitioner. She got her nursing degree and later, her bachelor's degree from Rockford University in Rockford.

As a member of the hospitalist team, she works on behalf of hospitalized patients' primary care providers to provide care for hospitalized patients. She communicates with patients' primary care providers and shares a report on care received when a patient is discharged from the hospital and returns to his or her primary care provider's care.



Celebrating 50 Years of Behavioral Health Support

The 50-year journey of improving our community's behavioral health is not only a great FHN story, but a great community story. **We're proud to share it with you here.**

A group of citizens including Jean Furst, Jim Skyrms, and Fred Kirkman formed the Stephenson County Mental Health Association in **1963**. At the time, people battling severe episodes of psychosis or depression would be dropped off at the hospital emergency room and transferred to Rockford for inpatient services. Volunteers from the Mental Health Association would sit with them while they waited to see a counselor. The association members realized a change was needed—the Freeport community deserved more accessible, nearby help. These individuals initiated a plan and voters passed a 708 Mental Health tax referendum in **1967**.

With about \$80,000 of initial operating money, the Stephenson County Mental Health Clinic (SCMHC) was then opened in **1967** in the Smith Building at 2-6 East Stephenson Street in Freeport to help individuals and families improve their lives through counseling, guidance, and education. With patients from Freeport and 17 surrounding communities, the clinic grew very quickly. The communities expressed a strong need for these services within the clinic's first five years of operation, confirming that the Freeport community made a great decision.

Thomas Colbert, the first executive director of SCMHC, established a comprehensive behavioral health center with a wide range of services including marriage counseling, communication issues, depression, and prevention services. In **1973**, offices were also opened in Jo Daviess County, staffed by two part time social-workers. Originally located in the Jo Daviess County Health Department, Galena services eventually moved to 300 Summit Street, where they remain today.

Focused on Prevention

In **1974**, Bob Dunbar became the director and services were provided out of the Professional Building at 27-29 Main Street in Freeport. In **1976**, the facility relocated to 222 West Exchange Street and shortly thereafter, the facility name was changed to Jane Addams Community Mental Health Center to honor Jane Addams, the activist, social worker, public philosopher, and leader for world peace who was born in Cedarville.



Drug and alcohol prevention services were added in the schools, as well as day treatment for more seriously ill patients and 24/7 crisis intervention services.

Dan Neal became the executive director in **1985** and in **1987**, the center relocated to the old nurse's dorm on the campus of Freeport Memorial Hospital. Neal is most proud of the addition of the Parenting Education and the Big Brothers Big Sisters programs in the **early 1990's** and the merger with FHN in **1999** when the Center changed its name to FHN Family Counseling

Center (FCC). In **2005**, the facility moved to its current location at 421 W. Exchange Street. Over the years, the staff has grown to more than 60 employees in Freeport and Galena.

Reducing the Stigma

“One of my biggest motivations in getting involved in behavioral health was fighting the stigma that the mentally ill face. I wanted to help people understand that there is no health without behavioral health. Integrating behavioral health services and other health services not only helps to reduce the stigma, but also provides a higher level of care,” Dan says.

There are many examples of how behavioral health and other health conditions are related. For example, heart attacks can lead to depression; people who have had a heart attack are 50 percent more likely to experience depression. Young people also suffer from depression and anxiety that may go unnoticed by adults. “I remember being anxious in high school and college. At that age, you’re worrying about whether people think you’re cool, and you’re also worrying about grades, what you’re going to do with your life, and what comes next,” Dan recalls.

Greater attention to bullying initiatives in schools also helps to identify and ameliorate stressful situations early before they grow to cause greater damage.

Building on 50 Years of Positive Changes

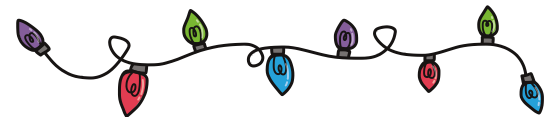
FHN is proud to look back on our journey improving the health of our communities, but we’re also focused on future plans. Gabriel Gonzalez, the current executive director of FHN Family Counseling, says, “We have applied for funding that would allow

“
Strong
behavioral
health
services
are
extremely
important
and
beneficial
to the
health
of our
community.”

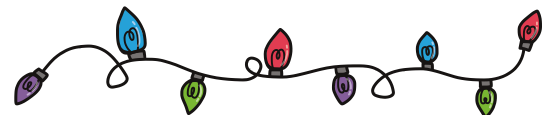
us to provide training to police, first responders, educational staff, veterans, active military members, and community members, and teach them how to respond to an individual in crisis.”

There also is an initiative to make crisis beds available at FHN Memorial Hospital in order to reduce the number of people who are transported out of the area for these services. Through a telehealth initiative, FHN is planning to make access in remote areas much more readily available, including access to the area’s only child psychologist. We’re looking forward to this initiative not only to increase safety and health in our communities, but also because it would be the only initiative of its kind in northwest Illinois.

“Strong behavioral health services are extremely important and beneficial to the health of our community. I am confident that with continued community support, the next 50 years will see great progress in reducing the stigma still sometimes attached to seeking behavioral healthcare,” says Gabriel. “We are committed to continually improving both access and improving the effectiveness of our services for the people of northwest Illinois.”



FCC will be the beneficiary of this year’s FHN Festival of Trees Gala proceeds! The Gala will be held November 16 at Grand River Hall in Freeport – save the date!



FHN FAMILY COUNSELING CENTER EXECUTIVE DIRECTOR GABRIEL GONZALEZ graduated from University of Nebraska at Omaha with a master’s degree in social work – health and mental health. He comes to FHN from The Medical Center of Aurora, where he served as the Vice President of Behavioral Health Services and was responsible for overseeing community relations, government affairs, and developing behavioral health approaches for a division of 6 medical/surgical facilities. He has many plans for the future of FHN Family Counseling Center and is working to improve the health and safety of our communities.



Do You Know How to Stop the Bleed?

Due to recent increases in mass shootings, bombings, natural mass casualty events, work and home injuries, and motor vehicle accidents, we have been inspired to do more to keep our community safe.

That's where Stop the Bleed comes in. Stop the Bleed is a nationally recognized program designed to teach non-medical people and everyday members of the community the importance of stopping hemorrhage. FHN Emergency Preparedness Coordinator Doug Toepfer leads a 2-hour class on this topic for only \$25 per person.

The program teaches the skills necessary to control, and if possible, stop bleeding in people with traumatic injuries. If left unattended, hemorrhage can quickly result in death. The goal of Stop the Bleed is to provide an immediate response to bleeding when trained responders or a first aid kit is not available.

“

ANYONE can benefit from this class, but especially those who care for others—child care workers, parents, home care staff, or those that work in areas where accidents may be more prone to happen. In a matter of an hour, you will have invaluable skills that will last a lifetime.

”

– Elizabeth G.

If you want to learn the skills that could help you save a life, we welcome you to join an upcoming class! You are important in helping to spread this knowledge to schools, churches, businesses, and individuals who want to keep their family and friends safe.

For more information or to register, visit www.fhn.org/stop-the-bleed.asp. Read about our other Community Education programs at www.fhn.org/community-education.asp.

DRUG TAKE-BACK EVENT A SUCCESS Permanent Drop-Off Spots Available



FHN participated in National Drug Take-Back Day April 28 with an event at Cub Foods in Freeport. We collected 115 pounds of old medication for safe disposal—a lot of potentially hazardous waste that won't be going into our groundwater or be available for theft and abuse!

If you weren't able to get to the event, or if you need to get rid of more medications, you can take them to one of the permanent pick-up spots located across northwest Illinois:

- Freeport Police Department, 320 W. Exchange Street, Freeport
- East Dubuque Police Department, 193 Sinsinawa Avenue, East Dubuque—needles only
- Galena Police Department, 311 N. Bench Street, Galena
- Lake Carroll Clubhouse, 3-200 Association Drive, Lake Carroll
- Lanark Police Department, 111 S. Broad Street, Lanark
- Milledgeville Police Department, 334 N. Main Avenue, Milledgeville
- Mount Carroll Courthouse, 301 N. Main Street, Mount Carroll
- Pecatonica Fire Department, 405 Main Street, Pecatonica
- Savanna Police Department, 333 Chicago Avenue, Savanna
- Shannon Police Department, 17 E. Market Street, Shannon
- Stockton Police Department, 155 W. Front Avenue, Stockton
- Thomson Police Department, 2100 Market Street, Thomson
- Warren Police Department, 516 Anson Street, Warren

Our next Drug Take-Back Day is October 27—watch for more information in the next Insight or online at www.fhn.org.

SAVE THE DATE!

Mark your calendar now and save the date for these upcoming FHN events.

Women's Event at Cannovas

Monday, October 15, 2018
5:30 to 7 p.m.

Meet and chat with providers and staff from our women's care team over great food and complimentary beverages! More details to come!

OPEN HOUSE

Center for Wound Healing

Wednesday, November 7, 2018
5:30 to 7 p.m.

Join us at the Center for Wound Healing at FHN Specialty Care – Stephenson Street and learn about the care options offered for chronic wounds. Open house visitors are invited to tour the facility, talk to staff, and enjoy refreshments. More details to come.

Flynn Family Donates Trivia Night Proceeds to FHN Hospice

If you think trivia night is just a night of useless knowledge, the Flynn family can prove to you that it's so much more! Sisters Courtenay Flynn and Crystal Geerts partnered with their mom, Carla, to create a trivia night fundraiser to honor their dad, John Flynn, who was battling cancer at the time. The goal was to raise money and have some fun, but they had no idea the impact they would make.

When the Flynn family started organizing their first fundraiser in 2013, they sparked the interest and curiosity of many. The number of businesses that showed their support far surpassed their expectations.

The Flynn family chose to hold trivia night at the VFW in Hanover, which was struggling as a business when they started the fundraiser. Vicky Hastings, the VFW bar manager, says the Flynn's trivia night has become their biggest night of the year, so they now choose to donate the hall to the family for the event every year.

Imagine 100 people competing at trivia in the VFW hall, which barely holds 100 at capacity. All night, trivia teams are battling to answer questions about animals, cars, presidents, state facts, movies, and so much more. There's such a wide variety of questions, every attendee is almost guaranteed to bring some sort of value to the team!

The Flynn family has created so many fun traditions as part of this event, one of our favorites being a "travelling trophy." The winning team must bring it to next year's event and try to defend their title. If they can't defend it, they have to present it to the new champions. Everyone enjoys this fun, healthy competition!

All donations from the fundraiser go directly to FHN Hospice.

"Our reason for donating the money to FHN Hospice is simply to thank them for the care they gave not only to Dad, but to us as a family. With Hospice, you're more than a number, and you become family. Until you're in that position, you have no idea of the impact Hospice can make. They continue to support and surprise us. They have a completely amazing group of people we could never thank enough," says Crystal Geerts, John's daughter.



"Seeing everyone come together for a night of fun and support for an amazing organization is what makes this so rewarding."

"Seeing everyone come together for a night of fun and support for an amazing organization is what makes this so rewarding. The event brings in such a wide variety of people, so it's neat to just sit back and see them all laughing and getting along. Most of the teams have been with us since the start - supporting us all the way," Crystal says.

Each year, they reminisce about when their dad was able to sit back, laugh, and joke with everyone as they came in the door to play trivia and cheer them on each time they won something. One of the loyal trivia night attendees, Cheri Gertsch, decided to liven the place up by making paper airplanes—which was one of John's favorite things to do on break at work. "He would always make paper airplanes and throw them around, acting like such a kid. He even got written up for it once at work—almost getting a 3-day suspension. But when Cheri made paper airplanes and started flying them around on trivia night, we knew Dad was smiling and laughing with us," Crystal says.

John Flynn passed away on December 18, 2013, after the first fundraiser. There's no doubt that his family continues to honor him in one of the most positive ways possible.

The Flynn family raised \$970 on their first trivia night in 2013, and so far, they've raised \$2,300 with no signs of slowing down!

Thank you, FHN Hospice, for your great care of the Flynn family. And thank you to the Flynn family for creating such a fun tradition and showing your support for our organization.

Whether You Need Knee Replacement Or

TruMatch® Knee Replacement – Jim Kerr



TruMatch® made a happy camper out of Jim Kerr, who felt almost immediate relief after his surgery. Now he enjoys increased mobility while camping with his family at Lake LaDonna.

Before his knee replacement surgery, Jim Kerr couldn't mow the lawn, climb a ladder, or participate in some of his favorite campground activities. TruMatch® from FHN changed all that ... and now Jim is doing things he hadn't done in quite some time.

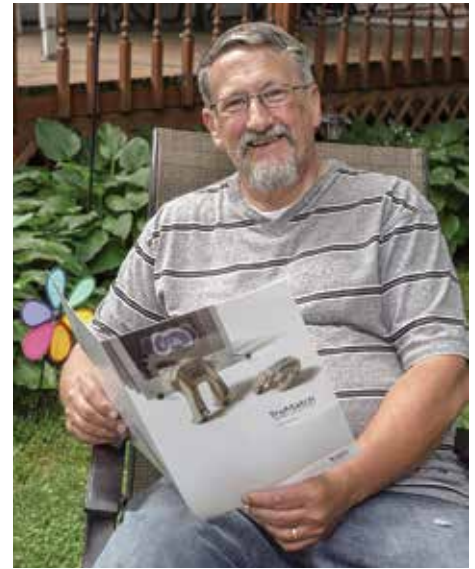
Jim's pain was intense. "Saying my knee hurt is an understatement," he says. "The pain was constant. It was difficult to walk, almost impossible to climb stairs, and I couldn't keep up with anybody. I couldn't even find a comfortable position to just sit around. I knew I had to do something, so I went to see Dr. Dammann."

FHN Orthopaedic Surgeon Greg Dammann, MD, reviewed all of Jim's images and identified him as a good candidate for the personalized TruMatch® proce-

cedure. "Jim had bone-on-bone arthritis as a result of degenerative changes in the knee joint. I felt a knee replacement using the TruMatch® system was the right choice," Dr. Dammann says. This innovative technique can help expedite recovery and healing time. Specialized leg scans create customized surgical guides that adapt to each patient's anatomy. This helps with precise positioning and alignment, which increases positive results.

Jim was convinced. He scheduled his surgery and remembers feeling positive and prepared. "I met with the surgeon, surgical assistant, and anesthesiologist, and they reviewed everything with me that morning. We even said a short prayer together, which was comforting. The surgery itself took about an hour

After reading about the innovative procedure, Jim felt the customized TruMatch® solution was his best choice.



and 20 minutes and I was in the recovery area for about 45 minutes. That very afternoon, I went to therapy for the first of four post-surgery, in-hospital sessions.

Pain Gone the Same Day

"When I first stood after the procedure, my normal knee pain – the pain I had lived with for years – was completely gone. It was amazing," Jim shares. "I managed the surgical pain with medication for a couple days and then before therapy for the first week. A special ice pack they gave me to help with swelling was pretty helpful, too."

Jim was faithful to his therapy regime, which was a big part of his success. "I did physical therapy three times a week for two months and now I feel strong. At first, I couldn't even pedal their exercise bike in a full circle. We started with stretching and moved on to mobility and strength, and it didn't take too long to start feeling more confident."

Since Jim so quickly benefitted from his TruMatch® experience, he is getting ready to do it again. "I am so happy with how my surgery went that I am having my other knee replaced soon. I am a true believer in TruMatch® and Dr. Dammann. I would recommend them to anyone. They changed my life."

Reconstruction, FHN is Here, For You.

Knee Reconstruction – Josie McDermott

Josie McDermott heard her knee ‘pop’ at club soccer practice. It didn’t really hurt, so she determined to just keep playing. After the game, it just felt ‘wrong.’ When it started to buckle later, she knew she needed a professional opinion. That’s when she turned to FHN Orthopaedic Surgeon Greg Dammann, MD.

An MRI confirmed she had an injury—a torn ACL. According to Josie and her family, Dr. Dammann did a great job discussing all the choices available to her. They opted for a knee reconstruction, which is often used to help student athletes recover quickly.

Ready and Willing

“Josie was the perfect candidate for this type of surgery,” Dammann declares. “She was eager to be ready for high school soccer, and motivated to follow instructions and work hard to expedite her recovery.”

Dr. Dammann explained the procedure so well that Josie didn’t feel nervous about her surgery. “He did an excellent



Josie was motivated for a quick recovery. Not only was she eager to get back on the soccer field, she was excited to obtain her driver’s license. The day of her surgery was just two days before she was eligible to take her test at the DMV. This double dose of incentive helped make Josie a model patient, according to Whitney, her physical therapist.

job preparing me for what to expect,” she emphasizes. “He even gave me his cell phone number so I could contact him at any time. That gave me a lot of confidence.”

Surgery Went Well ... With One Surprise

The big day arrived—a Wednesday—and Josie went in to surgery calm and ready to move forward. What no one knew until later was that she also had a torn meniscus. Dr. Dammann came out to share the news with Josie’s parents. “Sometimes, even with the most sophisticated equipment, there are surprises in the operating room. This was one of those times,” he explains. “Happily, it was pretty easy to mend and Josie’s surgery was a complete success.”

The patient had a great rapport with the nurses in the recovery area, and later that very same day, they prepared Josie to leave the hospital. “They wheeled me down to the car and then I was up on crutches and ready to head home,” Josie says. “I was happy they taught me how to navigate the stairs before I left FHN! That first day was rough, but I truly did improve quickly.”

Physical Therapy Set the Pace for Recovery

The next Monday—just five days after surgery—Josie started physical therapy. “PT played an important role in my recovery,” she explains. “My therapists knew I wanted to be ready to play soccer in six months, but reminded me that sometimes it can take up to eight months to fully recuperate. They knew how important it was to me, so they helped me set goals and push myself to achieve them. I went to therapy three times each week and could see my range of motion increase with each session of hard work. With their guidance, I was healed and able to play Lady Pretz soccer my entire junior and senior seasons.



Soccer was a way of life for Josie McDermott until she tore her ACL. She got back to her game quickly with the help of orthopaedic surgery from FHN.

Josie had tremendous confidence in her orthopaedic surgeon, Dr. Greg Dammann. “He did an excellent job and you can tell he cares. That impressed me,” she emphasizes.



Now, I am heading off to college on a full scholarship. I am so grateful that Dr. Dammann and FHN helped keep me on the playing field.”

Patient Services Options

With the addition of FHN/Physicians Immediate Care Urgent Care, you now have more options than ever for FHN healthcare in our region. The chart below shows visit options for both non-life-threatening circumstances and more serious situations. All of these are entry points that can lead to additional appointments with FHN Specialty Care providers if needed; for more information on 40 specialties we offer, please visit www.fhn.org/specialtyCareMain.asp

Thank you for choosing FHN!

	FHN Primary Care	FHN Community Healthcare Center	FHN FastCare	FHN/Physicians Immediate Care Urgent Care
Contact info	<ul style="list-style-type: none"> Your primary care provider or 1-877-6000-FHN (1-877-600-0346) ext. 965 if you don't already have a primary care provider – you'll have an appointment before you hang up the phone Locations and appointment hours vary – more at www.fhn.org/locationsMain.asp 	10 W. Linden Street, Freeport (same building as the Stephenson County Health Dept.) 815-599-8414 More at www.fhn.org/locations.asp?id=24	<ul style="list-style-type: none"> 555 West South St., Freeport (in ShopKo) 815-599-7800 More at www.fhn.org/locations.asp?id=28 	<ul style="list-style-type: none"> 1009 Fairway Dr., Freeport 815-986-4200 More at physiciansimmediatecare.com/ Check wait times/reserve visit time at physiciansimmediatecare.com/ (click at upper right)
Services offered	Quick summary: full primary care services and treatment for illnesses and injuries for all ages newborn to senior, quick appointments for non-life-threatening situations generally available within one or two days (call your provider for specifics). For more, see www.fhn.org/locationsMain.asp	<ul style="list-style-type: none"> Quick summary: full primary care services for non-life-threatening illnesses and injuries, all ages, by appointment (no walk-ins, although appointments can often be scheduled the same day you call). For more, see www.fhn.org/locations.asp?id=24 	Quick summary: non-emergency illnesses and injuries such as sinus and ear infections, colds and flu, sore throats, upper respiratory infections, etc.; can also do sports/camp physicals. No services for babies under 18 months old. For more, see www.fhn.org/locations.asp?id=28	Quick summary: non-life-threatening injuries and illnesses, emergent sutures, enhanced x-rays, diagnostics and lab work, setting/casting broken bones/dislocations, audiograms, EKGs, spirometry, more extensive immunizations/physical exams than FastCare, occupational medicine services for work-related injuries, drug and alcohol testing, and a variety of work-related physical examinations. For more, see page 6 at www.fhn.org/docs/Insight_V8_5_2017.pdf
Onsite providers/staff	<ul style="list-style-type: none"> Primary care – Family Medicine Physicians and Nurse Practitioners Physician Assistants (PA) Certified Medical Assistants (CMA) Nurses Patient Service Representatives (PSR) 	<ul style="list-style-type: none"> Primary care – Family Medicine Physicians and Nurse Practitioners Patient Service Representatives 	<ul style="list-style-type: none"> Primary care – Family Medicine Physicians and Nurse Practitioners Physician Assistant Certified Medical Assistants Patient Service Representatives 	PIC does not promote themselves as an option for primary care; they employ <ul style="list-style-type: none"> Physicians Physician assistants Nurse Practitioners Radiologic technologists Patient care technologists (CMAs) Patient care coordinators (PSRs)
Hours	Most primary care offices are open extended hours before and after the traditional workday, and many also offer appointments on Saturdays – call your provider for specifics	<ul style="list-style-type: none"> Monday 8:30 a.m. – 5:30 p.m. Tuesday – Friday 8:30 a.m. – 4:30 p.m. 	<ul style="list-style-type: none"> Monday – Friday 8:30 a.m. – 8:30 p.m. Saturday 8:30 a.m. – 5 p.m. Sunday 10 a.m. – 5 p.m. (refer to website for holiday hours) 	<ul style="list-style-type: none"> Monday-Friday 8 a.m. – 8 p.m. Sat/Sun – 8 a.m. – 4 p.m. Holidays 8 a.m. – 4 p.m. except for Christmas and Thanksgiving (refer to website for specific holiday hours)
How do I make an appointment?	Schedule through your primary care provider – if you don't have one, call 1-877-6000-FHN (1-877-600-0346) ext 965 and you'll have an appointment before you hang up the phone	Call 815-599-8414	<ul style="list-style-type: none"> Walk-ins only No appointments needed, and none made 	<ul style="list-style-type: none"> Can reserve a time online Can also check online for wait times physiciansimmediatecare.com/ (click at upper right) Walk-ins
Average cost/visit, not including lab work, x-rays, or other services (varies, depending on reason for visit)	\$69 minimum (may not apply with some insurance plans, Medicare, and/or Medicaid)	\$30 minimum (may not apply with some insurance plans, Medicare, and/or Medicaid)	\$57	\$155-280
Payment	<ul style="list-style-type: none"> Most insurance Medicare Medicaid – for 2018, which is a transition year for Medicaid in Illinois, FHN will accept patients under traditional Medicaid as well as those covered under Meridian managed care (Meridian is one of 5 managed care options in Health-Choice Illinois) Self-pay Cash, check, credit cards Visit co-pay may be required at time of visit, based on your insurance (check with your insurer or your primary care provider's office) Can pay balances online 	<ul style="list-style-type: none"> Most insurance Medicare Medicaid – for 2018, which is a transition year for Medicaid in Illinois, FHN will accept all patients under traditional Medicaid as well as those covered under Meridian Illinois managed care, IlliniCare, Blue Cross Community Health, Molina, and Harmony Health (the 5 managed care options in Health-Choice Illinois) Self-pay Cash, check, credit cards Visit payment (\$57) must be made at time of visit; additional charges for lab work or other services (depending on insurance coverage) will be billed 	<ul style="list-style-type: none"> Most insurance (co-pays that may be required by your insurance carrier are due the day of your visit) Medicare Medicaid – for 2018, which is a transition year for Medicaid in Illinois, PIC in Freeport will accept patients covered under IlliniCare managed care (one of 5 managed care options in HealthChoice Illinois) For uninsured/self-pay, payment in full required at the time of service; visit prices begin at \$155 in Illinois Cash, check, credit cards Can pay balances, if any, online following any payments required the day of your visit 	

* ACTIN Care Groups, Aetna, Align Networks, Ambetter, AmeriPlan, BlueCross BlueShield, Cigna, CorVel, Coventry Health Care, First Health Network, HealthLink, Health Alliance Medical Plans, HFN (Healthcare's Finest Network), MedRisk, My Community Care, NIHP, OSF HealthCare (Rockford Area), SmartCare, SmartHealth, Swedish American Health Alliance Network/Staffcorp (Rockford Area), The Alliance, Three Rivers Provider Network, TRICARE Standard,



Miles And Minutes is Back – More Ways to Win Money for Your School

Your summer fun can pay off for your school! FHN's Miles And Minutes program encourages you to be active as you log various types of physical activity to win prize money for the school system of your choice.

Register for this online program at www.fhn.org/milesandminutes. All of the rules of the competition are there, as well as information about how miles and minutes are calculated to determine the winning school systems.

A calculator on the website automatically converts minutes of almost any type of physical activity into miles, which are normalized based on number of students to help ensure that all schools have an equal chance to win.

First prize for each category is \$2,000, second prize is \$1,000, and third prize is \$500! Prize money will be awarded in September. Prizes will be awarded in two categories:

- School system with the most average “miles” logged per participant
- School system with the most “miles” total

Everyone’s Got a Chance

Schools not winning in one of the two main categories are eligible to win in the following categories:

New for 2018! FHN promotes healthy families and this year, we have added family activities. If an adult and at least one child participate in one of these activities, your school will earn double points! The school system with the highest amount of family activity miles will win \$500.

Eligible school systems will be entered into a random drawing for cash prizes: First place—\$500, second place—\$300 and third place—\$200.

Competition began May 28 and runs through Sunday, September 2. You can register and get moving for your school at any time before Sept. 1.

Participants (must be age 12 and above) can support any school system, and current standings will always be on the website. “Like” FHN Miles And Minutes on Facebook for fun updates, healthy tips, and more!

For more information, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

School Systems in FHN’s Service Area:

- Chadwick-Milledgeville
- Dakota
- Durand
- East Dubuque
- Eastland
- Forrestville Valley
- Freeport Catholic Schools
- Freeport School District
- Galena
- Immanuel Lutheran School
- Lena-Winslow
- Orangeville
- Pearl City
- Pecatonica
- River Ridge
- Scales Mound
- Stockton
- Tri-County Christian School
- Warren
- West Carroll
- Winnebago

FHN Memorial Hospital Emergency Room

- 1045 West Stephenson Street, Freeport
- 815-599-6000
- More at www.fhn.org/specialtyCare.asp?id=17

Quick summary: full hospital capability, including diagnosis and emergency treatment of victims of accidents or other forms of trauma as well as treatment of various medical problems requiring immediate attention. Can also transfer patients to other hospitals/specialty institutions as needed.

- Full medical staff and specialty services
- Physicians/Advanced Practice Providers (APP) such as Nurse Practitioners and Physician Assistants
- Certified Medical Assistants
- Nurses
- Emergency Room Technicians

24/7/365 (24 hours/day, everyday)

Walk-ins only – no appointments made

\$300 minimum

- Most insurance
- Medicare
- Medicaid—for 2018, which is a transition year for Medicaid in Illinois, FHN will accept all patients under traditional Medicaid as well as those covered under Meridian Illinois managed care, IlliniCare, Blue Cross Community Health, Molina, and Harmony Health (the 5 managed care options in Health-Choice Illinois)
- Self-pay
- Cash, check, credit cards
- Can pay online

Humana, IlliniCare, Medicare, MediNcrease Health Plans, United Healthcare

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 for additions or changes.)

Blood Pressure Screenings¹



Location	Time	Date	Details
Golden Meals	10:30 a.m. – noon	July 10 August 14 September 11	524 W. Stephenson Street, rear entrance, lower level, Freeport
Liberty Village Estates	10:30 – 11:30 a.m.	July 11 August 8 September 12	2140 Navajo Drive, Freeport
St. John's Lutheran Church	12:30 – 1:30 p.m.	July 11 August 8 September 12	625 Country Lane, Lena
Salvation Army	8 a.m. – noon 9 a.m. – noon	July 12 ² September 13 ² July 26 August 9 August 23	106 W. Exchange Street, Freeport
Pearl City Methodist Church	9 – 11 a.m.	July 14 August 25 September 8	411 S. Main, Pearl City
Joseph's Pantry Faith Center	4 – 6 p.m.	July 17 August 21	203 W. Pleasant, Freeport
Pearl Pavilion	10 a.m. – noon	July 18	900 Kiwanis Drive, Freeport
New Jerusalem Church of God	11 a.m. – 1 p.m.	July 19 August 16	4 E. Iroquois Street, Freeport
FHN Family Healthcare Center – Burchard Hills	7:30 – 11 a.m.	July 21	1010 W. Fairway Drive, Freeport Get your blood pressure checked at the FHN Healthy Heart Hustle!
Pecatonica United Methodist Church Food Pantry	10 a.m. – noon	July 24 August 28	528 Washington Street, Pecatonica
Mt. Calvary Church of God in Christ	10 a.m. – noon	July 28 August 25	420 Challenge Street, Freeport
Gospel Outreach Food Pantry	9 – 11 a.m.	August 4 September 1	211 W. Spring Street, Freeport

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

2 Free glucose screening also available until 10:30 a.m. Please do not eat or drink anything other than water for 8 hours before this test.

Vein Screenings



Location	Time	Date	Details
FHN Memorial Hospital	3 – 6 p.m. (by appointment)	July 24 August 28 September 25	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).



to our team of talented staff committed to delivering healthcare excellence to our community.

Support Groups



Group	Time	Date	Details
The First Steps Grief Support Group*	10–11:30 a.m.	July 17, August 21	FHN Memorial Hospital cafeteria meeting rooms – Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160.
Perinatal Loss Support Group	10–11:30 a.m. 6:30–8 p.m.	July 19, August 16	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
Living Through Grief	6–7:30 p.m.	July 23, August 13, August 27, Sept. 10	FHN Memorial Hospital Cafeteria Dining Rooms – Lower Level For more information, call 815-599-7240.
Adult Diabetes Support Group*	1–2 p.m.	August 7	FHN Memorial Hospital Globe Room – Lower Level Topic is Dining Out. For more information, call 815-599-6253.
Parkinson's Support Group*	1:30–2:30 p.m.	August 13, September 10	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena Tai Chi instructor Robin Turner Natanel is the August speaker. In September, Brandy Travis from Midland States Bank will talk about identity theft.

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

Training and Education



Class	Time	Date	Details
Diabetes Education Class	9 a.m. – Noon	Part 1 – July 11 Part 2 – July 12	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.
	1–4 p.m.	Part 1 – Aug. 15 Part 2 – Aug. 16	
	9 a.m. – Noon	Part 1 – Sept. 12 Part 2 – Sept. 13	
Sibling Class	6:30–7:30 p.m.	July 11 Sept. 5	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.
BLS for Healthcare Professionals	4:30–8:30 p.m.	July 18	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on course designed to teach healthcare professionals how to perform high-quality CPR individually or as part of a team. Basic Life Support (BLS) skills are applicable to any healthcare setting. Course is \$40, which includes BLS provider manual and certification card valid for 2 years. Open only to healthcare professionals; registration is required. Call 815-599-6707 or email coil@fhn.org for more information or to register.
Prenatal Class	5–9 p.m.	July 24, Aug. 16	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.
Breastfeeding Class	7–9 p.m.	Aug. 7	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.
Heartsaver® Pediatric First Aid, CPR & AED	8 a.m. – 4:30 p.m.	August 11, September 8	Hands-on learning program to teach members how to perform high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use specific to infants and children. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email coil@fhn.org for more information or to register.
Hospice Volunteer Training	2:30 – 5 p.m.	August 27; Sept. 3, 10, 17 & 24; October 1, 8	FHN Hospice Office, 773 West Lincoln, Freeport Free training provided by FHN Hospice for anyone interested in becoming a hospice volunteer. There is no obligation to volunteer, however those who wish to volunteer must attend all 7 sessions. For more information, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 960.

Community Programs



Program	Time	Date	Details
Lunch and Learn*	6 p.m.	July 10	Oakley Courts, 3117 Kunkle Boulevard, Freeport Speaker is Sue Sklar from the Alzheimer's Association.
Community Health Forum: "Mismatch" Diseases and Modern Life*	6:30 p.m.	July 10	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Jack Herrmann will talk about how our evolutionary biology has set modern-day people up for "mismatch" diseases like obesity, Type II diabetes, cancer, and arthritis. Presented by the Stephenson County Health Department and FHN. Refreshments will be served.
FHN Speaker Series: Wow, Some of the Germs Out There Are Getting Stubborn!	5:30–6:30 p.m.	July 11	FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport Learn about antibiotic-resistant germs and what FHN is doing to prevent them—and what you can do to keep your family as germ-free as possible! Presenters are Margie Kochsmier MSN, RN, CMSRN, CIC and Robert D. Geller, MD, MS, FACP, FIDSA. Refreshments will be served; no cost to attend. Register online at www.fhn.org/germs or by calling toll-free 1-877-600-0346) ext. 901.
Stop the Bleed	5:30–7:30 p.m.	July 12 August 9	FHN Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport Nationally-recognized program designed to teach non-medical people the importance of stopping hemorrhage in a trauma situation. Course is \$25, which includes a Stop the Bleed kit (tourniquet, bleeding control supplies, gloves, and instructions). Open to the public; registration is required. For more information or to register, call 815-599-6707 or email coil@fhn.org .
FHN's Summer Movie Series	10 a.m.	July 14 July 21 July 28 August 4 August 11	Ant-Man and the Wasp (PG) Hotel Transylvania 3: Summer Vacation (PG) Teen Titans Go! To the Movies (PG) Christopher Robin (PG) The Sandlot (PG) - FREE Classic Cinemas Lindo Theatre, 115 S. Chicago, Freeport Join FHN for movies, fun and surprises—tickets are just \$4, but seating is limited, so get there early! (The Sandlot, celebrating its 25th anniversary this year, is FREE!)
Talk: Healthy Eating*	11 a.m. – 1 p.m.	July 18 August 22	New Jerusalem Church of God Food Pantry, 4 E, Iroquois Street, Freeport Barb Curry from the University of Illinois Extension Office will talk about the importance of a healthy diet, and give tips, ideas, and recipes.
FHN Healthy Heart Hustle 5K	8 a.m.	July 21	FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport Give your heart a run and raise money to support the FHN Cardiopulmonary Department! Register before July 13 for discounted \$25 registration. Race will be followed by a Fun Walk "Victory Lap" around the Burchard Hills campus with some Cardiopulmonary Rehab "alumni." (separate registration is \$25) For more information or to register, visit https://runsignup.com/Race/IL/Freeport/FHNHealthyHeartHustle .
Joleen Marcum Memorial Golf Scramble	Tee times: 10 a.m. and 1 p.m.	July 21	Brush Creek Golf Course, 1707 W. St. James Road, Orangeville FHN is proud to be a hole sponsor for this event benefiting the Orangeville Education Foundation.
FHN Volunteers Present Brown's Shoe Fit Footwear Sale	7 a.m. – 3 p.m.	July 25 - 26	FHN Memorial Hospital 1045 W. Stephenson Street, Freeport Brown's Shoe Fit Company, serving the community since 1979, will bring 1,200 pairs of footwear to FHN. Staff will professionally measure and fit your feet to ensure the shoes you choose are right for your activity. Open to the public, and a part of each sale is donated back to FHN.
Health Topics Talk*	1–2 p.m.	July 27 August 31	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
"Chopped"*	10:30 a.m. – 12:30 p.m.	July 31	Senior Resource Center, 216 E. Stephenson Street, Freeport FHN is proud to be a sponsor of this fun cooking competition. Four teams will be challenged to create an entrée from a basket of mystery ingredients. There is no fee to enter, but space is limited; call the Senior Resource Center at 815-235-9777 for more information or to register. This event is part of the Connect the D.O.T.S. program in collaboration with Pretzel City Kitchens, CareerTec, Senior Resource Center, FHN, and the University of Illinois Extension.
Lunch & Learn*	10 a.m.	August 7	Oakley Courts, 3117 Kunkle Boulevard, Freeport Speaker is Tina Paggi from the Veterans' Affairs office to talk about the VA Aid and Attendance Pension Benefit.

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

Community Programs



Program	Time	Date	Details
FHN Speaker Series: Joint Replacement	5:30–6:30 p.m.	August 8	FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive, Freeport FHN Orthopaedic Surgeon Greg Dammann, MD will talk about the TruMatch® highly personalized knee replacement system. Refreshments will be served; no cost to attend. Register online at www.fhn.org or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.
Freeport Cruise Night	3 p.m.—8 p.m.	August 11	Downtown Freeport FHN is proud to be the band sponsor for this popular event, which is celebrating its 40th anniversary this year!
Food Demonstration at the Stephenson County Farmers Market	Time TBA: Market runs from noon–3 p.m.	August 14	Exchange Street, Freeport Get some tips on how to use the fresh produce available at the Farmers Market!
Community Health Forum: Weight Control and Everyday Activities*	6:30 p.m.	August 14	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Lynn Herrmann will talk about how you can integrate activity into your daily life to help manage appetite and weight while improving fitness. Presented by the Stephenson County Health Department and FHN. Refreshments will be served.
Art in the Park*	10 a.m.—5 p.m.	September 2	Krape Park, 1799 S. Park Boulevard, Freeport FHN is proud to sponsor and be a part of this fun, family-friendly annual event. While you're exploring the displays and activities, make sure to stop by the FHN booth and say hi!
Lena Fall Festival Parade*	Noon	September 9	Downtown Lena FHN is proud to participate in this great annual event. Watch for your friends and neighbors from FHN in our blue shirts!
Community Health Forum: The ABCs of EDCs*	6:30 p.m.	September 11	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Jack Herrmann will talk about how you can decrease your exposure to potentially harmful chemicals in the environment that can result in ailments ranging from hormone abnormalities and cancers to obesity and reproductive failure. Presented by the Stephenson County Health Department and FHN. Refreshments will be served.
FHN Speaker Series: Maybe It's Just Heartburn. Maybe It's Not.	5:30–6:30 p.m.	September 12	FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive, Freeport Heartburn can be a simple problem—or it can be a symptom of GERD or even heart problems. FHN Gastroenterologist Timothy Laurie, DO, will talk about the differences and what you can do. Refreshments will be served; no cost to attend. Register online at www.fhn.org or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

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

Sports Physical Clinics \$20 sports physical meets Illinois eligibility requirements for all sports and is good through the 2018-2019 school year. The IESA/IHSA Sports Physical Form must be completed and signed by a parent or guardian before the physical. If a parent does not accompany the athlete, the student must bring a filled out and signed Consent for Medical Care form to the physical. Forms are available at www.fhn.org ; no appointment is needed unless noted.			
Forrestville Valley	1–5 p.m.	July 11	FHN Family Healthcare Center—Forreston, 803 First Avenue, Forreston Call 815-938-3130 for an appointment.
Stockton	3–7 p.m. 2–5 p.m. 2–5 p.m.	July 11 July 19 August 2	FHN Family Healthcare Center—Stockton, 725 N. Pearl Street, Stockton Call 815-947-3211 for an appointment.
Orangeville	2–5 p.m. 1–4 p.m.	July 17 August 6	FHN Family Healthcare Center—Orangeville, 101 Main Street, Orangeville Call 815-789-3100 for an appointment.
Freeport	5:30–7 p.m.	July 24, August 7	FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive, Freeport
Warren	2–5 p.m.	July 30	FHN Family Healthcare Center—Warren, 606 Tisdell Drive, Warren Call 815-745-2644 for an appointment.
Pecatonica	Noon–4 p.m.	August 3	FHN Family Healthcare Center—Pecatonica, 1301 S. Main Street, Pecatonica Call 815-239-1400 for an appointment.



Letter From Tonya Meyer, FHN Foundation Executive Director

Your Gifts Help Us Spread Our Knowledge

Thanks to the generosity of our Foundation donors, we were able to send Keri Wall, RN, CPAN, (Surgery) and Elizabeth Duke, MS, RD, LDN (Nutrition) to the 25th Annual National Evidence-based Practice Conference in Iowa this May.

Keri and Elizabeth were invited to present on their project that challenges traditional 'no food or drink after midnight' strategies and supports routine preoperative nutritional enhancement using a complex carbohydrate-rich drink. Their presentation "Breaking the Fast: A Nutritional Intervention to Enhance Surgical Outcomes" was so well-received by the conference attendees that they were asked to write a paper on their research, data collected and outcomes for publication in a professional periodical.

Thank you again for sending our team of experts to the event to showcase the amazing work done right here at FHN!



Elizabeth Duke, MS, RD, LDN, and Keri Wall, RN, CPAN

Pink Heals Funds Benefit Cancer Patients

Last year's Pink Heals events yielded more than \$500 to help patients at the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport. Patients in need received gift cards from Shell, Aldi, Cub Foods, and Save-A-Lot.



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, including:

- Amity Daycare and Learning Center
- Boys & Girls Club of Freeport/Stephenson County
- CareerTec
- City of Freeport
- Church organizations
- CONTACT
- Freeport Fire Department
- Freeport Police Department
- Freeport School District 145
- Joseph's Pantry
- Local nursing homes
- Local pharmacies
- Mt. Calvary Church of God
- New Jerusalem Church of God
- NICA 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
- University of Illinois Extension
- YMCA

Watch for more info about our activities over the summer, and we'll update you further in the Fall. 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.

Insight



We're here, for you.

FHN

©2018 All rights reserved

Insight is published by **FHN**

1045 West Stephenson Street • Freeport, IL 61032 • (815) 599-6000 • www.fhn.org

Editor: Sarah Rogers

Contributors: Julie Beach, Mindy Becker, Peg Drane, Tara Hagemann, Barb Lessman, Hope Linker, 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.

**FREEPORT
ALL
IN.**