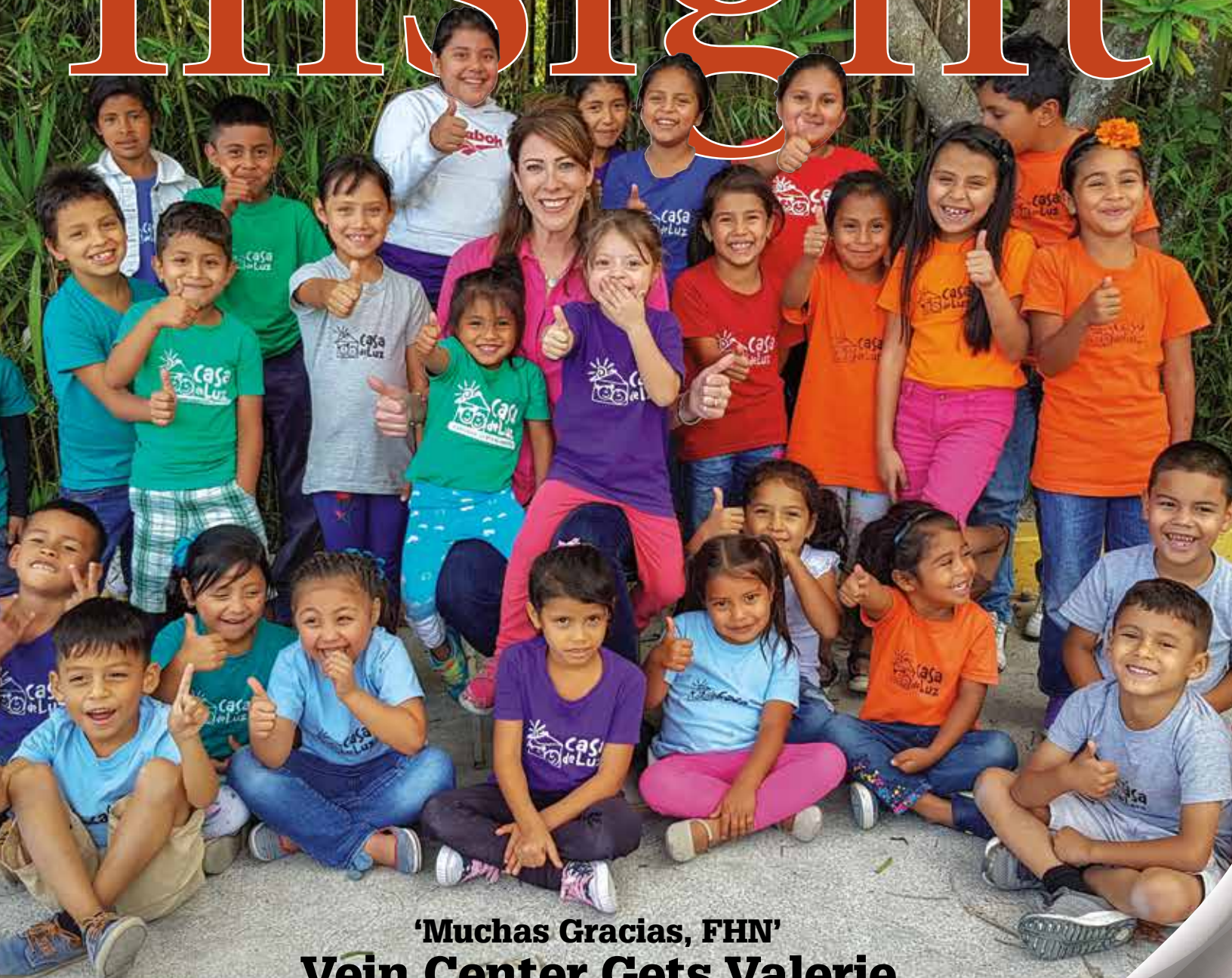


Insight



'Muchas Gracias, FHN' Vein Center Gets Valerie Back on Her Feet

**ABCs of Safe
Sleep For Your Baby**





MARK GRIDLEY, PRESIDENT AND CEO

HAPPY NEW YEAR! 2019

Welcome to 2019! In this issue of INSIGHT, you'll read about a Vein Center patient who had a very special reason for wanting to be able to walk pain-free and the kids who motivated her to correct her vein problems—it's a great story.

We have a lot on our calendar for 2019—our first of several popular Speaker Series are detailed here, so please get them on your schedule. Our women's services team will welcome you to Cannova's again in February, and you can check out the rest of our many activities and opportunities in the calendar section.

Finally, we're very proud to be able to offer truly flexible employment programs for nurses, many of which are the first of their kind in northern Illinois. If you're a nurse who would like to work in a positive and compassionate patient-first team environment at an independent healthcare organization that really cares for its community, make sure to read that story – as we'd love to talk with you!

As we begin another year, we look forward to caring for you and are honored by the privilege to provide healthcare excellence for our communities.

**Happy healthy New Year,
and thank you for choosing FHN!**

Wellbeing and Health

FHN Providers, Family Counseling Center Share a Goal—Your Whole Health

Nearly every visit to a healthcare provider begins with a nurse or medical assistant getting some measurements – your height, weight, blood pressure, temperature, and pulse. These are important numbers that give your provider information about your health.

These numbers alone, however, don't give your provider the whole picture of your health.

Today, your provider might include some more general questions in your exam: How is your energy? Are you feeling tired or "low"? Have you been experiencing more anxiety than usual?

Your answers to these questions may prove just as important as your "vital statistics" as your provider assesses your health. Research has begun to associate a person's emotional well-being to his or her overall health. One recent study even suggested that depression and anxiety are as bad for your health as smoking or being overweight.

The study, published in the journal *Health Psychology* and the subject of a recent Forbes healthcare article, analyzed data for more than 15,000 adults over a four-year period and suggested that participants experiencing depression or anxiety were at increased risk of a heart condition, stroke, and high blood pressure.

Studies like this one are leading more healthcare providers, including our providers here at FHN, to consider their patients' wellbeing an important part of their health.

FHN Assistant Vice President for Behavioral Health and Family Counseling Center Executive Director Gabriel Gonzalez, MSW, is working with providers and administration to make behavioral health services more readily available in all of the communities FHN serves.

"It's very important that our caregivers are bringing up topics like depression and anxiety," Gabe says. "It helps to reinforce the idea that we must take care of the whole person," Gabe emphasized. "We keep discovering that mental wellness is as important as other medical problems with which we help people."

It's OK to discuss your emotional wellbeing with your healthcare provider, Gabe says. "If you're feeling low, we want to help. Whether it's a physical problem or something you need to talk over with a counselor, it's important to make that first step, to reach out or to answer your provider's question truthfully, and move toward getting better."

FHN Casino-Blanca Raises \$150,000 for FHN Family Counseling

FHN's Festival of Trees Holiday Gala took guests back to the 1940's this year with a theme based on the 1942 film classic *Casablanca*. Enjoying casino games, champagne cocktails, wonderful food, and a silent auction, the attendees – many dressed in 1940's style – raised more than \$50,000 in support of behavioral health services provided by FHN Family Counseling throughout northwest Illinois. That \$50,000 was matched with a \$100,000 challenge from a generous donor, bringing the overall total to over \$150,000. Proceeds will support the continuation and expansion of numerous therapies and programs for all sorts of life's challenges for our community. **Here's looking at you, kid!**





Remember the **ABCs** of Safe Sleep for Babies!

Between January and May of 2018, there were more infant deaths in Stephenson and JoDaviess counties from positional asphyxiation—smothering—than in all of 2017. These deaths were not SIDS (Sudden Infant Death Syndrome)—they were completely preventable.

The babies who died were all under six months old, with most of them being over three months old. Most were in families with other siblings, and a number of them were in families where both parents worked different shifts and the death occurred while one parent was getting home and the other was leaving, so the baby was left alone—usually in the parents' bed—for a short while.

How can you prevent positional asphyxiation? It's simple: Remember the **ABCs** of safe sleep:

BABIES SHOULD ALWAYS SLEEP:



ALONE

Not in a bed, on a couch, or in a chair with anyone, including parents and other children.

On their **BACKS**

Always place your baby on his or her back to sleep.



In a safe **CRIB**

Your baby should sleep in a crib with a firm mattress covered by a tightly fitted sheet. Keep all stuffed animals, toys, pillows, blankets, quilts, crib bumpers, and sleep positioners out of baby's crib.



What About "Tummy Time"?

Babies do need "tummy time" to strengthen their neck muscles, but only during their awake and playing time, while someone is right there watching.

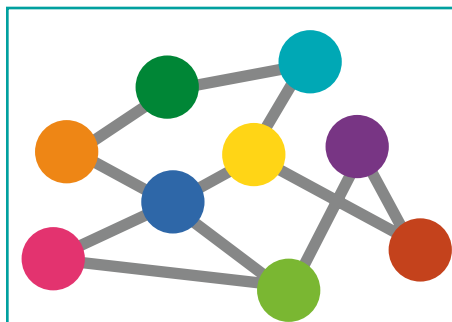
Your Pillow-Top Mattress

You might love your new foam mattress or mattress pad that conforms to the shape of your body, but it's not safe for your baby. If baby is left in or falls or rolls into a face-down position, the

mattress will conform to baby's face, blocking his or her ability to breathe.

Everyone who takes care of your baby should follow the ABCs of Safe Sleep, and if you have a relative, co-worker, or friend with a baby, remind them too. Pick up free door hangers with the ABCs of Safe Sleep for the door to baby's room or the crib itself at the front desk in the atrium entrance to FHN Memorial Hospital or at any of our partners in the community:

- Abundant Life Christian Food Pantry
- Faith for Miracles Worship Center
- Freeport Area Church Cooperative Food Pantry
- Gospel Outreach of Freeport
- Joseph's Pantry
- Mt. Calvary Hearts that Care Food Pantry
- Salvation Army Freeport Food Pantry and Soup Kitchen
- Amity Daycare and Learning Center
- Classic Cinemas Lindo Theatre
- Five Spotted Fawns Boutique
- Freeport Fire Department
- Freeport Police Department
- Mother Hubbard's Kiddie Cupboard
- Stephenson County Health Department
- YMCA
- YMCA Early Learning Center
- FHN Memorial Hospital Admitting
- FHN Specialty Care, Harlem Ave.
- FHN FHC Burchard Hills
- FHN FHC Highland View Drive
- FHN Regional Offices (see website listing for a complete list of regional offices – fhn.org/locationsMain.asp)



CONNECT the D.O.T.S. **Doors Of Team Support**

In all of our communities, there are individuals with significant health and wellness challenges. For many of them, those challenges impact nearly every part of their lives, every day. To help address this situation, FHN is partnering with many local agencies and organizations in an effort called Connect the DOTS, where DOTS stands for Doors Of Team Support. From first responders to transportation providers to nursing homes and schools, we're

working together to provide the type of expanded assistance these people need. As we work together, we've been finding many opportunities to educate and assist each other. The ABCs of proper sleep for infants is one such finding, and we hope to make everyone aware of the importance of helping babies thrive and grow strong through healthy sleep, be those babies their own, their grandbabies, or the babies of co-workers, neighbors, and friends. As the saying reminds us, sometimes it takes a village

If you have ideas, questions, or are interested in learning more, please 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. We look forward to a great year for Connect the DOTS in 2019!

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!



Letter From Tonya Meyer, FHN Foundation Executive Director

Let's Talk Stress Testing

With February's American Heart Month rapidly approaching, it's a good time to think about what goes on behind the scenes at the FHN Judy and Virgil Bocker Cardiovascular Center at FHN Memorial Hospital. Our Cardiac Services team continually watches for opportunities to improve our processes, technology and expertise to offer you the best care possible.

Some Foundation donors have specifically restricted their monetary gifts to support our Heart Fund. Through their generosity, we have sent staff to seminars to learn new technology and best practices. Last year, donors purchased a new treadmill for our Cardiac Rehab facility, allowing us to serve more patients.

What's next? Have you heard of a stress test? Don't worry – you don't have to study for it; it's not in the classroom! It's taking a walk, or a little run, on a treadmill while a clinical professional monitors your heart rate and other vital signs. The equipment gathers a great deal of data about your heart's health for your healthcare provider.

Our challenge? The current treadmill software doesn't "speak" to the new Electronic Health Record (EHR) software that FHN upgraded to in 2017. That means there's a small delay in get-



ting your information to your healthcare provider while our staff prints, scans, and saves each report to the EHR.

New software to make that "translation" instant and seamless will enable your healthcare provider to examine your results from one comprehensive report to get your treatment on the fast track.

It will also make this vital information available to the cardiologist who interprets the test no matter where they are. If you are an inpatient at the hospital and a good test result could mean you're discharged that day, the cardiologist can take a look at the results even if he is at the hospital rather than in his office.

This, like all of the "latest and greatest" technology, comes at a price. The software upgrade is just over \$35,000. Do you want to invest in our new stress test technology? Just click on "Give Now" in the top right corner of the FHN.org website and note "treadmill" under the designation.

We know our future patients and our cardiology team will greatly appreciate your help in delivering excellence to our patients, friends and neighbors! **Thank you!**

Expanding Access, Making Progress

FHN Counseling Services Offered in Stockton and Savanna

Making sure our behavioral health services are available to those who need them isn't a New Year's resolution; it's an ongoing priority for FHN. So we are proud to make it possible for patients to connect with their psychiatrist or therapist closer to home, at our Family Healthcare Centers in Stockton and Savanna.

"The counselors who worked out of our Galena office typically saw patients there a few days a week," says FHN Assistant Vice President for Behavioral Health and Family Counseling Center Executive Director Gabriel Gonzalez. "This change means that our services are more readily available, more days of the week, for our patients."

Patients may sometimes connect via telemedicine appointment with their psychiatrist or therapist at either location. You

can make an appointment at one of these locations, or at the Family Counseling Center in Freeport, by calling 815-599-7300.

"We're excited to bring our patients' behavioral healthcare into the same place as their general healthcare," Gabe says. "This will improve providers' ability to collaborate and deliver more holistic care for their patients." This change will help FHN build a more integrated approach to our behavioral health services.

The FHN Family Counseling Center in Galena closed its doors at the end of 2018. FHN Patient Service Representatives are assisting patients in moving their appointments to the new location of their choice. We're also working with Midwest Medical Center in Galena to potentially offer appointments at that location in the future.

FHN Welcomes Hospitalists and Otolaryngologist

Catching Up with Our Hospitalist Team

FHN Memorial Hospital is proud to be "home" for a great team of hospitalists. A hospitalist is a healthcare provider who devotes his or her entire practice to caring for patients in the hospital. The latest members of our team include:



Tami LaSala, AGACNP-BC

Tami is a board-certified Adult Gerontology Acute Care Nurse Practitioner who earned her master's of science degree at the University of Illinois—Chicago. She has a bachelor's degree from Jacksonville University School of Nursing in Jacksonville, FL., and an associate's degree from Highland Community College here in Freeport.

Before joining the FHN team, she cared for cardiology, critical care, and vascular surgery patients in Rockford and Beloit. Tami is a member of the American Association of Critical Care Nursing.



Irena Markovic, MD

Dr. Markovic earned her medical degree from the University of Medicine & Health Sciences (UMHS) in Basseterre, St. Kitts and completed a residency in family medicine at the Charleston Area Medical Center in Charleston, WV. She has a bachelor's degree in biology from Benedictine University in Lisle, IL.

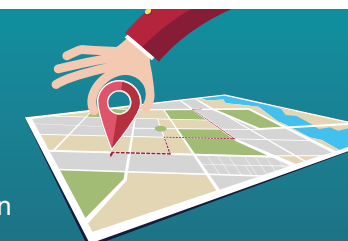
Dr. Markovic is board-certified in Family Medicine. She is a member of the American Academy of Family Physicians, the American Medical Association, and the American Cancer Society.



Olatokunbo Shobande, MD

Dr. Shobande earned her medical degree from the University of Illinois College of Medicine in Chicago and went on to serve a residency in internal medicine at UIC/Advocate Christ Medical Center in Oak Lawn, IL, and a fellowship in nephrology at the University of Wisconsin—Madison. She has a bachelor's degree in biology from Blackburn College in Carlinville, IL.

Dr. Shobande is board-certified in Internal Medicine and a member of the American College of Physicians, the American Society of Nephrology, and the National Kidney Foundation.



WE'VE MOVED!

Behavioral healthcare appointments are available in JoDaviess County at:

FHN Family Healthcare Center – Stockton

725 N Pearl Street
Stockton, IL 61085

FHN Family Healthcare Center – Savanna

2107 Chicago Avenue
Savanna, IL 61074

To make an appointment with your psychiatrist or therapist at either of these locations or at FHN Family Counseling Center in Freeport, call 815-599-7300.

Welcome Back, Dr. Shianna!

We're pleased to announce that Shawn Shianna, MD has returned to his Otolaryngology practice here at FHN! Dr. Shianna will begin seeing patients at FHN Specialty Care—Stephenson Street at 1036 W. Stephenson Street in Freeport in February. Call 1-815-599-7770 to schedule an appointment with Dr. Shianna.

Dr. Shianna earned his medical degree from the University of Illinois College of Medicine at Rockford and served a residency in otolaryngology and head and neck surgery at Medical College of Wisconsin Affiliated Hospitals. He's cared for patients in our community for more than 20 years and has also served FHN as Assistant Vice President—Physician Practices, a liaison between FHN physicians and the administration.

It's great to have you back, Dr. Shianna!

“I Promised the Kids I Would Come Back to Honduras With Healthy Legs.
**Thanks to FHN’s Vein Center,
 I Kept My Word.”**



Valerie Schubert’s “normal” day doing missionary work in Honduras includes lots of walking. From inner-city streets to the hills and mountains of rural villages, she and her husband cover many miles a day serving hundreds of at-risk children through their foundation, Casa de Luz (House of Light).

But last year, Valerie’s typical day turned into a painful experience that required frequent stops to rest her heavy, throbbing legs. She dealt with swelling and excruciating pain if a small child or rickety fence bumped into her raised varicose veins, which limited her mobility and prevented her from reaching many people in dire need.

After Honduran doctors suggested traditional treatments, she tried blood thinners and compression stockings but eventually turned to FHN for more innovative solutions during a trip home from Central America.

A Simple Test

“Walking is crucial to my success,” asserts Val. “When I shared I was having problems with tender, tired, swollen legs and superficial blood clots, a friend suggested I make an appointment with FHN’s Vein Center for when I was back in Freeport for a planned visit. My family physician, Dr. Lawrence Luy, endorsed that decision. I am so happy I decided to take action.”

Valerie was impressed with the Vein Center from the very beginning. “At my first appointment, I received a simple ultra-

sound mapping test that detects potential vein issues,” she shares. “The staff was great from the start! Stacey Kearney and Emily Schultz were so friendly and professional. They showed me a lot of compassion, really taking the time to understand my situation and immediately putting me at ease.

After confirming I had venous reflux, they explained my options, answered my questions, provided helpful literature, and set up my appointment for the outpatient procedures I was hoping would alleviate my pain and help me get back my strength and stamina. They were thorough, patient, and helpful.”

A Straightforward Procedure

According to Valerie, “The whole process was simpler than I anticipated. I was treated with endovenous laser ablation, and ultimately also needed a microphlebectomy, where Dr. Rafael Castro rerouted my blood flow and removed my most troublesome varicose veins. He said there would be no pain during the procedure, just a little pressure, and that was exactly my experience. I recovered quickly, with only a bit of bruising and tenderness that was helped with a few doses of ibuprofen.”

Dr. Castro encourages patients to walk regularly, elevate their legs, and drink plenty of water post-surgery. A model patient who was eager to mend, Valerie followed instructions and reaped the benefits of her committed approach to recovery. “At my follow-up visit just three weeks later, it was hard to even see my incisions,” she shares. “I couldn’t believe how much better I felt – almost immediately!”



Valerie at work in Honduras.



A Thankful Heart

Valerie is thankful for her successful outcome and the procedures that helped her mobility. “The whole experience was really positive,” she confirms. “My family – which includes my husband, two biological sons, one adopted daughter, and six spiritual daughters from Honduras – were thrilled. My daughter, Chey, was excited that we could do simple things, like dishes, together again. And of course, all the children at Casa de Luz were very happy. They even made a sign to thank FHN for helping me heal my legs!



I just feel so blessed. Everybody at FHN was professional and accommodating, and I would recommend their services to anyone. As I go back to Central America, I feel no pain and can return to Honduras with new strength and endurance.

The best part? When I left, I promised the kids I would come back with healthy legs. Thanks to FHN and the Lord’s blessing, I have kept my word. I plan to cover a lot of ground in 2019!”

A Free Screening

If you have tired, achy, or tender legs, attend a free vein screening, compliments of FHN. Call **815-599-VEIN (8346)** to find an appointment time that fits your schedule.

QUICK FACTS from FHN’s Vein Center

- Heredity is the No. 1 risk factor for venous disease. If your parents had varicose veins, you have an 89 percent chance of developing them.
- Women, especially those who have had multiple pregnancies, are three times more likely than men to develop venous disorders.
- Trauma from an accident or a medical procedure may contribute to vein and circulation problems.
- Professions that require long periods of sitting or standing increase your risk for venous disease.
- Venous disease symptoms include aching, cramping, burning, throbbing, swelling, numbness, and itchiness around the lower calf and/or ankle.
- All procedures at the FHN Vein Center are performed on an outpatient basis with typically rapid recovery.
- Non-cosmetic treatment options are covered by most commercial insurance carriers, including Medicare.
- Read more about vein problems, treatments, and procedures on our website at fhn.org/vein-center.asp.

Take our vein quiz on the website to see if we can help you too!

We’re ready to get you on the move again!

Congratulations to FHN's 2018 DAISY and BEE Award Winners!

Nominate Your Caregiver for Recognition Online

We're proud to celebrate our healthcare providers, and we love to hear when a nurse or other caregiver goes the extra mile to help someone in need.

Last year, we introduced the DAISY and BEE awards to give you a chance to recognize a person or team who provided you exceptional care. We're proud to say that we've gotten quite a few nominations, and we've presented four awards, including a repeat BEE winner!

Here are the DAISY and BEE winners from 2018:



Amanda was happy to celebrate her DAISY award with the family who nominated her.

DAISY: Amanda Kempel, RN,

in the Intensive Care Unit at FHN Memorial Hospital

From her nomination: "We feel Amanda is an outstanding nurse as well as an extraordinary human being. Amanda was my husband's first nurse in the ICU, she instantly formed a bond with him, giving realistic goals and encouragement.

My daughter and I spent every day in the ICU and Amanda was very supportive to us as well, we came to love her as a nurse and as a person. She never made us feel as though we were an inconvenience in her day.

On days she was not scheduled to be his nurse, she found time to stop in and say "hi," and help him to walk outside his room.

FHN is lucky to have Amanda as an ICU nurse!"



BEE: Mary Freidag,

Patient Services Representative at FHN Family Healthcare – Burchard Hills in Freeport

From her nomination: "Mary was right there when my sister came in a wheelchair. She assisted us to the casting waiting area, so she wouldn't be negatively perceived by the public with her disabilities. Deb was in and out of her appointment before her scheduled time. The transit bus wasn't going to come for 2 additional hours. Deb couldn't wait this length of time. Mary called Pretzel Transit and requested early pick-up, but they were not able to arrange. Knowing Deb couldn't wait, Mary contacted Pretzel again, but still no earlier time. Mary then called and told the situation to Med Transit. Mary was able to get us a mobile van within 15 minutes. We are ever so grateful for the extra steps Mary took so Deb didn't have to be uncomfortable. Hugs to Mary! :)"



Teresa received flowers at a reception that included the family who nominated her for her DAISY award.

DAISY: Teresa Muggler, LPN

on the Ob/Gyn Team at FHN Specialty Care –Harlem Avenue in Freeport

From her nomination: "Rewind two years ago. My husband and I began our journey to have a child. It started with consultation to maternal/fetal medicine in Rockford, as I have a significant history that puts me at high risk with pregnancy. My referral sat in limbo for weeks, so I reached out to FHN Ob. This was my first of MANY encounters with Teresa. She handled my concerns professionally and compassionately, making me feel like I was her only task at hand for that day. As our journey continued, so did my encounters with Teresa. Soon we were staring infertility right in the face. Once again, I was referred and after weeks of not hearing anything, I reached out to FHN Ob, where I once again was assisted by Teresa. While I was frustrated and on the verge of tears, Teresa helped the situation and again compassionately made me feel like I was the only thing on her busy "to do" list, assuring me that this was very important and she would treat it as such.

Fast forward to today: FINALLY, my husband and I are expecting our first child. Things can be very scary. I have had referrals to maternal/fetal medicine and many, many, many questions. Each time I call the FHN office, I am always glad when I get Teresa. She is professional, compassionate, and always knows just what to say. Never are my questions or problems made to feel inferior. Today I went for a lab draw and behind that desk sat Teresa. I finally could put a face with the name of the nurse who has treated me like such a priority and with such compassion. Without hesitation, she confirmed it was me, got up, gave me a hug, and told me that I looked great. I feel that this nurse deserved recognition beyond what I can put into words. She has helped keep my chin up in some of the most confusing and frustrating times by answering my questions and always following through for me. It is not always what you say to someone, but rather, how you make them feel."

BEE: Mary Freidag,

Patient Services Representative at FHN Family Healthcare – Burchard Hills in Freeport

From her nomination: "She always watches for us and meets us with a wheelchair. She is so kind and compassionate and helpful with all of us and especially my handicapped nephew – never ignoring him but saying kind things. She makes him feel special! He can be pesky sometimes but she is always patient."



CNO/VP Patient Services Kathy Martinez (right) congratulates Mary Freidag.

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 autoimmune disease.

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 caregivers by nominating your nurse for the DAISY Award, or your caregiver for the BEE Award at www.fhn.org/daisy-bee-2019. A multidisciplinary committee at FHN will select the DAISY and BEE Award honorees from your nominations. Honorees are 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!

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. 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
Joseph's Pantry Faith Center	4–6 p.m.	Jan. 15 Feb. 19 Mar. 19	203 W. Pleasant, Freeport
New Jerusalem Church of God	11 a.m.–1 p.m.	Jan. 17 Feb. 21 Mar. 21	4 E. Iroquois Street, Freeport
Pecatonica United Methodist Church Food Pantry	10 a.m.–noon	Jan 22 Feb. 26	528 Washington Street, Pecatonica
Salvation Army	9 a.m.–noon 8–10:30 a.m. 10:30 a.m.–noon 8 a.m.–noon	Jan. 24 Feb. 28 Feb. 14 ³ Mar 14 ³ Feb. 14 Mar. 14	106 W. Exchange Street, Freeport
Mt. Calvary Church of God in Christ	10 a.m.–noon	Jan. 26 Feb. 23 Mar. 23	420 Challenge Street, Freeport
Golden Meals	10:00 a.m.–12:30 p.m. 10:30 a.m.–12:30 a.m. 10:30 a.m.–noon	Feb. 8 ² Mar. 8 ³ Feb. 12 Mar. 12	524 W. Stephenson Street, rear entrance, lower level, Freeport
Liberty Village Estates	10:30–11:30 a.m.	Feb. 13 Mar. 13	2140 Navajo Drive, Freeport
Gospel Outreach Food Pantry	9–11 a.m.	Mar. 2	211 W. Spring Street, Freeport
St. John's Lutheran Church	12:30–1:30 p.m.	Feb. 13 Mar. 13	625 Country Lane, Lena
Pearl City Methodist Church	9–11 a.m.	Feb. 23 Mar. 9	411 S. Main, Pearl City

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

² Free glucose and foot health screening. Please do not eat or drink anything other than water for 8 hours before the glucose screening test.

³ Free glucose screening. Please do not eat or drink anything other than water for 8 hours before the test.

Vein Screenings

Location	Time	Date	Details
FHN Memorial Hospital	3–6 p.m. (by appointment)	Jan. 15 Feb. 12 Mar. 12	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).

Training and Education

Class	Time	Date	Details
Stop the Bleed	5:30–7:30 p.m.	January 17, March 7, May 23	FHN Memorial Hospital Conference Dining Room, 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 .
Talk	1–2 p.m.	January 25	Prairie View Assisted Living, 500 E. McNair Road, Winnebago This talk on a healthcare-related subject is open to the public.
Prenatal Class	5–9 p.m.	February 12 March 19 April 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.

Support Groups

Group	Time	Date	Details
Perinatal Loss Support Group	10–11:30 a.m. 6:30–8 p.m.	January 17 February 21 March 21	FHN Memorial Hospital Private Dining Rooms 1 and 2—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.
Memory Cafe*	1–3 p.m.	January 24 February 28	Senior Resource Center, 216 E. Stephenson Street, Freeport
Living Through Grief*	6–7:30 p.m.	January 28 February 11 February 25 March 11 March 25	FHN Memorial Hospital Cafeteria Dining Rooms—Lower Level For more information, call 815-599-7240.
Adult Diabetes Support Group*	1–2 p.m.	February 5 March 5 April 2	FHN Memorial Hospital Globe Room—Lower Level For more information, call 815-599-6253.
The First Steps Grief Support Group*	10–11:30 a.m.	February 19 March 19	FHN Memorial Hospital cafeteria meeting rooms—Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160.
Parkinson's Support Group*	1:30–2:30 p.m.	March 11	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena Speaker-Liz Moshure from RAMP-Talking about Community Resources

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

It's Not Too Late to Get a Flu Shot! Make a Good Health Resolution

Even if you didn't make a resolution to "get healthier" this year, you certainly don't want to get sick. FHN Infection Preventionist Margie Kochsmier, MSN, RN, CMSRN, CIC, has a few tips that can help you and your family stay healthy, beginning with the best way to protect yourself from the flu.

"Flu season can last through May, so it's definitely worth it to give your healthcare provider a call and get your flu shot, even in January and February," Margie says.

If you don't have a healthcare provider, we can help you find one—just call us toll-free at 1-877-6000-FHN (1-877-600-0346), ext. 965. Call us during our open hours below and we'll get your appointment scheduled before you hang up:

- Monday – Thursday 7 a.m.–6 p.m.
- Friday 7 a.m.–5 p.m.
- Saturday 8 a.m.–noon

Other ways to help protect you and your family from the flu and other sicknesses this winter include:

- Wash your hands often with soap and water. If you're on the go, use an alcohol-based hand sanitizer.
- Cover your mouth and nose when you cough or sneeze. Covering up with a tissue (and then throwing that tissue away) is best, but if one's not handy, use the inside of your elbow.



- Avoid touching your nose, mouth, and eyes.
- Clean surfaces and objects that could have germs on them with hot, soapy water or a household cleaner. And while you're out and about, use hand sanitizer on your hands often so you're not picking up strangers' germs from doorknobs, light switches, and other items.
- Stay away from people who are sick, and if you or a member of your family gets sick, stay home! If you have the flu, you should stay home for at least 24 hours after your fever is gone. (Your fever should be gone without using a fever-reducing medicine.)

"Getting immunized is the best way to protect yourself from the flu, but pairing it with being mindful about hand hygiene and awareness of germs gives you even more protection," Margie says.



Foundation Board Welcomes Three New Members

The FHN Foundation is pleased and excited to introduce three new board members for 2019:



Beth Bastian

Beth is an Assistant Vice President and Trust Officer at State Bank in Freeport. She's a Freeport High School and Highland Community College graduate, and has gone on to graduate from Cannon Financial Institute and earn the designation of Certified Trust Financial Advisor (CTFA). She also is a graduate of the Highland Leadership Institute.

She serves on the board of the State Bank Foundation and previously served as a board member and treasurer of the Family YMCA of Northwest Illinois. She's a member and past treasurer of the Lincoln-Douglas Kiwanis Club. She lives in Freeport with her husband, Kurt, and their 3 sons.



Kimberly Beggin

Kimberly is a casualty claims evaluator for MetLife, and an Aquin High School and Highland Community College graduate, as well. She went on to earn a bachelor's degree in psychology at Western Illinois University in Macomb. She also is a graduate of the Highland Leadership Institute.

She is currently board president for the Freeport Community Foundation, and has served as vice president of the board of directors for the local Red Cross chapter. Kimberly is a member of the Women's Business Network Lean In Circle, and lives in Freeport with her husband Luke and their 3 daughters.



Neal Trainor

Neal is a retired teacher and administrator who has lived in Freeport for 30 years. He holds a bachelor's degree in history and secondary education from Loras College and earned a master's degree in educational leadership from Northern Illinois University. He's also a graduate of the Highland Leadership Institute.

He serves on the board of the Freeport Art Museum and has served as ambassador for and president of the Freeport Chamber of Commerce. He also is the former regional director of the Northwest Illinois Principals Association.

Grief Workshop Helped People Prepare for the Holidays



As the world prepared for a happy holiday season, people dealing with the loss of a loved one may have been feeling overwhelmed and alone. FHN, the Freeport Community Foundation, the Y, and Highland Community College teamed up for a workshop in early November designed to provide support through the grief and healing process. Participants learned about the connection—and differences—between grief and depression, how to re-identify themselves after a loss, and how to stay healthy while grieving. Art therapy was offered, and dogs from FHN's Beyond Words pet therapy program also attended to offer wagging tails and warm hearts. The session was very well received and additional similar events are planned for 2019—watch for dates coming soon.



SAVE THE DATE

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

Wednesday 23 January **Stay On Sound Footing**

You may not think about your feet very often—but you should! They are one of the parts of your body with the most bones, and they take a regular pounding for you every day. Join FHN Podiatrists Roland Tolliver, DPM, and Richard Bell, DPM, at 5:30 p.m. Wednesday, Jan. 23 at the FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive in Freeport for a discussion about what you can do to keep your tootsies in top condition and prevent slips and falls this winter, as well as when to seek professional help if something seems awry or if you take a tumble anyway. When should you get to your provider? When should you just head to the ER or urgent care? And what types of treatments does FHN offer to help you heal if your injury or condition is more than something you can handle at home? This free presentation will help you keep your toes in tip-top condition and face those slippery sidewalks with confidence! Register online at www.fhn.org/footing or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

Monday 11 February and Monday 18 February **A Slice of Time – and Pizza – Just for You**

Start the year off right when it comes to your health! Canna-va's in Freeport is the place to be on one of two Mondays in February from 5:30 to 7 p.m. to meet and chat with providers and staff from our women's care team over great food, complimentary beverages, and since it's Valentine's Day month, chocolate of course! The evening will include three short presentations; you'll "attend" all of them without ever having to leave your table. Call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901 or visit www.fhn.org/sliceoftime to register for this free presentation. Registration is required, and seating is limited, so be sure to sign up soon. Take some time for yourself mid-February, and share it with us!

Wednesday 13 February **Your Heart Keeps You Alive – What Can You Do to Help?**

From A (atrial fibrillation, an irregular and often rapid heart rate) to Z (zhitai, one of the three major preparations of red yeast rice, a traditional Chinese medicine now used to lower cholesterol), we all know that our hearts are at the center of good health! And while some heart issues can be hereditary, there is a lot you can do yourself to keep your heart as healthy as possible. Learn about the latest in heart health at this free presentation, including new guidelines for cholesterol and other heart-related indicators that include specific actions that you as a patient can take to make sure that the beat goes on!

Wednesday 13 March **Colon Cancer – The Facts**

Join FHN Gastroenterologist Timothy Laurie, DO, FACP, in a free presentation to learn more about this disease, which is one of the five most common types of cancer in the United States.* It's also one of the fastest-growing cancers in young people, which is troubling: A study led by American Cancer Society researchers finds that new cases of colon cancer and rectal cancer are occurring at an increasing rate among young and middle-aged adults in the U.S., with those born in 1990 having double the risk of colon cancer and quadruple the risk of rectal cancer compared to people born around 1950. Why is that happening? Is colon cancer hereditary? What are its symptoms? What do we think triggers it? When should you be tested for it—and how? How can it be treated and to what degree of success? During Colon Cancer Awareness Month, learn all you need to know about how to deal with this type of cancer ... and how you can help keep it at bay.

*The top three cancers in the US are breast cancer, lung cancer, and prostate cancer—colon cancer is No.4, and melanoma (skin cancer) is No. 5.



We've made it super easy—just one call and you're in!
SCHEDULE YOUR MAMMOGRAM TODAY

Just call us at 815-599-6860 and you'll be scheduled before you hang up the phone.

Rather walk-in?
Walk-in on Wednesday afternoons from 1–4 p.m.
Call today and get this important screening done on YOUR timetable!

WE'RE THE **FIRST** IN NORTHERN ILLINOIS TO OFFER **TRULY FLEXIBLE** RN EMPLOYMENT PROGRAMS!

Nurses play a very important role in any healthcare organization and we're really proud of our nurses here at FHN. That's why we're excited to announce **NEW** employment programs that maximize work/life balance—some of the first of their type in northern Illinois—for RN's with 2 or more years of experience.



CHOOSE FROM...

WEEKENDS ONLY

Work 40 out of 52 weekends

9 MONTHS ON, 3 MONTHS OFF

You decide what weeks to take off, and they don't have to be consecutive!

INTERNAL AGENCY

Work with us for 13 weeks with recurring options to renew!

AD LIB

Work a minimum of 2 shifts per month

REGISTRY

Work a minimum of 4 shifts per month

Some options may be benefit eligible

Do any of these benefits fit you and your life?

If so, apply today! For more information, contact Carol Boeke BSN, RN in FHN Human Resources at 815-599-6706 or cboeke@fhn.org or visit www.fhn.org.



"I have worked at FHN for over 20 years, and I love being a part of a community hospital. FHN has the greatest, most friendly staff who work together to provide the best patient care."

TINA LINGLE

RN; Registered Nurse,
Medical/Surgical/Pediatrics

Insight



We're here, for you.

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, 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.

©2019 All rights reserved

**FREEPORT
ALL
IN.**