

A publication of FHN

Insight

Volume 7, Issue 5

A Time of Transition at FHN

Local Lady Grateful for Excellent ER Care

Meet our Therapy Dogs



We're here, for you.

FHN



Welcome to the December Insight!

It's hard to believe we're at the end of another year already, but here we are. In this edition, you'll get an update of our **Festival of Trees** activities still occurring throughout December. We're proud to be able to brighten your holidays – spending time and making memories with friends and family are certainly important to everyone's well-being.

There are other stories about activities and events we've hosted this fall, including our sponsorship of the **Dolly Parton's Imagination Library**. I'm an especially big fan of this program, which sends books every month to children from birth to five years of age. That's like a holiday every month!

You'll also read about a community member, Catherine Banks, whose **hospital emergency room experience** showcases the professionalism and dedication of the staff at FHN Memorial Hospital's ER. We're beginning an update and enhancement to the ER that will allow us to serve you even better.

There are plenty of other good stories too, but as this is my last welcome to INSIGHT as FHN's President and CEO, I wanted to take the space to thank you for the opportunity to serve you for the past 36 years. I will be retiring at the end of the month and will be leaving FHN in the very capable hands of Mark Gridley as our new President and CEO – you'll read more about him in the next issue of INSIGHT. I'm not leaving town though, so you'll probably still see me out and about, on my bike, at FHN events, enjoying a day at a park with my family, or at the Stephenson County Health Department, where on a part-time basis, I'll once again be a practicing doctor.

It's been my privilege and honor to lead this wonderful organization, and care for this community.



Thank you, and Happy Holidays!

Dr. Perry's Homemade Fudge



Every year, Dr. Perry makes several large batches of his famous fudge (his Great Aunt Eleanor's recipe) to share with FHN staff for their annual holiday open house. It's delicious!

- 1 12 oz. can Carnation evaporated milk
- 4 ½ cups sugar
- 2 T butter
- ½ t salt

Mix ingredients above in saucepan on stove. Bring to a rolling boil and allow to boil for 7 minutes.

Add 1 t vanilla.

Stir the following together in a mixing bowl:

- 1 11.5 oz bag semi-sweet chocolate chips
- 1 11.5 oz bag milk chocolate chips
- 1 7.5 oz jar Marshmallow Fluff

Add the boiled mixture to the mixing bowl and mix all with electric mixer until all the chocolate chips and Fluff are melted and mixture is smooth. Pour into a buttered pan. Allow to cool before cutting into pieces.

A Shout Out to the Freeport Pretzel Varsity, JV, and Freshman Volleyball Teams!



Freeport High School volleyball teams served up a helpful promotion when they sold "I Can Fight Cancer" t-shirts to raise money for the FHN Leonard C. Ferguson Cancer Center during Breast Cancer Awareness Month. Katie Alvarado, FHN Operations Leader, Imaging Services, (at right of check), was on hand to accept the **"Volley for the Cure" \$1,000 check** during games held on October 11, 2016. These funds will stay here in Freeport to help people who are fighting cancer.

FHN is grateful to these young women not only for their fundraising prowess, but for their focus on such an important subject.

FHN Provides Help for **Healthcare Enrollment**

Need help navigating your choices for healthcare coverage? FHN can help!

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

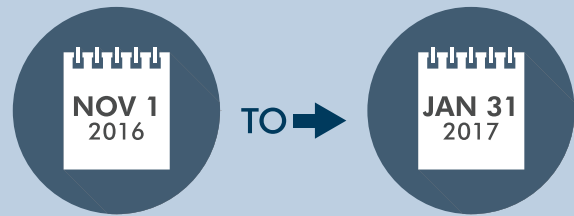
Open enrollment for insurance coverage under the Affordable Care Act – sometimes called “Obamacare” – begins November 1, 2016 and ends January 31, 2017. You must be enrolled by December 15, 2016 to be covered on January 1, 2017.

People who used this service have found it to be very helpful. According to Jody, “Many callers feel overwhelmed and confused, but once we break it down for them they feel a lot better about their choices. All of us are gratified to help these individuals understand the system and explain how they can access a variety of plans to meet their needs. We truly look forward to assisting those with questions!”



From left: Aimee, Jody, and Latoya

OPEN ENROLLMENT RUNS



For more information, visit www.fhn.org or call 815-599-7950 or 877-720-1555



FHN Earns an “A” for Patient Safety

FHN Memorial Hospital was one of just 844 hospitals nationwide to receive an “A” ranking for patient safety from Leapfrog, a national patient safety watchdog group. Rankings were developed under the guidance of an expert panel and announced October 31.

Patient safety is a big priority at FHN Memorial Hospital. According to CEO Michael Perry, MD, “The goal of each and every person at FHN is to provide our communities with the best possible healthcare services. Patient safety is at the heart of that goal.”

For more information on the Leapfrog Safety Grade, go to fhn.org.

If even a short walk is painful, you may have problems with the veins in your legs. Aching, cramping, tiredness, heaviness, restlessness, burning, and throbbing are all symptoms of venous disease that can lead to varicose veins, sores on your legs, or even more serious circulation problems like blood clots.

The specialists at the new FHN Vein Center at FHN Memorial Hospital can relieve your pain and provide long-term solutions to venous diseases. Call 815-599-VEIN (8346) today to schedule your appointment for a FREE VEIN SCREENING from 4:00 to 7:00 p.m. at FHN Memorial Hospital on one of these dates:

Tuesday, December 20

Tuesday, February 28

Tuesday, January 24

Tuesday, March 28

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



“So Happy for the ER Right Down the Street” Emergency Room Treats Frightening Allergic Reaction



“They were prompt, caring, and courteous. They knew just what to do and they are just what we need.”

**Catherine Banks,
Emergency Room
Patient**

Two decades ago, Catherine Banks had a scary long-term episode with hives that was never fully resolved. After that incident, her doctor, M. J. Merry, MD, told her to hurry to the emergency room if she ever experienced swelling of the tongue or difficulty breathing. Twenty years later, she recalled his advice...and was happy the FHN ER was just down the street.

Her allergic reaction came at a most inopportune time. “I was actually getting

ready to take my husband, Roosevelt, to the ER,” she explains. “He had a terrible cough and uncontrolled hiccups. I could tell he was quite sick. But all of a sudden I had a strange sensation. My tongue was getting big and turning a crimson red. Knowing that my emergency was more time sensitive, I called my daughter to come handle her dad’s transport, put an ice cube in my mouth, and drove myself a few blocks to the ER. I was sure happy to have healthcare experts so close to home.”

Finding the trigger

This time, Catherine’s allergy was clear: a reaction to a common blood pressure medication. One shot later, she immediately started to feel better. After several hours of observation (and confirmation that her husband was being treated for pneumonia), she was permitted to go home. “It was swelling fast, so I was definitely scared,” Catherine shares. “I probably should have called 911, but my tongue was making speech difficult and my instincts told me to get to the ER fast. I knew they would take good care of me. And they did. In just a few short minutes, I believe the team there saved my life. They were prompt, caring, and courteous. They knew just what to do and they are just what we need.”

Catherine has not had an allergic reaction since that chilling experience. Now more than ever, she is grateful she is



Catherine enjoys time with her lunch bunch.

still here to savor all the little things that make life special: conversations with her husband, family gatherings, attending church, playing the piano, hanging out in the history room at the library, and having lunch with her friends. “I am so thankful for FHN,” she emphasizes. “A while ago I broke my leg in Rockford and made them bring me home rather

than going to a Rockford hospital. If I can be taken care of in Freeport, that's what I want. FHN helps us all live a healthy life and we are lucky to have so many services right here in our community. I will forever appreciate the ER department for what they have done for my husband and me."

Expanding and improving the ER

Like Catherine, most people have to visit the emergency department at some point in their lives, and having a well-staffed, technologically savvy facility to provide 24-hour emergency medical care is very important to a community's health. That's why FHN's well-regarded unit is planning to elevate and expand its services even more. According to FHN Foundation Executive Director Tonya Meyer, "Our current fundraising campaign will ultimately allow for more emergency-related patient visits, provide single-patient rooms throughout the ER for increased privacy, and better equip the ER for special circumstances. These improvements will help ensure that FHN Memorial Hospital's ER will continue to lead the way in emergency care for northwest Illinois and southern Wisconsin."

Nursing Director of Emergency Services Denise Book is excited about the planned updates. She says, "The ER never closes and the staff is always there to handle everything from scrapes and sprains to heart attacks and strokes...or the severe allergic reaction experienced by Catherine Banks. These additions will go a long way toward serving our community and keeping our facility at the highest level of performance."

NOTE: If you or someone you love has swelling of the throat, face, lips, or tongue—especially if accompanied by hives, wheezing, or difficulty breathing—get to your local Emergency Room as quickly as possible.



FHN CNO Named a H-E-R-O

Kathy Martinez, FHN's Chief Nursing Officer, was recently recognized as a hometown hero as part of the United Way's "Small Town Big Heroes" event. "Kathy has utilized her time to inspire, coach, mentor, and lead others by example," her nominator wrote. "She is a strong role model for female leadership and cares about making a difference in community, family, and patient care via uplifting others rather than highlighting her accomplishments."

Thirteen unsung heroes were recognized as part of the inaugural Tour de Freeport bike ride and interactive art event on September 24. A photo exhibit pictured each of the honorees and included an inspirational quote representing their unique perspectives. Kathy noted, "I am a transformational leader. I believe in inspiring my team through speaking from my heart. I believe in preventative health, and the well-being of our community is very important to me."

She also emphasized, "I am humbled and honored to have received the award. All the recipients are committed to improving our communities, and I feel privileged to be in their company."

Congratulations to Kathy on this well-deserved acknowledgment!

More efficient. More coordinated. More personalized.



As described in July's INSIGHT, we are upgrading our digital records system so you can benefit from the most current electronic health records (EHR) capabilities available.

During this transition – which will be occurring through February 2017 – you may experience delays in our interactions with you, so we apologize in advance for any inconvenience. We are working to minimize this impact by

ensuring that everyone at FHN is prepared to handle any situation that may arise while maintaining your safety as a top priority at all times.

To learn more, go to www.fhn.org. We promise these advancements will deliver even more healthcare excellence. Thank you for choosing FHN.

The Next Chapter



At the end of December, Michael Perry, MD will retire from his position as President and CEO of FHN, a position he has held since 2006. He shared some of his future plans with us, as well as a little background on how he got into medicine.

As a youngster, Perry always liked science and understanding how things work. When he was in high school, a teacher recommended optometry to him as a potential career and he thought he'd give it a try. He entered Illinois Wesleyan University with that in mind, but switched his major when faculty challenged him to expand his

knowledge and go to medical school.

Following his undergraduate work at Illinois Wesleyan, Perry attended Southern Illinois University School of Medicine in Springfield, Illinois, graduating as a physician in 1977. He completed his residency at Union Hospital in Terre Haute, Indiana and then moved back to Freeport where he practiced at Family Medical Associates from 1980 to 2003.

"I always wanted to live in a smaller community," said Dr. Perry, who was born at FHN Memorial Hospital and grew up in Freeport.

In 1999, Dr. Perry began to split his time between being a physician at Family Medical Associates and being FHN's Executive VP/Chief Physician Officer. He transitioned to the latter over several years, becoming full-time in the EVP/CPO role in 2004. He became President and CEO of FHN on January 1, 2006.

During Dr. Perry's tenure as President and CEO, FHN has undergone many changes and accomplished many achievements that benefit all the communities where FHN has a presence. **See the timeline below** for examples of the changes that have occurred under Dr. Perry's leadership.

Dr. Perry has also spearheaded OurFHN, an overarching electronic health records (EHR) initiative. FHN began its EHR journey several years ago and OurFHN is the latest and most all-encompassing phase of its transformation to all-digital health records. The organization-wide system architecture change will go live in February, although EHR is a process that will continue indef-

initely as new advances in healthcare and information technology are made in future years.

Looking ahead

Dr. Perry is looking forward to being retired – but only semi-so. He's going to be returning to his roots, practicing as a doctor part-time at FHN's Community Healthcare Center at the Stephenson County Health Department where he'll also act as Medical Director. He's also looking at ways to help in managing the care of some of FHN's most challenging patients with multiple chronic conditions, and plans to assist in fundraising for the FHN Foundation.

In his personal life, Dr. Perry is going to ride his bike more and probably do some traveling, mostly in the USA. He also has children and grandchildren to enjoy, and he's getting a new puppy, a mini Aussiedoodle (Australian Shepherd/Poodle mix) to keep company with his Labradoodle, Chloe.

In reminiscing about what he found most rewarding throughout his career, Dr. Perry simply said, "I liked being able to work with wonderful, highly skilled, and caring people, and having the ability to effect change."

He certainly did just that, and FHN and northwest Illinois have been the better for it.

Thank you, Dr. Perry!



Please go to page 8 for an introduction to incoming President and CEO Mark Gridley.

2006

FHN was honored by the Illinois Employers' Association as its inaugural **Employer of the Year** in the category of not-for-profit organizations with more than 100 employees.

FHN teamed with the Stephenson County Health Department to **create the FHN Community Healthcare Center**, providing care for uninsured, underinsured, and medically indigent in the community.

2007

FHN was honored as an **Employer of Choice** by Employer of Choice, Inc.

FHN expanded its recycling program at FHN Memorial Hospital and all Freeport facilities, making it one of the "greenest" healthcare organizations in the area.



2008

FHN was **named one of the nation's 100 Top Hospitals®** by Thomson Healthcare.



2009

FHN **opened the FHN Family Healthcare Center – Burchard Hills** in Freeport. The building housed the orthopaedics and sports medicine and occupational health departments as well as family practice, internal medicine and pediatrics providers.

FHN partnered with Shopko to open **FHN FastCare**, a convenient-care location open every day (including holidays) that provides low-cost, convenient access on a walk-in basis.

Mike and Mark, the Proust Questionnaire

The Proust Questionnaire, named for French writer Marcel Proust (1871 -1922) asks a set of questions about people's "favorites." James Lipton, the host of the TV program *Inside the Actors Studio*, gives an adapted version of the Proust Questionnaire to his guests, and INSIGHT asked Mike Perry and Mark Gridley to complete the questionnaire to give everyone an insight into their personalities. Here are their responses.

Your favorite virtue: Honesty
Your favorite quality in a man: Straightforwardness
Your favorite quality in a woman: Caring
Your chief characteristic: Quiet
What you appreciate the most in your friends: Being there
Your main fault: Honesty
Your favorite activity: Exercise
Your idea of happiness: Seeing joy in others
Your idea of misery: Pain
If not yourself, who would you be? Better athlete
Where would you like to live? Freeport
Your favorite color and flower: Blue, tulip
Your favorite bird: Cardinal
Your favorite fiction author: John Grisham
Your favorite poet: e.e. cummings
Your favorite hero in fiction: Tom Clancy characters
Your favorite heroine in fiction: Lisbeth Salander
Your favorite painter and composer: Monet, James Taylor
Your favorite meal: Turkey in any form



Your favorite virtue: Perseverance
Your favorite quality in a man: Integrity
Your favorite quality in a woman: Integrity
Your chief characteristic: Compassionate
What you appreciate the most in your friends: Honesty
Your main fault: Impatience
Your favorite activity: Helping others
Your idea of happiness: Service
Your idea of misery: Being ineffective
If not yourself, who would you be? Teacher
Where would you like to live? Anywhere with four seasons
Your favorite color and flower: Green, lotus flower
Your favorite bird: Peregrine falcon
Your favorite fiction author: Lord Byron, Stephen Covey
Your favorite poet: Percy Bysshe Shelley
Your favorite hero in fiction: Batman
Your favorite heroine in fiction: Black Widow
Your favorite painter and composer: Michelangelo, Beethoven
Your favorite meal: Thai food

2010

FHN Memorial Hospital opened its **eICU® program**, linking ICU patients in Freeport with the UW Health e-Care of Wisconsin's team of intensivists in Madison, WI who specialize in critical care medicine.

FHN undertook a **major expansion of the FHN Leonard C. Ferguson Cancer Center** with the installation of new radiotherapy equipment, bringing more precise cancer treatment to the region.

2011

FHN opened **The Center for Wound Healing at FHN**, including two hyperbaric chambers. It is one of the few facilities in Illinois with this capability outside a major metropolitan area.



2012

FHN initiated a **cardiac screening program with Freeport School District 145** for student athletes.

Walk-In Wednesdays no-appointment mammogram screenings

also began this year and were expanded in 2013 to meet demand.



FHN Memorial Hospital first received **recognition from Consumer Reports as one of the top three hospitals in Illinois for patient safety**. FHN was similarly recognized in 2013 and 2014, and its surgery program also received high scores.

Incoming President and CEO Mark Gridley



In January, Mark S. Gridley, MBA, FACHE will take the helm as President and CEO of FHN. Gridley, who joined FHN in 2010 as Vice President of Physician Affairs and currently serves as Executive Vice President/ Chief Operating Officer, brings over 25 years of healthcare experience to his new

role. Prior to coming to FHN, he served as Administrator, Clinic Operations & Patient Service Market Leader for Washington, Dodge, and Ozaukee Counties in Aurora Health Care, located in Hartford, Wisconsin. Before going to Hartford, he was an Associate Administrator at the Allergy & Asthma Clinic of Wisconsin in Milwaukee, where he also was an instructor and lecturer at the University of Wisconsin in the College of Health Sciences.

Gridley served on active duty in the US Army as a combat medic at the U.S. Army Eisenhower Medical Center in Augusta, GA and as a licensed practical nurse and non-commissioned officer at U.S. Army Walter Reed Medical Center in Washington, D.C. He received his LPN (Licensed Practical Nurse) degree from the Academy of Health Sciences in San Antonio, Texas, graduated summa cum laude from Upper Iowa University with a B.S. in science business, and earned an M.B.A from Cardinal Stritch University. Gridley is a Fellow of the American College of Healthcare Executives.

We'll feature him in the first issue of INSIGHT in 2017 – watch for it!



“Try Not to Fall Down!”

Tips to Keep You Safe During Winter Weather

Slippery winter weather is imminent, and with it, an increased risk for falls. Here are a few tips to keep you injury-free.

Fall Prevention Strategies:

- **Walk like a penguin.** Take short steps and stay flat-footed, keep your head up, focus on your footing, and extend your arms out to your sides.
- **Wear proper footwear.** A non-skid surface is helpful. Avoid smooth soles and heels.
- **Walk around icy areas.** Check with your toe to look for black ice. Use a sidewalk's grassy edge for traction.
- **Use vehicles for support.** When you get out of your ride, hang on for balance.
- **Don't carry large loads.** Make two trips or ask for help.
- **Focus.** Concentrate on your path and take your time.
- **Use handrails** or other supports to help catch yourself.
- **Beware of slippery entryways.** Water and slush can make for hazardous arrivals. Stay alert.
- **Shovel and salt.** Remember...prevention is the best way to stop slips and falls during snowy or icy conditions.

Following these tips should help reduce your fall risk as you navigate wintry weather. Remember to assist elderly friends and relatives. If you are older, ask others for a helping hand.

If you do fall, we at FHN are here to help you recover and get back to your regular routine as quickly as possible. Here's hoping you have a safe, fall-free holiday and winter season!

2013

FHN became the first healthcare entity in the area to utilize a **portable room disinfection robot that uses ultra-violet light** to quickly destroy viruses, bacteria and bacterial spores.

Therapeutic hypothermia was added to the FHN emergency department, helping to reduce brain injuries resulting from cardiac arrest, which is the most common cause of death after cardiac arrest.



FHN's pet therapy program was launched (visits began in 2014), warming hearts with cold noses!

Miles And Minutes, a free community summer exercise competition, began and has since rewarded area schools with prize money based on the exercise their fans log over the summer.

2014

FHN received a **Bronze Quality Achievement Award from the American Heart Association/American Stroke Association** in recognition of its stroke management program.

FHN partnered with multiple public and private entities to open **community gardens** at the Burchard Hills location.

FHN **launched a teleneurology program** in the emergency department, that provides state-of-the-art care for neurological emergencies 24/7.

2016

FHN received a **Silver Plus Quality Achievement Award from American Heart Association/American Stroke Association**, a clear indication of continued progress and achievement in stroke care.

FHN has received **A's in patient safety from Leapfrog** for the past three years.



Giving Feels Great

This time of year, when everyone seems to be thinking about gift lists, we thank the FHN Foundation for all they do to help unite people and resources to promote exceptional health and healthcare for our communities today and in the future. From internal programs like Partners In Giving to public events like the Festival of Trees Holiday Gala, the FHN Foundation raises and manages funds to enhance FHN programs and services. **Say hello to the team!**

Tonya T. Meyer

Executive Director

Tonya graduated from Freeport High School and received her Bachelor of Arts degree from Northern Illinois University in DeKalb. She spent nearly 10 years as the Executive Director of Rockford Area Habitat for Humanity where she managed all aspects of the organization and directed the building of 50 homes for families in Rockford. Prior to joining FHN earlier this year, she was the Director of Community Engagement at the United Way of Rock River Valley. Her favorite part of the job is meeting donors and hearing about their passion for FHN and our mission.



Tonya Meyer, Jackie Wehrenberg, and Wendy Barr comprise the FHN Foundation Team.

Jackie Wehrenberg

Annual Giving Coordinator

Jackie has been with FHN for 14 years, and her primary activities include coordination of the annual appeals campaign and events for the Foundation such as the Partners In Giving (PiG) employee campaign, Bowl for Kids' Sake (Big Brothers Big Sisters), direct mail campaigns, and so on. Her favorite project is the PiG campaign with all of its creative ways to raise funds and the great pleasure of distributing the items purchased for various departments as a result.

Wendy Barr

Donor Services Specialist

Wendy joined FHN in December 2015. She provides support for fundraising events, campaigns, and the Foundation board of trustees. Wendy processes all gifts, maintains donor records in the database, produces reports, and makes deposits. Her favorite project is also the PiG campaign!

Reduce Your 2016 Taxes with an IRA Gift to FHN

You can reduce your taxes while helping to ensure healthcare excellence in our communities by making a gift from your IRA to FHN.

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

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

Thank you for your support!



Glenda Koeller Retires After 45 Years at FHN

After 45 years at FHN, Glenda Koeller, Vice President Performance Excellence, is excited to retire. Still, she has mixed emotions about leaving an organization she has grown to love. "I am so grateful for the opportunities I've had and the people I've worked with over the decades," she says. "They have kept me here."

Larry Koeller kept her here too. They met at a dance sponsored by the Freeport Memorial Hospital School of Nursing, held at Highland Community College when it was located on Stephenson Street. Originally from southern Illinois, her new beau and her new job options made northern Illinois a perfect fit.

Her career has been filled with variety. She started in obstetrics, which she calls her "first love." Then she moved on to be a float nurse, to which she attributes her broad understanding of so many areas of the hospital. In the years that followed she was an assistant head nurse, a head nurse, a nursing supervisor, a certified infection control specialist, a CPR and advanced cardiac life support instructor, an employee health nurse, a supervisor for many departments, a Malcolm Baldrige examiner and judge, and finally a quality control officer, becoming vice president of performance excellence in 2006.

Glenda's commitment to the quality control function is unwavering. "FHN has such great quality scores,"

she says with pride, "often better than national benchmarks. We have excellent physicians and a wonderful staff, all dedicated to patient safety. I am so proud of our hard work and the results they make possible. Our recent "A" ranking from Leapfrog, a national patient safety watchdog group, is just one example of our efforts."

As she plans her next steps, Glenda is confident she will keep busy. "My husband is convinced I won't like retirement," she shares, "but I am looking forward to the extra time to read, crochet, enjoy my home, and spend time outdoors. I will volunteer, too, after I've had time to adjust. But I'll always look back on my time at FHN with great pride and affection. The quality strides we have made, and the compassion of the people, provide great satisfaction as I move on to this new phase of my life."

**Good luck Glenda!
You will be missed.**



Women's Event Provides a Welcome Night Out

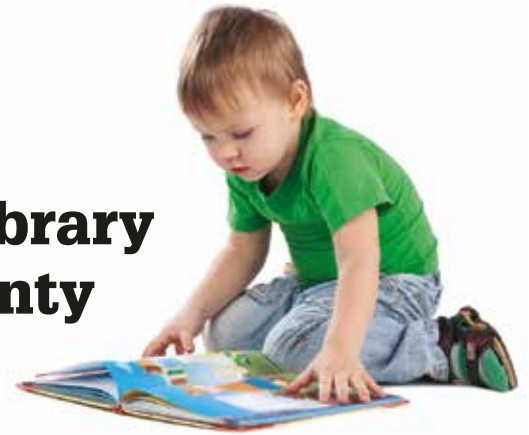
At right, Dr. Courtney DanPullo addresses an engaged crowd at "A Slice of Time – Just for You!" women's event, held at Cannova's in Freeport on October 24. Women's care providers from FHN gave short presentations on genetic screening, breast cancer insights, and FHN's new Vein Center. Bobby Koneru, MD, of Paramount Oncology Group, a new partner with FHN, also discussed new types of care his organization is bringing to FHN. Dr. Koneru is a TED TALKS speaker and shared excerpts from his book, "Confessions of a Radiation Oncologist."

Almost 100 attendees enjoyed an evening of great conversations over pizza and complimentary beverages. Another women's event will be scheduled in the near future.





FHN Helps Bring the Imagination Library to Stephenson County



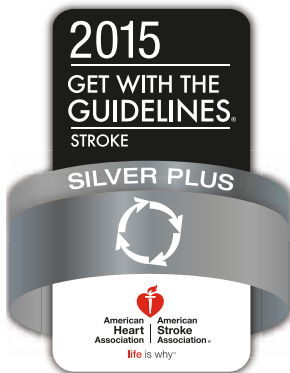
FHN is proud to be a sponsor of Stephenson County's Dolly Parton Imagination Library. Children who register for this program get a new book in the mail every month until their 5th birthday, helping to instill a love of books and reading from an early age. Educators and research indicate that reading to a child is the single most important activity to help prepare a child for kindergarten.

The program is facilitated locally by the United Way of Northwest Illinois. A celebration to signify its launch was recently held at the Freeport Public Library, where FHN was joined by co-sponsors from State Bank and the Community Foundation of Northern Illinois. For more information on the Stephenson County Dolly Parton Imagination Library, contact the United Way at 815-232-5184 or visit www.uwni.org.

At present, over 1,600 communities sponsor Dolly Parton's Imagination Library for over 750,000 children.



Reading is fun! That's the sentiment that representatives from FHN, the United Way of Northwest Illinois, State Bank, and the Community Foundation of Northern Illinois hope to spread by bringing Dolly Parton's Imagination Library to youngsters in Stephenson County. If you know a child who would love to get a book in the mail every month until they turn five, this program is ready to help. Share the joy of a good read and help a child be better prepared to succeed in school.

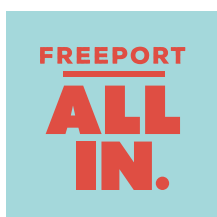
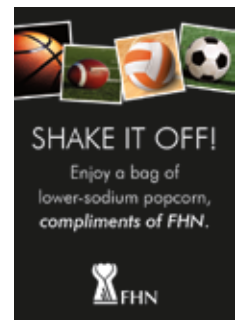


Our hospital was recently recognized for achievement in Get With The Guidelines®-Stroke, a program created by the American Heart Association/ American Stroke Association to help hospital teams consistently follow the most up-to-date, evidence-based guidelines for treating stroke patients.

The American Heart Association and American Stroke Association recognize this hospital for achieving 85% or higher compliance with all Get With The Guidelines™-Stroke Achievement Measures and 75% or higher compliance with five or more Get With The Guidelines™-Stroke Quality Measures for 12 consecutive months to improve quality of patient care and outcomes.

FHN Promotes Healthy Food Choices with Lower Sodium Popcorn

FHN recently received a grant from the Illinois Health and Hospital Association (IHA) to raise awareness of the many health hazards associated with too much salt in our diets. In order to demonstrate that lower sodium can still be very tasty, FHN engaged Tee Lee Popcorn in Shannon, Illinois to custom package microwave popcorn, which was distributed at football games at Freeport High School as well as through other channels.



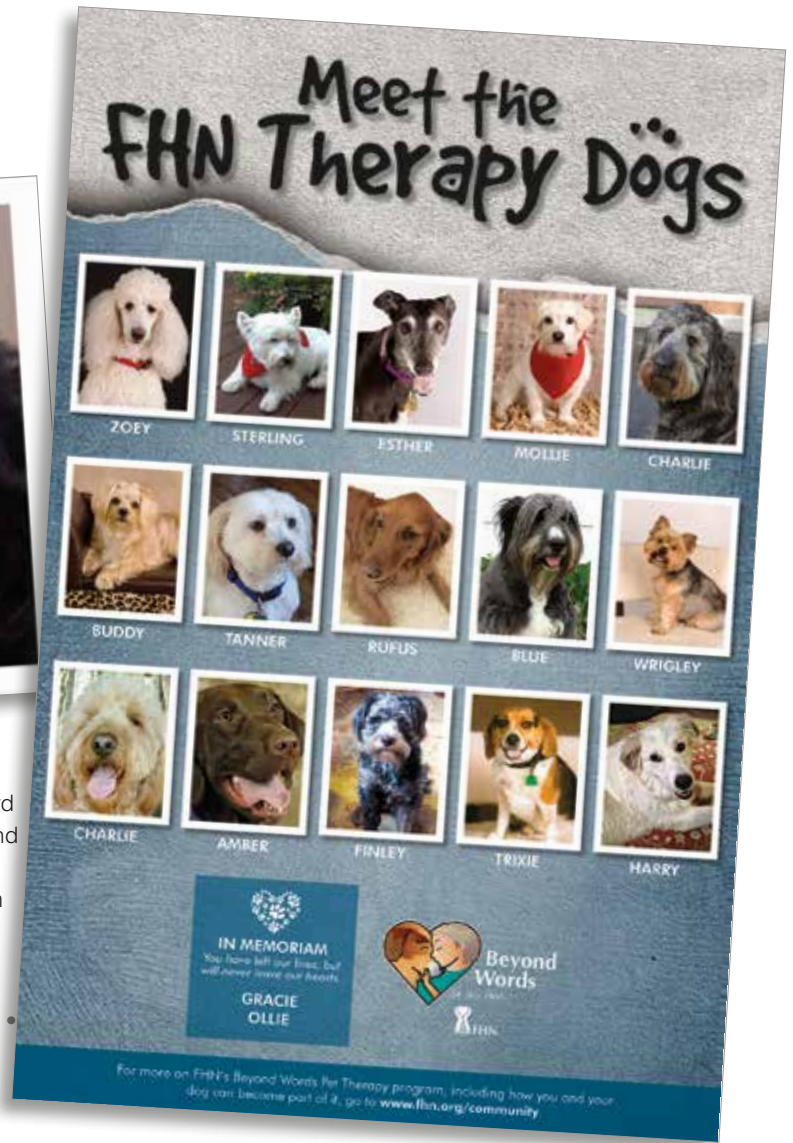
We're ALL IN!

Collaborate Freeport – a group of business and government leaders, community development organizations, and passionate citizens who are coming together to market the Freeport region – launched a new brand for Freeport/Stephenson County on November 4. Within the community, "Freeport All In" means that we are all working together toward the shared goal of creating a more vibrant, healthy, and engaged community. Outside the community, "All In Freeport" sends the message that Freeport has everything for a day trip, weekend getaway, or a new home town, including affordable housing, great restaurants, beautiful parks, outdoor recreation, a great history and one-of-a-kind events. FHN is proud to support this message: We are FHN and we are ALL IN!

Therapy dog provides comfort in the ER



Kayleigh Boland—who wants to be a veterinarian and has her own dog, Beauty, a part German Shepherd and part Australian Shepherd—was a recent patient in the ER at FHN. She found great comfort and a kindred spirit when Finley, one of the FHN therapy dogs, stopped by for a visit and a kiss. FHN's Beyond Words Pet Therapy Program celebrated its 2nd anniversary at the end of October. Meet all the program's sweet and skilled pooches in the poster, right.



Celebrate the Season

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

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

Polar Express • Saturday, December 10 • 10 a.m. • (G) FREE

No advance tickets • Limited seating • Holiday surprise from FHN for all kids.

BONUS MOVIE

Scrooge (G) • Wednesday, December 14 • Noon and 7 p.m. • Free-will offering and/or food drive contribution or \$3.50.

Community Festival of Trees Enjoy holiday trees decorated by local service organizations, clubs and church groups competing for prizes. Vote for your favorite holiday tree **December 5-17!**

On Display December 4 – December 31 • Freeport Public Library, 100 East Douglas Street
Hosted by FHN and the Freeport Public Library.

Singin' at the King Enjoy holiday music from area school and church choirs.

Thursday, December 8 • 5:30 p.m. • King Community Campus gymnasium • Suggested donation of one non-perishable food item for entry.

Luminary Night Enjoy the beauty of the soft light of luminaries as FHN joins this annual neighborhood tradition.
Sunday, December 18 • Dusk • Along Stephenson Street and Lincoln Boulevard.

Insight

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