

# Insight

**Your Local  
Healthcare  
Supports Our  
Community**

Honoring  
Our  
Volunteers

Wellness  
Events  
For You!



*We're here, for you.*

**FHN**



MARK GRIDLEY, PRESIDENT AND CEO

## Our Communities. That's You!

In this INSIGHT, we're showcasing our commitment to the communities and families we serve. At FHN, truly being a part of our communities is not just a talking point or tag line, in fact it is our primary mission and reason for existing. As just one

example of how we live that statement, every morning (including weekends), most of our senior leaders and I get together for a 15-minute, stand-up meeting called a quality and safety huddle where we quickly go through anything happening in the organization that day that might impact the safety or excellent healthcare experience of our patients, partners, employees, and visitors. At the end of that meeting, every single day, we repeat our vision set by our locally governed Board of Directors: **"Healthcare Excellence for Our Communities"**.

In this issue, you'll read about what we're doing in all of the communities where we operate, and how what we do contributes to the success of our region. You'll see the names of your family members and friends in our **service anniversaries** section. To me, that's not just a list. It's an indication of the kind of organization we want to have: We want to be the best healthcare organization anyone could choose as an employer. It also reinforces our vision—every day, these hardworking people are here, for you!

You'll also see examples of where we've been out and about, and our **wellness calendar** gives you all the dates and events through July where you can visit with us or learn more about how to keep yourself and your family healthy.

Then flip the magazine over and read the **FHN Foundation annual report!** The Foundation is an important part of FHN, raising funds to help augment and enhance our ability to care for you. In reading these stories, I am humbled again at the generosity and "pay it forward" spirit of the people who give to the Foundation. I know you will enjoy their stories, and I hope you will consider supporting FHN, while also stepping up for your community, with a contribution. To learn more about the many ways you can give, including tax-saving options, just call Tonya Meyer, the Executive Director of the Foundation.

As summer gets into full swing, I'll look forward to seeing you when I'm out with my family, in one of our beautiful parks or enjoying a bike ride or a local taste treat. I also welcome you to all of our facilities—summer is a great time for those wellness appointments, and as we outlined in our last issue of INSIGHT, if you need help finding a primary care provider, just give us a call at 1-877-600-0346, ext. 965 and we'll have an appointment for you before you hang up the phone. We're committed to delivering **Healthcare Excellence for Our Communities!**

## 'Jackie O' Attends Volunteer Appreciation Lunch

We were delighted to have "Jackie O" drop by this year's Volunteer Recognition Luncheon in April. Historical presenter Leslie Goddard, in town to portray Jacqueline Kennedy for a presentation at the Association of Lincoln Presenters Conference, entertained and educated the honorees with her portrayal of the famous First Lady.



**If you're looking for a workplace with great benefits, fun culture, and career development, we would love to have you at FHN! Visit [www.fhn.org/careersOp.asp](http://www.fhn.org/careersOp.asp) for opportunities.**



# Health Fair Fun!

Kids – and grown-ups – had fun learning about everything from nutritious meal ideas to exercise and fire safety at the FHN Family Health Fair/ Healthy Kids Day April 21 at the YMCA in Freeport.



## 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!

We hope you'll take advantage of some of these free, quick chances to "check up" on your health!

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

### Blood Pressure Screenings\*

Location	Time	Date	Details
Golden Meals	10:30 a.m. – noon	June 12   July 10	524 W. Stephenson Street, rear entrance, lower level, Freeport
Gospel Outreach Food Pantry	9–11 a.m.	June 2   July 7	211 W. Spring Street, Freeport
Joseph's Pantry Faith Center	4–6 p.m.	May 15   June 19   July 17	203 W. Pleasant, Freeport
Liberty Village Estates	10:30–11:30 a.m.	June 13   July 11	2140 Navajo Drive, Freeport
Mt. Calvary Church of God in Christ	10 a.m.–noon	May 26   June 23	420 Challenge Street, Freeport
New Jerusalem Church of God	11 a.m.– 1 p.m.	May 17   June 21   July 19	4 E. Iroquois Street, Freeport
Pearl City Methodist Church	9–11 a.m.	June 23   July 14	411 S. Main, Pearl City
Pecatonia United Methodist Church Food Pantry	10 a.m. – noon	May 22   June 26	528 Washington Street, Pecatonia
Salvation Army	10:30 a.m.–12:30 p.m.	May 24   June 14   June 28   July 12	106 W. Exchange Street, Freeport
St. John's Lutheran Church	12:30–1:30 p.m.	June 13   July 11	625 Country Lane, Lena



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

## Vein Screenings



Location	Time	Date	Details
<b>FHN Memorial Hospital</b>	3–6 p.m. (by appointment)	May 22   June 26   July 24	Achy, tired legs can be a symptom of venous disease. Schedule a free screening at the FHN Vein Center to see if our experts can help. Non-cosmetic treatment options are covered by most insurance carriers, including Medicaid. For an appointment, call 815-599-VEIN (8346).

## Support Groups



Group	Time	Date	Details
<b>Adult Diabetes Support Group*</b>	1–2 p.m.	June 5	FHN Memorial Hospital Globe Room – Lower Level For more information, call 815-599-6253.
<b>The First Steps Grief Support Group*</b>	10–11:30 a.m.	May 15   June 19   July 17	FHN Memorial Hospital cafeteria meeting rooms – Lower Level For more information, call 815-599-7240.
<b>Living Through Grief</b>	6–7:30 p.m.	May 28   June 11 June 25   July 9	FHN Memorial Hospital Cafeteria Dining Rooms – Lower Level For more information, call 815-599-7240.
<b>Memory Café*</b>	1–3 p.m.	May 24   June 28	Senior Resource Center, 216 E. Stephenson, Freeport
<b>Perinatal Loss Support Group</b>	10–11:30 a.m. 6:30–8 p.m.	May 17   June 21   July 19	FHN Memorial Hospital Globe Room – lower level A safe and supportive space for parents who have lost a child through miscarriage, stillbirth or shortly after birth to cope with and share their emotions. Call 815-599-6160 for more information or to register
<b>Parkinson's Support Group*</b>	6:30 p.m. 1:30–2:30 p.m.	May 14 Jun 11   July 9	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena

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

## Training and Education



Class	Time	Date	Details
<b>Prenatal Class</b>	5–9 p.m.	May 22   June 21	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Registration is required; call 815-599-6221.
<b>Heartsaver® Pediatric First Aid, CPR &amp; AED</b>	8 a.m. – 4:30 p.m.	June 9	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.
<b>Breastfeeding Class</b>	7–9 p.m.	June 12	FHN Memorial Hospital, 1045 W. Stephenson Street – Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221.
<b>Diabetes Education Class</b>	1–4 p.m.	Part 1 – June 13 Part 2 – June 14	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Series of two classes. Classes are available only through physician referral and there is a charge to participate; call 815-599-6253 for more information.
	9 a.m. – Noon.	Part 1 – July 11 Part 2 – July 12	
<b>Sibling Class</b>	6:30–7:30 p.m.	July 11	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wittig. Registration required; for more information or to register, call 815-599-6221.
<b>BLS for Healthcare Professionals</b>	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.

## Community Programs



Program	Time	Date	Details
<b>FHN Speaker Series: Stroke and Stroke Care†</b>	5:30–6:30 p.m.	May 16	FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive, Freeport Learn the signs and symptoms of stroke, how you can help prevent one, and the treatment options available. Register online at <a href="http://www.fhn.org/stroke">www.fhn.org/stroke</a> .
<b>Lunch and Learn*</b>	Noon	June 5	Oakley Courts, 3117 Kunkle Boulevard, Freeport Speaker is a John Dull from Connect Hearing.
<b>German Valley Days*</b>	7–10 a.m.	June 9	German Valley Fire Station, 600 Church Street, German Valley FHN Top 50 will offer free blood pressure, cholesterol and glucose screening as part of this fun family event. Fasting for 8 hours prior to glucose screening is recommended.
<b>Relay for Life of Carroll County</b>	5–10 p.m.	June 9	Mount Carroll Church of God, 816 S. Clay Street, Mount Carroll FHN is proud to be a sponsor of this annual American Cancer Society fundraising event. For information on donating or participating, contact Tanya Huntington at 309-648-9685 or <a href="mailto:tanya.huntington@cancer.org">tanya.huntington@cancer.org</a> .
<b>Community Health Forum: Cancer, Cognition &amp; Exercise*</b>	6:30 p.m.	June 12	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Mike Perry and Dr. Jack Herrmann will talk about the importance of exercise to mitigate cognitive decline in middle age and prevent various types of cancers. Presented by the Stephenson County Health Department and FHN.
<b>FHN Speaker Series: I Need a Doctor—Where Should I Go?†</b>	5:30–6:30 p.m.	June 13	FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive, Freeport Representatives from FHN primary care, the Emergency Department at FHN Memorial Hospital and the Physicians Immediate Care team will lead a discussion—and then go with attendees to tour the new facility. Register online at <a href="http://www.fhn.org/urgentcare">www.fhn.org/urgentcare</a> .
<b>FHN Volunteers Present Luxury Linens Sale Event*</b>	Noon–6 p.m. 7 a.m.–3 p.m.	June 19 June 20	FHN Memorial Hospital Conference Dining Room, lower level, 1045 W. Stephenson Street, Freeport. Open to the public, and a portion of every sale is donated back to FHN. Sherpa throws and spreads, quilt sets, bamboo memory foam pillows, and sheet sets (900 & 1,200 thread counts) from twin to California king.
<b>Stephenson County Fair</b>	All Day	June 27 through July 1	Stephenson County Fairgrounds, 2250 S. Walnut Road, Freeport. FHN is proud to sponsor the Grandstand and to be at the fair every day with information on good health along with sunscreen, hand sanitizer and goodies for the kids! Stop by our booth and say hi!
<b>Talk: Skin Conditions*</b>	1–2 p.m.	June 29	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
<b>Gran Fonda Tour Against Cancer</b>	8 a.m.	June 30	Tutty's Crossing Trailhead, 250 E. Stephenson Street, Freeport Choose from several routes including a Family Fun Ride, 30, 50 or 75 miles. In lieu of a registration fee, we welcome your gracious donation to the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Register online at <a href="http://www.fhn.org/TourAgainstCancer">www.fhn.org/TourAgainstCancer</a> . For more information, call 815-599-6900.
<b>Lunch and Learn*</b>	6 p.m.	July 10	Oakley Courts, 3117 Kunkle Boulevard, Freeport Speaker is Sue Sklar from the Alzheimer's Association
<b>Community Health Forum: "Mismatch" Diseases and Modern Life*</b>	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.
<b>FHN Speaker Series: Wow, Some of the Germs Out There Are Getting Stubborn!†</b>	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!
<b>FHN Heart Healthy Hustle 5K</b>	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 <a href="https://runsignup.com/Race/IL/Freeport/FHNHealthyHeartHustle">https://runsignup.com/Race/IL/Freeport/FHNHealthyHeartHustle</a> .

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

† Refreshments will be served; no cost to attend. Register online or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

# Congratulations to Those Who Celebrated Service Anniversaries in 2017!

## 45 Years

Colleen Wilson	Ambulatory Care
Harriet Woker	Imaging
Denise Book	Emergency Department

## 40 Years

Lisa Starliper	Ophthalmology
Robert Geller, MD	Internal Medicine
Ruth Ann Sander	Imaging
Warren Holton	Laboratory

## 35 Years

Barbara Weeks	Emergency Department
Sue Montgomery	Lena

## 30 Years

Christopher Jelinek, MD	Highlandview Drive
Colleen Stukenberg	Health Management
Connie IIs	CBO
Dee Penick	FNS
Donna Ward	Cancer Center
Holly Gobeli	Lena
Joy Readeker	Highlandview Drive
Linda Posey	Internal Medicine
Marlene Knight	Med/Surg/Peds
Michael Weaver	Pharmacy
Penny Beyer	Operating Room
Prasad Thomas, MD	Pediatrics
Sandra Diddens	Cancer Center
Terese Hawley	Nephrology

## 25 Years

Jane Curry-Amodeo	Emergency Department
Cara Arand	Finance
Elizabeth Mclain	Internal Medicine
Gary Ruter	Materials Management
Kelly Stewart	Med/Surg/Peds
Laura Mack	Cath Lab
Leonard Carter	Administration
Lorna Thompson	Highlandview Drive
Marci Prather	Medical Records
Margaret Kochsmier	Quality
Mark Cormier, MD	Urology
Michele Schiess	GI Lab
Sarah Luecke	Hospice
Sherrie Dirks	Laboratory

Terry Miller, MD	Highlandview Drive
Tracy DySard, FNP-BC	Med/Peds

## 20 Years

Amy Kane	Med/Surg/Peds
Angela Humphrey	Emergency Department
Barb Ziegelbauer	EVS
Beth Kalnins, MD	Hospitalist
Connie Onley	Med/Surg/Peds
Deborah Bremmer	GI Lab
Debra Gille	CBO
Erin Bidlingmaier	ICU
Heather Spengler	Finance
Kimberly Williams	Med/Surg/Peds
Kristy Wolter	Urology
Laura Staben	Highlandview Drive
Lisa Then	Occupational Therapy
Louise Nilles	Messenger Services
Luanne Kay Ferguson	NIHP
Lucy Heatherly	FNS
Mark Hunziker	Med/Surg/Peds
Misty Dehaven	Highlandview Drive
Sherry Pitterle	GI Lab
Susan Harmon	ICU
Tammy Edler	Administration
Tammy Kubatzke	Nursing Administration

## 15 Years

Amanda Mcintosh	ICU
Amy Fisher	Quality
Angie Schick	Lena
Anneliese Hartman, AuD	Audiology
Cathy Stouffer	Administration
Celeste Gilbert	NIHP
Diane Ross	CBO
Donna Strauch	Operating Room
Geraldine Briggs	Emergency Department
Jacqueline Wehrenberg	Foundation
Jeff Keister	Facility
Jessica Schneiderman	Clinical Development
Jo Ann Olszewski	Med/Surg/Peds
John Thompson, DDS	Family Dental
Kathleen Buth	CBO
Kathryn Martinez	Administration
Kimberly McCray	Imaging

Laurie Thiele NIHP  
 Leyna Gross Ambulatory Care  
 Lorna Werkheiser Urology  
 Lorrie Schlachter NIHP  
 Lynn Gordon CBO  
 Mary Lynn Trost Highlandview Drive  
 Melissa Bradbury Emergency Department  
 Michael McFadden, MD Stockton  
 Pamela Finley Burchard Hills Physical Therapy  
 Sharon Carney Pharmacy  
 Susan Matz Emergency Department  
 Tonya Pennington Emergency Department  
 Vicki Bales GI Lab

Nick Farmer  
 Pamela Welt  
 Patricia Sturtevant  
 Prasad Kilaru, MD  
 Rafael Castro, MD  
 Robert Pierce, MD  
 Roberta Lobdell  
 Robyn Reifsteck  
 September Chezem  
 Tamara Calderon  
 Terry Cross  
 Toni Levine, MD  
 William Fisher

FNS  
 Internal Medicine  
 Highlandview Drive  
 Cardiology  
 Surgery  
 Radiology  
 Internal Medicine  
 Emergency Department  
 Med/Surg/Peds  
 EVS  
 Emergency Department  
 Otolaryngology  
 Tri Rivers (IT)

## 10 Years

Amanda Kempel ICU  
 Amy Schulz Rheumatology  
 Anna Ferguson Family Counseling Center  
 Anythony Zappia, MD Surgery  
 Barbara Shores Orthopaedics  
 Debra Jahnke Mount Carroll  
 Debra Farmer EVS  
 Debra Woodruff Rheumatology  
 Deena Mullarkey Med/Peds  
 Don Meinders EVS  
 Erin Rendon CBO  
 Glenda Schimetz Ambulatory Care  
 Heather Shank Float  
 Renata Dadez-Hepler Family Counseling Center  
 Jaclyn Peters Orthopaedics  
 Jennifer Gassman FNS  
 Jessica Ward Ob/Gyn  
 Jodie Bowers Cardiology  
 Julie Vaughn Med/Surg/Peds  
 Kaci Kilker Respiratory  
 Katelyn Alvarado Imaging  
 Kristin Rauch GI Lab  
 Lavonne Wichman Materials Management  
 Leanne Raders Cardiac Services  
 Lillie Sager Medical Records  
 Lydia Sweitzer ICU  
 Mark Duden Facility  
 Martin Urban, MD Radiology  
 Mary Michaelis Ambulatory Care  
 Melissa Grindey Emergency Department  
 Michelle Allen Ob/Gyn  
 Molly Thommen Gastroenterology  
 Nanette Daniels Imaging  
 Naomi Dotzel Operating Room

## 5 Years

Alana Boyce EVS  
 Amanda Heimann Administration  
 April Moore, MD Forreston  
 Billie Jo Rogers Med/Surg/Peds  
 Brandy Quinn Ambulatory Care  
 Brittani Gemmell Telemetry  
 Cindy Arnold Medical Records  
 Connie Kaiser Forreston  
 Connie Bicksler Operating Room  
 Courtney DanPullo, MD Ob/Gyn  
 Dianna Schreck Community Services  
 Dominique Beck Lanark  
 Jason Zier IT  
 Jennifer Sliffy Admitting  
 Jeremy Welt Tri Rivers (IT)  
 Jillane Toelke Emergency Department  
 Katherine Schoonhoven Burchard Hills  
 Kayla Dewald Imaging  
 Kelsey Goeke Stockton  
 Laketia Higgins Med/Peds  
 Layla Atherton Lanark  
 Molly Habben Imaging  
 Peggy Korth Hospice  
 Raeanna Schreck Cardiology  
 Rikki Perrin CBO  
 Robert Garretto, DO Emergency Department  
 Ryan Shirley Facility  
 Shannon Lizer, FNP-BC Community Healthcare Center  
 Sharon Lahre Mount Carroll  
 Sheena Masson Med/Peds  
 Steven Bach, DO Radiology  
 Syed Haq, DO Emergency Department  
 Whitney Holmes Burchard Hills Physical Therapy

# 'Buy Local' Means Healthcare, Too

We all know there are good reasons to support our local shops, farmers markets, and service providers. In fact, we **all** benefit when we do so. Here are just a few of the reasons to buy local:



**MORE JOBS IN OUR COMMUNITY**—smaller local businesses are the largest employers nationally, whether they are branches of larger companies or start-ups.



**BETTER SERVICE**—local businesses know that their customers will talk about their experiences with other locals, so they may try harder to ensure your experience with them is a good one.



**REDUCED ENVIRONMENTAL IMPACT**—less transportation usually means less transportation overall, helping to reduce pollution and everything that goes with that.



**INVESTING IN YOUR COMMUNITY**—when you make a local purchase, you are casting a vote for the kind of community in which you want to live ... you are literally investing in your community.



**BETTER PUBLIC SERVICES**—more local businesses mean a stronger tax base, which translates to better schools, utilities, emergency responders, streets and roads, parks, and other services we all use.

So what about people who say that buying local is more expensive? After all, big-box stores got big because their prices are low. But that's taking a very narrow view of the big picture. In fact, many economists have proven that the difference becomes almost negligible when you consider the increase in local employment when buying local, as well as the community "climate" that results from people buying from people they know.

We know that Freeport and northwest Illinois are working hard to continue to prove that local is the way to go—for example, FHN has been a proud supporter of the Collaborate Freeport effort that is working to enhance the lives of residents while bringing others here to also enjoy the great Pretzel City!

These are all great reasons to shop locally when you need a car, or a plumber, or new shoes for the kids. But have you considered that when you go to an FHN location, you are also shopping locally?

**8 FHN** *We're here, for you.*



## Healthcare is a Big Part of Our Local Economy

David Boyle, researcher with NEF (New Economics Foundation, the UK's leading independent think tank), says that many local economies are languishing not because too little cash comes in, but as a result of what **happens** to that money. He has, appropriately for this article, an anatomical analogy:

**"Money is like blood,"** says Boyle. **"It needs to keep moving around to keep the economy going,"** he says, noting that when money is spent outside smaller communities—at large urban healthcare conglomerates for our healthcare example here — **"it flows out, like a wound."**

So, while you may not think of this very often, your trip to an FHN location for your own health is an important part of your community's health, too!

Nationally, more than 18 percent of our annual GDP (gross domestic product—the value of all final goods and services produced in an economy in a given period of time) is now related to healthcare. To give this a little context over time, this percentage was only 5 percent in 1960, and is expected to grow to 20 percent by 2025. That's a lot of value!

For non-urban areas like ours, that also means that in addition to often being one of the largest employers in a community—which is in the case for FHN—local healthcare organizations are also one of the biggest overall contributors to the local economy.

FHN Memorial Hospital, for example, generates **\$260,923,810** in total economic impact annually. That's **just the hospital**, not all of our other locations in Freeport and regional offices in Forreston, Lanark, Lena, Galena, Mount Carroll, Orangeville, Pecatonica, Savanna, Stockton, and Warren.

Speaking of employment, FHN's total payroll for almost 1,400 employees—from FHN Memorial Hospital to the people in our regional offices throughout northern Illinois—is over \$90 million. In 2016, every healthcare job in Illinois created nearly 1½ additional jobs elsewhere in the state. When the two employment figures are combined, 1,318 FHN jobs and 1,647 other jobs created as a result of those jobs, FHN can be credited with securing at least 2,965 jobs in northwest Illinois and southwest Wisconsin.\*





## Giving Back

Keeping it local also yields advantages when it comes to fundraising. As you can see on the cover of this issue—and in the stories in the FHN Foundation Annual Report that is also a part of this issue—FHN participates in dozens of activities throughout many communities in northwest Illinois every year. We **know** the communities in which we serve, and we love to celebrate with the people there and support the activities they lead to make their home towns great places in which to live, work, learn, and prosper.

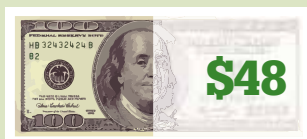
We're a big customer, too. FHN spends more than \$64 million each year on the goods and services we need to provide healthcare for you and your family, including expenditures on things like medical supplies, electricity for our buildings, and food for our patients. These purchases flow from FHN to vendors and businesses and then ripple throughout the economy. Not all FHN purchases can be made from local suppliers, but whenever possible, we are proud to patronize businesses in the communities where we live and work.

We also make investments in our buildings and major medical equipment—in 2016, an average year, that number was \$3.1 million. These types of investments generate an economic impact of approximately \$4,371,000 for our region every year.\*

Making investments and purchasing decisions also gives us another opportunity to be community-centered. As a not-for-profit organization, our mission is to provide for a societal good. Our economic advantage at FHN is reinvested into enhancing and improving our communities' healthcare directly, not sent to a headquarters or parent company outside our region. We are not bound by stockholders either, who often have shareholder returns (dividends) as a top financial priority.

FHN believes strongly that decisions about and for our communities are best made by people who live and work there – and receive their healthcare there. Once any business is headquartered somewhere else, major decisions are made far away from where they will have an impact – we have seen that impact in recent years right here in Northwest Illinois as major manufacturers, for example, have reduced their management ranks here and we have lost both jobs and the income and other related benefits mentioned earlier. In contrast, FHN has several boards with different areas of responsibility within the organization, and all of our board members live and work in northwest Illinois.

Before you buy, consider how much of your **\$100** purchase stays in your community when spent at...



... an independent local store



... an in-town chain outlet



... a remote online store  
(if delivery driver resides locally)

AMIBA—the American Independent Business Alliance—confirms that locally owned businesses contribute almost **three times** as much to local fundraising efforts as nationally owned larger entities. In 2017, FHN contributed over \$80,000 in cash in response to community fundraising efforts, as well as thousands of hours of time in educating, performing health screenings, and bringing the community together at events like our health fairs and Festival of Trees activities. We make investments like this every year, year after year, and we believe that doing so is an important element in implementing our vision of delivering Healthcare Excellence for Our Communities.

All of this is to say that FHN is more than just your “doctor down the street.” We know we're an important driver of our local economy, and that we have a key

role to play in ensuring our communities' economic viability.

To accomplish that, we need to be your healthcare provider! But rest assured that we don't take that privilege lightly—or for granted. We know you have choices, and that we need to earn your trust ... and your healthcare dollars.

So if we get something wrong, please tell us so we can fix it! When we get it right, please tell others and help us spread the word about the great work FHN is doing, both within and outside our walls, for individuals and the community at large. We are working hard to be proud of every interaction with our customers and patients, as well as committing to being a good neighbor, the best locally owned healthcare organization you'll ever experience, and the people you trust every day with your family's health and well-being.

**Thank you for keeping it local!**  
**Thank you for choosing FHN!**

\* Formulas provided by the Illinois Health and Hospital Association  
<https://www.team-ihh.org/>

# UPCOMING EVENTS

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](http://www.fhn.org)—registration is usually open two to three weeks prior to each event. Hope to see you soon!

## SPEAKER SERIES:

### **Wow, Some of the Germs Out There Are Getting Stubborn!**

**Wednesday, July 11 • 5:30-6:30 p.m.**

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



A variety of factors, including overuse of antibiotics in some cases, has led to some strains of germs that are becoming increasingly resistant to antibiotics, raising health alarms and leading to major news stories in the media. Learn about these “super bugs” and what FHN is doing to

help prevent them, as well as how to keep yourself and your family as germ-free as possible overall in this free presentation by Margie Kochsmier MSN RN CMSRN CIC, in FHN Infection Control and Clinical Quality, and Robert D. Geller MD, MS, FACP, FIDSA in Infectious Diseases.

## SPEAKER SERIES:

### **Maybe It's Just Heartburn. Maybe It's Not.**

**Wednesday, September 12 • 5:30-6:30 p.m.**

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



Many people experience heartburn and deal with it just fine by popping an occasional over-the-counter antacid tablet. But heartburn can also be a symptom of GERD (gastroesophageal reflux disease), esophageal cancer, or even heart problems. Join FHN gastroenterologist Timothy Laurie,

MD, in a free presentation that covers symptom identification, risk modification, and learning when it's time to see a doctor for other types of treatment. Beat the burn!

## SPEAKER SERIES:

### **Joint Replacement Can Get You On Your Feet Again Sooner Than Ever!**

**Wednesday, August 8 • 5:30-6:30 p.m.**

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



Be ready to enjoy fall sports—or a pain-free walk around the block—when you discover the TruMatch® knee replacement system. FHN's orthopedic department is the only healthcare organization in the area to offer TruMatch, a fully customized knee replacement option that ensures

replacements fit as perfectly and comfortably as possible, providing quicker recovery and better overall results. Learn more about TruMatch, as well as our orthopedic surgery capabilities in general, in a free presentation with Greg Dammann MD.



**THE FREEPORT POLICE DEPARTMENT MADE “NO SHAVE NOVEMBER” A FUND-RAISER** for the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. The officers paid \$25 to forego their usual “clean shaven” policy all month long!

## 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](http://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](mailto:srogers3@fhn.org) or call 1-877-6000-FHN (1-877-600-0346) ext. 901.

**FREEPORT  
ALL  
IN.**