

A publication of FHN

Volume 12, Issue 2

Insight

**From Wheelchair
to Walking Again
Amalia's Joint
Replacement Story**

**Celebrating a Decade
of Wound Healing**

**Honoring Special
FHN Caregivers**



We're here, for you.

FHN

**FHN
FOUNDATION
ANNUAL
SUMMARY
INSIDE**

Spring is Finally Here!

After spending much of the winter in some degree of social distancing, the sights and sounds of Spring in northwest Illinois are certainly a welcome change!

While we all are hoping that the pandemic is starting to wind

down, it's important to remember that we're not out of the woods yet. You'll find details inside about the various COVID-19 vaccines and the importance of getting vaccinated by our infection control specialist, and we have lots of additional info on various aspects of COVID-19 and its treatments – including a number of interviews with our providers and staff – at our website at www.fhn.org. We will continue to keep you up to date and hope you have already had your vaccination! (If not, we can certainly provide it.)

One of the ways to be more COVID-19 safe is to be outdoors enjoying the sun and keeping active, so it's a great time to share a story about a patient who's very happy with her new knee as well as bringing you up to date on a new procedure for joint replacement at FHN. We also review our approach to the importance of physical therapy in making a joint replacement successful – our Jointopoly Club! The skilled professionals in both orthopaedics and physical therapy work together to ensure that your new joint will

add many years of movement to your life. What could be better in the Spring than a pain-free walk with a friend?

There are always anniversaries to observe and 2021 marks the tenth anniversary of the Center for Wound Healing at FHN Memorial Hospital. In this issue, you can read about the Center's successes and learn more about our services there. I'm also really pleased to be able to share recognition for a number of people on our staff as well as welcoming some new faces – our people really are what makes FHN a different way to experience healthcare. I'm grateful for the dedication and professionalism of all our team members as they go about delivering healthcare excellence, every person, every time and with empathy, for our communities.

Finally, as we do in our Spring INSIGHT every year, we bring you the Annual Summary for the FHN Foundation. It would have been hard, indeed, to get through 2020 without the generosity, both financially and in spirit, of the people and businesses throughout our region. There are so many wonderful stories of how you lifted us up during some very challenging times that I won't even try to choose just one to mention here – you will want to read about many of them. I am filled with gratitude for the opportunity to serve people who really do care about their neighbors and friends.

Please continue to stay safe, and thank you for choosing FHN, your locally governed and focused healthcare partner!



IT'S NEVER TOO LATE TO GET FIT!

Get Fit 2021 has gone virtual, individual, and FREE for this year. We're having fun learning more about nutrition, exercise, and wellness – and you're welcome to join at any time!

Sign up at www.fhn.org/getfit any time through the end of the program (June 5) for access to our newsletters, recipes, nutrition and fitness videos. Get Fitters also are eligible to participate in this year's mini-challenges, with free groceries and even a community garden plot as prizes. Head on over and join us now!



FHN is staying safe (and not scheduling community events) for now, but keep an eye on our calendar at www.fhn.org – we hope to see you soon!



FHN is an award-winning regional healthcare system committed to the health and well-being of the people of northwest Illinois and southern Wisconsin. Organized in 1995, non-profit FHN is comprised of FHN Memorial Hospital, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, and 13 family healthcare centers in 5 counties spanning northwest Illinois offering primary and specialty medical care, hospice, and outpatient mental health services. For more information about us please visit www.fhn.org.

Note: Photographs taken during the pandemic have followed proper safety protocols.

Total Joint Replacement at FHN Is Joint Pain Keeping You From Participating in Activities You Love?

► Lindsay Bader and Keri Wall guide patients through the total joint replacement procedure and get them on their way to a full recovery and more active lives.

Beautiful weather inspires many of us to get moving – play a round of golf, a game of tennis, or even just go for a walk. But joint pain might make you think twice – it's hard to enjoy anything when moving around is painful. Help is available.

FHN offers a comprehensive total joint replacement program right here, close to home. You can even schedule your follow-up physical therapy at one of our Family Healthcare Centers in Mount Carroll, Lena, Warren, or the FHN Family Healthcare Center – Burcharth Hills in Freeport!

FHN Orthopaedic Surgical Nurse Navigator Keri Wall RN, BSN, CPAN says that FHN's Orthopaedic team routinely performs total joint replacement surgeries.

FHN surgeons can use the latest development in hip replacement surgery, a special Hana® table that allows the team to use an anterior (front) approach to replace the arthritic joint.

"This method does not cut through as many major muscles, which means better healing and a faster recovery," Wall says. It also lessens the risk of hip dislocation after surgery, so patients have more freedom of movement right away.

FHN's Orthopaedic team also uses two of the most advanced platforms available for knee replacement surgery. Both are highly customized to each patient, from the joint itself to the equipment and tools used during the procedure.

The TruMatch® method utilizes pre-surgical CT scans to customize the total joint replacement and create navigational blocks to be used as a guide for surgery.

OrthAlign gives the surgeon real-time, precision data to align the implant during surgery. No pre-surgical scans are necessary.

Both options have proven very successful for FHN patients, Wall says. In most cases, the choice depends on which platform a patient's health insurance will cover. (The team works with each patient to ensure the procedure is covered by insurance.)

"Once you have decided that it's time for joint replacement surgery, you'll meet with me to get the process started, get answers to any of your questions, and start learning what you'll have to do to make your joint replacement successful," Wall says.

That's where the Physical Therapy team enters the picture.

"Prior to your surgery, you'll meet one-on-one with a physical therapist to learn strengthening and stretching exercises to help you begin your journey toward optimal recovery," says Lindsay Bader, DPT, Physical Therapist in FHN's hospital setting.

As part of FHN's Rapid Recovery approach, Bader says, you can expect to get out of bed and walk within hours of having surgery! "Early mobility after surgery is crucial. These 'first steps' will begin your road to recovery."



Lindsay Bader



Keri Wall

"Our highly specialized surgical interventions, advanced pain management techniques, and pre-surgical education make it possible for some patients to leave the hospital the same day of their surgery," Bader says. The team has completed about 15 same-day-release procedures, though most total joint replacement patients leave the hospital the day after their surgery.

After surgery, the time frame for outpatient physical therapy depends on your progress. (Three to six weeks is the average.) Exercise will always be important: "Having joint replacement surgery is a life-long commitment. Even after finishing formal outpatient physical therapy, a continued regular exercise program is very important in order to maintain joint and general health and well-being," Bader says.

Bader, who has been caring for FHN patients for 12 years, and the Orthopaedics team developed **JOINTOPOLY**, a comprehensive, specialized course of education and treatment to guide patients through the process of joint replacement surgery. Learn more about Jointopoly and the total joint replacement process at www.fhn.org/Jointopoly.

Amalia Viveros prepares Mexican specialties for her family at her son's home in Dakota. Cooking is one of her favorite activities, and she missed it when she was in a wheelchair.



From Wheelchair to Walking Again ... Thanks to FHN Orthopaedics

When Amalia Viveros came to visit her son Ramon in Dakota, he was concerned about both her physical and emotional well-being. Suffering with osteoarthritis in her knees for about five years, she was in a great deal of pain. Steroid injections had not helped much and her condition had deteriorated to the point that walking was nearly impossible. Confined to a wheelchair, she was feeling depressed about her lack of mobility and frustrated that she could no longer cook or care for herself. Ramon decided to bring her to FHN for a consult with Kevin Draxinger, MD, who gave Amalia the best prescription of all: Hope.

After imaging showed 'bone on bone' in both knees, Dr. Draxinger discussed total knee replacement surgery with Amalia and Ramon, recommending a traditional approach using intramedullary alignment methods. "He felt confident the surgery could get Mom back on track," shares Ramon. "Being in a wheelchair had a huge impact on her emotionally, and we were encouraged that surgery was an option."

A GOOD MATCH

Amalia and Ramon were both pleased with their consult and with the professional help that they received from everyone at FHN, especially Dr. Draxinger. His personal approach gave Amalia the support she needed to move forward.

"I was very comfortable with him right away," says Amalia, a Spanish-speaking woman who relies on her son to translate for her most of the time.* "I was not 100 percent convinced that surgery was the right thing for me until I met him. He was very knowledgeable and he just gave me confidence that surgery was my way back to independence."

A TEAM EFFORT

Amalia chose Kate Ehlbeck, DO, who sees patients at the FHN Family Healthcare Center – Highland View Drive in Freeport, as her primary care provider. Dr. Ehlbeck coordinated Amalia's pre-op exam and explained concerns about her diabetes and high blood pressure, which would

keep her in the hospital an extra day or two after the procedure. The Viveros' appreciated Dr. Ehlbeck's expert and compassionate care, and were impressed with Samantha from that office, as well, a nurse who was especially supportive and friendly. Ramon also received helpful assistance from Orthopaedic Nurse Navigator Keri Wall, on whom he relied to guide the family through surgical processes and insurance issues, as well as provide additional support.

When the day came, Amalia was not nervous.

“I was ready to feel better.

Dr. Draxinger motivated me and helped me feel calm and relaxed.

Everybody at the hospital did a good job caring for me, and I even stood up the day of my knee replacement.”



▲ Everyday activities, like cooking for her family (including her son Ramon), bring Amalia great joy now that she can move freely again thanks to successful knee replacement surgery.

A SUCCESSFUL OUTCOME – ‘AS IF IT WAS MEANT TO BE’

Ramon feels thankful his mom was “in the right place at the right time.” He states, “I am so happy she was here with me for this period of time. It is as if it was meant to be ... she is just comfortable with Dr. Draxinger and FHN. We look forward to her second surgery in a few months.”

Now, with her right leg feeling strong and pain-free, Amalia is thrilled to feel more independent and resume her hobbies: Cooking, travel, and being outdoors.

According to Ramon, “Mom can walk again and is back in the kitchen serving up her homemade specialties – she is a master at preparing Mexican food. Soon she will visit my brother in San Antonio and after the other knee is replaced, she can start thinking about additional trips, including a gathering in her hometown of Zamora, Michoacán, Mexico. She loves to see new places, and thanks to FHN, she will have that opportunity. She is enjoying her mobility and feeling happier again. We are so grateful.”

**FHN provides translation services for those patients who need communication assistance.*



◀ Doctor and patient relationships matter, and Amalia has great trust and respect for her orthopaedic surgeon, Kevin Draxinger, MD.



Dr. Draxinger

From the kitchen of Amalia Viveros

MOLE MICHOACÁNO

(prominent in the Mexican state of Michoacán)

Ingredients

For the mole:

- 6 dried guajillo chiles
- 1 cup pumpkin seeds
- 1/2 cup sesame seeds
- 10 almonds
- 5 clavo seeds (whole clove)
- 5 pimienta dulce seeds (whole allspice)
- 1/2 cup pumpkin seeds (no shell)
- 5 saltine crackers
- 2 bay leaves
- 2 garlic cloves
- 1/4 tablet of Chocolate Abuelita*
- 1/2 cup olive oil
- 1 cup water

**This ingredient and other specialty items may be available at the Galena Super Market in downtown Freeport and other area grocery stores; they also are available through Amazon if cooks cannot find them locally.*

For the rice:

- 2 garlic cloves
- 2 cups uncooked white rice
- 1 medium-sized onion
- 4 Roma tomatoes
- 1/2 cup olive oil
- 1/4 cup Consomate Tomate (tomato concentrate flavored with parsley, chicken, garlic, and onion)
- 2 teaspoons of ground pepper
- 1 tablespoon salt
- 1 cup water

For the chicken:

- 6 medium chicken breasts
- 1 medium potato, chopped
- 1 chopped onion
- 4 cups water
- Ground pepper
- 1 teaspoon salt

Prepare the chicken

In a slow cooker, add 4 cups of water along with chicken, 1 medium chopped potato, 1 chopped onion, ground pepper, and 1 teaspoon of salt. Cook for 4 hours on medium heat.

Prepare the mole sauce

In a pot, bring water to a boil, add the guajillo chiles and let boil for 5 minutes. Remove chiles and let them sit.

In a pan on medium heat, toast pumpkin and sesame seeds in the olive oil until lightly darkened.

In a blender, add 1 cup of water and grind the chile peppers and the toasted sesame and pumpkin seeds, almonds, clavos, pimientos, saltine crackers, bay leaves, 2 garlic cloves, and Abuelita chocolate.

In a separate pan, add 1/2 cup of olive oil and bring to medium heat. Add the mole sauce and stir for 10 minutes. Turn off heat. Let sit.

Prepare the rice

In a blender, blend the onion, Roma tomatoes, 2 garlic cloves, consomate, 1 tablespoon of salt and 1 cup of water. This will prepare the rice sauce.

In a pan, heat the oil and add rice. Stir rice until golden brown. Add the rice sauce, stir, cover, bring to boil, reduce to low heat, cover, and cook for 15 minutes.

Plating

Place one chicken breast on a plate, add rice and mole sauce. Add potatoes and onions left in the crockpot if desired.

Enjoy!

For Amalia's Chiles Rellenos recipe, go to www.fhn.org/Viveros



Center for Wound Healing at FHN Memorial Hospital

Celebrating a Decade of Care – and Thousands of Graduations



◀ Nurse Practitioner Carrie Wright speaks with a patient undergoing hyperbaric oxygen therapy at the Center.

A lively depiction of a tree greets patients on the wall of the Center for Wound Healing at FHN Memorial Hospital. Each leaf is inscribed with a name and a date to commemorate a patient's "graduation" from care at the Center – a healed wound.

The caring team at the Center has celebrated about **3,600** of those graduations since it opened April 6, 2011 on the second floor of the FHN Specialty Care – Stephenson Street clinic across from FHN Memorial Hospital.

Now, the team is celebrating a decade of helping patients get back to living the life they want.

"Wounds that won't heal are a serious problem," says Nurse Practitioner Carrie Wright, FNP-BC, WCC. "They can decrease your mobility, and can lead to tissue loss or even the need for amputation."

Wright, like most of the caring team, has been part of the Center since its opening. She and Center Medical Director Rafael Castro, MD, FACS, WCC, have completed training and certification to earn the Wound Care Certified credential.

Wound Center Administrative Director Roland Tolliver, DPM, FACFAS,

FAPWCA, also an original Center team member, completed training and certification and is a Fellow of the American Professional Wound Care Association. FHN Podiatrist Richard Bell, DPM, joined the team in 2017. Dr. Bell and Dr. Tolliver also see patients as part of FHN's Podiatry team at the FHN Family Healthcare Center – Burchard Hills in Freeport.

Three nurses complete the Center's caring team: Laketia Higgins RN, Ericka Thrumann RN, and Cassie Wickham RN. Center Director Casey Euell MSN, RN and Front Desk Coordinator Virginia Gill EMT keep things running smoothly.

Among the Nation's Best

The Center is a collaboration of FHN and RestorixHealth®, a national wound care organization. RestorixHealth brought in the Center's two hyperbaric oxygen chambers, and offers wound care training for team members.

"We are proud to have some of the best 'numbers' in the nation," Dr. Tolliver says. "On average, we work with a patient for **28 days to heal a wound**, which is better than the national average, which is 32 days. And we are able to help **97 percent** of our patients' wounds heal – the national average is 90 percent."

"We've had more than **55,000 patient visits**, and more than 10,000 different 'dives,' which is when we treat a patient using one of our hyperbaric oxygen chambers," Dr. Tolliver says.

Dr. Castro explains how hyperbaric oxygen therapy helps to heal patient's wounds: "Inside the hyperbaric chamber, a patient experiences high atmospheric pressure and breathes in 100 percent oxygen. The combination of high pressure and an oxygen-rich environment helps to saturate the patient's plasma with oxygen, which gives wounds a better chance to heal."

"Hyperbaric treatment helps the patient's body heal their wounds from the inside, and helps prevent the loss of tissue," Dr. Castro says. "That can help us care for patients who have serious wounds – ones that, if they aren't healed, might necessitate the amputation of a limb."

Complete Wound Care

While the Center's **hyperbaric oxygen chambers** get a lot of the attention, Dr. Tolliver explains that the team uses a wide array of treatments to help heal patients' wounds, from **simple debridement** (removing damaged tissue around the wound) to special dressings and treatments and **skin grafts**.

"We can use skin that has been donated, like any other organ, or Kerecis®, a graft made from the skin of the North Atlantic Cod, which is rich in Omega3 fatty acids, which encourage tissue regeneration," Dr. Tolliver says.

Kerecis has been approved for use in the United States for three years, Tolliver

says, and it's a good example of the constant changes in wound care. "New treatments come along all the time, and we stay abreast of any developments that can help our patients," Tolliver says.

The most common wounds that bring patients to the Center are **diabetic ulcers**, Tolliver says. The high blood sugar and poor circulation that can accompany uncontrolled diabetes put these patients at high risk for wounds that need help to heal.

The Center staff has also treated **venous stasis ulcers**, which can develop from varicose veins, and vascular ulcers as well as pressure sores in patients with limited movement, surgical wounds that open up or won't heal correctly, radiation injuries in cancer patients, and even frostbite.

Most Center for Wound Healing patients have **appointments at least once a week** while they are being treated, Dr. Bell says. "This kind of intense attention helps to speed healing time and get our patients back to their regular life as soon as possible," Dr. Bell says.

No Referral Needed

While some patients are referred to the Center by their primary care provider, you do not need a physician's referral to be treated at the Center.

"We will work with the patient's insurance, and if a referral is needed, we will handle that," says Center Director Casey Euell. "We make sure that each patient's treatment is covered, and our providers will write a letter of medical necessity if it's needed."

The Center's emphasis on speed applies to the appointment process, as well: "We regularly schedule within three days of an appointment request," Euell says. "Our experts will work with your primary care team and insurance to get you the care you need."

To celebrate our **10th anniversary**, Center team members held a virtual open house and tour of the Center. You can view the tour online at any time at www.fhn.org/woundcare. ■

WELCOME TO FHN!

FHN Women's Healthcare Team Welcomes New Ob/Gyn

FHN is proud to welcome board-certified obstetrician/gynecologist **Lee Sessler, MD, FACOG** to our Women's Healthcare team.



Dr. Sessler earned her medical degree from the University of Illinois College of Medicine at Rockford

and served her Ob/Gyn residency at Advocate Lutheran General Hospital in Park Ridge, Ill. She has been caring for women in the Rockford area since 2003.

She holds a bachelor's degree and a master's degree in biology from Drake University in Des Moines, Iowa and served as a clinical instructor at the University of Illinois College of Medicine at Rockford. As part of a mission trip to Tegucigalpa, Honduras, she provided gynecologic care and performed major gynecologic surgeries in remote villages.

Dr. Sessler is welcoming new patients at FHN Specialty Care – Harlem Avenue in Freeport. To make an appointment with Dr. Sessler, call 815-599-7750.

Two Nurse Practitioners Join FHN Hospitalist Team

FHN also is proud to welcome two new providers to our Hospitalist team at FHN Memorial Hospital in Freeport. Nurse practitioners Kami

Harmon and Nicholas Krueger care for patients hospitalized at FHN Memorial Hospital.

Kami Harmon MSN, APN earned her master's degree in nursing and advanced practice nurse certification from Olivet University in Bourbonnais, Ill. She holds a bachelor's degree from and is a doctoral candidate (ethical leadership) at Olivet, as well. She began her nursing career with an associate's degree from Blackhawk Technical College in Janesville, Wis.

Before joining FHN, Kami had spent her career at Mercyhealth, the former Rockford Health System, in Rockford, serving in positions from registered nurse to diabetes program coordinator and as

a nurse practitioner provider in the Endocrinology department. She also has cared for pulmonology and post-acute care patients.



Nicholas Krueger MSN, RN, AGACNP-BC earned his master's degree in nursing and certification as an adult-gerontology acute care nurse practitioner from Walden University in Minneapolis, Minn. He earned his bachelor's

degree in nursing from Viterbo University in LaCrosse, Wis. after earning an associate's degree from Blackhawk Technical College in Janesville, Wis.

He began his nursing career in the medical/surgical unit and critical care unit at Monroe Clinic Hospital in Monroe, Wis. and has been caring for critical care patients in southern Wisconsin and northern Illinois since 2008.

DAISY/BEE Awards Honoring Special FHN Caregivers

At FHN, our goal is to take pride in everything we do. Our organization's entire reason for being, after all, is to take care of the people in our communities. It's reflected in our vision – Healthcare Excellence for our Communities – and in every interaction we have with people, every day.

We'd like to share some of our stories with you.

If you notice an FHN team member going above and beyond to help, there's a way to recognize and appreciate him or her. You can nominate FHN team members for a DAISY or BEE award.

The **DAISY** (Diseases Attacking the Immune System) Award is an international recognition program for hospitals that honors and celebrates the skillful, compassionate care nurses provide every day.

The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease ITP (Idiopathic



▲ Pictured left to right: FHN President & CEO Mark Gridley; BEE Award winner Lilly Curtiss; DAISY Award winner Tina Lingle; FHN Executive Vice-President, Chief Operating Officer / Chief Nursing Officer Kathy Martinez

Thrombocytopenic Purpura) in 1999. During his hospitalization, his family deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say “thank you” to nurses in a very public way: The DAISY Award.

The **BEE** (Being Exceptional Everyday) Award honors patient care (non-nurse) staff who assist a nurse or a patient and his or her family in delivering excellent patient care.

You can share your DAISY or BEE story online with us at www.fhn.org/daisy-bee. A multidisciplinary selection committee meets each quarter to select the DAISY and BEE Award honorees from those nominations.

DAISY honorees are recognized at a public ceremony in their unit at FHN and receive a certificate, an award pin, and a hand-carved stone sculpture entitled A Healer's Touch. Everyone in the unit celebrates with cinnamon rolls – a favorite of Patrick's during his illness.

BEE honorees are recognized publicly in their unit, receive a certificate and an award pin, and the unit celebrates with honey-themed treats.

The DAISY and BEE awards are sponsored at FHN by a private FHN Foundation donor and coordinated by the Nursing Care Council.

Here are the February 2021 DAISY/BEE Award winners – you can read their entire nominations online at the link to the left.



TINA LINGLE

(FHN Memorial Hospital Med/Surg team)

“Tina is a brilliant nurse. I feel fortunate to have had her as my day nurse on 3 East during one of the most painful episodes of my life. She was attentive and kind. None of my needs were overlooked. She was prompt with all my meds. This was a time of extreme pain. Tina did above and beyond to assist me and advocate for me. ... I so appreciate her. She is really an amazing soul.”

LILLY CURTISS

(FHN Memorial Hospital Med/Surg team) received two nominations:

“Lilly ... is so kind and peaceful and so willing to help a patient. She would busy herself in my room and wait for me to finish in the bathroom rather than take off and make me wait. ... God love this little gal – she is a Godsend to us and it speaks a lot for her when co-workers say how helpful and kind she is also.”

“I'd like to nominate Lilly. She always makes sure that I'm ok and that I have ice water. ... (S)he always is checking in just to say 'how's everything?' and that makes me feel special. I say she is more than special. She is one of God's angels.”

We Take **PRIDE** In Caring For You

Recognizing FHN Team Members Who Have Gone Above and Beyond

When an FHN team member notices a coworker going out of his or her way to help someone, we can nominate that person for one of that month's PRIDE awards. Three people are recognized each month with a small celebration and gift, and we share their stories as part of the celebration.

Here are the winners of the March 2021 PRIDE awards:



FHN Family Counseling Center team member **Erica Chapple** went the extra mile to help a patient

having housing difficulties. The patient was living in a two-story house but, due to a medical condition, wasn't able to get upstairs to the bathroom. Erica found the patient an accessible apartment with a bathroom on the first floor, assisted them in moving and obtaining some furniture from Goodwill, and advocated when they had some difficulties adjusting to the new environment. She also put the patient in touch with some area agencies for

help with assistive technology. Erica was nominated by Susan Johnson, who says "She has quite literally improved this patient's life and has gone out of the way to ensure that they can be successful with the Family Counseling Center's help!"



Cora Magee on the Inpatient Rehabilitation team helped improve the living situation of a pediatric patient.

When the patient was unable to come to therapy, Cora called frequently to check on them and their family. When she learned of a situation with a family member that was affecting the whole family, Cora tried to set them up for further assistance, which unfortunately was unavailable at the time. Cora kept checking in by phone and, with the support of several of her team members, was able to provide the family with some needed groceries and supplies. Cora was nominated by Kristin Book, who says "Thank you, Cora, for going above and beyond to help this family!"



Urology team member **Ashley Wire** made sure a nursing home patient was able to have their suprapubic catheter

changed. The patient couldn't come to the office, so Ashley provided hands-on training to the nursing staff at the patient's nursing home so the patient didn't have to wait any longer for the care they required. She was nominated by Kimberly O'Neill, who says "I cannot thank Ashley enough for coming to the aid of a staff member and patient she has never met before, and then, feeling comfortable enough to provide this care in an unfamiliar facility. Thank you!"

More than 20 people were nominated for PRIDE awards in March. The other nominees are: **Shirley Bowen, Makenzie Brown, Britany Burke, September Chezem, Carlie Clark, Julie Edler, Aaron Greene, Tricia Halter, Ameila Klavenga, Karin Kortemeier, Becky Larson, Amanda McIntosh, Mandi Milliken, Shiann Rowe, Craig Schimetz, Beth Stegall, Megan Thede, and Carrie Vick.** ■

Career Opportunities at FHN

FHN is always in search of a variety of healthcare professionals and support staff who share our commitment to providing healthcare excellence for our communities.

Our team members are a priority at FHN, as they are the key to providing quality healthcare for those we serve. We work hard to attract, develop and retain a talented and dedicated workforce. In return for your dedication, FHN is committed to providing an outstanding place to work, opportunities for professional growth, and the chance to work with excellent people who share your commitment to compassion and quality.

If you're interested in finding out more about career opportunities at FHN – or know of someone who is – visit www.fhn.org/careers or contact Carol Boeke, talent acquisition specialist in Human Resources at 815-599-6706 or cboeke@fhn.org.



TEN REASONS

You Should Get Vaccinated Against COVID-19

- **It will help us all get back to normal life.** Holidays, special occasions, and even just a trip to the grocery store won't feel so stressful as more and more people get vaccinated.
- **It's free.** You do not have to pay anything to be vaccinated.
- **It provides better immunity than what people get from being infected,** and delivers protection from some of the variant strains that having the disease does not cover.
- **It won't give you COVID-19.** It's not a "live" vaccine. None of the vaccines authorized for use in the United States contain any live virus.
- **It's for the greater good.** Getting vaccinated will help protect more than yourself – it will help protect your family, your co-workers, and your community by getting us closer to herd immunity.
- **It is well tested.** The vaccines have been tested on tens of thousands of people of many different ages, ethnicities, and demographics. Plus, it already has been safely administered to millions and millions of people, with very few serious side effects.
- **It is considered a moral responsibility in some religions.** For example, Pope Francis received a Pfizer vaccine on Jan. 13, calling it "a lifesaving, ethical obligation."
- **It's a simple and effective way to fight COVID-19,** which has killed more than 570,000 Americans and given millions more long-term complications such as kidney damage, heart disorders, and diabetes. FHN is still admitting positive cases to the hospital and people are still dying from this virus – and it is not only the elderly.
- **It is liberating to get the vaccine.** Many people say they feel considerable relief and freedom after getting their 'shot in the arm.'
- **It's getting easier and easier.** If you need help getting a vaccine, call 815-599-6412.



Understanding Vaccine Hesitancy

There are many reasons people have chosen to delay or deny a COVID-19 vaccination. Maybe they feel the process has moved too quickly. Maybe they are fearful of side effects. Or perhaps getting an appointment is just too much of a hassle.

The fact is, it is fair to be skeptical, ask questions, and take a few weeks – or even months – making a very important healthcare decision like this one. At the same time, local medical experts stress the importance of getting vaccinated soon and learning more about why it is the best thing you can do to fight COVID-19 and get life back to normal.

According to FHN Infection Preventionist Margie Kochsmier, MSN, RN, CMSRN, CIC, "The vaccines are proven to be safe and effective, and are an important step to put this virus behind us." She agrees with a recent study from the University of Missouri that concludes, "Although the vaccines were developed in record time, they have gone through the same rigorous Food and Drug Administration process as other vaccines, meeting all safety standards. No steps were skipped."

Margie suggests that those concerned with side effects think about pharmaceutical ads shown on TV or the literature distributed when patients pick up a prescription. "These ads and information sheets are filled with long lists of possible side effects that rarely happen, but which someone did experience during a study. It doesn't mean it will happen to you – it simply tells you what to watch for 'just in case.'"

She continues, "Chances are, you take your medication as directed and don't give it another thought. The COVID-19 vaccines should be viewed comparably. Yes, some side effects are possible, but most concerning ones are quite rare indeed. Even with the recent pauses to the Johnson & Johnson option, risks remain incredibly low and recommendations have been adjusted to minimize concerns. There are definitely more reasons to GET a vaccine than to delay."

According to Margie, "If enough of us get vaccinated, the virus has 'nowhere to go,' lessening transmission and infection and helping us stop the pandemic. I urge all our readers to get the vaccine soon if you haven't already done so."

For more information, go to fhn.org/coronavirus and watch Margie and FHN CEO Mark Gridley discuss the vaccines in an informative video.



DANNY ISAWI, MD

I highly recommend everyone get vaccinated and remain optimistic for an excellent 2021.



REBECCA PEDERSEN, MD, CPE, FAAFP

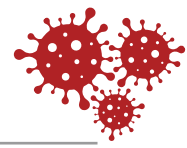
I took the vaccine to protect you!



CLARENCE PARKS, MD

I have personally cared for many patients afflicted with COVID-19. I STRONGLY encourage everyone to get vaccinated. It's the only way that we will get out of this pandemic!

Information in this article was accurate at press time.



VACCINATION OPTIONS AT A GLANCE

Type	Number of shots	Timing	Effectiveness after 2 weeks
Pfizer	Two	Second shot 21+ days after 1st shot	95% two weeks after
Moderna	Two	Second shot 28+ days after 1st shot	94.4% two weeks after
Johnson & Johnson	One	N/A	74.4% two weeks after



SELF-SCHEDULE YOUR COVID-19 VACCINATION

Sign up today at www.fhn.org/vaccinationsignup

Self-scheduling is available for individuals 18 and older.

If you are unable to schedule online, please call 815-599-6412 for assistance
Monday through Friday from 8 a.m. to 4:30 p.m.

WE WANT YOU TO BE VACCINATED AS SOON AS POSSIBLE!

FHN INFECTION PREVENTIONIST PART OF INTERNATIONAL EDUCATION TEAM

One person we turn to for the latest information in infection control now has expanded her role beyond FHN in helping healthcare organizations prepare for “germ warfare.” **FHN Infection Preventionist Margie Kochsmier, MSN, RN, CMSRN, CIC** has been selected to be a member of the 2021 APIC Education Committee.

The Association for Professionals in Infection Control and Epidemiology (APIC) is a professional international organization for infection preventionists. The group is made up of health professionals who work to collect and interpret data to track infections and prevent healthcare-associated infections.

An important part of APIC’s work is to educate healthcare personnel and the public about infectious diseases and how to limit their transmission. Along with the publication of scholarly journals like the *American Journal of Infection*

Control, the APIC education team creates educational programs for healthcare professionals and the public around the world, and Margie is a part of that team.

“My commitment to the committee is three years, and I’ll be reviewing objectives and descriptions of webinar programs and writing micro learning lessons,” Margie says.

FHN’s team members already benefit from Margie’s impressive background in infection control education. She’s in charge of educating and updating all of us, and has done countless interviews for newspaper stories, radio and television. We’re proud to share her with the world!





Getting to Know . . . **Annette Geilenfeldt, OB/Women’s Health Nurse and Lactation Consultant**

In 35 years, **Annette Geilenfeldt RN, BSN, IBCLC**, has never regretted her decision to work in obstetrics (OB). She has spent almost her entire career at the FHN Family Birthing Center, where she has helped “thousands” of babies enter the world and assisted myriad new moms learn the art of breastfeeding.

Practice Program-level 4. I am the Doula Liaison for the Stephenson County Health Department, teach the Prenatal Breastfeeding Class, and am a member of FHN’s Nursing Care Committee.”

HER LIFE OUTSIDE FHN

“I enjoy knitting and sewing when I’m at home. I have made and donated many baby hats to the FHN Family Birthing Center. When COVID-19 hit, I began making and sharing face masks with family and friends to keep them safe. I also started to make surgical hats for my daughter, who is also a nurse, and myself. I am proud to have my oldest daughter, who works for FHN, too, living nearby and enjoy the time I spend with her family, including my two grandsons. My husband Brent and I enjoy vacationing in the northwoods of Wisconsin – fishing, relaxing, and cheering for the Green Bay Packers.”

Annette’s hard work and dedication are appreciated by her co-workers and patients. As one new mother said,

“She provided valuable education and encouragement to me when I was very nervous about getting my daughter to breastfeed. Ultimately, Annette helped me persevere despite early struggles. It ended up being a wonderful experience that I will always treasure.”



HER MISSION

Annette chose OB early in her nursing career and has never looked back. “I feel honored to assist women and support their families through the birthing process. This looks very different for each woman, and it is my role to help them achieve their goal in a safe setting. I also have a passion for every woman who wants to breastfeed to help begin that adventure correctly.

“This is not as natural and easy as many think, which is how I discovered the role of a lactation consultant. I have attended many seminars and webinars to stay current in the field of lactation. When an infant is nursing well, it is so empowering to the new mother.”

HER TRAINING

“I am a registered nurse, having obtained my ADN from Highland Community College, and my BSN from Lewis University. I have a certification as an International Board Certified Lactation Consultant. I am also certified in NRP (neonatal resuscitation program), STABLE (neonatal stabilization), Advanced Fetal Monitoring, and Professional Nursing



▲ **PHOTO 1:** The Geilenfeldts enjoy supporting the Packers, whether at home or at Lambeau Field.

PHOTO 2: Annette enjoys knitting and sewing, and loves making baby hats, especially for the FHN Family Birthing Center.

PHOTO 3: Annette Geilenfeldt has been a staple at the FHN Family Birthing Center for many years, where she works as a registered nurse and specializes in helping new moms learn the art of breastfeeding.

Insight



Insight is published by **FHN**
1045 West Stephenson Street • Freeport, IL 61032 • (815) 599-6000 • www.fhn.org

Editor: Sarah Rogers
Contributors: Andrea Barthel, Julie Beach, Mindy Becker, Tara Hagemann, Barb Lessman, Marilyn Smit, Pete Willging

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.

©2021 All rights reserved





POWERING THROUGH THE PANDEMIC

2020
ANNUAL SUMMARY





POWERING THROUGH THE PANDEMIC

Here at the FHN Foundation, we have powered through the COVID-19 pandemic just like many of you – with diligence, tenacity, and as much grace as we could muster. We worked to keep our key initiatives moving forward while helping our healthcare heroes care for you under challenging circumstances. To do so, we had to adapt to constant change, negotiate tricky terrain, and ... ask for your help. You responded generously.

This annual summary gives you a look at how we responded to an unprecedented healthcare landscape in 2020 and found within difficult times a way to survive – and indeed thrive – in the midst of so much uncertainty. We are proud of FHN's performance, pleased with our ability to provide service during a crisis, and most of all, gratified by the help that poured in from our community. **Thank you, thank you, thank you. Your gifts make a difference every day!**



TONYA THAYER
FHN Foundation
Executive Director



GRATEFUL PATIENTS GIVE FROM THE HEART

After receiving care at FHN, many patients feel considerable gratitude for the skilled and compassionate staff members who attended to them when they needed medical treatment. FHN's "Grateful Patient" program provides an opportunity for many of these thankful people to donate to the Foundation and share a personal story about someone who made an impact on them during their stay.

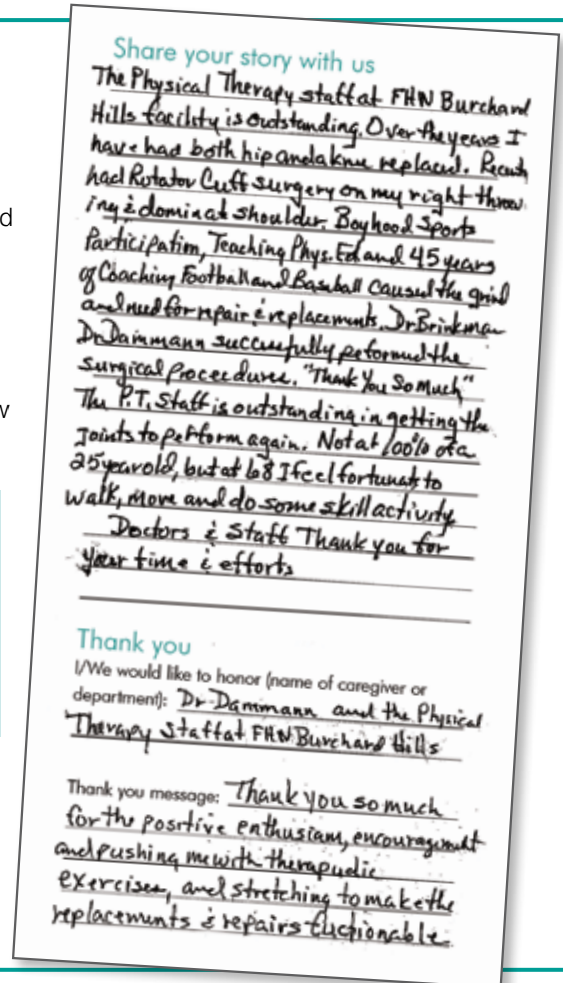
This program has grown greatly during the COVID-19 virus, as the public has become so acutely aware of the training, commitment, and dedication of medical personnel – true heroes in pandemic times or not. Here are just a few lines of appreciation shared by actual patients:

“To the gentleman who brought my breakfast – your smile made me feel less alone. Thank you.”

“To my nurse who reminded me so much of my daughter, thank you for caring for me with love.”

“To the doctor who found my cancer – thank you for trusting my intuition and never giving up!”

Donations to the Grateful Patient program – large and small – add up to provide big benefits for local healthcare initiatives. In 2020, the majority of these gifts have been directed toward the current campaign focused on our surgery center upgrade, though benefactors can select any project or specialty they choose. We appreciate each and every donation!



MOVING PATIENTS FROM POINT A TO POINT B IS NO SMALL TASK IN A HOSPITAL SETTING, WHERE COVERING A LOT OF GROUND IS THE NORM.

To help, the Foundation purchased several new Stryker wheelchairs using funds from the 2020 Partners in Giving (PiG) employee program. These ergonomically designed chairs cost approximately \$2,500 each, and provide improved transport for patients and increased safety and mobility for caregivers. Here, Jessie Hutchison, the Foundation's administrative assistant and PiG representative, tries out a new chair with the help of Andrea Klosinski, RN, and Tina Kluck, CNA.

Over the years, nearly \$1.7 million has been donated to the FHN Foundation through the Partners in Giving program, providing invaluable support to our healthcare community. We thank our dedicated team members who give so generously year after year!





▲ Carlie Love, a Monitor Tech in Telemetry, watches over the heart rhythms and other vital signs of several patients at a time. FHN's new Central Station helps her see detailed information about each patient and allows for monitoring in multiple settings.



CENTRAL STATION HELPS MONITOR VULNERABLE PATIENTS 24/7

When vulnerable patients need constant observation for heart and pulmonary issues, a central station provides continuous monitoring of their heart rhythms, 24/7. FHN added an innovative new GE Central Station in 2020, thanks to a \$74,000 gift from FHN Foundation donors.

This new equipment was earmarked for purchase before the COVID-19 pandemic, but became even more important when the complicated needs of coronavirus patients were determined. The new design not only helps technicians monitor complex cardiac rhythms, but can also provide blood oxygen monitoring, an important variable in those suffering from respiratory challenges commonly found in COVID patients.

This increased functionality helps improve patient care by increasing system flexibility and adaptability. Now, patients who need to be carefully watched because of cardiac complications, strokes, COVID-19, surgery, or other severe illnesses, can be observed from several locations with more integrated functionality. The result? Remote monitoring on a completely new level ... literally from different floors of the hospital if needed, with expanded backup capabilities.

According to Director of Inpatient Nursing Andrea Klosinski, RN, PCCN, MSN, CNL, "This Central Station gives us the ability to monitor up to 40 patients at a time for subtle changes that can help detect the onset of adverse events. It integrates monitoring and historical data from multiple sources and presents it to caregivers, helping them make sound decisions, reduce errors, and deliver clinical excellence. We presented this potential purchase to the Foundation and really appreciate that they said 'yes' to the Central Station. Thanks to all the donors for helping to continually improve patient care at FHN!" ■

**"GIVING IS NOT JUST ABOUT MAKING A DONATION.
IT IS ABOUT MAKING A DIFFERENCE."**

– KATHY CALVIN



COVID-19 RELIEF FUND PROVIDES TARGETED ASSISTANCE

In early 2020 when the pandemic was just beginning, we knew we would have an opportunity to help FHN respond quickly and professionally to new safety initiatives required by the Centers for Disease Control and Prevention (CDC). As the crisis escalated, urgent needs were identified, especially in regards to Personal Protective Equipment.

Requests for assistance came flowing in. With your help, we answered the call. Here is just a brief look at a few of the ways Foundation gifts helped our healthcare heroes in their fight against COVID-19.

CAPRS

When dealing with the constant threat of COVID-19, it is important to have good-fitting, high-quality protection from the virus. Experts consider N95s the standard in masks, but not all employees who need this extra protection can pass a “fit test” – an assessment to make sure the mask is fitting properly.

These employees are considered candidates for CAPRs – Controlled Air Purifying Respirators, which deliver a better solution for certain individuals while providing safety, comfort, and convenience. What makes a CAPR different from traditional PPE is a built-in, battery-operated air handling system that draws air in through a HEPA filter and blows it into the “breathing zone,” creating positive pressure so virus particles are not inhaled. CAPRs also adjust easily, similar to a bicycle helmet, making them even more versatile for a variety of subjects.

In all, the Foundation purchased six CAPRs to help susceptible employees reduce their risk.

GIFTS IN KIND

The Foundation received abundant donations from big-hearted businesses and individuals who reached out to provide assistance and comfort to our hard-working staff. This support included PPE such as N95 masks and disposable gloves; donated meals and treats to provide sustenance to exhausted staff; personal products like lotions and other special items to soothe skin agitated by long hours in PPE and provide stress relief; and thousands of homemade masks sewn by local crafters to protect the community. The FHN team is eternally grateful for these generous gifts, which helped us both physically and mentally face the challenges of each day.

The COVID-19 fund is still accepting donations through the Foundation, as we continue to face obstacles from this pandemic and prepare for future situations that we cannot envision today. FHN cared for hundreds of COVID patients in 2020, and our experts pledge to be forward-thinking as we plan for the medical maladies of tomorrow.





▲ This hungry group of employees from our Emergency Department enjoyed a bountiful breakfast courtesy of generous donations.

◀ Bev Kruse made more than 500 masks to help fight COVID-19. She was not alone. Scores of community members got out their sewing baskets and went to work stitching masks for people they did not know. We appreciate their hard work and altruism, and know these masks helped limit local infection rates. **Thank you, volunteers!**

▼ Our appreciation goes out to these sponsors and all the others that provided special meals for our staff members.



◀ CNA Amelia Huizenga, Dr. Erich Awender, and CNA Arica Watts wore CAPRs for protection against COVID-19. These high-tech respirators provide protection when N95 masks will not fit properly.

▲ FHN received hundreds of thank-you cards from community members throughout the pandemic. The power of this gratitude cannot go unrecognized – these words of appreciation warmed our hearts and kept us going through some very difficult days.





EVIDENCE-BASED PRACTICE PROVIDES LEARNING OPPORTUNITIES FOR RNS

Continuous learning is valued and encouraged at FHN. Two innovative nurses are living proof.

The pair set out to enhance FHN's emphasis on Evidence-Based Practice (EBP), an approach that focuses on learning best practices, conducting literature/research review, and applying that evidence to improve healthcare performance. The FHN Foundation is thrilled to help fund this exciting program, since EBP has been shown to enhance:

- The quality of patient care and outcomes
- Patient satisfaction
- Staff retention and autonomy
- Cost savings

Supervisor of Clinical Resources Jessica Larson MSN, RN, and Nursing Development Specialist Tammy Stadermann, MSN, RN, are heading up this innovative program. According to Jessica, "We are energized by this opportunity, and have enlisted an impressive array of subject-matter experts to support our curriculum. Participants will gain vital knowledge of what Evidence-Based Practice is and how to utilize this knowledge in everyday practice."

CLASS INCLUDES SEVEN RNS WITH SUBSTANTIVE GOALS

Interest in the EBP program was high, and seven nurses were chosen as "fellows." Each one identified a clinical question or area of interest within their application, encompassing varied subjects that affect a high number of patients. The EBP fellows and their projects are:

1. Preventing healthcare-acquired pneumonia in non-ventilated patients through improved oral hygiene – LeAnn Raders

2. Identifying and implementing best practices to help streamline processes in cardiac monitoring and documentation – Krista Montgomery
3. Improving processes related to blood glucose monitoring and meals with insulin administration – Tabitha Graves
4. Evaluating and improving processes for code blue (cardiac or respiratory arrest) training and drills/practice for the ICU nursing staff – Tonya Newill
5. Evaluating prevention of urinary retention, reduce repeat catheterization, and potentially reduce length of stay associated with urinary retention, especially in total joint replacement patients – Tracy Hayes
6. Identifying and implementing best practices for early mobility of the ICU patient (re-evaluation and improvement of current processes) – Sue Harmon
7. Improving retention and recruitment of CNAs (certified nursing assistants), exploring possibilities with elevation/growth/advancement, scheduling and workload, engagement, and more – Candice Nepean

A YEAR-LONG COMMITMENT

The fellowship is a 12-15 month program, including six months of training and classwork, done simultaneously with project work; five months of implementation, data collection, and data analysis; and up to three months of information dissemination. Participants work with a clinical mentor to help guide their projects. Upon completion of the program, they are encouraged to share their findings internally and externally through poster production and presentation, abstract submission, and/or article publication.

◀ Seven nurses are participating in FHN's Evidence-Based Practice (EBP) study program. They include: front row left to right – Sue Harmon, Tonya Newill, Tracy Hays; back row left to right – Leanne Raders, Candice Nepean, Krista Montgomery, Tabitha Graves.

▼ Students meet and consult with subject matter experts and mentors to help them complete their projects.



Tammy, who acts as the program facilitator and lead instructor, is proud of the field of fellows. She shares, "Participants have demonstrated a great deal of dedication to FHN and their patients by committing to this program. It is a significant time investment, which we believe will yield impressive results. I look forward to seeing not only the end product of their projects, but more importantly, the positive impact their work will have for our patients and staff."

EBP students are not paid an hourly wage for their study time, but do receive free continuing education credits for attendance as well as stipends from the Foundation at the midterm and end of the program in honor of patient care improvements. The Foundation also assists with supplies needed to complete projects and funds to help pay conference fees. According to FHN Foundation Executive Director Tonya Thayer, "We are pleased to make this investment in staff development and promote a culture of Evidence-Based Practice. We wish our first "class" great success in their studies!" ■



SURGICAL CENTER ENHANCEMENTS TO PROVIDE EVEN BETTER CARE

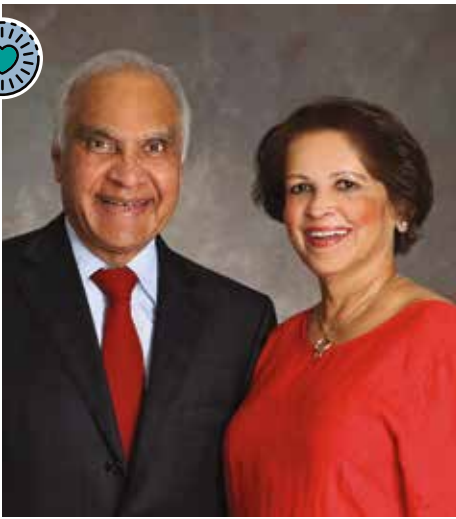
While 2020 slowed down activity in our surgical suites, with many elective procedures being delayed due to COVID protocols, fundraising for our surgical center transformation continued to build. This \$1.4 million project will keep us at the forefront of technology for many years to come, and is the Foundation's current campaign focus.

Improvements will be impressive. New video equipment will be LED, all-digital, and high-definition. It will help distinguish critical anatomy with nine dedicated surgical camera specialty settings to provide an enhanced visual assessment of blood flow using fluorescent light. This advanced, military-grade technology helps surgeons see clearly through suboptimal conditions sometimes encountered during laparoscopic and arthroscopic procedures.

Innovative flooring and wall panels will be easy to clean and able to withstand hospital-grade cleaning solutions and disinfectants. They also will be durable, stain-resistant, and seamless to eliminate any areas that could harbor unwanted bacteria. This will not only ensure patient safety, but also enable staff to be more efficient in their processes, thus minimizing patient wait times.

The Foundation is thrilled to support this important project, and so thankful that our community understands the benefits it will bring to our local healthcare capabilities. Work is planned to be completed in phases, so our surgical teams will continue to provide uninterrupted, safe, and compassionate surgical services for FHN patients throughout this initiative.

Our appreciation goes out to all who have already donated ... and those who may do so in 2021! Naming rights, in honor of a family or special individual, are available at various levels for consultation rooms and other upgraded surgical areas. Contact the Foundation to learn more about these opportunities!



▲ Dr. Ravi and Mrs. Minu Vyas received naming rights for their substantial contribution to FHN's Crisis Stabilization Center. Their support was vital to making this center a reality.

CRISIS STABILIZATION CENTER OPENS ITS DOORS THANKS TO FOUNDATION DONORS

Local behavioral health care became more accessible in 2020, thanks in part to FHN Foundation donors. The Dr. Ravi and Mrs. Minu Vyas Crisis Stabilization Center at FHN Family Counseling was completed in November and is already making an impact on our community's well-being. The Center was a focus for the Foundation the past two years.

This new facility provides coordinated care for adults experiencing a behavioral health emergency. Rather than relying on a hospital's emergency room (ER) or local law enforcement facilities, it provides a therapeutic, living

room-type environment along with personalized care that is more comprehensive. It provides better treatment for behavioral health wellness and actually costs less than dealing with such issues through the traditional ER process.

Donors can take pride in knowing they made a difference for patients experiencing a behavioral health crisis. Their dedication to helping friends and neighbors in need is a wonderful example of our community's generosity. ■

MORE DONATIONS AT WORK

Here is a look at more ways your 2020 donations helped enhance healthcare at FHN locations in northwest Illinois. Additional gifts included:

Lucy birthing simulation • Public transportation vouchers • Apnea monitor • Portable treadmill • QA cross checker for radiation machine • COIL pediatric lab training arm • Fetal heartrate monitor • AED and supplies • Blue UV light cleaner • Flow meters • Temporal thermometers • Sit-to-stand chair • Surgical headlight • Ultrasound Estim combo unit with cart • Gel warmer • Hydraulic engine crane • NASCO venipuncture training aid • Bariatric chair • Phlebotomy chair • Blood pressure machine with stand • Tympanic thermometers • Pulse oximeters • And many more

During a "typical" year, or in a time of great turbulence, like 2020, the FHN Foundation is committed to using our community's gifts to increase FHN's technical expertise, improve staff training, focus on safety, and enable a more vibrant, vigorous region for you.

You helped us Power through the Pandemic. We ask for your continued support in 2021. Please consider a donation today!



MARK GRIDLEY
FHN President
and CEO

While the COVID-19 pandemic has challenged our way of life and our way of caring for you, we are grateful for your support, appreciation, and giving spirit during this challenging time. As we move forward and strive to establish a new normal, we hope you will consider supporting our healthcare team with your donations. I am so proud of our staff and their resilience, and can say with confidence that we all appreciate your generosity more than we can say!

FHN FOUNDATION STAFF

Tonya Thayer,
FHN Foundation Executive Director

Jessica Hutchison,
Annual Giving Coordinator

Jeannette Rafferty,
Foundation Volunteer

FHN FOUNDATION

1045 West Stephenson Street
Freeport, IL 61032
815-599-6900 Phone
815-599-6106 Fax
www.fhn.org/foundation

BOARD OF TRUSTEES

We are pleased to acknowledge the FHN Foundation Board of Trustees:

Officers

Autumn Kubatzke, Chair
Beth Bastian, Vice-Chair
Kimberly Beggin, Secretary
Jim Stout, Past Chair

Board Members

Bill Ackerman
Bruce Baldwin
Denise Book
Rich Chang
Dr. Robert Geller
Doug Hoefer
Heather McPherson
Neal Trainor
Dr. Shawn Shianna



DON'T FORGET ...
you can donate online!
www.fhn.org/donate-now



We're here, for you.

FHN