

Insight

'Growing Like a Weed' FHN Team Supports Mom and Family

Every Step of the Way:
Caring for Women
Through All of Life's
Stages

Meet Dr. Beaves:
Welcoming Pediatric
Patients in Pecatonica,
Freeport

**Get the Details on
FHN's Ha Ha Holiday
Gala**



We're here, for you.

FHN



MARK GRIDLEY, PRESIDENT AND CEO

We're Proud to Be Here For You All Year, Every Step of the Way

This past summer went by so very quickly, with friends and families gathering for picnics, festivals, and all sorts of warm-weather fun. We have been honored to be part of some of those great hometown festivals and share our pride in our communities.

We've been working hard to be ready to welcome fall with you, too, from school and sports physicals to flu shot clinics and planning for this year's Festival of Trees, which will be here before you know it!

In this issue of *Insight*, we're sharing a bit about our amazing team of skilled and compassionate professionals here to help women in our communities through all the steps in their lives. You'll meet Sam and Josh Kellermann of Lanark, who welcomed their sweet Harper and Henry at FHN Family Birthing Center, as well as all of the members of our Women's Healthcare team.

We'll introduce our new Women's Health Testing Center at the FHN Family Healthcare Center – Burchard Hills in Freeport, where our experts offer diagnostic and therapeutic procedures in a comfortable, convenient place.

You'll learn how we're working with the Stephenson County Health Department and other organizations in the area to make sure expecting and new moms have all they need to start healthy families.

We're sharing Tamara Salazar's story – as a busy mom and wife, she put her own health on hold when her family needed her, and we're so proud to have helped her get back on the road to good health.

You'll meet FHN Pediatrician Sarah Beaves, MD, who is welcoming patients in Freeport and Pecatonica, and learn the story behind the credentials of our interventional cardiologist, Dr. Prasad Kilaru.

We also have an important read about breast cancer awareness for October, and some Festival of Trees dates for you to circle on your calendar for the holiday season!

We hope you'll join us for some cooler-weather fun this year, too, and we thank you for the privilege of caring for you, your loved ones, and your community. Have a happy, healthy, wonderful fall. ■

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 15 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.

Salazar Thankful for FHN's Breadth of Care 'A Hysterectomy ... and a Whole Lot More'

In 2018, FHN's Women's Health Team confirmed Tamara Salazar needed a hysterectomy due to a prolapsed uterus. It was regularly causing her discomfort, but wasn't an emergency. She put it off to help another family member who was ill, and then COVID-19 came ... with a vengeance.

Busy with life – work, her husband, and four active girls – Tamara thought she could fend off COVID-19 with some time off and a few days in bed. "I can beat it," she said. Instead, she wound up in the hospital and ended up in a coma. "My blood oxygen went down to 49 percent and they didn't think I was going to make it," she shares. She spent 94 days away from home, finally waking on Thanksgiving Day, 2021.

Luckily, thanks to "an amazing group of compassionate professionals" from FHN (see sidebar on page 3) and beyond, Tamara survived her COVID-19 ordeal. She considers herself about 80 percent of the way back to a healthy life. But, almost five years later, she still needed that hysterectomy – and now she had complications to consider.

Complications Make Surgery a Challenge

Her bout with COVID-19 compromised Tamara's lungs, and her primary care physician, Rebecca Pedersen, MD, was concerned about her going under anesthesia. Yet, her prolapsed uterus was worse than before and causing more problems. Heavy blood flow during menstrual cycles made it impossible for Tamara to leave home, even for her post-COVID physical therapy, and she had also developed a hernia near her belly button that needed attention.

Dr. Pedersen suggested that both surgeries be done consecutively to minimize anesthesia time, and encouraged a pre-op review by Ob/Gyn physician Dr. Lee Sessler, who agreed with the recommendations, and her pulmonologist, Dr. Mohamed Zeater*, who teams with FHN. He approved the surgery, but encouraged the briefest anesthesia time possible under the lowest amounts necessary for proper sedation.

* this provider is not an employee or an agent of FHN



▲ Tamara is thrilled to enjoy special moments with her family, like this Mother's Day event with her daughters and husband. Pictured left to right are Sarah (who became a CNA after caring for her mom); Rachel; Ashley; Tamara; Hannah; and Ray. (Submitted photo)

Enter: Two Talented Surgeons

To help plan Tamara's surgery, Ob/Gyn physician and surgeon Keith Martin, MD, FACOG, and surgeon Javeria Qureshi, MD, MPH, FACS, worked with anesthesiologist Maria Laporta, MD*, to decide how to best optimize and expedite the procedures.

Each physician consulted with Tamara and went out of their way to keep her informed and educated. Dr. Martin handled Tamara's hysterectomy first, followed by Dr. Qureshi, who repaired the hernia. Both surgeries went as planned, and Tamara was in and out of the operating room quickly and without problems. "Both my surgeons had amazing bedside manners. They never hurried me and were so kind and concerned."

At her post-op check with Dr. Martin, he confirmed that everything had healed well and the surgery was a success.

"Dr. Martin was such a cheerleader," says Tamara. "He is so personable and immediately put me at ease. He assured me that everything had healed well, and I felt so blessed to be under his skilled care." All the problems she was experiencing from her prolapsed uterus and hernia are gone.

Dr. Keith Martin and Tamara Salazar pose in the office after Tamara's successful hysterectomy. She says, "I felt so blessed to be under his skilled care." ►

'They Went Above and Beyond'

Even though Tamara is not quite back to 100 percent after her long journey, she is keenly aware of her progress and grateful for each day she feels stronger and better. "Last week I climbed three flights of stairs at Meet the Teacher night for my high school senior, and I struggled, but I did it," she declares.

"It is all about the little things – I can feed myself, I can roll over in bed, I can do the laundry, and now I am looking forward to all my children's big moments that I might have missed. I appreciate each minute with my kids and am grateful to God for not only my immediate family, but my FHN family. They all put me first. They helped me not only with their medical expertise and follow through, but also with their compassion, kindness, and encouragement. These people went above and beyond to make me better. I trust FHN more than any other facility and I 120 percent recommend them to anyone."



Team Tamara

Although the list below is hardly comprehensive, Tamara Salazar appreciates all of the people at FHN who helped her battle back during her COVID recovery and recent surgeries. She emphasizes, "I had people rooting for me from so many different disciplines, from the front desk staff to ICU nurses, from physical therapists to pulmonary rehab folks and Ob/Gyn providers. We are lucky to have a healthcare facility with so many capabilities right here in Freeport."

- Family Medicine / Primary Care – Rebecca Pedersen, MD; Terry Miller, MD
- Ob/Gyn – Lee Sessler, MD; Keith Martin, MD
- Surgery – Javeria Qureshi, MD; Joann Eden, RN
- Anesthesiology – Maria Laporta, MD
- Physical Therapy – Maddie Pickard, PT, DPT; Kirby Price, PT, CLT-LANA
- Pulmonary Therapy – Carly Quaco, Exercise Specialist
- Cardiac Services – Krista Montgomery, RN
- Nurse Navigator – Lorrie Heeren, RN, CPAN
- ICU Team
- Emergency Department
- And a host of other FHN team members

"Tamara's compelling story is truly the essence of FHN – we are a family of caregivers who collaborate each and every day to ensure the delivery of quality, patient-centered care to those we serve," says Chief Operating Officer/Chief Nursing Officer Kathy Martinez, DHA, MSN, RN, FACHE. "Her sentiments also emphasize the importance of being able to receive healthcare services close to home, where your health and well-being matter to the entire team."

Tamara says it best: **"All these FHN people get an 'A grade' from me. I can't thank them enough."**



The FHN Women's Health team (left to right): Keith Martin, MD, FACOG; Lee Christine Sessler, MD, FACOG; Sara Smith, WHNP-BC; Karenmarie Meyer, MD, FACOG; D. James Lee, MD; Danielle Siedschlag, WHNP-BC; Rosemary Espinoza, MD; and Beth Schleicher, MD, FACOG

every step of the way – We're Here for You

FHN's team of women's health specialists helps mothers be informed and in control every step of the way through their pregnancy and baby's birth. But motherhood isn't the only aspect of being a woman.

"We take 'every step of the way' quite literally," says FHN Women's Health Service Line Director Linn Carter, MSN, APN/CNS-BC, NEA-BC. "Our providers care for women of all ages and life stages, from adolescence through menopause and beyond."

Since she came to FHN in 2020, Linn has worked to develop our Women's Health team's excellent continuum of care, from moving the specialists'

primary offices to the Burchard Hills facility in Freeport to creating a connected Ob/Gyn hospitalist team and more.

OUR CARING TEAM

Though the Women's Healthcare Team at FHN might be most visible at our Burchard Hills location, we work throughout our organization – and communities – to promote women's health. From Burchard Hills to FHN Memorial Hospital, where you'll find our Family Birthing Center and the Women's Diagnostic Center, to care close to home at three of our regional clinics, we're dedicated to your health.

Our Women's Health providers work with other providers, specialists, techs, and assistants throughout FHN to screen, evaluate and treat women of all ages for conditions ranging from breast and urogenital issues and painful periods to infertility, certain infections, incontinence, birth control, and menopause issues.



Danielle Siedschlag, WHNP-BC, who sees patients at Burchard Hills and in Lena, is a board-certified Women's

Healthcare Nurse Practitioner who specializes in adolescent care.



Sara Smith, WHNP-BC is a board-certified Women's Healthcare Nurse Practitioner who sees patients at Burchard

Hills and in Mount Carroll. She has cared for women and their babies at CGH Medical Center in Sterling and Highland Women's Care in Freeport as well as FHN.



Lee Christine Sessler, MD, FACOG, cares for patients at Burchard Hills and at FHN Memorial Hospital in

Freeport, as well as in Pecatonica. She has cared for women at the Rock Valley Women's Health Center and with SwedishAmerican Medical Group in Rockford.



Farouk Isawi, MD, FACOG, sees patients at FHN Family Medical Center – Burchard Hills as well as FHN Memorial

Hospital in Freeport. He has been in practice since 1980, and has been an important member of the FHN's Women's Care Team for decades.

Other specialist providers across FHN, from surgeons to radiologists, imaging techs and physical therapists, work with our Women's Health team to provide complete care for women at any stage of life.



SEE YOUR OB/GYN CLOSE TO HOME

Beginning this Fall, FHN is proud to offer limited appointments with our Women's Healthcare providers at three of our regional clinics.

You can make an appointment with **Dr. Sessler** at the **FHN Family Healthcare Center – Pecatonica**; **Danielle Siedschlag, WHNP-BC** at the **FHN Family Healthcare Center – Lena**; or **Sara Smith, WHNP-BC** at the **FHN Family Healthcare Center – Mount Carroll** by calling us at **815-599-7750!**

A COMPLETE CARE TEAM FOR MOMS AND BABIES

FHN's Women's Healthcare team includes our Ob/Gyn Hospitalists – five board-certified obstetrician-gynecologists who have dedicated their career to the care of patients in the hospital. They work with FHN's primary Ob/Gyn providers to give new moms focused attention for labor, delivery, and those important early hours after childbirth. They will not be called away to the office and will always be within minutes of the FHN Birthing Center.

HELPED DEFINE THE ROLE

The benefits of this kind of expertise have been well-documented since the 1990s. In fact, FHN Ob/Gyn hospitalist



Karenmarie Meyer, MD, FACOG, was one of the first hospitalists in the country – her work helped define the job description.

She was a founding board member and past president of the Society of Ob/Gyn Hospitalists.

She says, "FHN has made a commitment to Ob/Gyn excellence, and our hospitalists are part of that dedicated strategy. We always have a provider in or near the hospital who is ready to serve Ob/Gyn patients 24 hours each day. Our providers have access to a private, hotel-quality living space at FHN Memorial Hospital where we can relax if we are not needed on the floor, helping us stay rested and ready for patient arrivals. Our team is truly exceptional."



FHN Ob/Gyn Hospitalist **Beth Schleicher, MD, FACOG**, agrees. "As a community hospital, we can make local decisions that

allow us to focus on personalized care. Everybody on our team loves what they do, and our commitment to patients is unwavering."

Dr. Schleicher directs the STRETCH-OB (Structured Training for Rural Enhancement of Community Health in Obstetrics) at University of Illinois College of Medicine in Rockford, as part of the Family Medicine Residency Program, which is committed to providing quality obstetrical care in rural or underserved communities. Her expertise broadens FHN's understanding of issues unique to rural or small-town settings like ours.

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Drs. Espinoza, Lee, and Martin round out the Ob/Gyn hospitalist team, and bring years of experience and enthusiasm for their chosen profession.



Rosemary Espinoza, MD, became a provider specifically to take care of women and pregnancy. She enthuses,

“The fact that a living being can support another life is truly amazing. I especially enjoy delivering babies and doing this on a regular basis is my ideal job.”



“I was going to be a mathematician,” says **D. James Lee, MD**, “but my wife was a nurse and she thought I’d make a great doctor.”

Early on, I assisted with a delivery and experienced so much joy. I love the miracle of the delivery every time!”



Keith Martin, MD, FACOG chose OB after delivering a baby as a medical student. “I didn’t stop talking about it for a couple of weeks,” he explains, “and I fell in love with the miracle.”




To learn more about our laborists, meet them via video at fhn.org/our-OBteam.asp.

MORE PRIVACY, COMFORT FOR MOMS AND FAMILIES

One of FHN’s most respected former Ob/Gyn specialists is an important part of a new project

planned for the Family Birthing Center at FHN Memorial Hospital in Freeport: A generous donation from Dr. Farouk Isawi will fund more than half the cost of a soon to be remodeled OB Triage Room.

The renovation, which will re-orient the room and include new flooring, cabinets, sink, and counter as well as new furniture, will improve the functionality of the room and increase privacy for patients and their significant other or family member accompanying them.

“Updating this room for a more efficient and comfortable experience will complement the excellent care our Obstetrical team provides to all of our patients and their families, says Linn.

The FHN Foundation is raising funds for the project, with a late Spring 2024 opening date. If you’d like to contribute, visit www.fhn.org/donate-now and choose “Women’s & Maternal Health Services” from the secure page.



WOMEN’S HEALTH TESTING CENTER

The team’s newest achievement, the Women’s Health Testing Center, makes complete care more convenient for all types of women. It shares a reception desk with the Women’s Healthcare offices on the second floor of the FHN Family Healthcare Center – Burchard Hills in Freeport and offers a wide array of services.

A large ultrasound room, two antenatal testing rooms and a procedure room offer a quiet, private seating area for patients. A team of talented, caring imaging technologists is available to assist providers with diagnostic and therapeutic procedures ranging from colposcopy, biopsies, endometrial, vulvar and other biopsies to LEEP (Loop Electrosurgical Excision Procedure) and cryotherapy.

The new center also offers non-stress testing for pregnant women and an upgraded ultrasound room with enough space to bring a few close family members for the appointment. ■

Here for Moms, Parents, and Babies – every step of the way

Our Women's Healthcare team is proud to support moms with everything from planning a healthy pregnancy to having a safe, healthy birth. A very important part of that support is making sure mothers-to-be can get what they need for their families.

“Starting this summer, we've collaborated with the Stephenson County Health Department (SCHD) to present a shared slate of prenatal classes.”

– FHN Women's Health Service
Line Director Linn Carter, MSN,
APN/CNS-BC, NEA-BC

Parents-to-be take three classes to get ready for their baby's birth, taught by a combination of FHN nursing staff and SCHD experts.

The collaboration, the only one of its kind in the state, allows FHN and SCHD to offer the latest in updated audiovisual education as well as written materials, grant-

funded gifts for each attendee and their support person for each of the classes they attend, and refreshments. The class is offered in Spanish three times a year.

This collaboration is an extension of an already-successful partnership, the FHN SCHD Breastfeeding Task Force.

“We have partnered with the SCHD since 2021 to educate mothers about the benefits of breastfeeding,” Linn says. “We have had some encouraging success – this year, more than half of our moms are solely breastfeeding their babies when they're discharged from the hospital.”

Linn and Stephenson County Health Department (SCHD) Director of Family Services Dana Keim wanted to build on that success and make sure new parents had all they needed for a healthy family.

Meeting a Growing Family's Needs

Late this summer, FHN made an addition to our prenatal schedule that will really make a difference for moms and their babies.

“All of our pregnant patients are given the opportunity to meet with an SCHD representative here in our offices either before or after their prenatal visit appointment,” Linn says. “That gives them a chance to hear about all of the programs, education, and support that's available, get their questions answered, and sign up for anything that may benefit them and their baby.”

This “one-stop” streamlined experience allows the FHN and SCHD teams to make sure moms-to-be have all they need.

“Does she have food insecurity? The ability to get where she needs to go for provider appointments? Does she have problems paying rent? We're able to, at this early visit, connect moms-to-be with the resources they'll need, because these things obviously are a big part of prenatal care,” Linn says.

Once the baby is born, our team makes sure mom has another opportunity to ask for any support she needs. If she is from another county, the SCHD team will link her to her local health department for support.

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Mom's Birth Plan

Welcoming a baby into the world is an amazing, life-changing event, and our Women's Healthcare team works hard to give moms and their support persons everything they need for a safe, happy birthing experience.

Through months of check-ups and classes, pregnant moms get quite familiar with their team, from their provider's office to the Family Birthing Center.

"The goal of everyone on each mom's team is to give her as many opportunities to be in charge of what is happening during labor and delivery and, if a Caesarean-section or other intervention is needed, for mom to be in on that decision," Linn says.

Avoiding a C-section is a priority for us, too: FHN is part of a statewide initiative to promote vaginal births.

"We're part of the Illinois Perinatal Quality Collaborative (ILPQC), which is a statewide network of perinatal clinicians, nurses, hospitals, patients, public health leaders and policymakers working to improve healthcare for moms and babies," Linn says.

"Avoiding that first C-section, the goal of this initiative, is really good for moms and babies," Linn says. "Our Birthing Center team works with moms from the very start to give them every chance for a vaginal birth."

Moms-to-be learn about Spinning Babies™, an approach to make pregnancy and birth easier, as part of their prenatal classes. When they are in labor, their team at the FHN Family Birthing Center are trained in Spinning Babies techniques, too.

"Nearly all of our nurses have completed Spinning Babies training," Linn says. "They learn different positions they can do to help the baby into the correct position for a vaginal birth." ■



It's **OCTOBER** ... and Time to **THINK PINK!**

With the coming of yellow leaves and orange pumpkins, October also brings us a reminder to "think pink" – it is **breast cancer awareness month**.

THIS MONTH, TAKE A PROACTIVE STEP TO STAY HEALTHY.

- **Do a self-check** (see box on the next page) for signs and symptoms of breast cancer.
- **Schedule a mammogram** ... it's easy! Call the FHN women's health scheduling team at 815-599-6860 to set up a convenient time for your screening. A provider's order is not necessary if you are already an established patient at FHN.
- **Keep in mind additional women's health concerns**, too. Have you had other important tests? Call and talk to your gynecologist or primary care provider and make sure you are up-to-date on important procedures.



◀ To help commemorate **Breast Cancer Awareness Month**, each person who receives a mammogram in October gets a goodie bag – in addition to knowing they are being proactive with their health!

WE KNOW EARLY DETECTION SAVES LIVES.

Routine cancer screening finds cancer early (even if you have no signs or symptoms!) and increases the likelihood your treatment will be successful if needed. Follow these handy guidelines to determine your needs.

MAMMOGRAM TESTING GUIDELINES

- Women should get annual mammograms starting at age 40.
- Mammograms should continue every year for all women as long as they are in good health and expected to live at least 10 more years.
- Women who believe they are at increased risk of breast cancer should talk to their healthcare provider to discuss recommendations.

DID YOU KNOW?

Breast cancer accounts for 12.5 percent of all new annual cancer cases worldwide, making it the most common cancer in the world.

About 85 percent of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.



▲ Our friendly and professional mammogram technologists are specially trained to give you a thorough and efficient screening with minimal discomfort.

How to Do a Breast Self-Exam

1 Standing in front of a mirror, look at your breasts.

Check for:

- Changes in shape, size and color
- An even shape without noticeable swelling or distortion
- Dimpling, bulging or puckering of the skin
- An inverted (pushed in) nipple
- Swelling, redness, a rash or tenderness



2 Raise your arms straight up into the air and check for the changes listed in step 1.

3 Lower your arms and gently squeeze your nipples to check for leakage.

Fluid could be watery, milky, yellow or bloody and come from one or both nipples.



4 Lie down and use your right hand to feel your left breast, then your left hand to feel your right breast.

- Using the first few finger pads and a smooth yet firm touch, make quarter-sized circular motions.
- Follow a pattern to make sure you cover the entire breast, vertically (from your collarbone to your abdomen) and horizontally (from your armpit to your cleavage).
- Some women use the "lawn-mowing" pattern of moving their fingers up and down in vertical rows across the breast. You can also start at the nipple and move outward with larger and larger circles.



5 Repeat step 4 while standing or sitting.

Many women do this step in the shower because they find it's easier when their skin is wet.

Don't panic if you find a lump! Most women have lumpy breasts, and **most breast lumps are benign** (non-cancerous). The best time to examine your breasts is right after your period, when they tend to be the least lumpy.

Call your **healthcare provider** if you notice a change that is new or worrisome, especially if it has been there through a full menstrual cycle.

A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Approximately 15 percent of women who get breast cancer have a family member diagnosed with it.

About 5 to 10 percent of breast cancers can be linked to known gene mutations inherited from one's mother or father. Mutations in the BRCA1 and BRCA2 genes are the most common.

Breast cancer is the leading cause of cancer-related death in the United States for Black and Hispanic women.

The overall breast cancer death rate has decreased steadily since 1989, for a total decline of 43 percent through 2020. As a result, 460,000 breast cancer deaths were averted in American women from 1989 through 2020. The decline in breast cancer mortality has been attributed to better and more targeted treatment and earlier detection.

Source: Breastcancer.org, cancer.org, and healthywomen.org

Your healthcare information is just a click away!

MyFHN lets you get lab results, diagnostic test results, discharge instructions, check your appointment history, and see upcoming appointments. With just a few clicks, you can also request or cancel an appointment and send and receive secure messages with your providers.

Enroll online using one of two processes (depending on whether or not you have an email address on file with us and know your medical records number). If you need assistance, please ask the staff, call MyFHN Support at **815-599-6907**, or email MyFHN@fhn.org.



Welcoming HENRY



– Kellermanns Select FHN
for Second Pregnancy

When Samantha Kellermann of Lanark discovered she was pregnant with her second child, she knew she could count on FHN for her prenatal care, labor, and delivery. She and her husband, Josh, welcomed their daughter, Harper, at FHN's Birthing Center more than two years ago, and despite some challenges along the way, were happy with the care they received during and after pregnancy.

Sam's first trimester went off without a hitch, despite some bouts with nausea early on. She saw three OB providers during her prenatal visits: Dr. Lee Sessler, MD, FACOG, and nurse practitioners Danielle Siedschlag, WHNP-BC, and Sara Smith, WHNP-BC. All of them provided excellent care, according to Sam.

EARLY PREGNANCY WAS SMOOTH SAILING DESPITE POTENTIAL RED FLAG

"I was lucky to have pretty smooth sailing and my care was always professional and compassionate," she explains. "Because my daughter was born with shoulder dystocia (her clavicle broke as she was moving down the birth canal), they recommended we have growth ultrasounds at 32 and 36 weeks to see if the new baby might be at additional risk. Those tests measured the baby's development and helped us be prepared should we need to go the C-section route."

◀ Josh and Samantha Kellermann, along with sister, Harper, were thrilled to welcome baby Henry to their family. Henry surprised everyone by debuting early, but without any issues, and was already scheduled to arrive via Caesarean section. Samantha says, "I would recommend FHN to anyone looking for OB care. The doctors and nurses were great!" Here, the Kellermanns pose in Harper's room, where the siblings will spend many future hours playing the day away.

Although the tests showed growth rates within the norm and Sam was originally planning a vaginal birth, she and her husband ultimately decided a C-section was the best option for them and their baby.

“Danielle gave us a comprehensive overview of the Cesarean section process and how it would work. We knew just what to expect,” shares Sam. They scheduled a time for the baby’s arrival, but her new son determined that date was too late – Sam went into labor just shy of 38 weeks.

HENRY ARRIVES EARLY

“We were a little surprised, but knew the baby was far enough along that it wasn’t too stressful,” explains Samantha. “Dr. (Keith) Martin was our laborist for the delivery. He had provided prenatal and postnatal care for Harper, so we were comfortable with him and knew he would be great. The end of my pregnancy experience proved to be just as it had started – with nausea – so some meds were provided to help me feel better. After spinal anesthetic, the actual Cesarean surgery went really fast and we were thrilled to welcome our son, Henry, on August 2nd!”

After Henry’s birth, FHN’s nursing staff took good care of the new arrival – and Sam, too.

“ *All the nurses were really great. They checked on Henry, they checked on me, and they made sure my husband didn’t need anything either. They really helped us focus on our family and our well-being. Our nurse, Jordyn Hicks, was especially wonderful, as was Tony, who was in training and did a great job. They took Henry when we needed to get some sleep or when I needed to shower, and they were so accommodating.*

FOLLOW-UP CARE HELPS HENRY GROW

Now, Henry is “growing like a weed” according to his mom, who had great success breastfeeding during Henry’s first month.

Lactation consultant and RN Kim Honan, IBCLC, “made sure Henry was latching on correctly, since I wasn’t sure he was getting enough milk,” explains Sam. “Her guidance and assurance helped put my mind at ease, and Henry clearly got good

nutrition – he had gained plenty of weight at his checkup!”

With her incision completely healed and Henry thriving, the Kellermanns couldn’t be happier with their recent birth experience at FHN. “The doctors and nurses are great. Everything went well and we are content!” exclaims Samantha. “I would recommend FHN to anyone looking for OB care.”

FHN’s sincere congratulations go out to the Kellermann crew!

Samantha chats with laborist and surgeon Dr. Keith Martin during a post-op visit, where she received a good report. ▶

▼ The in-clinic team at FHN Women’s Health provided Samantha with excellent care before Henry was born. She saw three Ob providers during her pre-natal visits: Sara Smith, Ob/Gyn nurse practitioner; Danielle Siedschlag, Ob/Gyn nurse practitioner; and Lee Sessler, Ob/Gyn doctor.





From Al Evon
FHN Foundation Director

Your Gala Fun Can Bring Comfort to Hospital Patients



As I look back on the year so far, I'm proud to be able to say that we've had some really successful, fun events, starting with our Striking Success for Children bowling event in April and rolling through the summer with the Gran Fonda Tour Against Cancer and the Food Fight Against Cancer in June and the Healthy Heart Hustle in July.

All of us at the FHN Foundation – and many of our co-workers at FHN – are now preparing for our biggest event of the year, the FHN Festival of Trees Gala, and I'm proud to say I think it's going to be our best one yet!

I hope you can join us for this year's **Ha Ha Holiday Gala**, starting at 7 p.m. Friday, Nov. 17 at The Wagner House, 1 E. State Street in Freeport. You can get your ticket – and more information about the Gala and other Festival of Trees events – at www.fhn.org/festivaloftrees.

This year's format is very different from any of our past Galas. Renowned funnyman and magician Dewayne Hill – you might know him from "America's Got Talent" or multiple appearances on Comedy Central channel – will perform a humorous magic show for our guests, and he'll also be mingling with the crowd that evening, so get ready for a raucous evening!

Of course, Gala guests will still enjoy delicious heavy hors d'oeuvres, the best charcuterie display (it's so much more than a board!) in the area, heavenly desserts and beer, wine, comedy-themed cocktails and plenty of NA options, too.

Guests also will be able to bid on an array of silent auction baskets with themes ranging from Thanksgiving

host gifts to gifts for kids, teens, and folks of all ages. (We won't tell if you snag a package or two just to enjoy yourself!) Silent auction winners will be able to take their packages home that evening.

All funds raised from this year's Gala will go to the FHN Foundation's ongoing campaign to upgrade the patient rooms at FHN Memorial Hospital in Freeport. Your generosity last year helped us purchase all-new, state-of-the-art beds that are more comfortable for patients and have benefits for our healthcare team, too.

This year, we are focusing on comfort, solace, and a healing environment for those being cared for at FHN Memorial Hospital. Our goal is to place new recliner chairs, dressers, and over-the-bed tables in each patient room.

While comfort is very important, the furniture we seek to purchase for FHN's in-patient rooms also must be safe and easy to clean and disinfect. Newer models of patient care amenities like recliners, bedside tables and dressers are manufactured utilizing materials that are durable and conducive to the frequent disinfection processes.

We've chosen all of the furniture with comfort, safety, and the durability to withstand frequent disinfection as our priorities.

A **recliner** can help patients be more comfortable during their hospital stay. For some, it assists with their breathing, and for others, it allows them to put their feet up. Sitting up can be a safe alternative for a patient to get out of bed as part of their healing and recovery process. The recliners even allow patients to watch television in a similar fashion to home!

The **bedside table/dresser** combination and **over-bed tables** provide a place for patients to comfortably and conveniently eat their meals and provide storage for, and easy access to, personal items, like phones, glasses, and hygiene products.

All proceeds from the Gala will be used for this project, which we estimate will cost \$205,000. We hope you can join us – tickets will be available through Friday, Nov. 10 online at www.fhn.org/gala2023 or at the FHN Foundation office!

TICKETS WON'T BE AVAILABLE AT THE DOOR, SO GET 'EM NOW!



www.fhn.org/foundation • 815-599-6900

FHN PROVIDER SPOTLIGHT –

Sarah Beaves, MD, FAAP, Pediatrician, Pecatonica and Burchard Hills



FHN's primary care providers are close to home, no matter where you live in our area, with offices throughout northwest Illinois. These dedicated professionals have one goal in mind: To maximize your personal wellness throughout your lifetime.

This issue's spotlight focuses on a pediatrician who cares for patients in both Freeport and Pecatonica. Contact her today to set up a consultation – you may just change the trajectory of your child's healthcare journey! See the complete list of FHN office locations and providers at fhn.org/locations.

1. WHAT IS THE MOST REWARDING PART OF YOUR JOB?

My favorite part of my job is working with our awesome staff, and getting to know the families under our care. I love talking directly to kids/teens about their summer vacations, struggles, plans after high school, etc.

I always try to involve my patient and family members in decision-making and propose custom recommendations tied to their particular needs. Listening closely to what they are saying is so important, because the same plan does not work for everyone. To that end, I am dedicated to giving each patient the time they need (and apologize in advance if I am running behind because of this commitment!) We all benefit with better follow-through and compliance when we are on the same page.

(Left, Right) Thirty chickens call the Beaves property their home, and prove to be a fun hobby. Dr. Beaves considers them her pets, like this friendly fowl!

Dr. Beaves loves flowers and is especially fond of dahlias, like these beauties she grew in her Pecatonica "hoop house."

2. WHAT DO YOU SEE AS FHN'S BIGGEST STRENGTH FROM A REGIONAL HEALTHCARE PERSPECTIVE?

I think the culture at FHN is something to be proud of, and I am happy to be a part of it. I was very impressed to find a hospital CEO with a 100 percent open door policy when I came to Freeport. I think that really says something about a health system. It truly is a BIG capability hospital with a small-town feel!

3. NAME SOMETHING THAT STANDS OUT TO YOU AT THE LOCATIONS WHERE YOU WORK.

I work in pediatrics at FHN Family Healthcare Centers at Burchard Hills in Freeport, and in Pecatonica. One unique benefit at the Burchard Hills clinic is the dedicated pediatric lab person, who comes directly to the patient's room for blood draws to be done coinciding with any needed immunizations. I have rarely seen her be unsuccessful with any age of child. Most impressive! We are continuing to grow the Pecatonica location and are looking to expand the hours there soon. I appreciate the expertise and

patient commitment that is evident at both locations. Excellent patient care is our top priority.

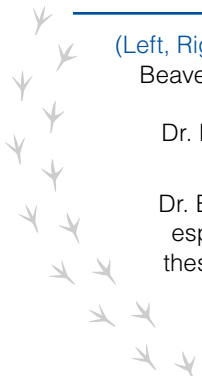
4. WHAT IS YOUR FAVORITE HOBBY OR SKILL OUTSIDE OF WORK?

I love to travel with my family, and I love to garden. We bought a large hoop house and sell bouquets from a flower cart at our home in Pecatonica. I also have more than 30 chickens that are "my pets." I enjoy baking and often show up with warm banana muffins in the morning for the staff. I was even a county fair blue ribbon winner in the past for my baked goods! Lastly, my husband and I have an evening ritual after dinner of doing the daily crossword puzzle together.



5. TELL US A LITTLE ABOUT YOUR FAMILY.

I am very blessed with a wonderful husband of 26 years and four amazing boys, the youngest of whom is in his last year of high school. I am especially proud when I catch one of them doing something kind for someone else without being asked!





Saving Lives Without Major Surgery

FHN Puts an Interventional Cardiologist on Your Care Team

You may have seen in our last Insight or on social media that Dr. Kilaru has come back to the FHN Cardiology team. We're very happy to have him back, and not just because he's a good guy and a great doctor!

Prasad Kilaru, MD, FSCAI, FACC is a specialist in interventional cardiology, and having him back at FHN means that our patients have increased access to a talented professional trained and skilled in state-of-the-art testing and procedures.

Physicians who specialize in interventional cardiology treat diseases within the heart and blood vessels. Dr. Kilaru is able to diagnose and treat disease through minimally invasive techniques, which makes recovery easier and faster for most patients.

The most common procedure done by interventional cardiologists is angioplasty and stent placement in the affected artery. In this life-saving procedure, Dr. Kilaru uses a catheter to find where plaque buildup has caused a blockage in a patient's arteries, then uses a tiny balloon to push the buildup aside and create a

path for blood flow. In some cases, he uses a stent to keep the pathway open.

Interventional cardiologists also perform procedures to treat vascular conditions throughout the body, including intravascular lithotripsy, a procedure that uses sonic pressure to break up calcified plaques within vessels.

Dr. Kilaru's expertise puts him on the caring team for adults dealing with heart conditions and peripheral vascular disease.

The Story Behind All Those Letters

As you might expect, becoming an interventional cardiologist isn't a quick or easy process. After graduating from medical school, Dr. Kilaru completed an internal medicine residency at Cook County Hospital in Chicago.

After that, he completed a fellowship in cardiology and endocrinology at Cook County Hospital and a fellowship in interventional cardiology at Tufts University – Baystate Medical Center in Springfield, Mass.

The FSCAI credential after Dr. Kilaru's name signifies that he is a Fellow

in the Society for Cardiovascular Angiography. A physician must perform more than 1,000 procedures to qualify for Fellowship.

Dr. Kilaru's FACC credential means that he is a Fellow of the American College of Cardiology, which focuses on continued training, specialty board certification, and scientific and professional accomplishments. He's a widely published author and presenter for the American Heart Association and other medical publications, and has served as an assistant professor of medicine at Chicago's Rush Medical College.

With our state-of-the-art imaging system at The FHN Judy and Virgil Bocker Cardiovascular Center at FHN Memorial Hospital, Dr. Kilaru and FHN's Cardiovascular Team can see the vessels and anatomy of the heart, as well as the finest vessels all the way to the fingertips.

We're proud to have the latest technology you'd expect to see in much bigger hospitals here at FHN, and we're just as proud to welcome Dr. Kilaru back! ■

Welcome to FHN!

We're pleased to welcome two talented, accomplished new providers to our FHN caring team!



Nurse Practitioner **Keely Zunker, DNP, ACNPC-AG** has joined the Hospitalist team at FHN Memorial Hospital.

Keely started her nursing journey with an associate's degree from Highland Community College in Freeport, going on to earn a bachelor's degree from the University of Wisconsin – Green Bay and a Doctor of Nursing Practice degree from Saint Anthony College of Nursing in Rockford. She has experience in caring for orthopaedic, surgical, and trauma patients.



Family Nurse Practitioner **Megan Bauer, DNP, FNP-BC** has joined the Family Medicine team at the FHN Family Healthcare Center – Burchard Hills in Freeport.

Megan earned her bachelor's degree and a Doctor of Nursing Practice degree from Clarke University in Dubuque. She has cared for patients in the FHN Memorial Hospital Emergency Department, with the Women's Healthcare team at Burchard Hills in Freeport and at FHN Family Healthcare Center – Mount Carroll.

She is welcoming new patients. To make an appointment with Megan Bauer, call the Family Medicine office at Burchard Hills at 815-599-7170. ■

We're all looking for **WORK-LIFE** harmony

Find yours at  FHN

fhn.org/careers



FHN's Ha Ha Holiday Gala

Friday, November 17
7 p.m. • \$75 per person

The Wagner House
1 E. Spring Street, Freeport

Get ready to laugh the night away at FHN's **Ha Ha Holiday Gala**, part of our 2023 Festival of Trees celebration. Our evening – in an all-new comedy format – will include a humorous magic show featuring fantastic card tricks from renowned funnyman Dewayne Hill, who has been featured on America's Got Talent and Comedy Central. He will also mingle with guests throughout the evening, delighting you and your friends while continuing to share his hilarious sense of humor and miraculous magic.

With every giggle, you can also feel good. Just by attending, you will help provide comfort and joy to FHN's patients and their families. This year's Gala will benefit the FHN Foundation's ongoing campaign to upgrade hospital rooms with new recliners, over-the-bed tables, and end tables, providing a more comfortable environment in which to heal and recover.

The evening will also feature delicious hors d'oeuvres, comedy-themed cocktails, and a wide array of auction packages for potential holiday gifting – or simply to treat yourself. So harness your ha-ha-holiday spirit and purchase your tickets at www.fhn.org/gala2023.

Advanced Ticket Sales Only

There will be no ticket sales at the door. FHN Gala tickets are on sale now through Friday, Nov. 10 on the FHN website or at the FHN Foundation office.

Thank you

TO OUR TEAM OF TALENTED STAFF
COMMITTED TO **DELIVERING**
HEALTHCARE EXCELLENCE IN
OUR COMMUNITY

Get Your Tickets Today at
www.fhn.org/gala2023

FHN FESTIVAL OF TREES



FHN Ha Ha Holiday Gala

Get ready to laugh the night away! All proceeds will help provide comfort and joy to FHN's patients and their families as we raise funds for hospital room upgrades.

Friday, Nov. 17 • 7 p.m.
Wagner House, Freeport
\$75/person • fhn.org/gala2023
Donate online fhn.org/donate

Community Holiday Tree Lighting

Enjoy refreshments and holiday caroling alongside Santa and Mrs. Claus as we "flip

the switch" to light up Freeport's holiday tree!

The FHN Value Support Team will be hosting a food drive from 3-5 p.m. before the tree lighting at the hospital entrance off Stephenson Street. After the tree lighting, please join us for a walk to the FHN Leonard C. Ferguson Cancer Center for a viewing of the lighted healing garden.

Sunday, Nov. 19 • 5 p.m.
Stephenson Street side of FHN Memorial Hospital • No charge

Community Festival of Trees

Enjoy holiday trees decorated by local service organizations, clubs, and church groups competing for prizes. Vote for your favorite tree by Dec. 10.

Monday, Nov. 27 – Wednesday, Dec. 27
Freeport Public Library,
100 E. Douglas Street
Hosted by FHN and the Freeport Public Library • No charge

Frosty Family Fun: Festival of Trees Kickoff

Enjoy an evening of holiday fun for the whole family. Sing Christmas carols, make "Holiday Slime," play "Holiday Bingo," and enjoy making a holiday treat. Grownups who bring kids to the event can enter to win a \$100 gift card.

Monday, Nov. 27 • 5:30-7 p.m.
Freeport Public Library,

100 E. Douglas Street
Hosted by FHN and the Freeport Public Library • No charge

Santa Letters

FHN will be collecting Santa letters again this year. Santa Letter forms can be downloaded at fhn.org/festivaloftrees.

Letters may be returned to the Freeport Public Library, FHN Family Healthcare Center – Burchard Hills, FHN Family Healthcare Center - Highland View Drive, FHN Memorial Hospital, or mailed to The North Pole, 524 W. Stephenson Street, Suite 100, Freeport IL 61032. Letters must be received by Dec. 17 to allow time for Santa to respond.

Holiday Storytelling

Listen to a holiday story or two in Santa's visiting area.

Thursday, Dec. 7 • 6:30 p.m.
Saturday, Dec. 16 • 2 p.m.
Freeport Public Library,
100 E. Douglas Street • No charge

Luminary Night

Enjoy the beauty of the soft light of luminaries along these historic streets as FHN joins this annual neighborhood tradition.

Sunday, Dec. 17 • Dusk
Along Stephenson Street and Lincoln Boulevard • No charge

For an up-to-date listing of Festival of Trees events, visit www.fhn.org/festivaloftrees.

Insight



We're here, for you.

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Editor: Sarah Rogers

Contributors: Andrea Barthel, Julie Beach, Mindy Becker, Tara Hagemann, Barb Lessman, Kaitlyn McNutt, and 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.

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