

A publication of FHN

Insight

Volume 7, Issue 2

**Raising
Awareness for
Congenital
Heart Defects**

**Pulmonary
Rehabilitation for
Better Breathing**

**Strong Women,
Strong Communities**

Win a Spa Day!



We're here, for you.

FHN



Spring Is Finally Here!

I'm looking forward to spending time outdoors on my bike and with my dog Chloe, and I'm sure you are also anticipating summer activities from cookouts to gardening to just enjoying the front porch with friends and family.

In this issue of INSIGHT, we highlight our pulmonary rehabilitation capability and talk about how to improve your ability to breathe in that fresh spring air, and tell you about our heart screenings for new babies. In honor of Mother's Day and National Women's Health Week in May, we are also inviting you to participate in a survey about our ob/gyn services – we hope to hear from many of you.

We showcase the outcomes of two community programs – Get FiTeam Challenge and the Hometown Throwdown on MyState-line.com – as well as **Strong Women, Strong Communities**, a month-long series of events in which we partnered with the Freeport Art Museum, the U of I Extension, the Freeport Public Library, and the Stephenson County Historical Society to celebrate the many contributions women make in our lives. I really admire the painting, *Home Defense*, which inspired these activities – you can buy a print for yourself at the Museum.

The rest of this issue presents the annual report for the FHN Foundation, where you can read about the many wonderful things accomplished through your gifts to the Foundation. I appreciate everyone who's supported FHN through contributions over the years – thank you! **Happy reading!**



Red Caps the Crowning Touch for February Babies

Red caps were the crowning touch for babies born in February at FHN. February was American Heart Month and February 7-14 was Congenital Heart Defect Awareness Week.

The special hats, knitted by a generous volunteer, were given to all newborns to raise awareness about congenital heart defects. Around 18 out of every 10,000 infants are born with a congenital heart condition. Some of these resolve on their own with no intervention. Others need follow up.

As a standard procedure, FHN tests all babies for critical congenital heart disease before they are discharged to go home. The testing is a simple, non-invasive procedure that measures pre-ductal and post-ductal oxygen levels. A pulse oximeter is placed on the infant's right upper extremity and readings are carefully watched for at least a minute. The testing is then done on the lower extremity in the same fashion. Based on the readings, the attending nurse can determine if the baby is ready to go home or needs additional testing. This simple test can expedite early intervention, if necessary, and little lives can be saved.

FHN wishes a healthy start to the entire red-cap crew – and all the babies born at FHN Memorial Hospital!

What Has **448 Legs** and **Weighs 950 Pounds Less** Than in January?

The 56 four-person teams in this year's FHN Get FiTeam Challenge! The 12-week Challenge, which kicked off on January 10, is a health and fitness program aimed at helping participants develop and maintain a healthy lifestyle. The 224 participants attended a baseline screening to note height, weight, BMI (body mass index), blood pressure, and cholesterol levels. Throughout the Challenge, they received healthy recipes and invitations to health-related events, as well as trial memberships at 11 area health and fitness clubs.



Get FiTeam

Teams earned points for exercise, drinking enough water, and eating five servings of fruits and vegetables a day. Grand prizes included \$250 gift certificates to Hibbett Sports for each of the four people in the team that lost the most collective weight and a \$250 gift certificate to Shopko for each team member in the team that earned the most challenge points.

Thanks to all for participating – we hope even more folks will join us for the next Challenge!

When Taking a Breath Isn't as "Simple as Breathing"

Like our beating hearts, breathing is one of our body's many functions that we take completely for granted until a problem arises. The average person takes between 17,000 and 25,000 breaths per day, depending on exercise levels. That's a lot of work for our lungs!

When breathing becomes difficult, it's time to think about pulmonary rehabilitation (PR). This service is offered at FHN and serves many individuals who experience difficulty breathing as a result of lung surgery, emphysema, lung cancer, pulmonary hypertension, chronic conditions such as COPD (chronic obstructive pulmonary disease), or chronic bronchitis or other breathing disorders.


What Is Pulmonary Rehabilitation?

Pulmonary rehabilitation is a service designed for those who experience lung problems with a primary goal of improving quality of life. We can help patients understand medications that may help their condition, including any side effects. PR trains patients how to use inhalers effectively, explore oxygen therapy, breathe differently to maximize reduced lung capability, and know what situations might occur that would make it important to seek professional help through a healthcare provider.

Treatment can help patients in many ways. It can reduce and control the symptoms of breathing problems, lower dependence on inconvenient and potentially expensive medical resources, and determine activities that may make it easier to deal with shortness of breath. It also helps patients learn more about maintaining healthy behaviors such as quitting smoking, eating well, and getting appropriate exercise.

PR also includes exercise classes and education about lung diseases or conditions. Exercise is important to help improve endurance and muscle strength (yes, lungs are muscles!). We monitor and supervise physical activity, teaching different activities to make sure that patients get the benefits of exercise without overdoing it. Education with our PR caregivers teaches patients how to take care of themselves physically and also can help with depression or anxiety, as people with chronic lung conditions may be more prone to emotional problems.

Pulmonary rehabilitation involves a long-term commitment from our patients, their families or other support systems, and a team of FHN healthcare providers. Together, we help ensure those in our care are breathing as well as possible while enjoying day to day activities. We can create a plan that will make it easier to enjoy a breath of the warm spring air that's finally here!



What Happens When You Breathe?

When you breathe in, your diaphragm tightens and moves downward. This increases space in your chest cavity so your lungs can expand. Other muscles between your ribs also help enlarge your chest. Air travels down your windpipe and into your lungs. After passing through your bronchial tubes, the air finally reaches and enters your lungs' air sacs, where oxygen from the air passes into capillaries (small blood vessels) and moves into your heart and bloodstream.

When you breathe out, your diaphragm relaxes and moves upward into the chest cavity. As the space in the chest cavity contracts, air rich in carbon dioxide is forced out of your lungs, through your windpipe, and then out of your nose or mouth. Breathing out requires no effort from your body unless you have a lung disease or are doing physical activity, which requires your abdominal muscles to help push your diaphragm against your lungs even more than usual. This rapidly pushes air out of your lungs and allows you to take more breaths to get more oxygen into your body.

FHN and MyStateline.com Collaborate to Offer the Hometown Throwdown!

FHN was pleased to be the sponsor of the Hometown Throwdown at MyStateline.com (WTVQ and FOX 39) to give smaller schools in our service area an opportunity to bring more coverage to their sports, school events, and activities.

Each school was given a webpage on the MyStateline.com website to highlight their school games by video, twitter feeds, or announcements. Students kept those who could not attend the games updated on the score, injuries, and other activities happening at the game. Many schools also posted their homecoming videos and coverage of other activities, all to try to receive the most "Page Views." The schools with the most page views won cash scholarships for their school courtesy of FHN.

Dr. Michael Perry presented the winning schools with their checks on April 11, 2016 with a WTVQ production crew on hand to record their victories. The following schools were the winners of the 2016 Hometown Throwdown:

First place: Warren High School, receiving a \$2,000 cash prize

Second place: River Ridge High School in Hanover, receiving a \$1,000 cash prize

Third place: West Carroll High School in Savanna, receiving a \$500 cash prize

To see video footage of the check presentations visit: <http://www.mystateline.com/news/three-stateline-schools-take-top-prizes-in-hometown-throwdown>

Thank you to all of the schools who participated.

Look for us this fall at <http://www.mystateline.com/hometown-throwdown> to see how your school can win!

FHN Sponsors Art Exhibit, Partners in Community Events Honoring Women

FHN was proud to partner with the Freeport Art Museum, University of Illinois Extension, Freeport Public Library, and the Stephenson County Historical Society in April and early May to present **Strong Women, Strong Communities**, a series of local events celebrating local women and home arts.

The events were inspired by the painting *Home Defense* (see below) by Freeport artist Florence Furst, a work in the permanent collection at the Freeport Art Museum. It was also part of a traveling exhibit curated by the Peoria Riverfront Museum called **Making Their Mark – Illinois Women Artists 1940-1960**, sponsored by FHN and exhibited at the Museum March 25-May 7. Featuring work by influential Illinois women artists, it showcased 40 artists represented by nearly 60 paintings, sculptures, and works on paper.

Strong Women, Yesterday and Today

Kathryn J. Martinez MSN, RN, Chief Nursing Officer/ VP Nursing Services at FHN, offered remarks that earned great applause on behalf of FHN at the opening reception of the exhibit, with particular emphasis on her reflections about *Home Defense*:

“As I look at the painting by Mrs. Furst, I am reminded of a time that is so different from today. Yet Mrs. Hull in the painting is also very similar to the women of today. When I look into her eyes, I can only imagine the many things she had on her mind: WWII, family members stationed overseas, rationing, a six-pound roast costing \$2.16, Rosie the Riveter and other women assuming traditional male roles, staying in the hospital

for a whole week after the birth of a baby, paying the bills, and caring for her family and home.

At this time however, the nuclear family was in place and family lived close by offering support, encouragement, and physical presence as needed.

To me, if the picture were repainted today, Mrs. Hull’s eyes would reveal thoughts such as will we have the first woman president or Donald Trump, terrorist attacks, healthcare exchanges and the healthcare insurance marketplace, a six-pound roast costing \$60.00, women assuming executive roles in organizations while balancing family and work, women whose work is their home and family feeling pressure from society to do more, paying the bills, and caring for her family and home.

One of the main differences of today, of course, is that the nuclear family isn’t as common as it once was. Families are spread across the country, moms are raising children by themselves, support is sometimes only available through Facebook, and the expectations of being successful as a woman continue to rise.

When we think of women who have inspired us, it is easy to identify with their creativity, courage, humility, integrity and caring. When I think of women who have changed our world, I



Home Defense, a 30x40 oil-on-canvas work created by Florence Furst in 1944, depicts Marie R. Hull canning peaches at her home in Freeport. Marie’s husband, John M. Hull Sr. was credit manager at Furst-McNess, an agricultural company in Freeport started in Freeport in 1908 by Frank E. Furst (the artist’s husband) and Frederick W. McNess. Marie was a proofreader for the Journal-Standard. A limited number of 18x24 special archival-quality prints of *Home Defense* are available for \$50 at the Freeport Art Museum. FHN is proud to have provided the printing for this limited-run print – all proceeds benefit the Freeport Art Museum.



quickly list Mother Teresa, Jane Addams, Rosa Parks, Eleanor Roosevelt, Mary Cassatt, Louisa May Alcott, Florence Nightingale, Georgia O'Keefe, and Anne Frank. Throughout history, women like these have fought courageously and tirelessly to assert themselves as individuals and experts in their field, as women today continue to do.

As we strive to make our communities stronger, we need to continue to demonstrate and celebrate our strength as women. We have learned from those in our past and we need to be role models for the young women in our community. I encourage you to take another look at the painting of Mrs. Hull, and I think you will be able to identify with the care, concern, strength, and influence of women both in the past and today.

When I put this care into the context of nursing, I see FHN nursing as a blend of art and science providing a holistic care experience throughout a patient's lifespan. And while we are pleased to welcome both men and women into nursing at FHN, as Phylicia Rashad has said, every time women come together for a collective intention, it is powerful and magical. I see that here at the Freeport Art Museum tonight."

In addition to the exhibit at the museum, there were nine events in **the Strong Women, Strong Communities** celebration throughout April and early May, from presentations on preserving family heirlooms and Victory Gardens to a panel discussion with women artists to a Living History presentation on the history of aprons and much more. Here's to the strong women of our strong communities in northwest Illinois!

Win a Spa Day for You and a Friend

In honor of Mother's Day and National Women's Health Week (May 8-14), we'd like to hear from the women of our service area. We have prepared a short online survey* at www.fhn.org/ob-gyn-survey to get your input on our ob/gyn services. Respond by Friday, June 3 and you will be entered into a drawing for a Spa Day for you and a friend. We'll be drawing for spa packages at three Freeport spas: Studio 218 Salon and Spa, Level 10 Salon and Spa, and Elite Design Team Salon and Day Spa. We look forward to hearing from you!

* If you do not have internet access, please call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901 and we will mail you a survey to complete.



Sign Up for Some Healthy Competition!

Your summer sports and other physical activity can help schools within FHN's service area! FHN's Miles And Minutes program encourages you to be active as you log various types of physical activity to win prize money for the school system of your choice.

Register for this online program at www.fhn.org/milesandminutes. All of the rules of the competition are there, as well as information about how miles and minutes will be calculated to determine the winning school systems.

A calculator on the website automatically converts minutes of almost any type of physical activity into miles, and prizes will be awarded in miles in two categories:

- School system with the most average "miles" logged per participant
- School system with the most "miles" total

Miles are normalized based on number of students to help ensure that all schools have an equal chance to win. First prize for each category is \$2000, second prize is \$1000, and third prize is \$500! Prize money will be awarded in September.

Competition begins Sunday, May 29 and runs through Sunday, August 28. Participants (must be age 12 and above) can support any school system, and running totals will always be on the website as well as reported through the media.

Questions? Contact FHN marketing toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901. Register today at www.fhn.org/milesandminutes and help your school while you enjoy a summer of healthy competition!

School Systems in FHN Service Area

- Chadwick-Milledgeville
- Dakota School District
- Durand School District
- East Dubuque
- Eastland School District
- Forrestville School District
- Freeport Catholic Schools
- Freeport School District
- Galena
- Immanuel Lutheran School
- Lena-Winslow School District
- Orangeville School District
- Pearl City School District
- Pecatonica School District
- River Ridge
- Scales Mound
- Stockton School District
- Tri-County Christian School
- Warren School District
- West Carroll School District

SEE YOU SOON...

Mark Your Calendar Now for These Upcoming FHN Events!

May 18

Speaker Series: Stroke Care

FHN Family Healthcare Center – Burchard Hills
1010 West Fairway Drive, Freeport
5:30-6:30 p.m.



Stroke is a stop in the flow of blood to the brain either by blockage (clot) or by hemorrhage (bleeding) in the brain. It is the fifth leading cause of death in our country and is a medical emergency, but do you know how to recognize a stroke or what to do if one is happening to you or someone you love? Learn the signs and symptoms of stroke, how you can help prevent one, and the treatment options available in a discussion with FHN Stroke Program Coordinator Tracy Love, RN, BSN. A member of FHN's rehab team will join Tracy to review the importance of rehabilitation in stroke recovery.

June 11

FHN/YMCA Family Health Fair

FHN Family Healthcare Center – Burchard Hills
1010 West Fairway Drive, Freeport
9:00 a.m. – 1:00 p.m.



Enjoy a multitude of hands-on displays and exhibits to keep you and your family healthy this summer at this super-sized Family Health Fair hosted by FHN and the Family YMCA of Northwest Illinois. Visit with pediatricians and other healthcare providers, try out a wide variety of sports, enjoy exhibits for healthy, active living for the whole family, and learn how to have a safe, happy summer with activities from arts and crafts to martial arts!

June 24

Movie In The Park

Grab your lawn chairs and blankets and join FHN and the Freeport Park District for *Star Wars: The Force Awakens* at dusk in Read Park. Before the movie, kids of all ages will enjoy Dave Rudolph's Beach Party with music, hula hooping, and limbo dancing.



July 6-10

Stephenson County Fair

Stephenson County Fairgrounds
2250 South Walnut Road, Freeport



Stop by the FHN booth to find out the latest in quality family healthcare, spin our Wheel of Fun for a prize, and pick up information and giveaways!

July 20

Speaker Series: I Have a Friend...

FHN Family Healthcare Center – Burchard Hills
1010 West Fairway Drive, Freeport
5:30-6:30 p.m.



When someone says "I have a friend who has a problem," how many times do we think that it's probably just that person disguising themselves? Well, that could be true, but there are many people who are indeed trying to help a friend or family member act on a situation with which they need healthcare assistance. Whether it's dependence on alcohol, cigarettes, or drugs (either prescription or illegal), losing weight, coping more successfully with diabetes, getting prenatal care, or just making an appointment with the doctor for a needed physical exam or routine screening, sometimes the people we care about need a boost to move forward. Learn how to help them take the steps they need to improve their health!

Enjoying a Slice of Time for Themselves!

About 100 women had a slice of time for themselves during February's Leap Day event at Cannova's in Freeport. Attendees enjoyed presentations on heart health, behavioral health, and super foods, and chatted with members of FHN's Women's Healthcare Team – including ob/gyn, surgical services, and the Women's Diagnostic Center. **And of course, there was pizza!**



DO YOU...

- Have questions about your bill?
- Want to discuss payment plan options?

FHN has Financial Counselors available to help. Call toll-free 1-877-720-1555 or 1-815-599-7950 for more information. To pay your bill online, visit www.fhn.org.

FHN is a CAC Designated Organization (CDO) through The Centers for Medicare & Medicaid Services (CMS). FHN has Certified Application Counselors (CACs) available to assist you with enrolling in the health coverage that is best for you and your family. Certain enrollment periods may apply. For more information on the Affordable Care Act, visit www.fhn.org or call toll-free 1-877-720-1555 or 1-815-599-7950.

Insight

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