

A publication of FHN

Insight

Volume 7, Issue 3

Shake the Salt Habit

**Stroke Program
Goes Silver**

Win With Wellness

**Our FHN
We're Working
to Give You
Even More**

FHN
1045 W. Stephenson St.
Freeport, IL 61032



We're here, for you.

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MICHAEL PERRY, MD, PRESIDENT AND CEO

It's summer ...

...and time for **FHN Miles And Minutes**, one of my favorite free programs that makes your summer-time physical activity count – in dollars – for local schools. See below!

You'll also read about **OurFHN**, our electronic health records (EHR) initiative. We chose the name OurFHN because it's not just FHN's system – it's yours too. It's a big undertaking that will go live in October so to help us help you, please schedule school physicals for your students as early as possible.

FHN is proud to have received a **Stroke Silver Plus Quality Achievement Award** for stroke care, outlined in another article. Getting help fast is critical to help minimize a stroke's impact,

and we can make sure you get the necessary care as quickly as possible.

I'm also proud to roll out a regional wellness program in collaboration with several local organizations. **Win With Wellness** offers the opportunity to set up or participate in TOPS groups to learn about healthy eating and physical activity, as well as providing community-based presentations on heart health and other wellness topics. It's easy to get involved – just see page 10!

You'll be reminded of the many services at **FHN Family Dental Care**, where we have everything to make your smile a healthy one! There's another reminder on **sodium**: it's not just about your salt shaker. There's also **a great story about a gift for FHN's nursing staff**, a **welcome to Dr. Roland Tolliver**, and lots more.

Happy reading

Feel Better, Do Good

Have You Signed Up for Miles And Minutes?

Did you know that according to the American Heart Association, just 30 minutes of moderate exercise 5 days a week can improve your health? That recommendation is at the heart of one of FHN's most popular programs, Miles And Minutes.

"One of the best things you can do for your health is to be active for at least 30 minutes most days of the week," says FHN President and CEO Michael Perry, MD. "We wanted to encourage people to get out and enjoy that exercise, and we wanted to support our communities' schools, so we decided to create a fun competition."

Participating in Miles And Minutes is free and easy to do – participants report online how many minutes they've spent on various activities, from gardening and household chores to running and school sports practices, and those minutes are converted into "miles."

Keeping it Fair and Fun

The online program normalizes miles based on the number of students in each school system to help ensure that all area school systems have a chance to win, no matter their size or how many participants they enlist. (You can see the complete normalization index online at www.fhn.org/walk_rules.asp.)

First (\$2,000), second (\$1,000), and third (\$500) prizes in two categories will be awarded:

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



The competition began May 29 and will run through Saturday, August 28. If you haven't registered, there's still time – you can sign up and participate right through August 28. There is no charge to participate, and anyone age 12 and older can join, including student athletes!

Keeping Yourself and Your Family Healthy

Spending 30 minutes on physical activity at least every other day is likely to make you feel better every day. You might even find yourself spending a little extra time on your bike ride, walk, or in the pool. That's great!

"We wanted to show people how easy and fun it can be to fit exercise into their lives," Dr. Perry says. "Miles And Minutes is doubly rewarding, because people are getting the benefit of exercise while they're helping their school. We hope that when the contest is over, people will continue to exercise because it helps them feel good and stay healthy."

You can follow the Miles And Minutes competition on Facebook (www.facebook.com/FhnMilesAndMinutes) and Twitter @MilesAndMinutes.

Salt Can Sabotage Your Health

Reduce Your Sodium Intake and Increase Your Wellness

You've probably heard it many times ... too much sodium can be bad for your health. Specifically, eating too much salt can increase your blood pressure, which can lead to medical conditions like heart problems and kidney disease.

Cutting back on sodium isn't always easy, since the traditional American diet often includes processed foods and meals away from home. But with a little effort and a lot of awareness it can be done! **Consider this—almost half (44 percent) of the sodium we eat comes from the very common foods on this list:**

- Breads and rolls
- Canned or pickled food
- Cheese
- Cold cuts and cured meats
- Condiments, sauces, and dressings
- Meat dishes
- Pasta dishes
- Pizza
- Poultry
- Soups
- Sandwiches
- Snacks

You may not think about some of these foods as “salty.” The truth is, sodium is sometimes hidden where you least expect it, and when you eat a few servings a day, it simply adds up.

So What's a Hungry Person to Do?

- Read nutrition labels. Opt for meals with less than 800 mg of sodium.
- Eat more fruits and vegetables. Fresh and frozen (without sauce) are best, or choose “no salt added” canned

varieties. If you must eat canned or processed foods, rinse them with water before cooking.

- Limit processed foods that are high in sodium. These staples of the American diet, like hot dogs, frozen pizza, frozen dinners, and canned soups, should be enjoyed sparingly.
- Don't eat snacks from a vending machine.
- When eating at a restaurant, ask for sauces or dressings on the side and use just a little.
- Cook more at home with fresh ingredients and limit the salt shaker. Instead, try more spices, vinegars, citrus juices, and other natural flavorings.

Specific eating plans, like the DASH (Dietary Approaches to Stop Hypertension) diet, have proven helpful for many people. It requires no special foods and has no hard-to-follow recipes. If you are interested in finding out more about the DASH diet, you can find a link for more information on our website, fhn.org. You may also want to discuss an eating plan with your healthcare provider. He or she can give you specific information about how your sodium intake impacts your personal health, based on your unique situation.

This summer, take a vow to shake your sodium habit instead of the salt shaker. Plant your own garden, go to farmers' markets, read food labels, and focus more on fresh fruits and vegetables. Cook at home. Make simple choices every day to slash salt from your diet. Your blood pressure – and your overall health – will notice the difference.

FHN cardiac nurse LeAann Raders, RN, recommends a gradual approach to reducing your salt intake, helping you lessen your salt cravings over three weeks. Visit www.fhn.org to find a link to the American Heart Association article “Change your salty ways in only 21 days.” With these helpful tips, you'll be well on your way to cutting back on sodium consumption and improving your health!





OurFHN Will Help FHN Deliver Even More Healthcare Excellence

Continuing a commitment to providing high-quality, personalized healthcare, FHN is implementing OurFHN, an overarching electronic health records (EHR) initiative. FHN began its EHR journey several years ago and OurFHN is the latest and most all-encompassing phase of its transformation to all-digital health records.

“While we will be implementing this major organization-wide system architecture change over the next few months, it’s important to also note that EHR is a process that will continue indefinitely as new advances in healthcare and information technology are made,” says Mark Gridley, MBA, FACHE, FHN Executive Vice President and Chief Operating Officer.

OurFHN is Your FHN Too

“When we looked at naming this system, which will integrate nearly every technology-driven aspect of FHN from clinical care to health records and business operations, we looked first to how we

were interacting technologically with our patients,” Gridley says.

“MyFHN, our online patient interface, was launched in 2014 and has been successfully transforming the way we communicate with patients in today’s digital world. From there, it was a logical and clear step to the name for our enterprise-level electronic health records transformation journey: OurFHN. This name has meaning not just for FHN staff, but for all of our patients as well as the communities in which we do business. It represents our complete commitment to the ongoing importance of technology in healthcare, positions us broadly for the future, and will benefit everyone connected with FHN.”

“More efficient, more coordinated, more personalized,” Gridley says. “That all adds up to our ability to deliver even more healthcare excellence for our patients, which is what OurFHN is all about.”

Investments Continue

The current OurFHN initiative represents a major technology investment in patient care and our community health system, estimated at \$8 million. It will increase convenience for FHN’s healthcare consumers as well as resulting in better patient outcomes overall due to increased efficiency, coordination amongst providers, and communication throughout the whole organization as well as with patients and their families. OurFHN encourages patients to be more involved in their own healthcare, and provides optimum security and privacy for protected health information (PHI).

It’s a very worthwhile investment, according to Gridley, in that in addition to the patient and provider benefits outlined earlier, it will help increase the organization’s competitive advantage and enhance the community’s economic development appeal for prospective businesses desiring locations with

Providers See the Benefits of OurFHN

“Physicians can use OurFHN to gather data and it will help us take better care of our patients in ways that would have been difficult to do on paper. OurFHN helps me keep patients up to date on their vaccines and preventative screening tests.”

– Jeffrey Schleich MD





state-of-the-art health-care options. It will also strengthen FHN's ability to attract healthcare professionals. Gridley anticipates that the cost will be recouped within just a few years in increased FHN productivity and growth as well as enhanced quality of care and advanced care metrics for patients, and the ability to better assist the community as a whole in achieving success in population health initiatives.

Transition Timing

During the transition, which will be complete at year-end, patients may experience minor delays in scheduling appointments, particularly in October, which will be the busiest month for revisions. FHN has prepared to minimize this impact by ensuring that staff are well aware of options that can be offered as needed. Patient safety will be maintained as a top priority at all times.

To help minimize any inconvenience on your part, please schedule student physicals early! This will allow us to serve you better in accommodating your requested appointment times. For the FHN school **sports physical** schedule, please visit www.fhn.org/sports-physicals-2016.

More Efficient, Coordinated, and Personalized

If you have questions or concerns, please feel free to contact us at 815-599-6356. As we work to make OurFHN more efficient, more coordinated, and more personalized, we promise these advancements will help us deliver even more healthcare excellence. It's another great reason for choosing FHN!

EHR systems, which include a number of mandates from the federal government, offer many benefits to both patients and providers, including greater convenience, quicker and better communications, reduced opportunity for miscommunication, automated reminders, faster test results, greater protection of patient privacy and records, and the ability to access the entire world of medical knowledge and information instantaneously. They also empower patients to take a more active role in their own healthcare and that of their families.



“ OurFHN is an exciting opportunity to enhance both patient care and provider communication. We are working very hard to help create an EHR that works best for us because that will be the EHR that works best for our patients! ”

– April Moore MD

FHN Memorial Hospital Has Gone Silver!

FHN Receives *Get With The Guidelines*-Stroke Silver Plus Quality Achievement Award

FHN Memorial Hospital in Freeport has received the American Heart Association/American Stroke Association's *Get With The Guidelines*[®]-Stroke Silver Plus Quality Achievement Award. The award recognizes the hospital's commitment and success in ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

To receive the Silver Plus Quality Achievement award, hospitals must achieve 85 percent or higher adherence to all *Get With The Guidelines*-Stroke achievement indicators for at least 12 consecutive months and achieve 75 percent or higher compliance with five of eight *Get With The Guidelines*-Stroke Quality measures during the same period.

These quality measures are designed to help hospital teams provide the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. They focus on appropriate use of guideline-based care for stroke patients, including aggressive use of medications such as clot-busting and anti-clotting drugs, blood thinners and cholesterol-reducing drugs, preventive action for deep vein thrombosis, and smoking cessation counseling.



"With a stroke, time lost is brain lost, and this award demonstrates our commitment to ensuring patients receive care based on nationally respected clinical guidelines," said FHN Stroke Program Coordinator Tracy Love, MSN, RN. "FHN is dedicated to improving the quality of stroke care and the American Heart Association/American Stroke





Association's *Get With The Guidelines*-Stroke helps us achieve that goal."

"We are pleased to recognize FHN for their commitment to stroke care," said Deepak L. Bhatt, M.D., M.P.H., national chairman of the *Get With The Guidelines* steering committee and Executive Director of Interventional Cardiovascular Programs at Brigham and Women's Hospital and Professor of Medicine at Harvard Medical School. "Studies have shown that hospi-

Stroke

is an Emergency
every minute counts

ACT F.A.S.T!

 Face	Does one side of the face droop? Ask the person to smile.
 Arm	Is one arm weak and numb? Ask the person to raise both arms. Does one arm drift downward?
 Speech	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
 Time	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

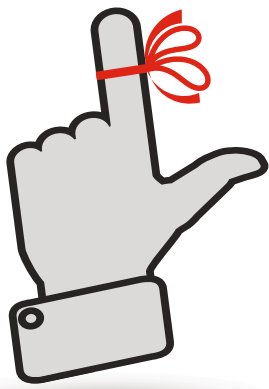
1-877-6000-FHN (1-877-600-0346) • www.fhn.org

tals that consistently follow *Get With The Guidelines* quality improvement measures can reduce length of stay and 30-day readmission rates and reduce disparities in care."

For providers, *Get With The Guidelines*-Stroke offers quality-improvement measures, discharge protocols, standing orders and other measurement tools. Providing hospitals with resources and information that make it easier to follow treatment guidelines can help save lives and ultimately reduce overall healthcare costs by lowering readmission rates for stroke patients.

For patients, *Get With The Guidelines*-Stroke uses the "teachable moment," the time soon after a patient has had a stroke, when they learn how to manage their risk factors while still in the hospital and recognize the F.A.S.T. warning signs of a stroke.

According to the American Heart Association/American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.



Upcoming Events!

Mark your calendar now for these upcoming FHN events, all of which are free. For more info and registration (for the Speaker Series presentations), visit www.fhn.org – registration is usually open two to three weeks prior to each presentation

July 20

Speaker Series: I Have a Friend ...

FHN Family Healthcare Center – Burcharth 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!

August 17

Speaker Series: Anyone Can Have Diabetes – Yes, We’re Talking About YOU

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



Nearly 10 percent of the US population has been diagnosed with diabetes – and millions more have not been diagnosed. It’s one of the fastest-growing health problems in the country with rates nearly doubling in the past three decades, largely due to increases in obesity and sugary diets. Some types of diabetes are hereditary, some are situational (like gestational diabetes), and some can be prevented. Join FHN dietitian and diabetes educator Nicolette Drane to learn if you’re at risk, how to help prevent or manage the disease, and pick up a stash of healthy recipes designed to keep diabetes in check.

September 21

Speaker Series: What “Safe” Looks Like Today

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



Join Detective Brandae Hilby from the Juvenile Division of the Freeport Police Department to learn how to help keep your kids – and yourself – safer in today’s Freeport area. From online safety to learning more about various health and safety challenges the police department deals with every day in our neighborhoods, Detective Hilby will bring you up to date, share tips and materials, and engage in an active discussion with participants.

October 17

Women’s Event: A Slice Of Time – And Pizza – Just For You!

Cannova’s
1101 W Empire St, Freeport



FHN is pleased to present another of these very popular events during Breast Cancer Awareness Month. Join women’s care providers from FHN for an evening of pizza and conversation at Cannova’s in Freeport. Several short, informational presentations will be offered, and you’ll have time to eat and chat with providers and staff from our women’s care team over great food, complimentary beverages, and (of course) dessert!

October 19

Speaker Series: Community Resources Help You Manage Your Health Beyond Your Doctor’s Door

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



Healthcare isn’t just the responsibility of your doctor or your healthcare organization – there are many resources available to help ensure your best possible health outside your doctor’s office or the hospital. However, it can be confusing to understand how they all work together or how to contact and communicate with all of the various players on the team. FHN Supportive Care is here to provide education, help you define your team, and work with you to choose the options that are right for you. Learn more at this event for patients with serious, chronic, and/or life-threatening conditions and their families.

November 16

Speaker Series: Irritable Bowel Syndrome Is More Than Just Irritating

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



Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). More common in women than men, IBS is a chronic condition that causes cramping, abdominal pain, bloating, gas, diarrhea, and constipation. Dr. Vivek Mehta, a specialist in gastroenterology, will describe the signs and symptoms of IBS as well as outlining how people with IBS can control their symptoms through diet and lifestyle choices. He will also describe other methods of managing IBS, such as medications and other treatments and procedures.



Something to Smile About

FHN Family Dental Care Offers Full Range of Services

FHN Family Dental Care is serious about providing superior dental care at reasonable prices. We are proud of our dedication to our patients and our goal is to help you feel and look your very best through excellent dental care. We offer a full range of routine dental services in addition to more specialized and cosmetic dentistry services, and we care for patients as young as six months old.



A Great Start

Our team of friendly hygienists is trained to teach people of all ages and abilities the best ways to keep their teeth and gums clean.

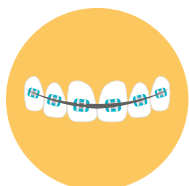
Some of our youngest patients are just starting to cut their teeth at their first appointment, so we help moms and dads learn how to keep baby's gums clean and healthy.

As your child grows, we'll help him keep his whole mouth clean and healthy, from baby teeth through wisdom teeth, braces, and beyond.



Restorative Work

Your teeth do more than make a pretty smile – healthy teeth and gums are important to your overall well-being. Our dentists and dental care team utilize the most modern equipment and techniques for restorative work, including dental fillings, crowns, bridges, root canals, and implants. As with all of our services, when performing restorative work we are always mindful of your sensitivities and comfort.



Orthodontics

At FHN Family Dental Care, you can see your family dentist for everything you need, including orthodontics. Our

dentists have completed many hours of continuing education and training in orthodontics. We can correct and align your bite, straighten crooked teeth, or resolve spacing issues with traditional or Invisalign® clear braces.

Our team can monitor all of your dental needs while providing orthodontia, and help you keep your teeth healthy throughout your treatment.



Cosmetic Services

If you're less than thrilled with your smile, we can help. Our dental care team offers a number of whitening options as well as veneers to enhance your teeth. We can help you achieve a beautiful, confident smile at any age.



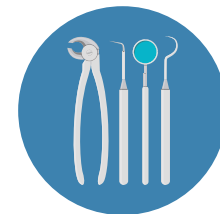
Your Overall Health

Studies have suggested a link between dental disease and heart disease. Our dentists look for signs of periodontal problems – inflammation, receding gums or loose teeth, for example – at every checkup, and if we see any problems, we'll recommend you follow up with a specialist or your primary healthcare provider.

Your oral health also plays a role in making sure you get the rest you need. If you're experiencing problems with sleep apnea or snoring, our dentists may be able to work with your healthcare provider to design a device that

can help improve the quality of your sleep.

We look forward to meeting all your dental and oral care needs as we also help ensure your general health – we want you to have plenty to smile about!



Meet our Dentists

Maria Boy, DDS



General family dentist Dr. Boy offers a wide array of options for your dental care needs. She is bilingual (Spanish) and cares for patients of any

age. She holds a dentistry degree from New York University School of Dentistry in New York City.

Dr. Boy is accepting new patients, and can accommodate emergency patients on the same day. She offers bleaching, veneers, bridges, and crowns as well as dentures and partials, white fillings and bonding. She offers limited extractions and root canals, same-day relines and repairs (in most cases), and nitrous oxide is available. She is certified in Invisalign.

Donald Doak, DDS



Dr. Doak is the clinical director of FHN Family Dental Care. In addition to offering general family dentistry, he has more than 650 hours of ortho-

dontic continuing education. He holds a dentistry degree from the University of Illinois College of Dentistry in Chicago. He is a native of Freeport, a Freeport High School graduate, and was a member of the first Freeport High School Showtime choir.

Dr. Doak provides interventive orthodontic appliances for children and adult braces, at-home sleep studies, and oral appliances for the treatment of snoring and mild sleep apnea as well as night guards for grinding and clenching. He also offers crowns, bridges, porcelain laminate veneers, white fillings, tooth whitening and cosmetic bonding along with full dentures and partials, mini bone implants for denture stabilization and limited root canals and extractions.

John Thompson, DDS

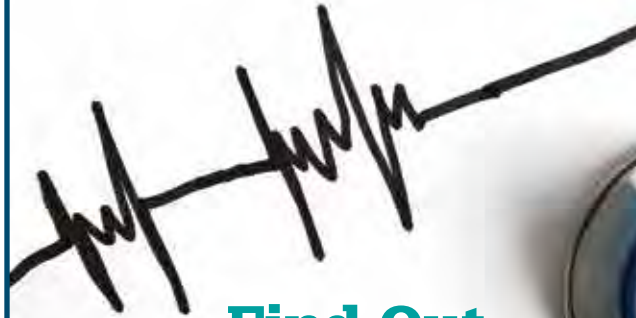
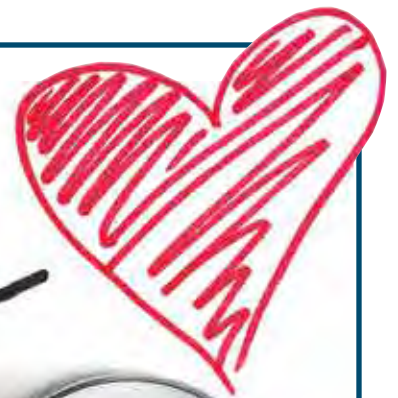


Dr. Thompson has been caring for patients at FHN Family Dental for 14 of his 28 years of general dentistry practice. He holds a dentistry degree

from the University of Illinois College of Dentistry in Chicago.

Dr. Thompson provides all general dental services including routine restorations, crowns, implant restorations, full and partial dentures, night guard appliances, and routine root canals. He also offers cosmetic dentistry including all porcelain crowns, porcelain veneers, bleaching, and Invisalign clear orthodontic treatment.

How Hard is Your Heart Working?



Find Out for Free!



One of the first things that happens when you visit your healthcare provider is a blood pressure test – it gives your provider an idea of how hard your heart is working to pump blood throughout your body. Having high blood pressure can put you at risk of heart problems.

FHN is proud to offer our community members many convenient chances to “check in” on their health with regular free blood pressure screenings at convenient locations throughout Freeport.

The free screenings are provided by the FHN Top 50 wellness group, and are open for adults of any age. Each screening is performed by a registered nurse who can explain the results and answer general health questions. Health information is also available at each screening.

Upcoming screenings include:

Blood Pressure Screenings*

- July 19, 4–6 p.m. Joseph’s Pantry - Faith Center, 203 W. Pleasant, Freeport
- July 21, 11 a.m.–1 p.m. New Jerusalem Church of God, 4 E. Iroquois Street, Freeport
- July 28, 10:30 a.m.–12:30 p.m. Salvation Army, 106 W. Exchange Street, Freeport
- August 6, 9–11 a.m. Gospel Outreach Food Pantry, 211 W. Spring Street, Freeport
- August 9, 10:30 a.m.–noon Golden Meals, rear entrance, 524 W. Stephenson Street, Freeport
- August 10, 10:30–11:30 a.m. Liberty Village Estates, 2140 Navajo Drive, Freeport
- August 10, 12:30–1:30 p.m. St. John’s Lutheran Church, 625 Country Lane, Lena

* Free and open to the public; no registration is required.

Glucose, Cholesterol, and Blood Pressure Screening**

- July 23, 9 a.m.–1 p.m. Oakley Courts, 3117 Kunkle Boulevard, Freeport
- July 27, 9–11 a.m. Senior Resource Center, 500 Fillmore Street, Hanover

** Free and open to the public; no registration is required. Please do not eat or drink anything other than water for 8 hours prior to glucose screening.

For more information and other screening dates, visit www.fhn.org.

Win With Wellness!

Healthy Lifestyles



It's summer, and with all the farmers' markets and sunshine beckoning us outdoors, there's no better time to learn about the lifelong health benefits of healthy eating and physical activity. **Win With Wellness**, a community-based wellness initiative aiming to help people live healthy lives through better food choices and regular exercise, is ready to help you and your company or community organization implement a winning approach to a healthy lifestyle!

Through **Win With Wellness**, participants learn more about the importance of healthy foods and physical exercise, and tools are provided to help them reach goals in these areas. Physical activity and healthy eating behaviors are encouraged by introducing participants to the Taking Off Pounds Sensibly

(TOPS®) program, a support group for adults who want to improve their health and lose weight. TOPS® groups have helped millions of people for over 60 years with weight loss and improving health by focusing on improvement—rather than perfection—and providing ongoing support and accountability for lifelong health.

The **Win With Wellness** team is available for community-based presentations about how to live a healthy lifestyle, eat better, and be more physically active as well as heart health and other health and wellness topics. Free presentations can be arranged at almost any time or location, including worksites. From a group of friends or peers to businesses, community organizations, and health clubs, we're available to help you start

your own TOPS® group or learn more about getting and staying healthy.

How Can We Help You?

If you're interested in setting up a TOPS® group, are looking for a speaker on a health and wellness topic, or are a business that would like to improve the health of your workforce, please find us on Facebook at www.facebook.com/WinWithWellness123 or give us a call at 1-866-590-8499 to get started. We're ready to help you implement a winning approach to a healthy lifestyle!



Testimonials from the Savanna TOPS group...

... who thank Win With Wellness for caring enough to start so many TOPS groups!*

Warren...

... was not able to even climb 13 stairs for the first meeting without stopping twice. He can now do them in one go! He has lost over 60 pounds, joined the gym and is walking 1 mile on the treadmill, although knowing him, he will be up to 2 miles soon.

Mike...

... is a diabetic who was in poor health at our first meeting. He has lost 25 pounds and has also joined the gym. His A1C levels were 9 to 10 and now stand at 6.7, which is normal! The doctors have reduced his blood pressure and other medications.

Alice...

... is now completely off her blood pressure medication and has lost 30 pounds, half of her goal. With TOPS' support, motivation, education, and accountability she is learning a healthier life style to make a lifelong commitment to healthy eating.

Win With Wellness is a joint effort of the Stephenson County Health Department, the Carroll County Health Department, FHN, the Monroe Clinic, United Way of Northwest Illinois, and the National Center for Rural Health Professions and Department of Family and Community Medicine at the University of Illinois College of Medicine at Rockford (UICOM-R). This project is funded by the U.S. Department of Health and Human Services, Health Resources and Services Administration (USDHHS/HRSA), Federal Office of Rural Health Policy, Grant number 1D04RH28413.

Mother's Day Contest Winner

Latasha Sellers honored her grandmother Frances Paris with a nomination in FHN's Mother's Day contest, and she was rewarded with a special Home Defense print. Myra Jordan, nominated by Janell Jordan, was the winning mother. Winners were chosen at random – all the entries were wonderful. Thank you for sharing!



Shari Murphy Scholarship Helps Nurture FHN's Nursing Staff

Shari Murphy's passion for evidence-based care and her thirst for knowledge will be a part of FHN forever.

Shari, an intensive care nurse at FHN Memorial Hospital for 10 years, died in 2016 in the prime of her career. Her family established the Shari Murphy Nursing Scholarship to honor her dedication to helping others.

One of the many projects Shari was involved with includes the early mobilization of the ICU patient. The benefits our patients gain from early mobility include a shorter length of stay in the ICU and the hospital, improved muscle strength and physical function, as well as improved skin integrity. Shari's practicum project for her master's degree in nursing was the development and implementation of an early warning system for acutely ill patients. This tool helps the nurse clinician monitor his or her patients and proactively respond to a decline in status. Many projects such as these continue to enhance the safe, quality patient care delivered by the team at FHN.

“
... Shari will be
fondly remembered
for implementing
evidence-based
projects as well
as delivering a
high standard
of care.”

Shari's scholarship will provide important assistance to future nurses as they strive to obtain their education and achieve their goals. It will augment the salaries of FHN team members as they voluntarily reduce their working hours to concentrate on studying in a nursing program. Nurses pursuing their master's degree will be considered for this scholarship as well. One recipient will be chosen each year for the next decade.

“The current nationwide nursing shortage has had an impact on nearly all clinical departments at FHN Memorial Hospital and supporting offices,” said FHN Chief Nursing Officer Kathryn Martinez, MSN, RN. “Helping our own CNAs to continue their education has been very successful, and we're so grateful to Shari's family for helping us maintain this program. As the nursing team provides quality care to our patients, Shari will be fondly remembered for implementing evidence-based projects as well as delivering a high standard of care.”

For more information on nursing careers at FHN, visit www.fhn.org.



The family of FHN nurse Shari Murphy endowed a scholarship fund in her name. Pictured (left to right) are FHN VP Human Resources Len Carter; FHN President and CEO Michael Perry, MD; FHN Foundation Executive Director Terry Egan; Brian Murphy; FHN Chief Nursing Officer Kathryn Martinez; FHN Foundation Annual Giving Coordinator Jackie Wehrenberg; and FHN Chief Operating Officer Mark Gridley.

FHN Welcomes Roland Tolliver, DPM

Popular Podiatrist Moves Practice to FHN – Burchard Hills in Freeport



Board-certified podiatric surgeon Roland Tolliver, DPM has joined FHN and relocated his popular Freeport practice to the FHN Family Healthcare Center – Burchard Hills in Freeport.

Dr. Tolliver has held surgical privileges at FHN Memorial Hospital for more than 20 years, and currently serves as the administrative director of and a provider at the Center for Wound Healing at FHN.

He holds a podiatry degree from Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin Medical College and completed his podiatric surgical residency at Rush Presbyterian – St. Luke's Medical Center, both in Chicago.

Dr. Tolliver is a Fellow of both the American College of Foot and Ankle Surgeons and the American Professional Wound Care Association. Current patients may call his office at 1-815-599-7150 or toll-free 1-877-898-0878.

FHN: Proud to Be Here for You

FHN is proud to be a part of your community, and we're showing it this summer by participating in parades and festivals throughout northwest Illinois! Here, the staff and families of FHN Family Healthcare Center – Pecatonica rest up before the Pec Memorial Day parade.



DO YOU...

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

FHN has Financial Counselors available to help. Call toll-free 1877-720-1555 or 1-815-599-7950 or 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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