

A publication of FHN

# Insight

Volume 8, Issue 1

**17 Ways to Love  
Your Heart in 2017**

**Meet FHN's  
New Leader**

**FHN Volunteers  
Make it Happen**



*We're here, for you.*

**FHN**

## Welcome 2017

I'm happy to welcome you to the first issue of INSIGHT in 2017, and the first for which I open the magazine with my thoughts as President and CEO.

When I arrived in 2010, my most striking first impression at FHN was

the friendliness of the people I met. I had such a warm reception here that I immediately felt at home. I also was very impressed by the down-to-earth conversations I had with my colleagues, and the organization's commitment to the community.

My opinions haven't changed over time, either; they've been affirmed by everyone from the board of directors to the folks who answer our phones. There's a sense of pride and connection in our local community that is undeniably special.

Coming to FHN in 2010 from a variety of diverse healthcare organizations, I've appreciated the fact that each voice here can be heard more clearly – sometimes different points of view get lost in a larger system. I've seen the agility of a smaller organization, too. We can respond to change more quickly and effectively, even if resources are also more limited. I don't necessarily see that as a negative, as it puts the need for good judgment and stewardship of resources back into the hands of the people who can make a difference every day.

I hope you enjoy this issue – there's info about heart health, a special shout-out to our doctors and dentists, an introduction to new board members and new providers, and several examples of our involvement out and about in the community.

I look forward to sharing each issue of INSIGHT with you, and to meeting as many of you as I can. **I'm here, for you!**

## Congratulations to Our Scholarship Winners!

Before he stepped down from his post as FHN president and CEO, Dr. Michael Perry had a chance to award healthcare scholarships to four area students. An outstanding group of students applied for the healthcare scholarships and volunteer resources scholarship this year!

Applicants wrote an essay about their career path along with strengths and personal goals to support the healthcare needs of FHN's service area. The committee invited the top candidates for a face-to-face interview.

### The 2016 Healthcare Career \$1000 Scholarships winners are:

- **Amanda Hall** of Pecatonica, who is pursuing a nursing degree at St. Anthony College of Nursing in Rockford.
- **Tyler Munson** of Freeport, who is pursuing a physical therapy degree at Northern Illinois University in DeKalb.
- **Kate Palmer** of Durand, who is pursuing a nursing degree at Edgewood College in Madison, Wis.

### The 2016 Volunteer Resources \$500 Scholarship winner is:

- **Summer Pehl** of Freeport, who is majoring in speech language pathology at University of Wisconsin – Whitewater.

## Coming Soon! A Slice of Time Just for You at Cannova's

Learn how your diet affects your health, the latest on dealing with menopause and more at this spring's **A Slice of Time Just for You** with FHN and Cannova's!

Join us from 5:30 – 7 p.m. Monday, March 6 at Cannova's Italian Cuisine, 1101 W. Empire Street in Freeport to meet and chat with providers and staff from FHN's women's care team, including Ob/Gyn, surgical services, and the Women's Diagnostic Center, over great food and complimentary beverages.

Registration is required for this free event, and seating is limited, so be sure to sign up soon! Visit [www.fhn.org/sliceoftime](http://www.fhn.org/sliceoftime) to register.



## "My legs hurt."



If even a short walk is painful, you may have problems with the veins in your legs. Painful legs can be a sign of venous disease, which can lead to varicose veins, leg sores, and even serious circulation problems like blood clots. The experts at the FHN Vein Center can help with a number of outpatient procedures featuring rapid recovery. Non-cosmetic treatment options are covered by most commercial health insurance carriers, including Medicare. Free screenings for leg vein issues are offered every month at FHN Memorial Hospital.

**Upcoming screening dates are  
April 25 ▪ May 23 ▪ June 27**

Appointments are available from 4–7 p.m. by calling **815-599-VEIN (8346)**. For more information on venous disease and the FHN Vein Center, visit [www.fhn.org](http://www.fhn.org) or call **815-599-VEIN (8346)**. Let us get you on your feet again!

# On Our Mark, We're Set, Go!

FHN started the New Year with a new leader: Mark Gridley, MBA, FACHE became President and CEO, following Dr. Michael Perry's transition into semi-retirement.

Gridley joined FHN in 2010 as Vice President of Physician Affairs. He and his wife Liz, together with their two young sons ages 5 and 9, have felt welcome in Freeport ever since. "We're proud of our community, and we can't think of a better place to live right now," Gridley says.

He has more than 25 years of healthcare experience, much of it at large organizations in Wisconsin. Earlier, he served in the U.S. Army as a combat medic at the U.S. Army Eisenhower Medical Center in Augusta, GA and as a licensed practical nurse and non-commissioned officer at U.S. Army Walter Reed Medical Center in Washington, D.C. In those roles, Gridley says that he felt rewarded by being able to help people in time of need. "I liked knowing that I was capable of making a difference in someone's life," he says.

On his new role, Gridley says, "I am really humbled to be at the helm, but the real work is being done by all of the people throughout FHN. Their commitment is inspiring. My personal philosophy is if I don't feel that somebody is good enough to take care of my family, I certainly don't want them taking care of someone else's. Our patients are not 'just patients' but someone's family member."

## Challenges Ahead

Gridley is well attuned to the current political situation. "Some of the big challenges I see are funding for mental health care and making sure that we are able to provide necessary healthcare even when people don't have access to resources for that care," Gridley says.

"My concern with the Affordable Care Act is repeal without replacement. According to the Illinois Health and Hospital Association, the estimated direct economic impact in lost spending for our congressional district alone is \$198,000,000 without replacement," Gridley continues.

"Because so many other businesses are linked to healthcare, the indirect effect here could reach \$600,000,000. We've seen Medicare payments to our area hospitals cut by \$95,000,000



between 2010 and 2015 and the government's publicized purpose for these cuts was to fund the Affordable Care Act so replacement is critical to healthcare's financial stability."

## Community and Wellness Priorities

Being an active member of the community is a priority for Gridley. "I want to get out and hear what people have to say," he says.

"I'm also excited about community partnerships and becoming more proactive about wellness," Gridley says. "People usually think about healthcare when they're sick, but we'd like to keep people healthy in the first place. And if we can improve the overall health of our community, I believe that will directly help our economy."

Asked his own advice on wellness, Gridley says, "Enjoy many things, practice moderation, maintain an active thirst for learning, move regularly throughout the day, and listen to the coaching of your healthcare team. Most of all, focus on something that gives you purpose."

**"If I could wave a magic wand ..."**

**"Nationally,** I'd like to get everyone in the healthcare industry – insurers, employers, providers, and the patients themselves – aligned and incentivized around the same goals, and those goals would be focused on improving health and quality of life."

**"If I could change one thing about the Freeport area,** I'd say that we need to continue down the path that's been charted by the Collaborate Freeport/ALL IN initiative.

(continued on page 12)

# FHN Volunteers

## Making it Happen in 2016 and Beyond!

Volunteers are an important part of FHN, from the people who help behind the scenes with clerical duties to the “parents” of our *Beyond Words* pet therapy program dogs and the people who operate the hospital's gift shop. Here's a look at what our volunteers accomplished in 2016. FHN volunteers:

- Worked in 17 sites across northwest Illinois, in 30 different service areas, contributing 34,000 hours of work
- Led 106 elementary school students on Mini Medic tours of FHN Memorial Hospital
- *Beyond Words* pet therapy dog teams spent 1,420 hours providing comfort to patients, visitors, and staff, and served as ambassadors at community events
- Facilitated 3,246 meetings between surgeons and families in the surgical waiting area
- Delivered 4,235 Meals on Wheels
- Performed 17,108 errands

Did you know that you can support our volunteers' work, too? FHN volunteers organize a number of sale events each year. All of these events, held in the

lower level of FHN Memorial Hospital in Freeport, are open to the public, and a portion of every sale is donated back to FHN. Mark your calendars for these great sales!

### Scrubs & Beyond Uniform Sale

All major brands of uniforms, shoes, and accessories for men and women of all sizes

**Tuesday, Feb. 28 • 7 a.m.–7 p.m.**

**Wednesday, March 1 • 7 a.m.–3 p.m.**

### Luxury Linens Sale Event

Top-of-the-line sherpa throws and spreads, quilt sets, bamboo and memory foam pillows and luxury sheet sets

**Thursday, March 16 • noon–7 p.m.**

**Friday, March 17 • 7 a.m.–3 p.m.**

### Masquerade \$5 Frenzy

Our most popular fund-raiser – every item is \$5! Jewelry, purses, fashions and accessories for men, women, teens, and children

**Thursday, April 20 • 7 a.m.–5 p.m.**

**Friday, April 21 • 7 a.m.–3 p.m.**

### Uniforms and More Scrub Sale – Nurses' Week Event

Support a local retailer! *Uniforms and More* is located in downtown Freeport, and they bring a large portion of their inventory to this event

**Monday and Tuesday, May 8–9**  
(time TBA)

### Brown's Shoe Fit Footwear Sale

*Brown's Shoe Fit Company*, serving our community since 1979, brings 1,200 pairs of their famous brands of footwear to this sale. Staff will professionally measure and fit your feet to ensure you have the type of footwear that's best for your activity

**Wednesday, July 26 • 7 a.m.–3 p.m.**  
**Thursday, July 27 • 7 a.m.–3 p.m.**

If you are interested in becoming an FHN volunteer or donating comfort items such as coloring books, new crayons, like-new Beanie Babies, or yarn, contact FHN Volunteer Resources at 815-599-6148.



## OurFHN is Live!

### Huge EHR Initiative Improves How We Care for You

OurFHN, our organization's overarching electronic health records (EHR) initiative, “went live” on February 3. We've been working to implement EHR into all aspects of how we care for you for a few years now, and OurFHN is by far the biggest step we've taken.

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

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

OurFHN works with MyFHN, our online tool that helps you manage your healthcare easily and securely. You've had access to MyFHN since 2014 and it's not changing – your health information, lab and test results, and information about upcoming and past appointments is just the same.

During the OurFHN transition, we updated the “message your provider” capability, which is again available for you to use. This provides you a quick, efficient way to get in touch with your healthcare team without having to call the office, repeat yourself or wait if someone is on another line.

You can access MyFHN directly at **[www.myfhn.org](http://www.myfhn.org)** or through our website, **[www.fhn.org](http://www.fhn.org)**.

If you haven't signed up for MyFHN yet, contact the MyFHN Coordinator at 815-599-6907 or toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 907 to get your medical records number and confirm your email address, both of which are needed to begin the process.

# Send a Note to Your Provider **Celebrating Our Doctors and Dentists**

March is a special month around FHN, and not just because it brings warmer weather. March is the month we celebrate our healthcare providers!

**We kick the month off with National Dentists' Day, March 6.** It was established as a way to show appreciation for dentists and spread the word on how to keep your mouth healthy.

Dentistry has come a long way since 1840, when the world's first dental college, the University of Maryland School of Dentistry, was founded. Today's dentists make it a priority to help their patients develop a healthy oral health regimen, following these simple rules:

- Brush twice per day for at least two minutes
- Floss daily
- Visit your dentist twice per year (or as recommended by your dentist)
- Eat a balanced diet and limit eating and drinking between meals

We're proud to celebrate FHN's dentists with a big smile this March!



On March 30, 1842, Dr. Crawford Long of Barrow County, Ga., performed surgery to remove a tumor on a patient's neck. He used ether to anesthetize the patient – a first for medical science.

Years later, Congress and the President would declare the anniversary of that surgery to be National Doctors' Day, a chance to acknowledge all that our physicians do for their communities.

**FHN is proud to salute its physicians March 30 for being the heart of community-based healthcare.**

"Our patients depend on FHN physicians for everything from one-time emergency care at the hospital to a lifetime of care as their family doctor at our healthcare center locations throughout northwest Illinois," says FHN President and CEO Mark Gridley.



54 physicians and dentists offer state-of-the-art healthcare at FHN's 22 locations, in specialties ranging from anesthesiology to urology. FHN has 19 physicians dedicated to serving as primary caregivers for patients ranging from infant to elderly. If you would like help finding a provider, visit [www.fhn.org](http://www.fhn.org) or call the FHN Physician Referral Center toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 965.



**Help us celebrate our healthcare providers – send a message to your provider by visiting [www.fhn.org](http://www.fhn.org) during March and clicking on the “Send Your Provider a Message” link at the top of the page.**

# A Healthy 17 for 2017

## 17 Ways to Love Your Heart in 2017

We may be nearing the end of February, but it is never too late to start taking good care of your heart!

We asked FHN cardiologists for some tips:

- 1 Start with a trip to your healthcare provider for a checkup.** This will give you “baseline” information such as your height, weight, and blood pressure and could alert you to any problems.
- 2 Keep away from “crispy.”** Many fast-food restaurants offer a relatively healthy sandwich option—a grilled chicken sandwich. “Crispy” means “fried.” You don’t have to give up fried foods completely; it’s OK to indulge in a treat, but it shouldn’t be a daily habit.
- 3 Taste before you salt.** Do you usually salt your food before you start eating? Have a taste first—it might not need any additional salt!
- 4 Get moving.** Aim for 30 minutes of exercise 5 days a week, but your heart will benefit from any amount of exercise. You can break up the time, too—hit your goal with some low-impact aerobics in the morning and a brisk walk in the afternoon.
- 5 If you smoke, stop.** Talk with your healthcare provider about ways to quit, or join FHN’s Quit Smoking/Tobacco Cessation Group. Groups start in April, July, and October this year: Call FHN Family Counseling Center at 815-599-7300 for more information.
- 6 De-stress.** Stress can do more than make you grouchy: It can hurt your heart. You don’t have to roll out a yoga mat—try closing your eyes and concentrating on a few deep breaths when you’re feeling stressed.
- 7 Take care of your teeth.** Though it hasn’t been scientifically proven, there appears to be a connection between healthy teeth and gums and your heart health. Brushing, flossing, and regular cleanings can help keep your mouth healthy.
- 8 Substitute.** If your recipe calls for heavy cream, use a mixture of equal amounts low-fat milk and evaporated fat-free milk. If you’re baking, try substituting 1 cup of unsweetened applesauce for a cup of butter, margarine, oil or shortening.
- 9 Spice it up!** Use herbs, spices, citrus juices or vinegar instead of salt when you are cooking.
- 10 Up your fiber intake.** A diet rich in soluble fiber—like oats, black beans, apples, and pears—can help to lower your cholesterol and make you feel full.
- 11 Take the stairs.** It might not seem like much, but choosing to take the stairs instead of the elevator and finding a parking spot just a bit farther away from the door are good habits. If you work in an office, try walking over to speak with someone instead of sending an email. When you can, move!
- 12 Get a good night’s sleep.** Rest isn’t a luxury, so make sure you’re getting 7–8 hours of good sleep each night.
- 13 Watch your fats.** Choose lean cuts of meat and low-fat versions of dairy products to cut down on your saturated fats, and avoid trans fats. Check ingredient lists on the foods you buy, and put anything that has “hydrogenated” or “partially hydrogenated” in the list back on the shelf.
- 14 Watch what you’re drinking.** Sugary sodas and juice don’t add anything but calories to your diet. And treating yourself to a foamy, sweet coffee drink is about the same as having a candy bar.
- 15 Limit alcohol.** No matter what the latest study says about red wine or hard liquor, drink alcohol in moderation. Don’t have more than one or two drinks a day.
- 16 Eat healthy.** Try to have fish (broiled, baked or grilled – not fried) at least twice a week; it’s lean and packed with good nutrients. Fill up on fruits and vegetables, whole grains and lean proteins.
- 17 Exercise your stress away.** Take a walk to cool down a bit, or turn up the music and dance it out!

“Unhealthy habits can contribute to the development of plaque in your arteries, which can increase your risk for heart disease, heart attack, and stroke,” says FHN cardiologist Prasad Kilaru, FSCAI, FACC. Dr. Kilaru is the director of FHN’s cardiac catheterization laboratory. “A healthy diet and regular exercise can help you avoid heart problems, and make you feel better overall, as well.”

“We encourage people of all ages and abilities to eat well, get good rest and plenty of exercise,” says FHN cardiologist Madhusudan Malladi, MD, FACC, FASE. “Checking in first with your regular healthcare provider is a must – he or she knows your health history and can help you set realistic goals. If you’ve had heart problems, our cardiac rehabilitation team is here to help.”



FHN HEART MONTH SPECIAL

## Check Your Heart Health for \$99

Are you at risk for a heart attack? Most heart attacks could be prevented with early diagnosis of risk factors for coronary artery disease (CAD). FHN is offering special pricing on two heart health tests for American Heart Month in February.

Call by Friday, March 10 to schedule a **Standard Walking Treadmill Stress Test** or **Calcium Scoring CT Heart Scan** and **pay just \$99** for the test.

“The treadmill stress test is a screening test for determining a patient’s heart health when they have no known history of heart trouble,” says FHN cardiologist Bhadresh Patel MD, FACC, FACP. Dr. Patel is co-director of FHN’s Cardiac Services Department. “You’ll walk on a treadmill while a specially trained nurse monitors how your heart is working with an electrocardiogram. This test helps determine your exercise capacity and the circulation to the heart, which is helpful in determining the cause of unexplained fatigue, shortness of breath, irregular heartbeats during exercise or existing or borderline high blood pressure.”

“Another simple screening test that FHN offers is a CT scan to detect plaque in the arteries,” Dr. Patel says. “The test is non-invasive and is used to predict the probability of future heart problems. Like the treadmill test, it doesn’t take long to complete.”

Tests must be scheduled by March 10 and performed by Friday, June 30 to qualify for the special rate. These tests should not replace consultations with your healthcare provider.

If you do not have a primary healthcare provider, FHN will work with you to determine how to handle your test results when they are communicated to you.

Payment for the tests is due (cash, checks and credit cards accepted) at the time of service.

## Meet the FHN Board

### FHN Welcomes Chang, Tawfik to Board of Directors

FHN is proud to welcome new members of our organization’s Board of Directors!



Freeport native, author, retired high school teacher and basketball coach as well as information and technology expert **Rich Chang** recently joined the FHN Board of Directors.

He was born and raised in Freeport, the sixth of seven children of Dr. D.J. and Theresa Marchinetti Chang. Rich

graduated from Aquin High School and magna cum laude from North Central College in Naperville, Ill. He joined the global consulting firm and eventually was made partner at Accenture. He served numerous Fortune 100 clients around the world and, upon retiring in 2005, was the partner responsible for Accenture’s Financial Services Worldwide Information and Technology Strategy and Transformation (IT&T) practice. He is the co-author of two books as well as several published articles.

Rich taught math at Aquin High School and served as the school’s head basketball coach from 2006 – 2015. He also serves on the FHN Foundation Board of Directors.



New FHN Board of Directors member **Shokry Tawfik, MD** has been an important part of FHN and his community for quite a while – he began caring for patients as a family medicine physician at FHN in 1984.

After earning his medical degree at Cairo University in Egypt, Dr. Tawfik served his residency at the University of Illinois College

of Medicine in Rockford. In January, the Lena Lions Club honored him as Citizen of the Year.

Dr. Tawfik was named a Rural Physician of Excellence in 2006 by the Illinois Rural Health Association. The award honors rural physicians who go above and beyond the call of duty to provide healthcare to the state’s rural residents. He is a Fellow of the American Academy of Family Physicians and a member of the Christian Medical and Dental Associates and of the American Medical Association.



**FHN’s cardiologists have years of experience and are proud to offer our patients award-winning heart care. Left to right are Dr. Patel, Dr. Kilaru, and Dr. Malladi.**

(Magic Wand ... continued from page 3)

We need to continue to build on that and to promote ourselves both internally and externally not only to retain our talent but expand opportunities for our people. More focus is needed on all of the good things here rather than the negatives.”

**“The one thing I’d change about FHN** would be to change the perception of just being the largest employer in Freeport to being viewed as a real partner for NWIL’s development and growth, both in being a healthier community as well as creating a more vibrant economy.”



## SAVE THE DATE **FOOD FIGHT Against Cancer**

Looking for a fun evening out that will also benefit a good cause? Join friends of the Leonard C. Ferguson Cancer

Center for taste-tempting treats, music and fun at a Food Fight Against Cancer – Caterers are ALL IN **Friday, March 24 at the Wagner House in Freeport!**

Guests will dine on **hors d’oeuvres and desserts** from area caterers, restaurants, and bakeries and enjoy a cash bar. Festival favorite **R&B band The Jimmys** will take the stage at 7 p.m. to perform their award-winning brand of blues. The Jimmys hail from Wisconsin and feature “killer horns, greasy guitars, funky keys, and a rhythm section with the heart and soul the size of Brazil,” according to reviews. “This is a GREAT band that plays blues and everything else between.”

**All proceeds from the evening will benefit the FHN Leonard C. Ferguson Cancer Center**, which provides leading-edge care close to home for northern Illinois cancer patients.

For more information or to purchase tickets to the FOOD FIGHT Against Cancer, contact the FHN Foundation toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 947.

# Insight

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*We're here, for you.*

**FHN**

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## SAVE THE DATE

# BBBS Bowl for Kids' Sake Goes Back to the '80s!

Do you like to bowl? Did you love the great TV shows of the '80s? Oh, boy, do we have some fun planned for you!

Grab your *Mork* from Ork suspenders, your *Miami Vice* pastel jacket, your *A-Team* necklaces or your *Dynasty* evening gown and join us in support of Big Brothers Big Sisters of Northwest Illinois (BBBS) at our annual Bowl For Kids' Sake event April 18, 20, and 27 in Stockton and Freeport – it's a great way to have fun and have a positive impact on our community!

Friends, families and co-workers form teams and raise money through pledges to bowl at the event. (If you don't have a group to join, that's OK, too – we can “match” you into a group!)

Each bowler is asked to raise at least \$50 in pledges to bowl, and shoe rental, plus one pizza and pitcher of soda per lane is included. Anyone who raises \$100 or more is eligible for a free t-shirt. Each event will have a 50/50 raffle and door prizes for participants to win during the evening.

Traveling trophies are awarded for teams with the Most Spirit and Highest Score. Team spirit includes fundraising efforts, best dressed, loudest cheering, and sportsmanship. This year's theme is '80s TV shows!

Money raised from Bowl for Kids' Sake supports Big Brothers Big Sisters of Northwest Illinois activities in Stephenson and Jo Daviess counties. BBBS is a volunteer-based organization where adults (“Bigs”) and children (“Littles”) are carefully paired in hopes of developing a positive relationship that will have a lasting effect on kids. Big Brothers Big Sisters of Northwest Illinois is a program of FHN Family Counseling Center and is funded in part by the Illinois Department of Human Services and the United Way of Northwest Illinois.

## THIS YEAR'S EVENTS ARE:

**Tuesday, April 18**  
Stockton Bowling Center  
(teams of 5)

**Thursday, April 20 &  
Thursday, April 27**  
Four Seasons Bowling  
Center (teams of 6)

Check-in for each event begins at 5:30 p.m.,  
and bowling starts at 6.

Keep an eye on **FHN.org** for more information  
and links to register!