

A publication of FHN

Volume 8, Issue 4

Insight



Welcome New Providers



RESPECT, DIGNITY, COMPASSION

**Cancer Follow-Up
Within 3 Days –
Guaranteed!**



We're here, for you.

FHN



Welcome to Fall



It always amazes me how quickly our summer comes and goes! We certainly have had a busy summer and our thoughts remain with those affected by our severe weather both locally and nationally. As always, I look forward to what each

season brings us here in northwest Illinois. I'm looking forward to enjoying fall colors, crisp air, harvest, and—of course for so many people in our community—football. On a personal note, fall is my favorite season.

There's a lot to share about what we've been doing at FHN. **The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital is in the spotlight in this issue**, officially introducing our relationship with Paramount Oncology Group (POG) from Dubuque, Iowa. Together with our state-of-the-art chemotherapy capabilities, POG's radiation therapy expertise helps us truly offer university-level services in a hometown setting. **We're also introducing our guarantee of an appointment within three days of a cancer diagnosis**—we know that no one wants to wait when getting that news, as time is of the essence.

We're also very proud to introduce not one, not two, not three, but EIGHT new providers in this issue, including two family medicine physicians, two family nurse practitioners, two specialists, and two new members for our hospitalist team. We are also excited to **welcome FHN's new Chief Physician Executive James Kolka, DO**. He brings a wealth of experience to his position as our top physician leader in addition to a strong commitment to ensuring that FHN lives up to the expectations of our communities. I am so proud of our provider team, committed to healthcare excellence for our communities.

You'll read about our Saturday morning walk-in sports injury clinics, too, and see what our staff have been up to over the summer. One of our annual summer programs, sports physicals for our area high schools, hit a record in terms of our contributions back to the schools. A special thanks to the FHN team of caregivers who gave of their time. It is important to share that FHN donates every dime of every sports physical back to the school of the athlete getting the physical—**we contributed more than \$15,000 to area schools this year, and we're happy to have done so. Go, TEAMS!!**

Enjoy this issue, be well, and happy autumn to all!

Boosting Student Athletes

FHN Sports Physical Clinics Raise \$15.6K for Area Schools

FHN healthcare providers across northwest Illinois are proud to take part in our summer Sports Physical Clinics—they're an easy way for busy families to take care of one "must-do" on their list, and FHN donates all the proceeds back to athletes' schools!

783 student-athletes got their check-ups at FHN Sports Physical Clinics this summer, and that means some checks are on the way for Aquin, Chadwick Junior High, Forreston, Lena, Orangeville, Pearl City, Pecatonica, Stockton, Tri-County Christian, and Warren schools!



Left: This year's sports physicals at the FHN Family Healthcare Center—Lanark raised **\$1,040** for Eastland Schools.

Below: FHN President and CEO Mark Gridley and team presented Freeport High School Principal Beth Summers (far right) with a check for **\$4,780** at this year's Pretzel Sports Kickoff.



Here to Help You Feel Your Best

FHN's New Providers: Care Focused on You

We at FHN are proud to support you in your endeavor to get and stay healthy for life. That's why we've invested in efforts to bring more family doctors—we call them primary healthcare providers—to our service area. You rely on your primary healthcare provider for things like checkups and immunizations, and he or she is the person you call if you're not feeling well. We're proud to introduce four new primary healthcare providers, all of whom are taking new patients now:



Danny Isawi, MD has joined our Family Medicine team at FHN Family Healthcare Center—Highlandview Drive in Freeport.

He is a Freeport native and Pretzel alumnus, and earned his medical degree from Ross University School of Medicine in Miramar, Fla. He completed his residency at Union Hospital in Terre Haute, Ind. His older brother, Hanny, is an ophthalmologist at FHN,

and his father is longtime FHN gynecologist Farouk Isawi.

Risha Fennell, MD also joined our Family Medicine team. She sees patients at FHN Family Healthcare Center—Burchard Hills in Freeport.

She earned her medical degree from Northwestern University School of Medicine in Chicago and completed her residency at Ravenswood Hospital/Forest Glen Family Health Center in Chicago.

Dr. Fennell has cared for patients at the Morrison Family Care Clinic and Morrison Community Hospital in Morrison, Ill. as well as at KSB Medical Group and Hospital in Dixon, Ill. She is board certified in Family Medicine.

Also new to our Family Medicine team (*so new, we don't yet have her photo!*) is **Marla Bagge, FNP-BC, CNM**. She cares for patients at FHN Family Healthcare—Savanna.

Marla earned her certificate in Nurse-Midwifery and completed family nurse practitioner training at the University of Illinois at Chicago, where she also completed her master's and bachelor's degrees.

She has cared for patients of all ages at Saint Anthony Hospital in Chicago and with Elgin Family Physicians in Elgin.



Family Nurse Practitioner **Lynda Shiro, FNP-BC**, has joined the Internal Medicine team at FHN Family Healthcare Center—Burchard Hills in Freeport.

She earned her master's degree and completed family nurse practitioner training at Northern Illinois University in DeKalb.

She may be a familiar face—she taught in the nursing program at Highland Community College. She has also taught in the nursing programs at Northern Illinois University and Wau-bonsee Community College. She has cared for patients at Swedish American Hospital in Rockford and Lutheran General Hospital in Park Ridge, Ill.

We're also proud to welcome a number of new specialists now seeing patients at FHN



Richard Bell, DPM, has joined the Podiatry team at FHN Family Healthcare Center—Burchard Hills in Freeport.

Dr. Bell earned his podiatry degree from Des Moines University College of Podiatric Medicine and Surgery in Des Moines, Iowa and completed a three-year residency at OSF Saint Anthony Medical Center in Rockford.

Board-certified orthopaedic surgeon **Andrew Blint, MD** is seeing patients at the FHN Family Healthcare Center—Burchard Hills in Freeport.

Dr. Blint is the founder of NITROrthopaedics in Rockford, where he has earned his reputation as one of the most trusted providers in northern Illinois. He is affiliated with and has surgical privileges at FHN Memorial Hospital in Freeport.



The hospitalist team at FHN Memorial Hospital in Freeport also welcomes two new providers

Yaimet Bucknor, MD is board certified in Internal Medicine. She holds a medical degree from Havana Superior Institute of Medicine in Havana, Cuba and completed her residency at the Michael Reese Hospital in Chicago and at the University of Arizona College of Medicine/Banner—University Medical Center South in Tucson, Ariz. She is an independent contractor and is not employed by FHN.



Sarah Marsh, FNP-BC has also joined the Hospitalist team. She has been on the FHN nursing staff since 2005 and has been caring for patients in the FHN Memorial Hospital Emergency Department since 2011. She earned her master's degree and completed her family practitioner training at Lewis University in Romeoville, Ill.

**Call FHN Physician Referral to make an appointment with one of our new providers!
1-877-6000-FHN (1-877-600-0346) ext. 965**

**Appointments, Results and More—
Just a Click Away**

We've beefed up MyFHN, your online health information portal.

With MyFHN, you've got a complete health history at your fingertips, along with lab results, discharge instructions and an easy way to contact your provider with non-emergency questions. You can check your upcoming appointments, too!

It's easy: Enroll online at www.fhn.org—just click on the MyFHN button on the right side of the page. Call the MyFHN Portal Coordinator at 1-815-599-6907 or toll-free 1-877-6000-FHN (1-877-600-0346), ext. 907 for further assistance.



SPARTAN, PHYSICIAN, EXECUTIVE

FHN Welcomes Chief Physician Executive James Kolka, DO

He has spent much of his professional life helping emergency department (ED) physicians provide the best possible care. In fact, he was a founder of MEA Management, which provided ED services to approximately 25 hospitals, including FHN Memorial Hospital. Now, James Kolka, DO, is ready to bring his expertise to Freeport.

"We brought in Dr. Kolka for his expertise in not only the strategic and clinical, but the business aspect as well," says FHN President and CEO Mark Gridley. "He is familiar with the area and the specific needs of the community."

Dr. Kolka will support FHN's physicians in their roles as stakeholders in their communities and represent their voice in FHN's administration. He began working at FHN on August 1, and is acclimating well, showing an appreciation for the community and culture that he will adopt.

"This hospital functions at a very high level," Dr. Kolka says. "Everything works here. Normally, it's pretty easy to walk through and figure out what's wrong and what needs to be fixed. Here, you really have to be looking to find mistakes."

A Lifetime of Service

Dr. Kolka was born and raised in Flint, Michigan, and got his bachelor's degree from Michigan State University. He served as a police officer and paramedic for a number of years before completing his medical degree at the Chicago College of Osteopathic Medicine and his residency in emergency medicine at Cook County Hospital.



FHN's new Chief Physician Executive James Kolka, DO, brings many years of healthcare and business experience to his role.

As an emergency medicine specialist, Dr. Kolka is hoping to not only lead the ER in an executive capacity, but also to care for patients there when time allows.

Dr. Kolka has an impressive resume: He was a founder, vice president, then Co-CEO of MEA Management (later sold to TeamHealth), a physician practice that pairs its 300+ providers with medical sites. He also was a founding member and board chair of Air Angels, a large regional company providing critical-care ground, fixed, and rotary wing (helicopter) transport for critically ill patients.

Dr. Kolka most recently served as Chief Medical Officer of Norwegian American Hospital in Chicago. He hopes his expertise in business and healthcare will help FHN to make the right decisions as healthcare evolves and changes.

"Doctors tend to listen to other doctors," Dr. Kolka says. "Hospitals are paid to keep people well. What we're trying to do is provide the safest and best service that we can."

"I know a lot about the business side," Kolka said. "We will never move away from value-based purchasing. Patients are paying us for a service. I'm here to make sure they get what they pay for in the most efficient way possible."

Kolka has four grown children and is married to his wife, Linda, who is currently pursuing a degree to become a nurse practitioner. He is excited to be bringing his long business background to FHN.

FHN Ole Time Christmas Craft Show

Shop for all your holiday needs! Come explore the large variety of quality-made items for gift-giving and home décor. When you make a purchase, you will be entered in a drawing for a basket filled with donated vendor goodies. Don't miss out! These items are not found in stores!

Thursday, Nov. 2 • 7 a.m. to 5 p.m. FHN Memorial Hospital—Lower Level,
Friday, Nov. 3 • 7 a.m. to 4 p.m. 1045 W. Stephenson Street, Freeport

Cash, checks or payroll deductions—sorry, no credit cards.
Proceeds benefit FHN's 2017 United Way Campaign.
\$2 Suggested Entry Donation • Children under 12 are free.





FHN Memorial Hospital Recognized for Stroke Care!

We are proud to announce that FHN Memorial Hospital has been recognized by the American Heart Association with a **Gold Plus Stroke Quality Award**.

The award commemorates more than 2 years of meeting the American Heart Association's Get With the Guidelines stroke care measurements.

Look for more about this honor in the next Insight.



Letter From Tonya Foundation Donors Upgrade Waiting Room Seating

In an effort to make any waiting time more comfortable, the FHN Foundation funded the replacement of old, worn furniture in the FHN Memorial Hospital's Atrium waiting area. Not only did the previous furniture look worn and discolored, but it no longer offered necessary support, making it difficult for some people to get out of their seats.

Our new furniture is made of healthcare-quality material so it can be wiped with hospital-grade cleaners to reduce the potential for infections. We also have purchased some "hip chairs" that sit taller, making it easier to sit down and stand up. And finally, we've added couches and benches that can accommodate two people who would rather sit next to each other than in separate chairs.

Thank you, Foundation donors, for your continued support of our mission to promote exceptional health and healthcare for our friends, families and neighbors!

If you'd like to learn more about the FHN Foundation, visit us online at www.fhn.org/foundation. You can always make an online donation by clicking the Give Now button at the top of each page of the FHN website.



Cancer Center Open House



FHN Oncologists Arshad Shaikh, MD (left, top photo) and Tamer Refaat Abdelrhman MD, PhD, MSCI, DABR (right) were on hand to talk about the services offered to cancer patients at the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Dr. Shaikh is a medical oncologist who works with patients through chemotherapy, and Dr. Refaat is a radiation oncologist. Open house attendees also met the Cancer Center staff and visited the Center's Leonard and Mildred Ferguson Healing Garden.



Dr. Gregory Dammann and Dr. Kevin Draxinger know that sports injuries shouldn't be taken lightly. To help your student athletes get back on their feet again, stop in any Saturday morning this fall for a **FREE** sports injury evaluation* by the FHN orthopaedics and Rehab Service pros. For more information, call **1-877-6000-FHN (1-877-600-0346) ext. 934** or visit www.fhn.org.
When it comes to sports injuries, we're your healthcare team!

* X-rays, supplies, and follow-up visits will be charged if needed. A parent or legal guardian must accompany all patients under the age of 18.



Dr. Draxinger

Saturday Walk-In Sports Clinics

Every Saturday

August 26 through October 22

Check-in Time: 8–9 a.m.

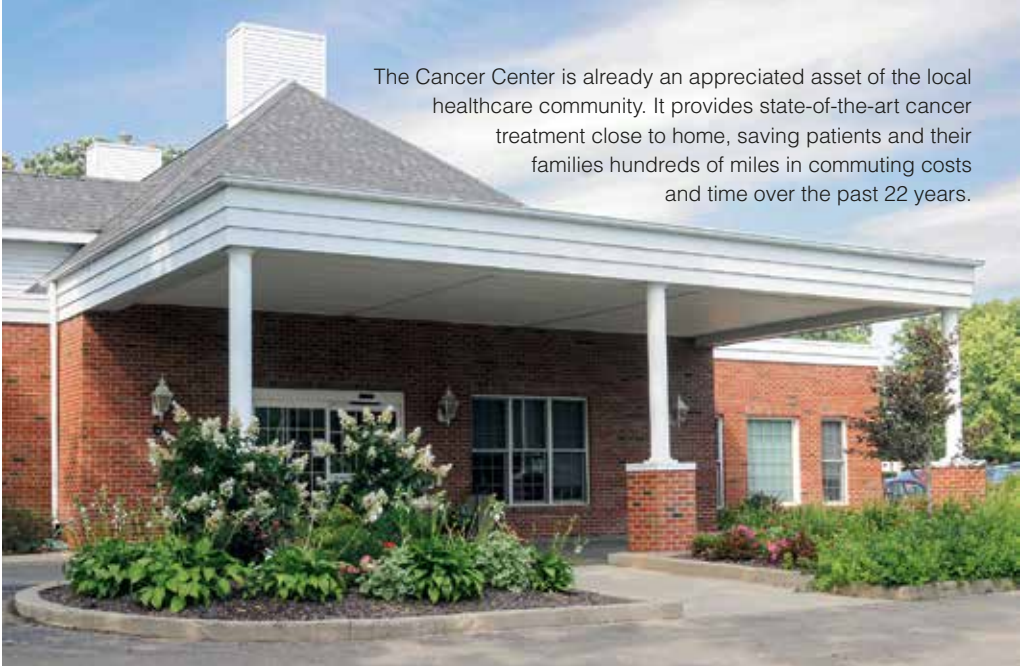


Dr. Dammann

Location: Orthopaedics, FHN Family Healthcare Center—Burchard Hills
1010 W. Fairway Drive, Freeport



Changes at Cancer Center Bring New Benefits to FHN Patients



The Cancer Center is already an appreciated asset of the local healthcare community. It provides state-of-the-art cancer treatment close to home, saving patients and their families hundreds of miles in commuting costs and time over the past 22 years.

Change is in the air at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Now, the facility and its staff are preparing to deliver a new level of cancer care excellence that will enhance innovation and provide quicker follow-up after a diagnosis.

POG Enhances Innovation and Promises Three-Day Follow-Up

FHN has announced an alliance with the Paramount Oncology Group (POG), an innovative cancer care organization based in Dubuque, Iowa. Their mission is to deliver high quality, process-driven, breakthrough radiation therapy, one patient at a time ... and do it quickly. The relationship with POG now allows FHN to guarantee that patients will receive a follow-up appointment within three business days of a cancer diagnosis.

POG's founder, Dr. Bobby Koneru, is a leading-edge expert on radiation treatment and oncology and a TED talk speaker. He served at Northwestern Memorial Hospital in Chicago and has extensive experience with community cancer programs.

Locally, POG has brought **Tamer Refaat Abelrhman, MD, PhD, MCSI, DABR** to FHN. Going by Dr. Refaat, (*since it is easier to pronounce*), he says his treatment philosophy focuses on an individualized plan for each patient. "My role," he confirms, "is never to dictate the treatment, but to explain the options, advocate for the optimal approach, and agree with my patient about the best plan."

Dr. Refaat is a board-certified radiation oncologist with international experience at prestigious institutions. He serves as an adjunct assistant professor at Northwestern University in Chicago, an associate professor at Faculty of Medicine in Alexandria, Egypt, and also completed research and training fellowships at Vienna Medical University in Vienna, Austria, and Oscar Lambret Comprehensive Cancer Center, in Lille, France.



All POG physicians provide university-level services because they serve or have served at high-level academic and research institutions and universities. Being part of an academic community helps them stay up-to-date on modern radiation protocol and innovative treatment options, and gives them access to research through clinical trials.

Dr. Shaikh Continues Chemotherapy Focus

Arshad Shaikh, MD, FHN's board-certified hematologist and medical oncologist, will continue to focus on chemotherapy treatment and is already teaming with Dr. Refaat on concurrent therapy cases that include both chemotherapy and radiation. Both physicians are dedicated to giving their patients comprehensive and personal care.



According to Dr. Shaikh, "We have an incredible and highly trained staff, illustrious academic affiliations, and state-of-the-art capabilities, but that is not our greatest virtue. I often have said that patients and especially families don't just remember the outcomes of cancer treatment; rather they remember how they and their loved ones were treated. I have had the great fortune to work with an extraordinary staff who have been like a second family and who treat their patients as such. That's what you can expect here at the Ferguson Cancer Center."

FHN also continues its long and successful relationship with the UW Carbone Cancer Center in Madison, Wisconsin, one of the region's most respected cancer treatment facilities, which provides yet another valuable resource for our patients.



Julie Nampel, the new director of the Ferguson Cancer Center, works with retiring director Sue Hartje to ensure continuity and stability. Their interdisciplinary team includes doctors, nurses, social workers, dietitians, chaplains, and others, all focused on helping our patients get the best possible outcomes.

Now a Part of FHN Memorial Hospital

The Cancer Center is now officially an outpatient department of FHN Memorial Hospital. This organizational change will:

- Provide for a fully integrated medical record system, making cancer patient information fully accessible throughout FHN.
- Increase the potential for financial assistance benefits for qualifying patients.
- Facilitate potentially easier access to and better pricing for cancer drugs and other cancer-related pharmaceutical supplies through federal programs.

Current patients will have total continuity of care and should notice no change in their treatment plans.

For more information on the Leonard C. Ferguson Cancer Center, call us at 815-599-7000.

Newly Diagnosed Cancer Patients Will Get 3-Day Follow-Up ... Guaranteed

When you get a cancer diagnosis, the last thing you want to do is wait. Now you don't have to.

Starting September 1, FHN guarantees a follow-up appointment within three business days after a patient receives the report that he or she has cancer. In some facilities, patients may wait weeks—or even months—to consult with a specialist and start setting up their treatment plans.

According to Cancer Center Practice Director Julie Nampel, FHN is committed to helping patients quickly come to terms with “what comes next,” and assist them not only with their physical needs, but also with their emotional and spiritual needs. “We know that time spent waiting can be very stressful,” emphasizes Julie. “Our new 3-day guarantee helps address that concern. We do all we can to help our patients through the process.”



Upcoming Events!



Mark your calendar now for these upcoming FHN events, all of which are free except for the Festival of Trees Gala. For more info and registration (if needed for us to plan for refreshments), visit www.fhn.org—registration is usually open two to three weeks prior to each event. Hope to see you soon!

Wednesday, September 20 • 3–5 p.m.

PINK HEALS Tour 9

Leonard C. Ferguson Cancer Center at FHN Memorial Hospital
1163 West Stephenson Street, Freeport

The Pink Fire Trucks are coming! Join local volunteers as well as representatives from the national PINK HEALS Tour 9 (<http://www.pinkfiretrucks.org/>) as they stop at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital and then the hospital itself to help raise awareness of breast cancer. Sign a pink fire truck, and then be sure to stop in the FHN Memorial Hospital Gift Shop to check out PINK HEALS merchandise to support the cause!

Wednesday, September 27 • 5:30–7 p.m.

Let Us Help You Live Strong!

FHN Family Healthcare Center—Burchard Hills | 1010 West Fairway Drive, Freeport

With a physical, occupational, and speech therapy team numbering over 40 people, we can help you recover to your fullest potential from an illness or surgery, recuperate from an injury, or get back in the game after a sports-related injury or if you've overdone it as a weekend warrior. FHN offers a multitude of innovative treatment techniques and specialties in a full-service rehab environment on both an inpatient and outpatient basis for patients of all ages. Tour our rehab gym and learn about the many ways we can help you enjoy life to the fullest, hear about our sports medicine offerings, and get more info on our specialty services—like aqua therapy, lymphedema care, vestibular rehab, work conditioning, and ASTYM—as you enjoy refreshments while visiting with our therapy staff and providers.

Monday, October 23 • 5:30–7 p.m.

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 women's 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!

Save the Date!

Friday, November 17

Festival of Trees Gala

Wagner House | 1 E Spring St, Freeport, IL 61032



Be ALL IN on Friday, November 17 when FHN hosts our annual Festival of Trees Gala at the Wagner House in Freeport. Enjoy two floors of casino games, music, great food, and great prizes. We'll be featuring local taste treats and beverages as we celebrate the many great attributes of Freeport and northwest Illinois. Proceeds will help support Collaborate Freeport, a dedicated group of business leaders, government leaders, community development organizations, and passionate citizens working together to market our region under the ALL IN brand to create a stronger sense of community, increase economic development, and work toward a shared vision of a vibrant, healthy and engaged Stephenson County. Mark your calendars and prepare to party!



Jointopoly at FHN!

A new hip or knee is a big step and as our team helps you rehabilitate, one way we can make that a little more fun is Jointopoly! As you “play,” you’ll be engaged in FHN’s Rapid Recovery Process, which promotes the return to most normal activities in six to eight weeks. The FHN Orthopaedics and Sports Medicine and Rehabilitation departments developed the process to ensure a comprehensive course of treatment.

When you get your new joint back into condition, you join a group of patients whose once-painful joint is now pain-free. Your only job is to use your restored joint to better enjoy life. Give us a call at 815-599-6340 to find out more about joint replacement at FHN.

Dairy Day Parade



Staffers and family from all over FHN walked in the Dairy Days Parade June 25 in downtown Freeport. This year’s theme was *Celebrating Agriculture in Stephenson County*.

2017 Tour for Cancer



Team FHN rode the 75-mile course in support of friends currently fighting cancer, for families who have lost loved ones to cancer, and in memory of family and friends we have lost to cancer. Funds raised by the annual Tour For Cancer benefit patients of the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport.

Flood Clean-up Volunteers

When heavy rain hit the area in late June, FHN staffers were among the many community members who reached out to help. Floodwaters washed out streets and damaged homes and businesses across northwest Illinois.



Insight

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

Editor: Sarah Rogers

Contributors: Julie Beach, Tara Hagemann, Jill McKenna, Matt Martinez, Marilyn Smit

Send your contributions, story ideas or comments for Insight to Sarah Rogers at srogers3@fhn.org or call 1-877-600-0346, ext 901.



©2017 All rights reserved

