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Insight



We're here, for you.

FHN

Cardiac 'Cath Lab' Enhancements Provide Head-to-Toe Care

Feeling Dizzy? FHN PT Can Help Stop the Spin

Nurse's Career Takes Flight – Close to Home at FHN

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INSIDE

Welcome to Spring!

It is truly exhilarating to see people out and about being able to gather, celebrating mothers and graduates and simply being together again after such a long time. This May, FHN, along with hospitals and healthcare

organizations across the country, is celebrating some very important people, too, with National Nurses Week (May 6 – 12) and National EMS Week (May 15 – 21) as well as National Hospital Week (May 8 – 14).

“Nurses are Superheroes” is the official theme of this year’s National Nurses Week – but we already knew that. The smart, talented, dedicated women and men on FHN’s nursing staff have worked so hard and sacrificed so much over the past years to keep our families and our communities safe, and we’re proud to honor and thank them. The same holds true for our area’s Emergency Medical Services men and women. They have truly risen to the challenge throughout the pandemic, and we cannot thank them enough. Finally, National Hospital Week gives us a chance to acknowledge and thank each and every member of the FHN team in all roles and areas. Nearly 1,300 of us work together to provide ‘round the clock (and calendar) care for the people of our communities, and I couldn’t be prouder to be a part of this team.

FHN is truly locally owned and operated, so literally everything we do is for your benefit. Our board members live right here in northwest Illinois and make decisions with the goal of achieving the best impact on healthcare for all of our communities.

In this issue of INSIGHT, we’re proud to share some happy patient stories, from a number of folks who, thanks to our physical therapy and ENT teams, were able to overcome vertigo to a lucky leprechaun who’s walking a lot easier lately after a knee replacement and our very own HR leader who was among the first to “test drive” some impressive new technology at the FHN Judy & Virgil Bocker Cardiovascular Center at FHN Memorial Hospital.

This issue includes a 2021 summary from the FHN Foundation with a special thank you to all of those who have supported healthcare excellence in our area. We’re glad to have this opportunity to show our appreciation and show off some of the impactful technology and initiatives your gifts have made possible.

We’re also excited to welcome back our events calendar, full of opportunities to learn more about your health, connect with friends and neighbors, and enjoy the great summer we have in store here in northwest Illinois. We even have some news about an in-person Festival of Trees Gala this holiday season!

Thank you so much for the privilege to be your partner in healthcare, and thank you for choosing FHN! ■



Save the Date

Friday, November 18, 2022

7 p.m. • Grand River Hall • Freeport

DIRECTIONS FOR A FUN AND FULFILLING NIGHT AT FHN’S CASINO VINO:

SEE ♡ SWIRL ♡ SMELL ♡ SIP ♡ SUPPORT

We look forward to welcoming you to Casino VINO, live and in person at Grand River Hall – because when it comes to healthcare in your community, we know you are ready to pop the cork, have some fun, and support the FHN Foundation’s fundraising efforts. (Non-alcoholic beverages will be available)

Tickets on sale September 1

FHN is an award-winning regional healthcare system committed to the health and well-being of the people of northwest Illinois and southern Wisconsin. Organized in 1995, non-profit FHN is comprised of FHN Memorial Hospital, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, and 12 family healthcare centers in 5 counties spanning northwest Illinois offering primary and specialty medical care, hospice, and outpatient mental health services. For more information about us please visit www.fhn.org.

Note: Photographs taken during the pandemic have followed proper safety protocols.



▲ The equipment at the FHN Judy and Virgil Bocker Cardiovascular Center at FHN Memorial Hospital was recently updated (see p.4) and features new technology that offers patients like Len innovative care for angiograms, stents, and other state-of-the-art procedures. Here, he poses with Dr. Madhu R. Malladi, MD, FACC, FASE, who helped choreograph Len’s angiogram and angioplasty.

‘I am so happy I didn’t ignore the pain in my chest’ Cath Lab Helped Keep Carter’s Heart Healthy

He was walking his dogs on a cold December night, just as he does every evening. But on this night, there was something different – the middle of Len Carter’s chest ‘felt like a toothache.’ He told himself it was from breathing in the cold winter air, and the ache subsided quickly when he went inside. Nonetheless, he told his wife, Liz, about the uncomfortable moment. She encouraged him to share the incident at an upcoming exam with his FHN Primary Care Provider Terry Miller, MD.

After listening to the details of his ‘ache’ and well aware of his family’s history of diabetes, Dr. Miller recommended a nuclear stress test in the cardiac catheterization lab (cath lab), part of the FHN Judy and Virgil Bocker Cardiovascular Center at FHN Memorial Hospital.

“I was injected with isotopes so they could see my heart at rest and again during exercise,” Len explains. “Once on the treadmill, I was quickly out of breath and didn’t have the energy to keep up. Needless to say, I did not pass the test.”

* This provider is not an employee or agent of FHN.

NEW EQUIPMENT IS ‘AMAZING’

FHN cardiologist Madhu Malladi, MD, and UWHealth SwedishAmerican specialist Rehmat Sheikh, MD*, who partners at the Cardiovascular Center weekly, recommended an angiogram as Len’s next step.

“They explained that an angiogram is the gold standard for cardiac imaging and it can show blocked or narrowed blood vessels in the heart. I had an angiogram in 2005, and what a difference 17 years have made! The new, state-of-the-art equipment in FHN’s cath lab, and the entire testing process, was just amazing in comparison.”

Len was awake for the angiogram. “The cath lab staff told me what I would experience and explained the process in detail to ease any concerns I had. A(n intravenous) line was put in my wrist to inject dye, and I had what is called ‘conscious sedation’ – I was awake the



▲ Dixie, a Labradoodle, and Mercedes, a Belgian Black Retriever, are happy their dad’s heart is now healthy and ready for long walks!

Story continued on page 4



▲ Growing up in the South made Len Carter, FHN's Chief Human Resources Officer, a big fan of the Alabama Crimson Tide. Here, he shows off the University of Alabama swag in his office at FHN Memorial Hospital, just down the hall from the Cardiovascular Center, where the FHN Heart Team found and treated two blockages in his heart.

entire time, but did not feel anything. There was absolutely no pain. If I chose to, I could actually watch the wire going into my heart on a screen to my left ... and I did watch.

"The test indicated I had two blocked arteries – both of them serious at 90 percent and 70 percent blocked. I had to decide between bypass surgery in Rockford or getting stents at FHN, and I chose the stents."

STENTS PROVIDE IMMEDIATE IMPROVEMENT

Inserting a stent is a minimally invasive procedure designed to keep arteries open and improve blood flow to the heart. One was implanted immediately to remedy the most serious blockage, and the team placed the other stent a week later.

According to Len, "It has been the difference between night and day. I have more energy, less fatigue, and better breathing than before, and my wife says my color is better, too. I can walk the dogs with confidence and carry on with normal life. I am so grateful!"

What does the future hold? Len is planning to take his bride to Sicily for their 40th wedding anniversary this summer, and the trip will be all the sweeter thanks to his improved heart health. In the meantime, he is following a modified diet and is committed to continue working with the cardiac rehab team at FHN Memorial Hospital for a new exercise regimen and nutritional education.

He says, "I am so relieved my wife encouraged me to share my concern with Dr. Miller. That conversation probably prevented me from having a heart attack or heart damage! I deeply appreciate my wife, Dr. Miller, Dr. Sheikh, Dr. Malladi, and the entire FHN Cardiac Team, led by Diane Bardell. I encourage people to make their healthcare provider aware of little things that feel off – they can definitely be a clue that something is wrong. Speak up!" ■

Head-to-Toe Care FHN Judy & Virgil Bocker Cardiovascular Center Gets Major Enhancements

Since it opened in 2004, the FHN Judy & Virgil Bocker Cardiovascular Center at FHN Memorial Hospital has been a part of many happy heart success stories.

Using the center's advanced technology, our heart team has been able to care for most cardiac patients right here, close to home. So when the time came to enhance the facility's technology, planning to keep those services available was very important.

"This was a large-scale replacement project that took approximately three months to complete," says Director of Imaging Services and Cardiac Services, Katie Alvarado, MBA, RT(R)(N), CNMT. "We began the process at the end of 2021, and with any large project, it's important to not interrupt the services we provide. So there was months of planning prior to the project go-live date," Alvarado says.

The project included a **new fluoroscopy unit**, which serves as the providers' and caring team's eyes during nearly every procedure done in the center, also known as the cath lab. ("Cath lab" itself is short for cardiac catheterization lab, though as you'll see, a number of specialties use the equipment, caring for conditions literally from patients' heads to toes.)

The team considered a wide range of machines and vendors, and decided to work with Canon Medical, which offered very high-quality images at the safest, lowest radiation dose to each patient.

"The updated technology enables us to view real-time images in high definition", says FHN Cardiologist Dr Malladi, MD, FACC, FASE. "We are also able to manipulate the view and move in different angles, which allows for better visualization of some vessels. With ideal use of fluoroscopy, less radiation is expected."

The technology also includes a **Volcano intravascular ultrasound imaging system (IVUS)** to let the provider see the patient's veins from "inside out" and monitor the pressure inside the patient's vessels.

The team also added a **Penumbra tool system** to the lab's high-tech equipment, which uses suction to remove clots.

INTERVENTIONAL CARDIOLOGY, CLOSE TO HOME

FHN's heart team is able to do a wide range of tests to assess the health of a patient's heart and circulatory system, from the



▲ Recent enhancements to FHN's Judy & Virgil Bocker Cardiovascular Center include a new fluoroscopy unit and a Penumbra tool system. This sophisticated technology brings with it state-of-the-art additions to FHN capabilities, allowing many complicated conditions to be treated right here, close to home. Here, the Cath Lab Team carefully reviews detailed patient images.

standard treadmill stress test and tilt table test to angiograms, echocardiograms, carotid ultrasounds, and vascular studies of the peripheral system.

If diagnostic tests detect an issue, our team, including FHN cardiologists Madhu Malladi, MD, FACC, FASE and Bhadresh Patel, MD, FACC, FACP, can work with a team of UWHealth SwedishAmerican interventional cardiologists to place a stent to open up blockages, perform a thrombectomy to remove clots, or even place a pacemaker. FHN's partnership with UWHealth SwedishAmerican gives our heart team expanded capabilities to care for more patients close to home.

A number of FHN's specialists use the new state-of-the-art equipment. FHN's cardiologists and the cath lab team treat patients with disorders of the circulatory system including peripheral artery disease (also known as PAD, in which narrowed arteries can decrease circulation to the legs). The UWHealth SwedishAmerican interventional cardiologists can place a stent or remove a clot to improve blood flow to the limb.

The cath lab team also cares for kidney patients, working with FHN Nephrologist Farhan Khan, MD to place nephrostomy tubes and stents when needed.

COMPLETE CARE

Good heart health is about more than “bells and whistles,” and we are proud to have a very strong cardiac and

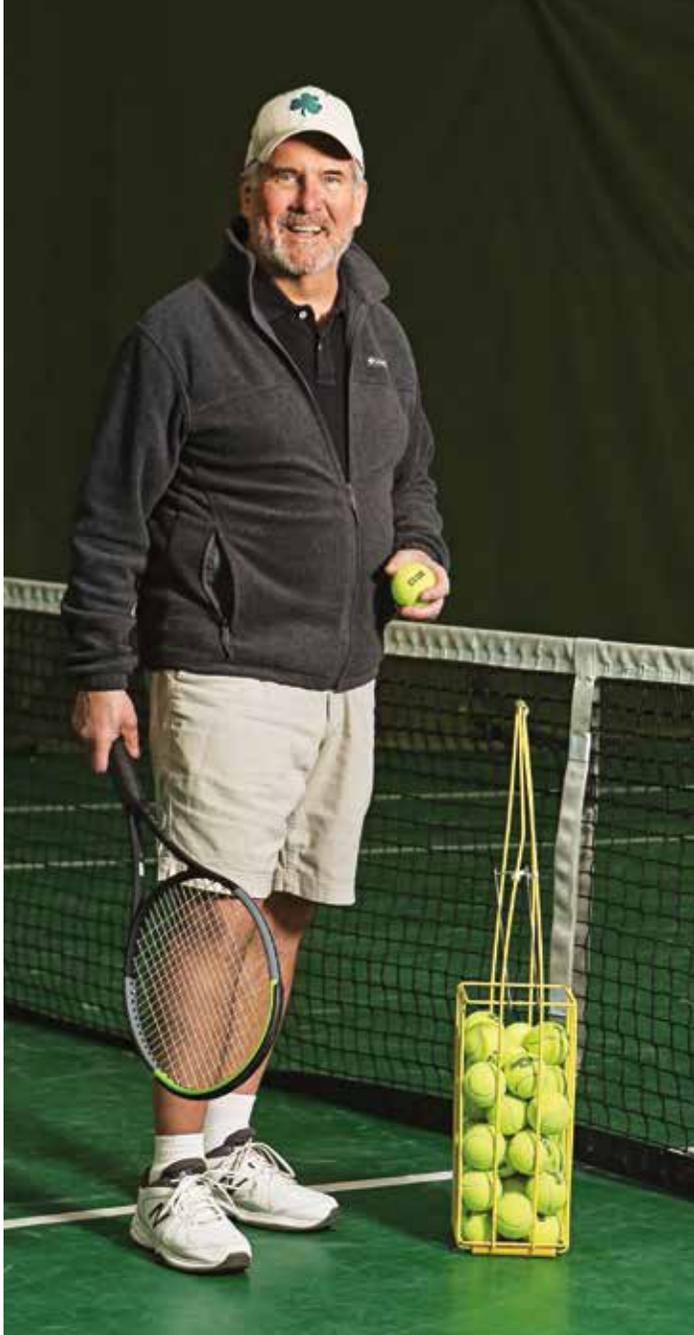
pulmonary rehabilitation team at FHN. Studies have shown that patients who go through cardiac rehab have a better long-term outcome, and our talented, caring team of RNs and exercise specialists take pride in encouraging their patients toward their best health.

“We offer the cardiac rehab program for patients who may be recovering from a heart attack, stent or valve replacement, or even open-heart surgery. We're very proud to be able to offer that comprehensive approach to care right here in northwest Illinois.”

– Katie Alvarado

Like anything health-related, the best care begins with your own primary healthcare provider. “You should always have an annual checkup with your primary caregiver,” says FHN Cardiac Services Team Leader Diane Bardell, BSN, RN-BC. Have you seen your primary healthcare provider this year? Now's the time to give his or her office a call.

If you don't have a provider, call FHN Physician Referral at **1-815-599-7060** during business hours (Mondays – Thursdays, 7 a.m. – 6 p.m. and Fridays 7 a.m. – 5 p.m.) and you'll have an appointment before you hang up the phone! ■



Surgical Success More Than the 'LUCK O' THE IRISH'



When all-things-Irish enthusiast Stephen Lafferty thought his knee needed an overhaul, he didn't want to count on luck. Instead, he trusted the professionals at FHN to help him regain his quality of life.

His wife, Susan, first noticed his knee discomfort when he had trouble with stairs on vacation. It wasn't terribly painful, but it didn't feel reliable. As a lifelong competitive tennis player and a landscaping aficionado, Stephen was concerned and took action quickly. He shares, "My knee was

◀ Stephen Lafferty has played competitive tennis since high school, and wasn't ready to let an 'unreliable' knee stop his game. He turned to FHN's Dr. Kevin Draxinger for evaluation and counsel, and together they decided on total knee replacement surgery. Now he is ready to hit the courts and enjoy an active lifestyle.

constantly feeling like it could 'go out,' inhibiting my everyday activities. It is important to me to be active right here, right now. I want to embrace life!"

Stephen consulted with FHN orthopaedic surgeon Kevin Draxinger, MD, who confirmed that his right knee needed attention – he had a torn meniscus, osteoarthritis caused by cartilage loss, and a pesky cyst that was causing occasional pain. Together, they decided on surgery.

Stephen was grateful for the thorough overview he received at his pre-op appointment with FHN Family Medicine physician Brian Bennett, MD, the education given by the Joint Clinic, and the helpful guidance from FHN Nurse Navigators Keri Wall, RN, BSN, CPAN, and Laura Setterstrom, RN, with whom he said he had "a great connection." Two weeks later, he had total knee replacement surgery and cyst removal, and was delighted with the entire experience.

"I was on the FHN Foundation board of directors for many years, and am well aware that FHN is an important community asset, providing quality healthcare and employment opportunities," he says. "I always knew they were good, and appreciated their excellent primary care, but now I know from firsthand experience how amazing the surgical and hospital team is, too.

The entire staff is excellent – dedicated, knowledgeable, professional, compassionate, and ... fun! Whether at the primary care offices, the clinics, or at FHN Memorial Hospital, they go above and beyond with patient care, and the whole process is well-coordinated and -administered. From scheduling to surgery to physical therapy, every single step is streamlined and well-executed – I have been blown away."

Stephen recently completed physical therapy and has regained the strength, flexibility, and range of motion in his right leg. No more buckling. No more hesitation to be active. No more pain. He shares, "My physical therapist, Stephanie, was incredibly attentive. She motivated me and provided encouragement at every PT session. I am so pleased with the results."

He maintains, "As a leprechaun, I'd say FHN is my pot of gold at the end of the rainbow. Things went so well it was almost surreal. Every touchpoint was spot-on – the nurse navigators, surgeon, anesthesiologist, PT, cleaning staff, food service, and right on down the line. They all made me feel like I was their top priority. **The quality of care was quite remarkable ... and that's no blarney!**"



Lafferty 'the Leprechaun' Lauds FHN

To thank those who cared for him during his recent knee replacement surgery, Stephen Lafferty wanted to share some 'shamrock power' on his favorite holiday – St. Patrick's Day! So, he donned his

lucky leprechaun garb and visited with staff at FHN Family Healthcare Center – Burchard Hills and FHN Memorial Hospital, passing out treats and providing positive feedback to many of the people who made his experience so positive.

“This healthcare team is top-notch, and I am truly inspired by their dedication and professionalism. They have shown throughout the pandemic that they draw from a reservoir of strength that keeps them going even in trying times. I truly appreciated their stellar care and just felt it was important to share my gratitude in a fun way. They deserve it!”



FHN Adds Fourth Physician to Women's Health Hospitalist Team



We're excited to welcome **board-certified Ob/Gyn physician Beth Schleicher, MD, FACOG** to our

FHN Women's Health Hospitalist team! As a hospitalist, Dr. Schleicher works with the providers on our Women's Health team to care for laboring mothers at the Family Birthing Center at FHN Memorial Hospital in Freeport.

Our four-physician strong Women's Health Hospitalist team means that no matter when your labor begins, there is a caring, experienced Ob/Gyn specialist at the Family Birthing Center to care for you and your baby. And because all of our OB hospitalists are part of FHN's Women's Health team, they're ready to work with your provider and you for the best, healthiest birth experience possible.

Dr. Schleicher earned her medical degree from the University of Illinois College of Medicine in Rockford and completed her residency at St. Joseph Mercy Hospital in Ann Arbor, Mich. She holds an undergraduate degree in biology from Wheaton College in Wheaton, Ill. She is a Fellow of the American College of Obstetrics & Gynecology and a Diplomate of the American Board of Obstetrics and Gynecology.

She is an important voice for mothers' health in northwest Illinois, serving as the Director of the University of Illinois College of Medicine Department of Family and Community Medicine At-Risk OB Clinic in Rockford. Dr. Schleicher also leads the STRETCH-OB (Structured Training for Rural Enhancement of Community Health in Obstetrics) program, which helps prepare physicians to provide obstetrical care in rural or underserved communities.

Dr. Schleicher also serves as a physician leader in the ILPQC, the Illinois Perinatal Quality Collaborative. The FHN Women's Health team takes pride in promoting vaginal births for first-time moms and birth equity through the ILPQC.



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

grow where you're planted

Nurse Leader Stacey Winter Found Her Career Adventure Close to Home

Not too long ago, Stacey Winter ran into an old acquaintance from her days as a Freeport Pretzel. The friend, who had recently returned to the area, was impressed with Stacey's career growth over the years, noting how she achieved professional success close to home.

"He told me that he could see that I'd done well and made a name for myself at FHN," Stacy says.

Stacey, who recently accepted the position of FHN's Nursing Operations Leader, smiles at the thought, because she can remember a time when she thought her career dreams would take her to far-off places.

"I thought I was going to find adventure in the big city, where I'd work as a flight nurse," Stacey says.

But as her friends graduated and moved away, Stacey moved just a few miles away to Lena. Two years after she graduated high school, she began working at FHN Memorial Hospital as a certified nursing assistant (CNA), caring for patients in the skilled care unit on the overnight shift.

Twenty years later, so much has changed. She's a busy mother of two growing boys. And while she's never moved to a metropolitan hospital or worked on a helicopter, her career has taken flight.

A NURSING JOURNEY REIMAGINED

After working three years as a CNA, Stacey was accepted into FHN's

scholarship program, which provided financial support as she pursued her goal of becoming a registered nurse.

In the following years, Stacey added to her experience in a variety of specialties, working with FHN's surgical, intensive care, and gastrointestinal (GI) teams. While she grew her resume, she also advanced her education; another FHN scholarship program allowed her to work and supported her while she began her bachelor's degree locally at Highland Community College. In 2011, she graduated with her education in nursing from Lewis University in Romeoville.

Now, with more than 20 years of healthcare experience under her belt, Stacey is making another big leap, stepping into the role of Nursing Operations Leader for the Telemetry and Intensive Care teams at FHN Memorial Hospital in Freeport.

"I may be new to formal leadership, but for years, I've served as an informal leader," Stacey explains.

In her supervisory role, Stacey draws on her decades of patient care to support and empower her team. She is supported and guided by her directors as she makes this transition, and also will complete an eight-month leadership class as she takes on administrative duties related to staffing, scheduling, safety and work policy.



"I always thought I'd be a bedside nurse, but I see this as a great avenue to help inspire other nurses."

Stacey has witnessed how the pandemic has challenged healthcare workers and even stretched them to their limits. During the crisis, she strived to be a team player, frequently picking up extra hours. She felt special concern for young nurses who were beginning their career when COVID-19 struck. She wants to help them the way her mentors have helped her.

"I still remember the first nurse who worked with me in orientation. Her advice and encouragement have never left me."

For Stacey, the timing feels right, as healthcare moves from the pandemic's state of survival to a state of growth, new technology and best practices. The ideas are flowing from her team, and she is invigorated by their energy.

grow **YOUR CAREER AT FHN**

Whether you're interested in growing your career in nursing or another healthcare-related field, FHN is a great place to take that journey. Find out about the many opportunities available to grow your career at FHN: Visit www.fhn.org/careers or call 815-599-6706.

DEFINING SUCCESS OFF THE CLOCK

As she begins a new chapter in her healthcare career, Stacey especially appreciates that working at FHN allows her to focus on her most important job — being a mom.

She admits she is very protective of her time with her sons who, at ages 11 and 14, are growing up quickly. She cherishes their adventures together as they explore the great outdoors, whether it's a weekend hike at Devil's Lake or a road trip to the Badlands.



As an employer, FHN wants us to be happy — at work and outside of work. While they've consistently supported my professional growth, they've also consistently supported me as I've navigated life.

— Stacey Winter



NOW MORE THAN EVER

For 120 years, it has been our mission to improve health and provide superior, quality healthcare services with respect, dignity and compassion. Thanks to you, the communities we serve, we do that for 1,500 people every day, offering primary care and 38 specialties at 17 locations throughout northwest Illinois.

During [National Nurses Week, May 6-12](#); [National Hospital Week, May 8-14](#); and [National EMS Week, May 15 - 21](#) we're celebrating all of our team members and you, the people we serve. Throughout the COVID-19 pandemic, we have been open for you and safe for you.

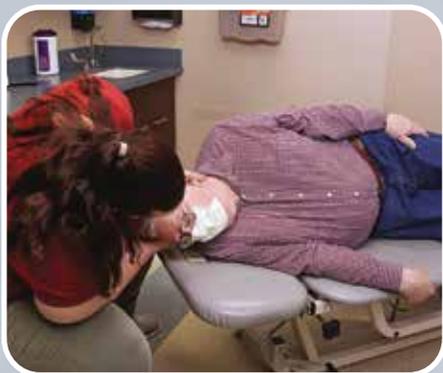
As we have been since 1902, we're here ... for you.

Thank you for choosing FHN!



Feeling Dizzy? FHN Can Help Stop the Spin!

Dealing with vertigo can be a dizzying experience. Just ask Bill Schramm, Heather Politsch, and Rachel Boatwright. All three have grappled with the frustrating condition due to different causes. Any way it manifests itself, FHN has strategies to help make the room stop “spinning” for frustrated patients.



BPPV – ‘The Room Spins When I Change Positions’

Bill Schramm deals with recurring bouts of Benign Paroxysmal Positional Vertigo (BPPV), which is caused by tiny crystals escaping the ear’s vestibular canals. It is one of the most common causes of vertigo – the sudden sensation that you are spinning, whirling, or unbalanced. It is normally triggered by a change in head position, such as bending over to pick something up or lying down in bed at night.

Bedtime was Bill’s primary trigger. He explains, “When I laid down for bed, it felt like the room was spinning. Same when I turned over at night. It was usually fine during the day, thank goodness. I have suffered on and off for several years. My then-primary care provider (Dr. Luy) gave me exercises that helped me at first. I thought I was done with it, but unfortunately, it came back.

“Once, it was so bad, I went to the ER. It got better again and I put it out of my mind. The next time I said, ‘There goes the room,’ I took action. I made an appointment with my (primary care provider) nurse practitioner. She referred me to physical therapy, and I am so happy she did.”

10 FHN *We’re here, for you.*

◀ To help Bill Schramm recover from his bouts with vertigo, Jennifer Loeffler, DPT, uses head positioning techniques to reposition crystals from his ear’s vestibular canals. His condition is triggered by changing positions, like getting in and out of bed.

Jennifer Loeffler, DPT, Bill’s physical therapist, is one of three FHN physical therapists who specializes in vertigo. She says, “BPPV can make people miserable. It can be caused by a fall or accident, but it can also start for no explainable reason. Patients often feel dizzy and nauseated, and are understandably shaken if they have nystagmus – involuntary, uncontrollable movements of the eyes.

“But the good news is, it is highly treatable. People are so relieved to have it gone! It is very common for BPPV to come back, however. Luckily, choosing and conducting the proper head positioning exercise usually makes it go away, even though it might take a few appointments to eliminate the lingering dizziness.”

Bill calls the FHN Physical Therapy team “the best.” This retired insurance professional says, “Jen and the other therapists helped me so much. She

gave me handouts that guide me through the procedure so I can do it at home if need be. Now I know what to do when the room gets topsy-turvy. And if I can’t take care of it myself, I know she is there at Burchard Hills, waiting to help me.”

Peripheral Vestibulopathy – ‘I Felt Like I Was Swaying on a Boat’

Heather Politsch did not feel like the room was spinning, like many vertigo patients, but instead experienced unusual feelings of exaggerated movement. “I felt like I was swaying side to side, as if I was on a boat,” she explains. “I tried not to make any sudden movements with my head, because that made it worse.”

She went to her primary care provider, Rebecca Pedersen, MD, who referred her to ear, nose, and throat



▲ Rachel Boatwright has been struggling with severe COVID-related vertigo for over a year. A specialized physical therapy plan dramatically improved her condition.

(otolaryngology) specialist Shawn Shianna, MD and audiologist Annaliese Hartman, AuD.

A CT scan and specialized balance tests indicated that the culprit was peripheral vestibulopathy in Heather's left ear. This inner ear disorder causes unsteadiness and spatial disorientation. Physical therapy was Heather's ticket "back to normal."

"I am a teacher and a mother of three, so I lead a pretty active life," she explains. "I was relieved it was a treatable condition and excited to do therapy. Though I was always able to function, the vertigo was definitely exhausting and annoying to deal with. I really wanted it to go away!"

Heather worked with physical therapist DeeAnn Heinrich, PT, for two months. The pair focused partly on head manipulations, turning Heather's head quickly side to side and up and down.

"We progressed to more exercises as time went on, and I slowly started to feel better. Now, I feel marked improvement, and continue my exercises at home. I appreciate DeeAnn's knowledge and encouragement. She researched all the options and made sure I had what I needed to progress each week."

COVID-Related Vertigo – 'I Couldn't Turn My Head Without Tipping Over'

Rachel Boatwright has suffered with severe dizzy spells ever since she had COVID-19 in April of 2021. "My balance has been severely impaired since about nine days into COVID," she shares. "I couldn't turn my head without tipping over. At my worst, I could not stand up from my couch without getting dizzy and fainting. I literally passed out from the light-headed feeling."

Since COVID-19 is so new, there is no set playbook on how to treat some of its long-term side effects, like vertigo. That's why Rachel's primary care

An inner ear disorder ▶ caused Heather Politsch to feel unsteady, like she was "on a boat."

She worked with FHN's otolaryngology, audiology, and physical therapy team to identify and treat her peripheral vestibulopathy. DeeAnn Heinrich, PT, provided two months of targeted therapy, like this focusing exercise.



provider Tiffany Kuhlmeier, FNP-BC, prescribed medication to treat her symptoms and referred her to specialists on the FHN otolaryngology and audiology teams, as well as to physical therapy at FHN's state-of-the-art Burchard Hills Rehabilitation Center.

Rachel explains, "Jennifer Loeffler, my physical therapist, helped me make tremendous progress. She designed a specialized plan just for me. We started so small – just having me step over a box of tissues.

“She taught me about setting a focal point to help me bounce back from triggers, like looking at a busy pattern. And she has done it all with patience and determination. Now I can do many daily tasks, take short walks, and get up and down by myself.”

Though she still has not returned to her job as an assistant manager at a local grocery store, Rachel is pushing to get back to her pre-COVID life. "My progress has plateaued," she explains, "but I continue to do my exercises and feel confident that I will improve with time, thanks to FHN and Jen. I am so grateful to her every day."



Are You Dizzy, Too?

According to the University of California - San Francisco, nearly 40 percent of U.S. adults will experience vertigo at least once in their lifetime.

Vertigo is caused by:

- Ear infections
- Meniere's disease
- Migraines
- Calcium crystals in the inner ear
- And many other conditions

No matter the cause, those who deal with it agree: Vertigo is no fun.

FHN is here to help, with three physical therapists specially trained to treat vertigo. Eric Bader, DPT is located at FHN Family Healthcare - Mount Carroll, and DeeAnn Heinrich, PT and Jennifer Loeffler, DPT are at the spacious Rehabilitation Center located at FHN Family Healthcare - Burchard Hills in Freeport.

If you have vertigo or balance concerns, contact your primary care provider or the FHN Audiology team (815-599-7610) to discuss testing and options. Physical therapy may be just what you need to "stop the spin" and get back to normal life.

Welcome to FHN's Wellness Calendar

FHN is proud to offer many opportunities for you to learn about health and wellness – from informational programs and events to free health screenings all year long. (This information was correct at the time of publication. Check www.fhn.org for additions or changes.)

Community Programs

PROGRAM	TIME	DATE	DETAILS
Walk with a Doc	8 a.m.	2nd & 4th Saturdays of each month	<i>Krape Park concession stand, 1799 S. Park Boulevard</i> (May 28 • June 11 • June 25 • July 9 • July 23 • August 13 • August 27) Our 30- to 45-minute walks are led by providers and professionals who care about you and your health. They are a safe, fun, family- and pet-friendly, and FREE way to get some steps, learn about health, and meet new friends.
FHN Family Health Fair and YMCA's Healthy Kids Day®	5 p.m.	June 10	<i>YMCA of Northwest Illinois, 2998 W. Pearl City Road, Freeport</i> Enjoy some Friday evening fun with the family at this special outdoor event, kicking off with food trucks, bike giveaways, a petting zoo, sandcastle building (and a treasure hunt!) on the Highland Community College campus lawn. All activities are free, including an outdoor movie following the event on the lawn.
Small Steps. Big Rewards.	5:30 – 6:30 p.m.	June 15	<ul style="list-style-type: none"> <i>FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport (lower level)</i> <i>FHN Family Healthcare Center – Pecatonica, 1301 S. Main Street, Pecatonica</i> <i>FHN Jo Daviess Family Healthcare Center, 600 N. Rush Street, Stockton</i> This pre-diabetes class, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention, helps individuals at risk for Type 2 diabetes take the first step toward preventing diabetes and living a healthier, longer life. The class will be held via distance learning in Pecatonica and Stockton; one attendee from each site will win a CardiacHealth Smartwatch S3. No charge; registration is required. To register or for more information, visit www.fhn.org/smallsteps .
FHN's Healthy Heart Hustle 5K	7 a.m. registration; 8 a.m. rolling start	July 16	<i>FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport</i> Proceeds from the race will benefit heart patients in northwest Illinois through the FHN Cardiology Department. Advance online registration is \$25/adults and \$10/ages 17 and under. Race Day Registration is \$35/adults. A virtual 5K option also is available between Friday, July 8 and Saturday, July 16. For more details or to sign up, visit www.fhn.org/5k .



Blood Pressure Screenings

LOCATION	TIME	DATE	DETAILS
Freeport Area Church Cooperative (FACC) <i>514 S. Chicago Avenue, Freeport</i>	1 – 4 p.m.	May 24 • June 28 July 26 • August 23	Open to the public; no cost or registration required.
St. John's Lutheran Church <i>625 Country Lane, Lena</i>	12:30 – 1:30 p.m.	June 8 • July 13 August 10	Open to the public; no cost or registration required.
Joseph's Pantry <i>406 S. Adams, Freeport</i>	3 – 5 p.m.	June 21 • July 19 August 16	Open to the public; no cost or registration required.
Pearl City United Methodist Church <i>411 S. Main, Pearl City</i>	9 – 11 a.m.	June 25 • July 9 August 27	Open to the public; no cost or registration required.



Sports Physical Clinics

\$25 sports physical meets Illinois eligibility requirements for all sports and is good through 2022-2023 school year. The IESA/IHSA Sports Physical Form must be completed and signed by a parent or guardian before the physical. If a parent does not accompany the athlete, the student must bring a filled-out and signed Consent for Medical Care form to the physical. Forms are available at www.fhn.org/sports-physicals-area. No appointment required unless noted below; Only two adult support persons (one should be a parent/guardian) and athlete permitted in the building; no siblings or individuals not receiving a physical. Check the link above for additional clinics scheduled after press time.



SCHOOL	TIME	DATE	DETAILS
Eastland	2 – 4:30 p.m.	June 23	<i>Eastland Junior/Senior High School, 500 School Drive, Lanark</i> Call 815-493-6341 for an appointment.
Orangeville	3 – 5 p.m.	June 28	<i>Orangeville High School, 201 S. Orange Street, Orangeville</i>
Freeport	5 – 7 p.m.	July 27 August 9	<i>Freeport High School West Gym, 701 W. Moseley Street, Freeport</i> Students should come at their scheduled sport time: See www.fhn.org/sports-physicals for more information.
Forrestville Valley	7 – 10 a.m.	July 9	<i>Forreston Junior/Senior High School, 601 E. Main Street, Forreston</i> Call 815-938-3130 for an appointment.

Insight



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Editor: Sarah Rogers

Contributors: Andrea Barthel, Julie Beach, Mindy Becker, Tabitha Engel, Tara Hagemann, Barb Lessman, Marilyn Smit, Pete Willging

Send your contributions, story ideas or comments for Insight to Sarah Rogers at rogers3@fhn.org or call 1-877-6000-FHN (1-877-600-0346) ext. 901.

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YOUR GIFTS AT WORK – A WORTHY INVESTMENT

FHN FOUNDATION ANNUAL SUMMARY 2021

Quality healthcare is on the minds of people around the world. Most of the focus recently has been on COVID-19 and the global pandemic, but the story is much bigger than this virus. There is good news to share!

Thanks to donors like you, the FHN Foundation has invested more than \$3 million in the past five years to help improve our regional healthcare landscape. We've included several articles to help tell this story in the following pages. I hope you find pleasure in seeing the great things that your generosity makes possible.

You also will find a list of memorial donations, given out of respect for lost loved ones. The FHN Foundation is blessed to receive gifts in celebration of people who made this world – and others' lives – a brighter and better place. These remarkable individuals are still touching lives in a positive way through this fitting tribute.

If you have previously given to honor someone's memory, I invite you to once again partner with us. Should you wish to make a gift to improve health and wellness, or to remember someone special, you may donate online at fhn.org/foundation or simply use the donation envelope included within this annual summary.

Thank you!

AL EVON
Foundation Director





A LOCAL TOY STORY

A single toy can make a big difference in minimizing a child's anxiety or stress in a healthcare setting. From Savanna to Pecatonica and all over our region, a small gesture like presenting a young patient with a toy can calm nerves, supply solace, provide a helpful distraction, or even help simplify a procedure.

Thanks to the FHN Foundation's partnership with the Starlight Children's Foundation, more than a thousand toys have been lovingly distributed to area children at FHN facilities throughout northwest Illinois. Whether it is a youngster going to an office visit, receiving an allergy shot, participating in physical therapy, experiencing an unexpected trip to the ER, or needing an X-ray, MRI, or CT scan, these items can make a significant difference in the experience of our youngest patients. We've asked some staff members to share their success with this exciting program.

“ Recently we had a young mother as a patient in hospice care. Prior to my first visit as their social worker, I thought it would be nice to take a few toys and books from the Foundation to give to the two young children as a way of establishing rapport and relieving some anxiety, given the patient had just been admitted to hospice. I could see that this gesture helped provide some joy and comfort at such a sad, delicate, and stressful time: The children's faces lit up with big smiles as they excitedly took the toys and books and thanked me.

Sarah Luecke, B.S., Medical Social Worker, FHN Hospice



▲ Many children have received toys from FHN to help minimize the stress that can come with being in a healthcare setting.

“ This program has been a great addition to FHN! We have been able to give our pediatric surgical patients many items, including toys, games, and *Brave* gowns. These items serve as a fun distraction to children who are either waiting to go back to surgery or waiting to be discharged.

Jennifer Kaiser, RN, BSN, CNOR, Director of Surgical Services

“ Handing toys out at Christmas time was quite unexpected by the kids and parents that come to the FHN Family Counseling Center for services. Many kiddos screamed in excitement!

Mindy Birdwell, BSN, RN, QMHP, FCC Nurse Team Lead and Psychiatric Nurse, FHN Family Counseling Center



◀ Addison Kryder cuddles with a *Frozen* doll after a fall brought her to the FHN ER. According to her mom, Karen, “The wonderful ER team took great care of her and Addison loves the doll she was given. It helped provide comfort and distraction during the visit.”



EBP IS A VIP (VERY IMPORTANT PROJECT)

Some scholars say that Evidence-Based Practice (EBP) may have started with Florence Nightingale in the 1850s. It is alive and well today at FHN thanks to an exciting fellowship program funded by the FHN Foundation. An evolving and popular approach to healthcare that focuses on learning best practices, conducting research, and applying evidence to improve healthcare excellence, our inaugural group of seven nursing fellows is currently nearing completion of their diverse projects. Their findings can help improve patient health and safety, minimize variation in health outcomes, and control costs.

According to Clinical Development Specialist Tammy Stadermann, MSN, RN, the program's lead instructor, "FHN's Evidence Based Practice Fellowship offers clinical staff the opportunity to learn about EBP, while at the same time going through the process of an EBP project – with guidance every step of the way."

Participating nurses include Tabitha Graves, Sue Harmon, Tracy Hays, Krista Montgomery, Candice Nepean, Tonya Newill, and LeAnne Raders. Mentors include Tracy Love, Doreen Timm, Laura Mack, Megan Christensen, Keri Wall, and Tammy Stadermann. Supervisor of Clinical Resources Jessica Larson, DNP, RN, serves as a consultant to the program.

IMPROVING BLOOD GLUCOSE AND INSULIN TIMING

One of the fellows, Tabitha Graves, BSN, RN, is teaming with her mentor, Megan Christensen, MSN, RN, CNL, to streamline meal delivery for diabetic inpatients based on several parameters.

Tabitha says, "This project has shown that tighter timeframe controls between blood sugar testing, meals, and insulin administration provide our patients with better glycemic regulation and improved care. For diabetics, this means enhanced health controls that decrease complications, improve wound healing, reduce infection risks, and minimize hospital stays, while also providing real-time patient education."



TABITHA GRAVES measures insulin for one of her patients with diabetes. Her EBP project helped demonstrate the importance of carefully timing these patients' meals, glucose tests, and insulin injections.

CARDIAC MONITORING IN TELEMETRY

Another fellow, Krista Montgomery, BSN, RN, and her mentor, Laura Mack, MSN, RN, CNL, are working on a cardiac monitoring project to more closely align FHN's telemetry monitoring practices with American Heart Association guidelines.

Krista shares, "We learned through literature reviews that telemetry is often used unnecessarily on medical/surgical (or non-cardiac) patients to closely monitor their status. This leads to over-monitoring and overusing our resources, which can take nursing staff away from direct patient care. We have now implemented changes to improve our use of telemetry observation."



KRISTA MONTGOMERY shows the telemetry screens where nursing staff evaluate cardiac readings, while holding a portable monitor for patients. Her EBP findings showed that telemetry observation practices can be modified, allowing more time for direct patient care.

These findings, along with the results of the five other EBP projects, will be broadly shared – locally within the FHN organization, and regionally and nationally at nursing conferences, such as the Rockford Nurse Expo and the University of Iowa National EBP Conference.

Laura sums up the EBP Fellowship well: "**PROJECTS LIKE THIS ARE BORN FROM NURSING CURIOSITY.** When we care for patients day to day, we notice patterns or practices that might not make sense to us, and we wonder if there is a better way. The FHN Foundation has created an avenue that provides time and resources for nurses to pursue these interests and satisfy their curiosity, all to benefit our patients. We are grateful to the Foundation for this opportunity to lead change and impact our care."

A new round of EBP fellowships will be initiated in the coming months, again with the help and encouragement of the FHN Foundation, which provides a financial stipend after completion of the classes and at the end of the project. The Foundation also supports the fellowship with expenses for materials, poster printing, conference attendance, and potentially any new equipment or supplies that may be needed.

Congratulations – and thank you – to these outstanding nurses!



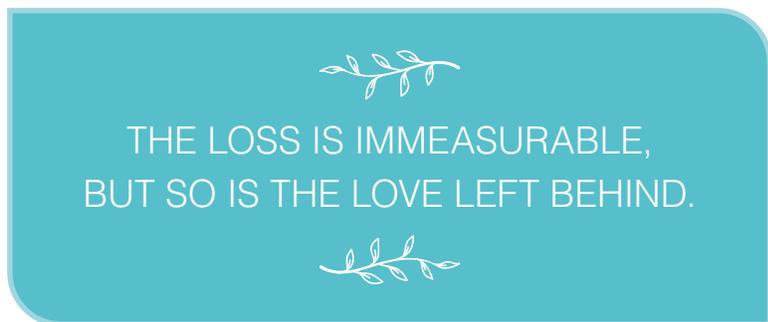
This list represents all individuals who have been memorialized through a gift to the FHN Foundation. Each name represents a donation made to improve health and wellness for the people of northwestern Illinois and honor someone special.

Ackerman, Garnet
 Ackerman, Jean
 Ackerman, Judith L.
 Albrecht, Dennis
 Alschuler, Marjorie
 Ames, Dick
 Ames, Glenn R.
 Anderson, Delores
 Anderson, George
 Anderson, Robert H.
 Armagost, Sarah J.
 Armagost, Winifred L.
 Aschenbrenner, George
 Auer, Russel
 Aurand, Vera
 Babcock, Phyllis M.
 Bahr, Ronald
 Baker, Floyd
 Balthazor, Velma E.
 Bangasser, Francis E.
 Bangs, James (Jim)
 Bardell, Betty J.
 Barker, Eleanor
 Barney, Lance L.
 Barrett, Dave
 Bastian, Judith B. (Judy)
 Bastian, Leonard
 Bawinkel, Renate H.
 Baysinger, Helen
 Bechtold, Mabel A.
 Becke, Cindy
 Bennehoff, Jr., Charles
 Beyer, Janice
 Bicksler, Donna
 Bingner, Donald
 Binns, Norme
 Birkholz, Marvin
 Blair, Clyde
 Blask, Richard
 Block, Robert
 Boatright, Harley
 Bocker-Kast, Dorothy
 Boettner, Henry
 Bolen, Dorothy
 Bonjour, Delvin
 Bonnet, William J.
 Booth, Herbert W.
 Bouray, Evelyn
 Bowers, Harold
 Boyer, Shirley
 Bradley, Donald
 Breuning, John
 Briggs, Richard

Brooks, Daniel L.
 Brown, Evelyn M.
 Browning, Dale
 Buchenau, Ronald
 Burkhalter, Deloris
 Burrington, Judith L.
 Busjahn, Judith
 Buttel, Myrtle
 Cahoon, Jean
 Campbell, Janice
 Cannova, Anthony (Tony C.)
 Capraro, Len
 Carter, Bonnie
 Carter, Cynthia M.

Dalton, Constance (Connie)
 Daubs, Karen
 Dauphin, Margaret E.
 Dean, Terrence C.
 del Campo, Jeff
 Derby, Floyd E.
 Derwent, Marion J.
 Devi, Bimla
 Diehl, Mildred
 Diestelmeier, Don
 Diestelmeier, Eileen M.
 Dinderman, Carol
 Ditsworth, Ruth E.
 Dizillo, Ronald

Everitt, Geraldine
 Feltmeyer, Robert
 Ferguson, Richard
 Ferrington, Nancy
 Fischer, Carol Ann
 Flack, Leonard M.
 Fleming, Norma
 Flick, Howard
 Flynn, John J.
 Fogel, Ardree J.
 Foley, Harry E.
 Fonda, David
 Fransen, Danny
 Frazier, Shirley
 Frederick, Carol A.
 Freeze, Timothy
 Freimuth, Geri A.
 Frisbie, Ruth
 Fuchs, Ronald
 Funk, Mike
 Fye, Elizabeth
 Gallentine, Elaine E.
 Galway, William
 Geller, Doggie
 Gerbick, Robert L.
 Glaman, Faith
 Gonder, Franklyn R.
 Grant, Eileen M.
 Gregory, Linda M.
 Griffes, James E.
 Grimes, Melissa
 Groeling, Kenneth
 Groen, Elmer
 Groezinger, Armin R.
 Gruhn, Dick
 Guentherman, Ione M.
 Gundry, Mary
 Haas, James D.
 Haas, Vera
 Hagemann, Leonard C.
 Hagemann, Melvin
 Hagen, Loretta
 Haijenga, Carroll
 Hambley, Betty J.
 Hamm, Richard
 Hannah, Doris M.
 Harbert, Robert
 Haring, Edward W.
 Harris, Juanita
 Hartman, Betty J.
 Hasken, Margaret
 Hastings, Gerald
 Havenith, Ilse



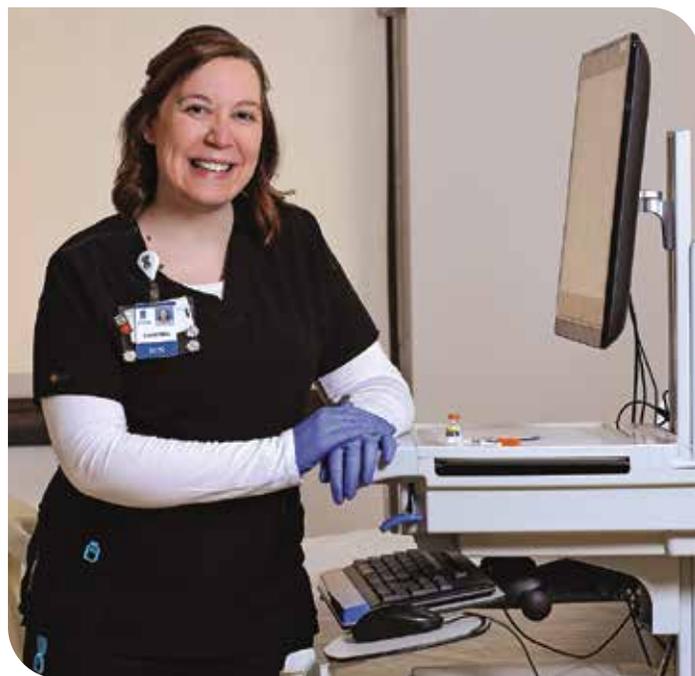
THE LOSS IS IMMEASURABLE,
BUT SO IS THE LOVE LEFT BEHIND.

Carter, Gwendolyn
 Casey, Larry R.
 Cashman, June B.
 Chambers, Joanne
 Chester, George
 Chojnacki, Janet
 Clark, David M.
 Clark, Karen E.
 Clark, Marion
 Cocagne, Joshua
 Collalti, Ron
 Collins, Thelma
 Conley, Dorothy
 Connors, Richard J.
 Connors, Robert F.
 Cooper, Mildred
 Crank, Carolyn R.
 Crank, Paul G.
 Creighton, Norman
 Crichton, Richard
 Crowley, Jeanette
 Cuplin, Gary
 Daehler, Lois
 Dahlman, Arlen
 Dahm, Lorraine
 Dailey, Elinor E.

Domberger, Sr, Manfred J.
 Donahue, Barbara A.
 Dornink, Betty B.
 Dornink, Richard
 Dornink, Roger H.
 Dotson, Loretta M.
 Doug, Uncle Roy and
 Grandma H.
 Dowd, Frank
 Drogosz, John
 Dumpman, Doris
 Dyson, Dorothy J.
 Dyson, Jean
 Eckert, Dick F.
 Eden, Dorothy
 Ehrlar, Paula
 Eisfeller, Eleanor D.
 Eiteuner, Claudia E.
 Endress, Dale
 Engling, Ray
 Eppenbaugh, Russell
 Epping, Gloria M.
 Erdmier, Glen
 Ethridge, Alden E.
 Etnyre, Mildred
 Evans, Florence

Hawkinson, Allen
 Hay, Terry S.
 Heck, Doris
 Heckman, Ruth
 Heiden, John S.
 Heilemeier, Alma
 Heldt, Jeffrey
 Heller, Dalvin
 Heller, Owen D.
 Hepler, Troy
 Herold, Jean
 Herrmann, Wayne
 Hesselbacher, Eugene
 (Gene)
 Hill, Charles E.
 Hille, Norma A.
 Hille, Ralph
 Hitchcock, Harold L.
 Hoefler, Karen
 Hoffman, George
 Hoggatt, Robert
 Holmes, Marilyn
 Holmes, Maurice
 Homan, Shirley A.
 Honerbaum, Dale
 Horstmeier, Roger
 Hovorka, Charles E.
 Howarth, Quentin
 Howe, Dennis F.
 Huenefeld, Robert
 Hufford, Albert
 Hufford, Loretta
 Huggins, Lucille
 Husinga, Marjorie (Marge)
 Hutson, Thomas
 Huttenlocher, Curtis M.
 Huttenlocher, Harvey Robert
 Imel, Wilma Jean
 Ireton, Michael L.
 Iserman, Sylvia
 Iwanski, George A.
 Jackson, Edna Marie
 Jacobs, Arthur
 Jacobs, Judith
 Jares, Ethel
 Jares, Laddie
 Johnson, Martin
 Kaderly, Anna M.
 Kalina, Ronald
 Karis, Louella C.
 Karstedt, Thomas F.
 Keister, Bertha
 Kelley, Franklin Dee
 Kellner, James
 Kempel, Donna J.
 Kempel, James
 Kerr, Richard
 Ketelhut, Pat
 Kilker, M. Kathleen
 Kisner, Jean
 Kleckler, Ray
 Kleckler, DVM, Dan R.

Klinefeller, Roger
 Klingensmith, Walter
 Klock, Carol
 Kluck, Delbert
 Knapp, Wallace
 Knodle, Robert
 Koberstein, Harlan J.
 Koehler, Jean
 Koester, Sylvia
 Kohl, Eugene
 Kortemeier, Brian
 Korth, Russell E.
 Kounkel, Margery A.
 Kraft, Alvin
 Kreeger, Arlene
 Kroeger, Walter
 Krohmer, Joseph J.
 Krohmer, Joyce
 Krohmer, Theodore H.
 Kummer, Alfred
 Kuntz, Roger
 Kutzke, Avis
 Lameyer, Lorraine
 Lamia, Richard A.
 Laskey, Monica M.
 Laurence, Frances
 Law, Melva
 Lawfer, Ron
 LeBaron, Miriam
 Leverton, Frank
 Liebenstein, George W.
 Liebenstein, Michael P.
 Lincoln, Hunter
 Lingle, William E.
 Linker, Wayne T.
 Livingston, Tom
 Livingston, Wilma
 Lobdell, Marcia
 Locascio, Jennifer
 Locascio, John
 Locke, Robert
 Long, William
 Ludwig, Priscilla
 Luke, Thomas
 Luy, Lawrence H.
 Lyvers, Robert L.
 Mahoney, James
 Maize, Jerry
 Mantua, Andrew
 Mantzke, Donald
 Manus, George E.
 Marchini, L.
 Martin, Gerald
 Martin, Lloyd
 Mathenia, Tonita
 Mathews, John
 Matz, Edna
 Matz, George
 Maves, Delbert
 Maxwell, Robert D.
 Mayer, Clarence D.
 Mayer, Ina M.



▲ Evidence-Based Practice fellow Tabitha Graves, BSN, RN, studies the impact of streamlining meal delivery for diabetic inpatients, based on several parameters. Her project has shown that tighter timeframe controls between blood sugar testing, meals, and insulin administration provide improved care. Memorial donations helped fund this worthwhile program.

McDonald, Bruce A.
 McGinnis, Vincent C.
 McInay, Donald O.
 McKee, Janice D.
 Meador, Josh
 Meier, Harold
 Meier, Jr., Jesse (Ike)
 Meinert, Joanne E.
 Meinert, William A.
 Mennenga, Ronald
 Menzemer, Eloise
 Menzemer, Kevin
 Merrill, Ada
 Messmer, Josephine
 Meyers, Edward
 Migliore, Charles
 Mikkelsen, Jeffrey
 Miller, Betty
 Miller, Charlotte
 Miller, Imogene
 Miller, Jane Elizabeth
 Miller, Maxine
 Miller, Pauline L.
 Millhouse, Janice J.
 Moore, Darrel A.
 Mordick, Donald
 Mozden, Josephine
 Mullane, Gary
 Murray, Edward J.

Murray, Marilee K.
 Musser, Ellinoir
 Musser, Kenneth
 Myers, Gery M.
 Myers, Marion V.
 Myers, Patricia A.
 Nelson, Anna
 Nesler, John Ira
 Ness, Dorothy
 Netherland, Julie
 Nevenhoven, Gerald G.
 Nevenhoven, Patricia
 Newberry, Ruth
 Newendyke, Vernon
 Nickel, Esther L.
 Niedermeier, Fern
 Nieman, Russell
 O'Connor, Theodora R.
 Oehl, Ronald
 O'Neill, Harriett F.
 Ostergard, Harvey C.
 Ostergard, Ione
 O'Sullivan, Terri
 Otte, Jean
 Otto, Glen
 Owens, Richard W.
 Parkinson, Burdette S.
 Parkinson, Jack E.
 Parkinson, Norma



◀ Seven nurses are participating in FHN's Evidence-Based Practice (EBP) study program. They include: front row left to right – Sue Harmon, Tonya Newill, Tracy Hays; back row left to right – LeAnne Raders, Candice Nepean, Krista Montgomery, Tabitha Graves.

Patnou, Phyllis L.
 Patterson, Nancy
 Patterson, Nancy J.
 Pearson, Patricia A.
 Peterson, Charles (Chuck)
 Peterson, Shawn
 Phillips, Paul
 Phillips, Paul W.
 Pickard, Wendy
 Pieper, Ivan
 Pierce, Leland
 Plum, Sharon
 Pociеча, Thomas G.
 Poirier, William J.
 Polhill, Gary
 Polizzi, Edward M.
 Pontnack, Rose
 Potter, Paul
 Prendergast, Eleanor
 Price, Verl
 Rachuy, Lyle A.
 Rapp, Sandy
 Rath, Elizabeth
 Redington, John J.
 Reed, William R.
 Reiling, Marian
 Reinders, Ruth
 Remmers, Mary
 Reuter, Carl L.
 Rhode, John
 Richardson, Diane
 Rolander, Marge
 Rosenberg, Donita
 Ross, Margie A.
 Rotblat, Cynthia
 Rowe, Jeffrey
 Rudisill, Shirley
 Rule, Ilah M.
 Ruments, Andris
 Ruter, Carolyn M.

Sanders, Rosalie
 Saunders, Janet A.
 Schaaf, Suzanne
 Schaible, Richard
 Schmertman, Dale E.
 Schoenfeld, Roberta C.
 Schofield, Terry
 Schone, Richard
 Schoonhoven, Dorothy
 Schoonhoven, Orval
 Schryver, Sandy
 Schubert, Anne
 Schubert, Randall
 Schult, Janice
 Schulte, Sylvester
 Schuster, Janice L.
 Schweitzer, Cynthia
 Scibona, Peter J.
 Scovill, Sybil
 Scovill, Velma
 Secker, James H.
 Seeman, Margaret A.
 Sellers, Katherine L.
 Seuring, Myrna
 Shaw, Betty L.
 Shellhause, Austin T.
 Shippy, Donald
 Sieffert, Dorothy
 Sievert, Dale W.
 Simler, Albert
 Simler, Jerry L.
 Sisler, Roberta L.
 Skipper, Sharon K.
 Slama, Allen
 Smith, Colby J.
 Smith, Connie L.
 Smith, Grace E.
 Smith, Lorna G.
 Sneek, Clarence
 Snyder, Robert L.

Spangler, James
 Spielman, Gail
 Spradlin, Audrey
 Stamm, Kayrl
 Stamm, Lorene
 Stasch, Catherine
 Statdfield, Donna L.
 Steele, LeaChele
 Stees, Arthur
 Stein, Larry
 Stewart, J.
 Stimpert, William (Bill)
 Stocker, Jean
 Stouffer, Cathy
 Streeb, Norma I.
 Strohacker, Joyce J.
 Stubbe, Laverne
 Stykel, Birdine
 Swalve, Lois
 Swalve, Virgil
 Swanlund, Debra
 Sweet, Marg
 Talbert, Donald
 Tegeler, Edna Mae
 Terry, Donald F.
 Thomas, Lois
 Thomas, Stanley
 Thomas, Virginia M.
 Thomasson, Roberta
 Thompson, Erma
 Thorsen, Janet
 Thorsen, Thor
 Tillis, Dennis
 Tipton, Darlene
 Tittsworth, Albert
 Toelke, Irene R.
 Trickel, Doris R.
 Tucker, Carol J.
 Turnbaugh, Virginia
 Turner, Rosalie
 Uhl, Verena
 Underhill, Nancy
 Van Matre, Dennis
 Vance, Dennis
 Vanderheyden, Donald
 Vautsmeier, Pamela
 Veer, Franklin
 Venson, Teresa
 Viars, Mary
 Vogt, Eugene

Vogt, LaVonne
 Voss, Iola
 Voss, Marian F.
 Wagner, Carol E.
 Wagner, Lois M.
 Wales, Diana
 Walker, Bethel
 Walker, David
 Wallock, Irma I.
 Walton, Marilyn
 Warneke, Teresita
 Waropay, Helen L.
 Wayland, John
 Weaver, Donna J.
 Weber, Dale
 Weber, Daniel A.
 Weber, Eugene
 Weber, Rebecca A.
 Wenzel, Leland
 Werkheiser, Dean
 Wheeler, Gary
 Wichman, Velda R.
 Wiele, Lois
 Wilkens, Eugene
 Wilkens, Judith C.
 Williams, Alan
 Williams, Beverly
 Wilson, Craig A.
 Wilson, Linda
 Wing, Robert D.
 Winter, Mila
 Winter, Ruth J.
 Wire, Gerald
 Wirtjes, Alfred James
 Wolfe, Norma June
 Wolfe, Rose
 Wollam, Paul S.
 Woods, Marilyn E.
 Wright, Lyle
 Wyatt, Nechia
 Wybourn, Carol
 Yeagle, Henry
 Yorka, Susan
 Zielke, E. Ronald Jake
 Zimmerman, Irene D.
 Zink, Mary C. ■



HEALTHY HEART HUSTLE AND GALA GALACTIC PROVIDE FUNDRAISING OPPORTUNITIES

In 2021, two major events provided opportunities for philanthropic-minded community members to have some fun while raising reserves for the FHN Foundation. Hundreds of big-hearted folks came out to support these annual fundraisers.



▲ The Fifth Annual **Healthy Heart Hustle 5k run/walk** event provided racers with two options: A traditional in-person timed race, including a “Victory Lap” for kids and families; or a virtual option for maximum flexibility, giving people an alternative way to participate. Proceeds – more than \$12,000 – support the FHN Cardiopulmonary Rehabilitation Department. The next Healthy Heart Hustle is being planned for July 16, 2022.



▲ Participants of the **2021 Festival of Trees – Gala Galactic** enjoyed a virtual space-themed event, complete with an out-of-this-world itinerary. The evening featured delicious food and drinks, entertainment, a silent auction, and of course, awesome prizes! The Gala raised over \$41,000 to refurbish infrastructure at FHN Memorial Hospital and increase space for care during events such as a pandemic. This year’s Gala, Casino VINO, is scheduled for November 18, 2022 at Grand River Hall. Save the date! Tickets go on sale September 1.



NEW GIFT PLANNING SITE HELPS YOU DEVELOP A CUSTOM PHILANTHROPIC PLAN

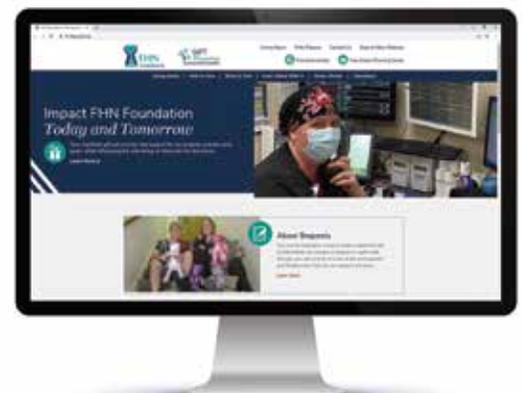
The FHN Foundation recently launched a gift-planning website designed to help you develop a philanthropic plan that meets your needs. The Foundation recognizes that everyone’s financial situation is unique, and a one-size-fits-all, cookie cutter approach may not enable you to reach your goals.

You can access the planned giving resources and information at your own pace, and in the privacy of your own home. You may also choose to have conversations with family members, financial advisors, and other charities in order to achieve the impact that you desire.

When it comes time to reflect on your legacy, we would love for you to consider your community’s healthcare. Promoting exceptional health and protecting the security of your loved ones is an excellent way to leave a lasting statement. You can make a gift or donation in your will, through your estate, or you can take advantage of gift options that may increase your income and help you save on your taxes!

To learn more about different types of planned gifts, visit fhnlegacygift.org. The free tools we have made available,

like Gift Calculators and information on IRA Rollovers and Donor Advised Funds, will help you to leave a legacy as you provide for your loved ones and support the causes that are important to you. ■



A new gift-planning website helps site visitors calculate potential donations to the FHN Foundation. It shows how these gifts can enhance their legacies ... and even save on taxes! ▶



YOUR GIFTS MAKING A DIFFERENCE

Your gifts, large and small, allow the Foundation to invest in items that help FHN provide exceptional healthcare for you, your family, and your neighbors. Here is a quick look at just a few of the recent purchases your donations have made possible:

- **EKG machine** for FHN Family Healthcare Center - Pecatonica – This important cardiac care equipment records the electrical signal from the heart to check for different conditions. Sixteen more machines for other FHN locations are being partially funded by the Foundation's 2021 year-end appeal.
- **Bladder scanner** for Medical/Surgical/Pediatrics at FHN Memorial Hospital – This is a non-invasive portable tool for diagnosing, managing, and treating urinary outflow dysfunction. The equipment measures ultrasonic reflections within the patient's body to differentiate the urinary bladder from the surrounding tissue and helps determine the need for catheterization.
- **Dr. Ravi and Mrs. Minu Vyas Crisis Stabilization Center at FHN Family Counseling Center** – Open for over a year now, the Center is providing group therapy sessions to patients in need of this additional level of care. Each group is led by one of the Family Counseling Center's trained staff members and is comprised of individuals facing similar difficulties and challenges.
- **ER tono pen** – Used by providers in the Emergency Department at FHN Memorial Hospital, this handheld diagnostic device measures pressure inside the eyes and helps rule out glaucoma or other serious ocular emergencies.

** This provider is not an employee or agent of FHN.*



▲ "The staff really appreciate this bladder scanner," says Nursing Operations Leader Michelle Kelly, MSN, RN, CMSRN. "It is nice to have something new and readily available on the unit when we need it."

▼ The tono pen, being used here by ER physician Syed Haq, MD*, measures pressure inside the eyes and is a helpful tool in emergency situations.



Gifts also funded:

Staff education • Patient recliners for OB • Surgical headlight for the OR • Transportation to and from medical care for patients who demonstrate a need • Cancer Center flooring • Infusion treatment chairs • and so much more



MARK GRIDLEY
FHN President
and CEO

Your Generosity Matters

Thank you for your support of FHN, your locally governed and focused healthcare system, through the FHN Foundation. Now more than ever, we see the need for a strong and vibrant healthcare system for the people of northwest Illinois and southwest Wisconsin. Together, we save lives and deliver healthcare excellence – whether during a pandemic or through everyday healthcare initiatives for our community. Your generosity matters!

FHN FOUNDATION STAFF

Al Evon,
FHN Foundation Director
Jeannette Rafferty,
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We ask for your continued support in 2022. Please consider a donation today!



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