

A publication of FHN

Volume 15, Issue 2

Insight

**‘Thorough, Kind, and
Knowledgable’
‘Big Picture’ Care
at FHN**

**Find an FHN
Primary Care
Provider**

**Report to Our
Communities
2023**



We're here, for you.

FHN

**FHN
FOUNDATION
ANNUAL
SUMMARY
INSIDE**



MARK GRIDLEY, PRESIDENT AND CEO

A Jam-Packed Season for Northwest Illinois

Welcome to our second, and largest, *Insight* issue of 2024. Along with the stories you're accustomed to, we are proud to include the FHN Foundation's Annual Summary highlighting the impact that your generous gifts to the

Foundation have made in the past year.

We're also looking at the "big picture" in terms of taking care of your and your family's health. You'll meet Karlene Johnson and learn how her relationship with FHN Family Nurse Practitioner Tamisha Bonvillain, FNP-BC, IBCLC has helped her achieve her best health.

We'll also explain the difference between the various types of primary care providers, including nurse practitioners and physician assistants, you'll meet at FHN. The bottom line is, all of our providers' first priority is you.

You'll also find a list all of the FHN team members who celebrated a milestone service anniversary in 2023! I'm so proud to thank each and every one of them for the difference they all make in our communities caring for our families and friends.

Like this issue of *Insight*, FHN's spring and summer activities have been quite eventful. We've been proud to be a part of many area celebrations, from Pecatonica's Memorial Day parade to Boys and Girls Club and YMCA of Northwest Illinois family health fairs and our own Striking Success bowling pediatric rehabilitation fundraiser, and Food Fight Against Cancer and Gran Fonda Bike Tour in support of our Leonard C. Ferguson Cancer Center, to name a few.

We have more fun planned for you as well, from Walk With a Doc Saturdays through the Fall, informational programs and of course, Festival of Trees! Turn to page 12 for the details on this year's All That Jazz Gala, which kicks off the 2024 FHN Festival of Trees on Friday, November 15.

We're sharing some informative financial and community contribution numbers in FHN's 2023 Report to Our Communities as your local governed healthcare provider. I hope you'll take some time to look over these important details and continue to refer friends and family to our amazing team. Our independent volunteer Board of Directors and FHN Leadership work diligently to ensure we are pursuing our vision of healthcare excellence for our community!

As always, thank you for the privilege of being your partner in healthcare! ■

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 15 healthcare centers in 5 counties spanning northwest Illinois offering primary and specialty medical care, and hospice. For more information about us please visit www.fhn.org.

Karlene Johnson Appreciates Nurse Practitioner Bonvillain's Attentive Care – 'So Glad FHN is Here for Me'

Karlene Johnson is "always learning" – a student of life through both education and experience. That's why she brings a notebook with her to every healthcare appointment. "I need to make notes so I can document my experiences and research what I don't understand," she shares.

One reason she chose **Tamisha Bonvillain, FNP-BC, IBCLC** as her primary care provider is because Nurse Practitioner Bonvillain is a good listener and a patient explainer. "She takes her time with me and describes procedures and medications in detail, which of course I make note of. She is thorough, kind, and knowledgeable."

Karlene calls Tamisha Bonvillain "Nurse Practitioner Bonvillain," rather than Tamisha, because she respects the hard work put in to earn her credentials. "It may be a small thing," she shares, "but using that title is my way to respect her perseverance, education, and experience."

Primary Care Knows the Big Picture

Nurse Practitioner Bonvillain helps watch over several health issues and guides Karlene through challenges that arise. "I have AFIB, high blood pressure, problems with stomach acid, and 'thick blood,'" says Karlene. "I get monthly bloodwork done, and Nurse Practitioner Bonvillain reviews my numbers and manages necessary changes. I trust her to keep it all straight. And though I did not pick her because she is Black, I do think it is wonderful to have diversity in the ranks at FHN. I have been happy with my selection!"

Karlene is especially aware of the challenges that come with AFIB, and remembers the day it became a problem. "I had just had knee replacement surgery and was in the hospital doing PT. I got tired very suddenly, and then felt dizzy and sweaty – it was obvious that something was off. Tests and consultations with cardiac care showed that I had AFIB, which may have been brought on by stress tied to caretaking. With regular care and medication, I am happy I don't have problems with it very often," she explains, "and my nurse practitioner is aware of all that history."



Her job as community development coordinator at the Boys and Girls Club of Freeport and Stephenson County makes good use of Karlene's degree in human services and her warm personality. Here, she poses with the organization's executive director, James Rhyne. ▲

"She is an excellent listener," says Karlene, left, of Primary Care Provider Tamisha Bonvillain. The two enjoy a moment visiting on the walking paths behind the FHN Family Healthcare Center – Burchard Hills. ►



“
**LIFE IS SHORT. ENJOY IT!
 GO FOR IT! AND MAKE A DIFFERENCE.**
 ”

Be Preventive

To stay as healthy as possible, Karlene adopts a common-sense approach, focused on prevention and approved by Nurse Practitioner Bonvillain. "I stay as active as I can, and don't allow myself to sit around. I monitor my hydration, eat the right vegetables, and follow 'doctor's orders.' And I love to socialize. Friends and family play a major role in my positive outlook. I believe one's mental health is an important contributor to overall wellness," she notes.

Indeed, relationships and social well-being are a core component of Karlene's life. Though she has worked at seven jobs, many have focused on her degree in human services, where she learned to advocate for the power of connection.

She considers herself "a helper," and currently shares those skills by working part-time as a Community Development Coordinator at the

Boys and Girls Club of Freeport and Stephenson County. "These kids have so much potential," she emphasizes. "If we can get them to embrace that potential, maintain their mental health, and avoid opiates and alcohol, they can be beacons of light."

Be Positive

She also loves to travel, read, watch Western movies, and collect horses and elephants (trunks up!). A cruise to the "ABC Islands" was her most recent adventure, and she says it won't be her last. "I love the ocean," she enthuses, "and I enjoy heading to Las Vegas to visit family. It's all part of my overall wellness plan!"

Though Karlene depends most on Nurse Practitioner Bonvillain, she appreciates the network of providers she consults as needed for unique concerns, and is grateful that FHN offers a breadth of specialty care. "I am so glad FHN is here for me.

I see Nurse Practitioner Chelsea Hartzell (gastroenterology), Dr. Khan (nephrology), Dr. Bell (podiatry), Dr. Isawi (ophthalmology), the entire bloodwork team (phlebotomy), and others when necessary. And I also have to mention Dr. Laporta in anesthesiology, who was so kind to me, giving me a darling stuffed elephant and praying with me before my procedure. She was special. Life is special ... and I count on all of these healthcare professionals to help me maintain my quality of life."

To celebrate being alive, Karlene threw herself a party last August for her 70th birthday. As she nears her 71st, she is contemplating a new beginning – a possible master's degree in social work. "Many of my family members have attained that distinction, and I think it might be time for me to join the club," she shares. "Life is short. Enjoy it! Go for it! And make a difference." ■



PRIMARY CARE: THE FAMILY DOC FOR OUR TIMES

It may sound old-fashioned, but having a family doctor is one of the best ways to achieve your (and your family members') best health.

They go by different names these days, like *family medicine, internal medicine, and pediatric medicine physicians, nurse practitioners and physician assistants*, but their goal is the same: To help you feel your best.

PART OF YOUR TEAM

Your family doctor (also called a primary care provider or PCP) serves as the coach of your FHN team dedicated to keeping you healthy. Call

his or her office if you come down with a bad cold that just won't go away, a rash, or other minor illness or injury, but that's not all.

You should also schedule a "check-in" with your PCP at least once a year, even if you're in great shape and in good health. We'll check your vital stats like height, weight, and blood pressure, and your provider will do a brief exam. This is your time to ask questions and bring up your concerns or questions – anything from trouble sleeping to whether you should be taking a certain vitamin or supplement.

◀ Dr. Kathleen Ehlbeck cares for families and patients of all ages at the FHN Family Healthcare Center – Highland View Drive.

Getting your "vitals" during this visit also gives your provider some important information about your general health. Is your blood pressure running higher than in the past? Having hypertension (high blood pressure) can put you at greater risk of heart attack or stroke, and there are lifestyle changes you can make to help bring those numbers down.

SPECIALTY CARE ON YOUR TEAM

Having a primary care provider also gives you quick access to FHN's specialty care providers, should you need them. If your PCP is concerned your twisted ankle could be badly sprained or broken, we'll work with FHN's orthopaedic team to get you in and seen by one of our specialists.

FHN has providers in more than 40 specialties, and we work with hospitals and health systems in Rockford, the Chicago suburbs, and the University of Wisconsin – Madison to make sure our patients have access to the specialty care they need.

COMMUNICATION MADE EASY

There's an additional benefit to having an FHN primary care provider – MyFHN. Our online patient portal lets you manage your healthcare online, from checking on appointments and requesting prescription refills to getting test results. MyFHN also gives you a convenient way to ask your provider a non-emergency question – send a secure email to him or her through MyFHN and you'll hear back within a business day or two.



FIND A PRIMARY CARE PROVIDER

It's easy to find a primary care provider (PCP) at FHN. Our physician referral specialists are trained to help you find a provider who's right for you. Call us Mondays – Thursdays from 7 a.m. to 6 p.m. and on Fridays from 7 a.m. to 5 p.m. at 815-599-7060, and you'll have an appointment before you hang up the phone!

FHN'S PRIMARY CARE TEAM

FHN has more than 30 primary care providers at offices throughout northwest Illinois.

You'll find a number of specialties and credentials among our primary healthcare provider team. Whether you choose a physician, nurse practitioner, or physician assistant, your PCP will be able to diagnose and manage acute illnesses and injuries and stabilize long-term chronic illnesses in collaboration with other members of your healthcare team. They prescribe medications and order and interpret laboratory tests, x-rays, and developmental and screening tests to identify their patients' health problems, risk factors, and strengths.

FHN's **NURSE PRACTITIONERS** are registered nurses (RNs) who have continued their education and clinical healthcare training and have earned a graduate degree in advanced practice nursing. A nurse practitioner can actually earn a doctorate in nursing! A number of the providers on FHN's primary healthcare provider team have

earned DNP credentials, the highest level of certification.

Nurse practitioners take a special exam after training in their area of interest. The credentials after a nurse practitioner's name are his or her area of certification, followed by –BC, which stands for Board Certified. Common certifications include:

FNP-BC – board-certified family nurse practitioner

GNP-BC – board-certified geriatric nurse practitioner

ANP-BC – board-certified adult nurse practitioner

CNM-BC – board-certified nurse-midwife

NPWH-BC – board-certified nurse practitioner for women's health

AGACNP-BC – board-certified adult gerontology acute care nurse practitioner

FHN's nurse practitioners can serve as primary healthcare providers to people of all ages, including newborns. They focus on working with their patients and providing all the information



▲ Timothy Rupnow is welcoming new patients and families at the FHN Family Healthcare Center – Burchard Hills

necessary to make informed decisions about any treatments needed.

Our **PHYSICIAN ASSISTANTS** (identified by the credential –**PA**) have received a broad education in primary care with a specific emphasis in the practice of medicine. Most physician assistants have received their master's degree in an intensive medical program generally lasting two to three years, and are licensed to practice medicine in cooperation with a physician.

FHN's physician assistants don't currently provide primary care, though they can serve as primary healthcare providers, conducting physical exams, diagnose and treat patients' illnesses and injuries, and provide preventive healthcare counseling as well as write prescriptions. ■

**THANK
YOU
VERY
MUCH**

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

FHN Provider Spotlight

FHN's Primary Care Providers are close to home, no matter where you live in our area, with offices throughout northwest Illinois. These dedicated professionals have one goal in mind: To help you maximize your personal wellness throughout your lifetime.

This issue spotlights Daniel Woods, MD, who sees patients at the FHN Family Healthcare Centers in Savanna and Mount Carroll.



DANIEL WOODS, MD

FHN Family Healthcare
Center – Mt. Carroll
815-244-4181

FHN Family Healthcare
Center – Savanna
815-273-3323

What is your favorite or most rewarding part of your job?

My favorite part of working in healthcare is getting to know patients beyond a single visit ... learning their history, family, and interests helps me treat them better. Those relationships over time really matter, and are something special about being in primary care. When people let me in their lives, I consider that an absolute honor.

Do you have an area of expertise that you focus on?

I am truly a "Jack of all trades" and appreciate the variety of something different every day. I enjoy pediatrics and visiting patients in nursing homes – all the ages, all the procedures, all the different aspects of what I do, from a brand-new baby to someone who is 100 years old.

If you were trying to attract a new patient, what would you say about yourself and FHN?

I would tell them that they are not going to be just another name on the schedule or another file number – that they will be thought of as a person who is giving us the honor of being part of their healthcare journey.

How do you work as a partner with your patients?

I tell people my job is to share what I think is in their best interest, based on my education and experience. That I am a knowledgeable advisor, but it is their right – and their responsibility – to decide if it is right for them. I think people are smart and capable. They know their priorities and need to be comfortable with their choices.

Tell us something about your specific location.

I feel tremendously fortunate and blessed to be where I am. I like small towns. I grew up in Fulton, and the people in the Savanna and Mount Carroll offices are like family to me. I am extremely lucky that I do something I enjoy so much with people I truly like!

What is your favorite hobby, and how do you like spending your free time?

My number one priority is spending time with my wife and our children – two sons and one daughter. I love the water, and really enjoy fishing, swimming, and boat rides on the river. I also like to hunt and am always ready to fly with my sons, who are both pilots. ■



Your healthcare information is just a click away!

MyFHN lets you get lab results, diagnostic test results, discharge instructions, check your appointment history, and see upcoming appointments. With just a few clicks, you can also request or cancel an appointment and send and receive secure messages with your providers.

Enroll online using one of two processes (depending on whether or not you have an email address on file with us and know your medical records number). If you need assistance, please ask the staff, call MyFHN Support at **815-599-6907**, or email **MyFHN@fhn.org**.



FHN REPORT TO OUR COMMUNITIES 2023



FROM OUR PRESIDENT AND CEO, MARK GRIDLEY

On behalf of FHN's Board of Directors and the entire FHN team, I'm pleased to share our Annual Report for 2023.

Like so many other healthcare organizations in the United States, FHN is facing a number of challenges, from spiraling costs and declining admissions and birth rates to an increasingly complex payor system and government-created shortfalls.

In our case, these circumstances led to total net income loss of more than \$2.6 million in the past year. We are working hard every day to meet this challenge, endeavoring to be wise stewards of our resources and your generous gifts to the FHN Foundation.

Some healthcare systems across the state haven't been so fortunate. A few Illinois hospitals have been forced to close, and others have been taken over by larger entities, taking local decision-makers out of leadership.

We believe that a community healthcare system helmed by members of that community, with their families' and neighbors' health top of mind, is vital to a healthy community.

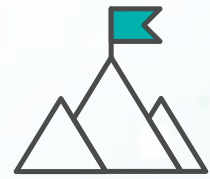
Decisions about our local healthcare system are made with careful attention to our most recent Community Health Needs Assessment, which outlines the needs of our community and ways we can help enhance our neighbors' health.

The strength of our communities is just that – community – and we have been fortunate to be able to partner with other organizations to provide some of the services and resources that can make northwest Illinois healthier.

When another organization can fulfill a need for our communities, we have made the wise decision to carefully and thoughtfully transition away from that service in order to conserve our resources.

We are proud to continue investing in our most valuable resource, our FHN team. Together, we care for thousands of patients each year – an average of about 1,500 daily visits to our 16 locations spread across five northwest Illinois counties.

All of us at FHN are proud to be your locally governed healthcare provider, and we thank you for the privilege of caring for you.



OUR MISSION

FHN, together with those we serve, improves health and provides superior, quality healthcare services.

Respect, dignity and compassion guide our interactions, while leadership and wise stewardship of resources direct the process.



OUR VISION

Healthcare Excellence
for our Communities

2024 FHN BOARD OF DIRECTORS

Mark Gridley • Heather McPherson, *Board Chair* • Rich Chang, *Board Vice Chair* • Bruce Baldwin, *Board Secretary*

Stephen Kneubuehl, *Board Treasurer* • Neal Richardson, *Board Past Chair*

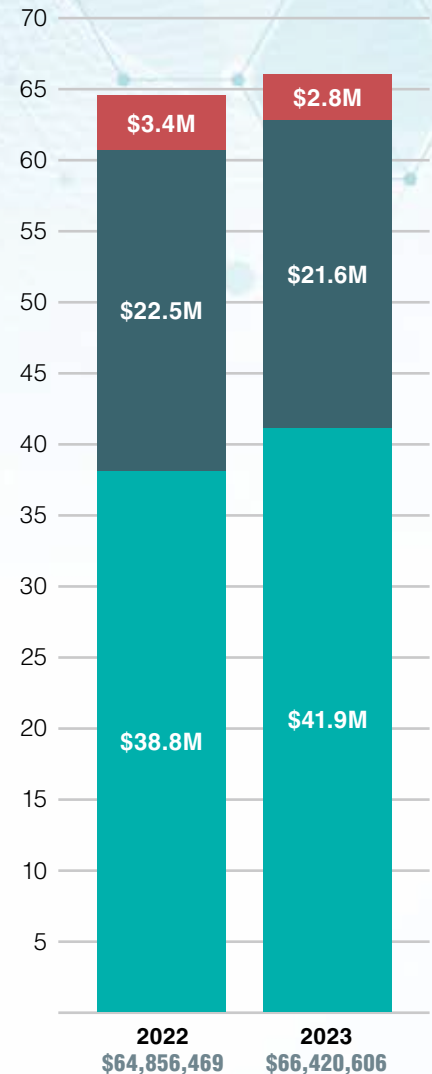
Amy Baker • Kimberly Beggin • J. Steve Harweger, AGACNP-BC • Timothy Jessen, MD • Beth Kalnins, MD

Glenda Koeller, RN • Clarence Parks, MD • Gary Quinn • Dan Schmitt • Shokry Tawfik, MD • Mark Wright

FHN FINANCIAL SUMMARY – 2023

What we charged for our services:	\$726,087,223
Portion of charges not paid due to:	
Discounts taken by Medicare	\$(336,846,031)
Discounts taken by Medicaid	\$(108,712,364)
Discounts taken by Insurance	\$(88,640,231)
Discounts provided to Self Pay Patients	\$(2,363,518)
Charity Care	\$(1,819,022)
Bad Debt Write Offs	\$(8,812,814)
Total Payments received for Patient Care	\$178,893,243
What it cost us to provide services:	
To pay staff and provide benefits	\$121,229,353
To purchase supplies, pay utilities & other operating costs	\$64,800,209
To purchase and maintain equipment & buildings	\$13,023,790
Total Cost to provide Patient Care	\$199,053,352
Total Net Income (Loss) from Patient Care	\$(20,160,109)
Other Income	\$16,386,896
Donor Contributions	\$1,157,881
Total Net Income (Loss)	\$(2,615,332)

STATEMENT OF COMMUNITY CONTRIBUTION

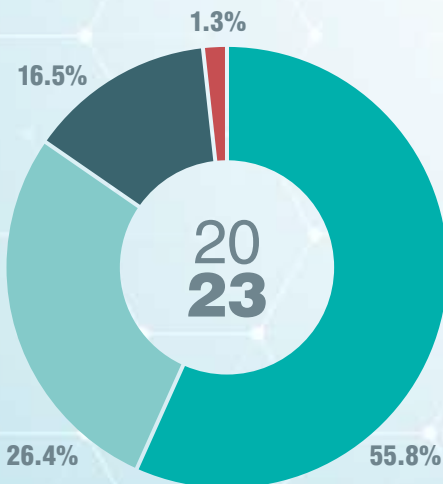


- Charity Care & Bad Debt
- Medicaid Shortfall
- Medicare Shortfall



KEY PATIENT SERVICES

	2022	2023	Change
Inpatient Admissions	3,215	3,441	7.0%
Inpatient Days	14,343	14,165	-1.2%
Observation Days	9,339	7,490	-19.8%
Emergency Department Visits	27,496	27,417	-0.3%
Surgical Cases	3,312	3,443	4.0%
Babies Delivered	257	252	-1.9%
Physician Office Visits	216,340	215,565	-0.4%



PAYOR MIX

	2022	2023	Change
Medicare	55.0%	55.8%	1.5%
Medicaid	17.2%	16.5%	-4.1%
Insurance/Other	26.7%	26.4%	-1.1%
Self Pay	1.1%	1.3%	18.2%

- Medicare
- Insurance/Other
- Medicaid
- Self Pay

Source: Strata Income Statement and Strata Stats by Account by Dept.

CRUCIAL FOR COMMUNITY HEALTH AND ECONOMIC STABILITY




According to the Illinois Health and Hospital Association, each dollar that hospitals spend on payroll, supplies, and capital results in an additional \$1.40 spent in state and local economies. And for every full-time hospital job, 1.4 jobs are created in other sectors of the economy.

The charts below highlight the significant role FHN and FHN Memorial Hospital play in our area's economy, and the ripple effect of the dollars we bring into our communities and the jobs we help create.

2024 ECONOMIC IMPACT

\$337.2 MILLION

Annual amount infused into local economies

	PAYROLL 	SUPPLIES/ SERVICES 	CAPITAL 
DIRECT	\$56,586,242	\$83,497,803	\$2,847,755
	+	+	+
INDIRECT	\$76,900,703	\$113,473,514	\$3,870,099
	=	=	=
TOTAL	\$133,486,945	\$196,971,317	\$6,717,854



FOR EVERY ILLINOIS HOSPITAL JOB, 1.4 JOBS ARE CREATED IN OTHER SECTORS.

1,267
JOBS supporting
WORKING
FAMILIES

FULL-TIME JOBS GENERATED
540 DIRECT JOBS
+
727 INDIRECT JOBS
=
1,267 TOTAL JOBS

THIS REPORT REFLECTS THE **ECONOMIC IMPACT CREATED BY FHN MEMORIAL HOSPITAL** EMPLOYEE COUNT AND PAYROLL; SUPPLIES AND SERVICES; AND CAPITAL SPENDING.

IF THE ECONOMIC IMPACT OF FHN FAMILY HEALTHCARE CENTERS AND SPECIALTY CENTERS IS INCLUDED, **THE IMPACT IS MUCH GREATER.**

Source: Illinois Health and Hospital Association

Congratulations to Our FHN Team Members

1 YEAR

Dr. Mansoor Ali – Hospitalist
Jackson Arreola – Med/Surg
Morgan Askegaard – Imaging
Sylvia Atten – Food & Nutrition Services
James Babu – Laboratory
Maycee Bamberg – Physical Therapy
Maganna Barthel – Admitting
Michelle Bawden – Recovery Room
Staci Boeck – Ambulatory Care
Aaron Broege – Maintenance
Rachel Bronkema – Quality
Brittney Brown – Burchard Family Practice
Mykia Bruce – Physical Therapy
Ruth Buisker – Podiatry
Jessica Carson – OB/GYN
Jaylyn Carter – Med/Surg
Nadine Chamberlain – Food & Nutrition Services
Tatum Christians – Med/Surg
Megan Clair – Central Business Office
Dr. Sathish Cullath – Hospitalist
Kelsey Davenport – Environmental Services
Anne Daws – Central Business Office
Donna Daws – Cardiology
Karen Desalvo – Orthopedics
Jody Diehl – Pharmacy
Brenda Duitsman – Emergency Room
Tabatha Ellberg – Community Clinic
Carrie Elsey – Health Management
Dr. Rosemary Espinoza – Obstetrics
Aran Estwing – Laboratory
Sarah Euler – Audiology
Carla Fenna – Occupational Therapy
Abigail Figgins – Admitting
Christian Gasmund – Food & Nutrition Services
Matthew George – Environmental Services
Jenny Gerber – Recovery Room
Sarah Hackbarth – Operating Room
Chelsey Heckman – Hospice
Nichole Heid – Admitting
Courtney Heilman – Obstetrics
Jeremy Heller – Hospice
Bianca Herrera – OB/GYN
Tammy Hobson – Highland View Drive
Barbara Horton – Imaging
Lindsey Huenefeld – G.I. Lab
Whitnee Jackson – Med/Surg
Shaniqua Jackson – Orthopedics

Rebecca Jacobs – Telemetry
Rainn James – Operating Room
Crystal Jenkins – Admitting
Cheryl Johnson – Environmental Services
Paul Kafer – Admitting
Nicole Kass – Orthopedics
Charles Kerr – Emergency Room
Hyun Kim – Pharmacy
Jessica Koning – Emergency Room
Jeannette Law – Admitting
Renee Lee – Operating Room
Nicole Lester – Ambulatory Care
Capri Little – OB/GYN
Chelsey Lizer – Supportive Care
Addison Long – Med/Surg
Michael Lower – Messenger Services
Madalyn Lukowski – Emergency Room
Kassidy Lydon – Emergency Room
Dakota Mackall – Emergency Room
Dr. Shahrukh Malghani – Hospitalist
Candy Manning – Med/Surg
Ariel Masa – Food & Nutrition Services
Makayla Mashaw – Food & Nutrition Services
Joan Mason – Savanna
James Merboth – Maintenance
Robert Mihm – Operating Room
Cortney Miller – Telemetry
Colleen Miller – Physical Therapy
Angellea Miller – Highland View Drive
Rebecca Morris – G.I. Lab
Audrey Mullen – Occupational Therapy
Penny Murley – Ambulatory Care
Mallory Nausner – Med/Surg
Courtney Nieman – Pharmacy
Baylee Noll – Obstetrics
Ekhayne Ocon – Med/Surg
Zainab Odeh – Imaging
Emily Perez – Admitting
Sara Piefer – COIL / Professional Development
Callie Plager – Emergency Room
Nichole Potempa – Quality
Matthew Reed – IT
Lourdes Reynolds – OB/GYN
Keith Rice – Environmental Services
Jennifer Rizzo – Emergency Room
Karla Ross – Laboratory
Jessica Sander – Physical Therapy
Dr. Beth Schleicher – Obstetrics
Sarah Schneider – Respiratory
Jacob Schweppe – Laboratory

Ashley Seal – Pediatrics
Tracey Sellers – OB/GYN
Mercede Shaner – Telemetry
Myah Shippert – Admitting
Dr. Brandon Shun – Hospitalist
Patricia Slechta – Environmental Services
Abbygale Speer – Emergency Room
Haley Strasser – G.I. Lab
Katlynn Stretton – Med/Surg
Autumn Summers – Pharmacy
Piper Swiss – Occupational Therapy
Wendelyn Symonds – Central Business Office
Nathaniel Taylor – G.I. Lab
Madyson Thomas – Telemetry
Tiffany Truckenmiller – Physical Therapy
Risa Tyler – Cancer Center
Karen Underwood – Food & Nutrition Services
Caeden Upmann – IT
Shana Van Heeren – Med/Surg
Pedro Velazquez – Pharmacy
Ken Washburn – Environmental Services
Alicia Whitehead – Med/Surg
Caden Williams – Security
Hailey Wilson – Cardiology
Kalli Wilson – Laboratory
Shaye Yoakum – Cancer Center

5 YEARS

Makenzie Brown – Telemetry
Jennifer Burns – Imaging
Robin Cimino – Ambulatory Care
Nicole Crowell – Orthopedics
Dr. Terry Donat – ENT
Monica Dorsey – Obstetrics
Brooke Fritz – Administration
Victoria Goetz – Med/Surg
Kiley Haefner – Telemetry
Jordyn Hicks – Obstetrics
Kimberly Honan – Obstetrics
Ashley Knapp – Central Business Office
Tanya Kohn – ICU
Theresa Levin – Medical Records
Dr. Irena Markovic – Hospitalist
Dr. Keith Martin – Obstetrics
Angela Meade – Finance
Janet Mueller – Central Scheduling
Kayla Nagel – ICU
Amanda Nampel – Cancer Center
Ronald Olsen – Administration

Who Celebrated Service Anniversaries in 2023!

Sara Patrick – Telemetry
Jo Phelps – Savanna
Carrie Raders – Cath Lab
Barb Ruter – Environmental Services
Suzanne Sarauer – Respiratory
Cheryl Sheppard – Community Services
Sara Smith – OB/GYN
Megan Thede – Administration
Michele Wilkinson – Hospitalist
Ashlyn Williams – Telemetry
Brycen Williams – IT
Crystal Winters – Nursing Administration
Gretchen Wojtas-Johnson – Highland View Drive

10 YEARS

Heather Artman – Med/Surg
Todd Barr – IT
Steven Bressler – Ambulatory Care
Susan Brinkman – Medical Records
Emily Dunlavy – Emergency Room
Lucinda Engbert – Laboratory
Heather Gaul – Mt. Carroll
Roxanne Hare – Med/Surg
Jack Harweger – Cardiology
Tracy Hays – Med/Surg
Yvonne Howe – Food & Nutrition Services
Dr. Beth Kalnins – Hospitalist
Osha Kidd – Med/Surg
Chelsea Kile – Emergency Room
Barbara Lawson – Pharmacy
Jeffery Lehrke – Medical Records
Janice McNett – Ambulatory Care
Laura Mitchell – Medical Records
Cole Nesemeier – Food & Nutrition Services
Jeffrey Ness – IT
Makenzie Olsen – Medical Staff Services
Dr. Clarence Parks – Hospitalist
Kristin Rabideau – Physical Therapy
Joseph Rendon – IT
Fadoua Rochon – Med/Surg
Bobette Roemer – Med/Surg
Daniel Ruter – Environmental Services
Alyssa Saxby – Telemetry
Laura Setterstrom – Ambulatory Care
Kristen Simpson – Float Pool
Dawn Singley – Ambulatory Care
Trinity Smith – Admitting
Jackie Warner – Pain Clinic

Renee Westaby – Float Pool
Angela Zuberbuhler – Cath Lab

15 YEARS

Haley Auer – Health Management
Judy Baldwin – Central Business Office
Megan Christensen – Med/Surg
Judy Cullor – Orthopedics
Debra Curboy – Admitting
Linda Curler – Environmental Services
Kim Dickinson – Float Pool
Courtney Dodds – Nursing Admin
Sondra Gentry – Respiratory
Michelle Gillihan – Emergency Room
Teresa Greenfield – Ambulatory Care
Tracey Gross – Central Supply
Kara Hofmaster – Hospice
Megan Kerchner – Administration
Karen Kilker – NIHP
Teresa Kirby – Medical Records
Suzanne Kohl – Float Pool
Mary Krahmer – Imaging
Patricia Krusey – ENT
Karen Kryder – COIL/Professional Development
Diane Kunz – Central Supply
Samantha Osborn – Obstetrics
Lisa Raab – Central Business Office
Tracey Sack – Medical Records
Dr. Arshad Shaikh – Cancer Center
Tammy Stadermann – COIL/Professional Development
Beth Stegall – Emergency Room
Pamela Stichter – Imaging
Stephanie Summers – Central Business Office
Janine Tessendorf – Cardiac Services
Autumn Wagner – Hospice
Sherry Wichman – Occupational Therapy

20 YEARS

Tamisha Bonvillain – Burchard Family Practice
Vicki Drake – Central Scheduling
Virginia Escobedo – Cardiology
Tracey Hansen – Central Business Office
Connie Koehn – G.I. Lab
Sarah Kramer – Pharmacy
Joy Panos – Central Business Office
Dr. Jeffrey Schleich – Lena
Laura Snider – Lanark
Jeanna Strader – Internal Medicine

Lindsey Wagner – Supportive Care
Christine Williams – Operating Room

25 YEARS

Eric Bader – Physical Therapy
Melissa Dickens – Laboratory
Shannon Driscoll – Quality
Julie Edler – Lena
Mustafa Ghazal – Imaging
Sherrie Grulke – Central Scheduling
Lorrie Heeren – Ambulatory Care
Deeann Heinrich – Physical Therapy
Rebecca Holbert – ICU
Pamela Johnson – Respiratory
Dorothy Kreger – Admitting
Melissa Larson – Obstetrics
Tina Lingle – Med/Surg
Tammy Pals – Risk & Compliance
Amy Prowant – Human Resources
Lisa Rust – X-ray
Carolyn Taylor – Central Business Office
Douglas Toepfer – Emergency Management
Michael Williams – IT

30 YEARS

Shari Anderson – Respiratory
Brenda Baltierra – Stockton
Karlene Beckmeier – Surgery
Valerie Collins – NIHP
Carolyn Johnson – Community Services
Amy Kempel – Risk & Compliance
Danielle Rodebaugh – IT
Tana Wuthrich – Laboratory

35 YEARS

Diane Bardell – Cardiac Services
Marcia Bouray – Administration
Kathleen Holste – Cancer Center
Cathy Magee – Central Business Office
William Schuler – Central Supply

40 YEARS

Dr. David Reese – Lanark

45 YEARS

Donna Jacobs – Laboratory

50 YEARS

Susan Kleckler – Laboratory

Welcome to FHN's Calendar of Events

It's summertime, and the livin' is easy ... scan the QR code (or visit www.fhn.org/calendar) to check out the details on all of our upcoming events online!



GET READY TO SWING AT THIS YEAR'S FHN FESTIVAL OF TREES GALA

ALL THAT JAZZ

Friday, November 15 • 7 p.m. • \$75 per person

Masonic Temple Ballroom • 305 West Stephenson Street, Freeport

As the name implies, jazz music will infuse our festivities, creating an eclectic mood with overtones of fusion, soul, and swing. You'll enjoy soft melodies, delicious delicacies, custom cocktails, and fascinating conversations with friends early in the evening, followed by plenty of opportunities to feel the groove on the dance floor later in the night. Both a silent and live auction will provide opportunities to treat yourself (or others!) to fun and fabulous baskets too good to pass by.

You'll also learn more about the FHN Foundation's exciting campaign to raise funds for a new linear accelerator – an incredibly sophisticated piece of radiation equipment to enhance capabilities at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Together, we can hit all the right notes to help scores of patients beat the cancer blues, and jazz up our efforts to continually improve cancer care.

The party's musical palette will be provided by the popular group The Groove Hotel, whose smooth stylings and bodacious brass section are well-regarded by area jazz aficionados. So, shine up your dancing shoes, grab your friends, and get ready to jump, jive, and jazz your way to fun at FHN's 2024 gala, *ALL THAT JAZZ*.

There will be no ticket sales at the door. FHN Gala tickets are available online at www.fhn.org/Gala2024 now through November 8, or at the FHN Foundation office.

Insight



We're here, for you.

Insight is published by **FHN**

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2023 ANNUAL SUMMARY

IMPACT

The **FHN FOUNDATION** helps provide healthcare excellence by investing in sophisticated equipment, staff training and education, facility updates, direct patient assistance, and community support - all thanks to our donors.

*Their generosity creates a ripple effect that **IMPACTS** our entire region.*





Impact BEGINS WITH YOU

— Al Evon,
FHN Foundation Director

What is impact, and what does it have to do with your charitable contributions?

According to the *Oxford English Dictionary*, one of the definitions of **IMPACT** (verb) is “to have an impact or effect on; influence; alter.”

Impact implies change in people's lives, and from our perspective, **it is your donations that make the impact. You are powerful.**

Your contributions cause a ripple effect. They influence the immediate situation, as well as both the short-term and the long-term results. For example, when I think of the gifts

that helped purchase new bedframes and mattresses for the hospital in 2023, the immediate result was upgraded furnishings; in the short-term patients had more comfortable hospital stays; and in the long-term health outcomes improved as there were fewer instances of pressure-induced ulcers.

Alternatively, when I think of the scholarships provided as a result of donations, I see how students are immediately assisted with the cost of their education; in the short term each student will graduate and become a healthcare professional; and in the long term they will serve countless patients and families. The impact multiplies over time, and the ripples are far-reaching.

The Foundation's impact all begins with generosity and the act of giving. It all begins with *you*. **The stories shared on these pages allow us to be transparent, as they represent and reflect the impact your donations are making***. *Thank you for helping us deliver healthcare excellence for our communities!*



IMPACT: Your donations make a difference – immediately, in the short term, and in the long term. The ripple effect is far-reaching.

**Should you have any questions about this report or any of the items that are included, please do not hesitate to contact me. Additionally, if any of you would like to visit with me, or have me provide a presentation to your business, civic club, or organization, I would be happy to do so.*

YOUR DONATIONS AT WORK – DIRECT PATIENT ASSISTANCE



STRENGTH IN BEAUTY

Donations to the FHN Foundation help cancer patients look their best when they may not be feeling their best. As part of the “Strength in Beauty” sessions offered by The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, the Foundation provides high-quality makeup, skincare, and general beauty products that help restore patients' appearance and self-image during chemotherapy and radiation treatments. Small groups receive practical, hands-on experience in makeup techniques, skincare, nail care, and options related to hair loss such as wigs, turbans, and scarves.



IMPACT: Support and supplies for cancer patients.

TRANSPORTATION ASSISTANCE

Sometimes we forget that not everyone can just jump in the car to go from Point A to Point B. But in reality, it is difficult for many patients to find reliable transportation to get them to an appointment or procedure. These folks need a helping hand by way of a cab, shuttle, or bus ride, both before and after their care. Foundation funds are utilized to safely transport those in need to the right place at the right time.



IMPACT: More patients get to their appointments for proper care, and get home safely.

PASTORAL CARE

FHN's Pastoral Care Department serves patients for spiritual, emotional, or religious needs. Donor contributions to the FHN Foundation purchased Bibles in both English and Spanish, large-print Bibles, rosaries, and supporting literature for several faith communities. Temporary clergy members also were brought in during high-census times to better serve patients. Gifts to the Foundation are much appreciated, according to FHN Chaplain and Spiritual Care Coordinator Sean Huguenin. “None of this would be possible without your grace in giving. Thank you for your continuing support.”



IMPACT: Increased responsiveness to patients' spiritual needs.

YOUR DONATIONS AT WORK – COMMUNITY IMPACT

We are dedicated to positively impacting our community, working to support special initiatives and orchestrate events that elevate healthcare ... and have fun doing so! Thanks to the giving spirit of so many thoughtful friends of the Foundation, we make life better in our region ... and can feel good about making a difference for our families, friends, and neighbors.




BLOOMOBILE

A grant from the FHN Foundation helped purchase the Rock River Valley Blood Center's (RRVBC) **Blue Beauty** – a new state-of-the-art bloodmobile that serves a nine-county footprint. The organization's old pink bloodmobile was 23 years old.

RRVBC shares that “approximately 95 percent of the individuals who make their first blood donation do so at an off-site blood drive, the majority of which involve the presence and use of a bloodmobile.” Therefore, the Blue Beauty is critical to the continued availability of a safe blood supply for our region.

John Mecklenburg from the RRVBC fund development office is grateful for the Foundation's generosity. He says, “I can't thank you and your donors enough for helping us get this region's first new bloodmobile in over 20 years.”

 **IMPACT:** Provided aid to help maintain a safe regional blood supply, which is critical for patient care.

SPECIAL EVENTS

Sponsored by the FHN Foundation and enjoyed by hundreds of local supporters, these annual events helped raise more than \$111,000 in 2023.



Striking Success for Children: A fun-filled evening of bowling with friends, IMAGINE-a-bowl raised funds for room renovations, a new storage area, and equipment for the

pediatric therapy area at FHN Memorial Hospital.

Gran Fonda Tour Against Cancer: In partnership with the Chain Link Cyclists, the goal of this bike ride is to inspire people to ride for a greater purpose, as demonstrated by this event's founder, Dave Fonda. Both beginners and biking behemoths look forward to this day of pedaling for a good cause.


Food Fight Against Cancer: Friends of the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital raised funds for cancer care while savoring hors d'oeuvres and desserts from local caterers and restaurants.



Healthy Heart Hustle 5K Run/Walk: Held in July, the seventh annual event drew a good crowd who exercised their hearts and supported the FHN Cardiopulmonary Department.



Ha Ha Holiday Gala, part of FHN's Festival of Trees: Hundreds of celebrants enjoyed food, drink, fun, and laughter at the 2023 Gala. The evening – in an all-new comedy format – included a humorous magic show featuring fantastic tricks that integrated audience assistance. Proceeds went to upgrade hospital rooms with new furniture, providing a more comfortable environment in which to heal and recover.

 **IMPACT:** Provided critical support for our Cardiovascular Center, Cancer Center, Pediatric Rehabilitation Area, and Hospital.

Visit fhn.org/donate-now to make a donation to the FHN Foundation
(or you can scan the QR code with your smartphone camera)



YOUR DONATIONS AT WORK - STAFF TRAINING, EDUCATION, AND SEMINARS


Devoted to supporting FHN's focus on education and staff enrichment, the Foundation helps healthcare students gain their credentials and assists existing team members as they grow and flourish in their respective fields. Here are a few examples of how we have encouraged staff development, planned ahead for our community's future healthcare needs, and maintained our commitment to continuous training and education – all critical components of excellent care.



STAFF TRAINING


Learning opportunities abound for FHN's staff members, and the Foundation is here to financially support many of these requests for support.

Clinical Skills Mannequin: Recent nursing graduates, certified nursing assistants (CNAs), and certified medical assistants (CMAs) have a new way to practice an array of clinical skills and assessments. Sam, a fully equipped clinical skills mannequin, was funded by donations to the FHN Foundation. This lifelike device, which can be set up as male or female, is used to simulate a full range of procedures, such as airway opening, IV insertion, Foley catheter placement, and chest tube insertion. Because it is completely portable, it also allows the hospital's Code Blue Committee to do more realistic mock codes in every department with clinical staff – over 350 team members.


 **IMPACT:** Improved patient care and increased staff confidence.

◀ FHN staff improve their skills with the help of a fully equipped mannequin that was purchased through donations to the FHN Foundation.

PT Training for Parkinson's Disease: People diagnosed with Parkinson's Disease often demonstrate smaller and slower movements that impede their daily life. This makes tasks such as getting around or getting dressed difficult. Whitney Holmes, PTA, received special "BIG" Lee Silverman Voice Treatment (LSVT) certification to help these patients. She is the second member of our physical therapy group to achieve this distinction.


 **IMPACT:** Enhanced mobility for patients with Parkinson's Disease, and more trained staff to help them.

Pelvic Floor Function Education: Allyson Wilken, PTA, had the opportunity to further her education in Level 1 Pelvic Floor Function through the Herman & Wallace Pelvic Rehabilitation Institute. She works alongside another colleague to treat a variety of pelvic floor dysfunctions such as urinary incontinence, fecal incontinence, pelvic organ prolapse, pelvic pain, interstitial cystitis/painful bladder syndrome, and constipation – all common problems that may be eased with treatment.

 **IMPACT:** Increased ability to support current pelvic health patients and reach more patients who would benefit from treatment.

SCHOLARSHIPS

FHN awarded funds to four local students in 2023. Here are excerpts from thank-you notes sent by grateful recipients:

 *I just wanted to reach out and thank you for selecting me as a recipient of the FHN Healthcare Career Scholarship ... it means so much to me because FHN has been involved in my hometown community for my entire life ... Hopefully I can become a part of the FHN team someday soon!"*

– Emma Kempel
FHN Healthcare Career Scholarship Recipient

“

Thank you very much for choosing me as a recipient for the FHN Scholarship ... [it] is aiding me in my path to become a rural physician. **FHN has been important to me in many ways growing up, now, and in my future rotations.**


– Anna Snider
FHN Rural Medical Education Program Scholarship Recipient

”

“

I am currently in my final year of the Doctor of Physical Therapy program at Baylor University, and this scholarship will help me navigate the financial aspect of paying for my college tuition. Thank you for choosing me as one of the 2024 recipients ...”


– Haley Brudi
FHN Healthcare Career Scholarship Recipient

 **IMPACT:** Furthered the education and development of future healthcare professionals with ties to our region.

CONFERENCES AND SEMINARS

Health professionals who participate in conferences and seminars stay on top of new technologies and treatments and share their expertise with others in their fields. The FHN Foundation is proud to support them as they reach new levels of performance in multiple specialties. The listing below gives you an idea of the kinds of opportunities created by our donors.


Cardiology: Clinical Exercise Physiologist Molly Hey, MS, CEP, and Cardiopulmonary Rehabilitation Nurse Krista Montgomery BSN, RN, attended the American Academy of Cardiovascular and Pulmonary Rehabilitation (AACVPR) 38th Annual Meeting. This organization is considered the “gold standard” in the world of Cardiac and Pulmonary Rehab. Learning sessions included Medicare Rules and Regulations in Cardiopulmonary Rehabilitation, Guidelines for Cardiac and Pulmonary Rehab program certification, and DASH Diet for Cardiac Rehab patients, to name just a few. Molly and Krista have already integrated this new information into FHN’s program, with excellent feedback from patients.

 **IMPACT:** Furthered continuous improvements to our well-regarded cardiac and pulmonary rehab program.



▲ OB team members made a presentation at the Illinois Perinatal Quality Collaborative Face-to-Face Annual Conference.

Obstetrics: OB Educator Keri Schubert, RNC-MNN, BSN, Perinatal Quality Nurse Danielle Wittig, BSN, RN C-ONQS, and Women’s Health Service Line Director Linn Carter MSN, APN/CNS-BC, NEA-BC traveled to the Illinois Perinatal Quality Collaborative (ILPQC) Face-to-Face Annual Conference in Springfield, Illinois. Both Keri and Danielle were invited to be speakers on FHN’s Promoting Vaginal Birth (PVB) quality initiative. The three also presented their quality boards on not only PVB, but also Birth Equity and Antibiotic Stewardship for Babies projects. ILPQC’s conference hosted 88 delivering hospitals from Illinois and the St. Louis area. FHN’s OB department is an active member of ILPQC.

 **IMPACT:** Recognized leaders shared their expertise and networked with other professionals about state-of-the-art OB care.

General Medicine: Clinical Professional Development Specialist Tammy Staderman, RN, NPD-BC, CMSRN, and Supervisor of Clinical Resources, Jessica Larson, DNP, RN, joined others in their specialty at the University of Iowa FULD Evidence-Based Practice (EBP) Summit. They were invited to do a 20-minute podium presentation on FHN’s EBP Fellowship program, which benchmarks other organizations and evaluates best practices to improve safety and quality in FHN’s care.

 **IMPACT:** Researched and implemented best practices to improve FHN’s procedures and processes.

Cancer Care: Director of Oncology Risa Tyler, BSN, RN, attended the Association of Community Cancer Centers (ACCC’s) Annual Conference. It provided valuable networking connections with leaders at Memorial Sloan Kettering Cancer Center and MD Anderson Cancer Center, and featured workshops on genetics; the impact genetic sequencing has on cancer treatment; and healthcare inequities.

 **IMPACT:** Made valuable connections and improved understanding of new ways to approach cancer care.

FHN FOUNDATION MEMORIALS 2023

This list represents all individuals who have been memorialized through a gift to the FHN Foundation in 2023. Each name represents a donation made to honor someone special, and will positively impact health and wellness for the people of our region.

Ackerman, Garnet	Elbert, Benjamin Kip	Huttenlocher, Marion	Parker, Virginia
Adleman, Audrey	Farmer, Debbie	Isaac, Donald	Pifer, James
Allen, Betty	Feltmeyer, Pauline	Jackie (no surname)	Prater, Dianne
Anderson, Keith	Ferguson, Richard	Jares, Laddie and Ethel	Price, Mae
Arnold, Lincoln	Fiene, Larry	Johnson, Richard	Rapp, Sandra Helen
Aschenbrenner, George	Fischer, Carol	Jones, Loretta	Reiling, William
Auer, Russel	Folk, Patricia	Julius, Jane	Ruter, Carolyn M.
Barker, Al	Fredrick, Marie	Karnatz, Lucille	Schaaf, Suzanne
Beggin, Rory L.	Frey, Karen	Kellner, Donna	Schiess, Robert
Bettner, Douglas	Fusco, Mary Jean	Kempel, Donna J.	Schlickman, Vivian
Book, Helen L.	Gallentine, Elaine E.	Kleckler, Dan, Marilyn and Ray	Schmitt, Helen
Brooks, Lester E.	Gapinski, Karen	Kleckner, Charles	Schubert, Anne
Chance, Eleanor	Gerbick, Rose Ann	Klosa, Robert	Schult, Janice
Chesterton, Keith	Gitz, Paul	Knodle, Kathy	Scovill, Ruth and Velma
Christensen, Robert	Gloden, Robert	Koertner, Thomas	Scovill, Velma
Christians, Mr. and Mrs. Daryl	Greenfield, Alivia	Krell, Larry	Sheetz, Nina
Cocagne, Joshua	Groeling, George	Krogull, John "Tex"	Shippert, Mercedes
Cuplin, Sally	Groeling, Kenny	Kruger, James M.	Singley, Connie
Curtis, Dalven and Pauline	Guzak, Christine	Kummer, Alfred and Christel	Smith, Lucretia
Daws, Robert	Haas, Karen	Lapp, Joyce	Spangler, Donna
Dean, Terrence	Haight Jr., Theodore	Lehman, Linda	Spillane, Lavonne
Denekas, Carol	Heckman, Sarah	Lester, Mason J.	Stamm, Lavern
Devi, Bimla	Helms, Norman and Kathryn	Lestikow, Russell	Stees, Arthur
Dirksen, Kay	Henderson, Eli	Libberton, Neal	Stout Jr., Clifford "Buck"
Ditzler, Dorothy	Hille, Ralph and Norma	Luecke, Charles	Streicher, Darlene
Downing, Robert	Hodges, James "Darren"	Luecke, Lenora	Suggs, Gracie
Downing, William	Homan, Richard L.	Luy, Dr. Lawrence	Swanlund, Debra
Drogosz, Richard "Dick"	Honchalk, Marilee	Madajczyk, Denise	Toelle, Frederic
Ebert, Michael	Hughes, Eileen	Mantua, Andrew	Toelle, Jeffrey
		Meier, Harold and Carol	Vincent, James "Bill"
		Meier, Sharon	Voss, Virgil and Marian
		Meinert, William	Vrtol, Shirley
		Mercier, Vernon	Walker, Wayne
		Miller, Ardeth J.	Watson, Merlin
		Miller, Darrell and Maxine	Weaver Jr., Paul Levi
		Mordick, Robert	Welker, Ada
		Moss, Vivian L.	Wescott, Mildred Marie
		Mueller, Fred	Wilson, Carol A.
		Myers, Gery M.	Wilson, Linda
		Myers, Patricia A.	Wire, Gerald
		Neels, Brian	Wood, Jim
		Offenhiser, Andrew	Young, Richard
		O'Hara, Robert	Zimmerman, Virginia
		Oomens, Aiden Jacob	Zueger, Heinz ■



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

YOUR DONATIONS AT WORK - NEW EQUIPMENT

One of the ways your donations make a difference is to help purchase new or updated equipment that enhances patient care or improves internal processes. Thanks to monies generously provided to the FHN Foundation, we were able to procure a variety of items for a broad array of uses. Here are just a few examples:



PAIN CLINIC BED

A new procedure bed for the Pain Clinic maneuvers easily so that the physician is able to achieve multiple angles of imaging where the patient feels discomfort. This helps ensure that the correct areas are being treated. Twelve to fifteen patients use this piece of equipment during their procedures each week.

 **IMPACT:** Better quality of life for patients in pain.

IPADS FOR HOSPICE STAFF

New tablets were needed in hospice, because the existing iPads were dated and no longer accepted updates for charting software. This made recording or accessing hospice patients' vital information a challenge – and made new iPads a priority. The new tablets provide staff with the capability to chart within a patient's house any time, day or night, which

helps to keep information up-to-date and gives hospice nurses more time for direct patient care.

 **IMPACT:** Improved care for hospice patients.

BARIATRIC SCALE

The Community Health Center (CHC) and the Stephenson County Health Department (where the CHC is located) did not have a scale capable of accommodating someone over 440 pounds, which made it more challenging to serve larger-sized patients. A new bariatric scale, provided by the FHN Foundation, was gifted to the CHC so they can improve care for these patients. Now, the new scale helps the staff better monitor weight loss/gain, and more accurately prescribe medication dosages and measure fluid balance.

 **IMPACT:** More accurate diagnostics and overall care for large patients.

NEW STATE-OF-THE-ART SURGICAL TOOLS

FHN's busy orthopedic group received a new Stryker Power 8 system to continue providing excellent care to its patients who need total joint replacements and hip fracture repair – over 300 each year. The set includes several new saws, drills, and support tools developed specifically for orthopedic, orthopedic trauma, and sports medicine surgeries. New, larger batteries last more than two times longer than the previous equipment without needing replacement, and are also designed to decrease surgical site infections.

 **IMPACT:** Enhanced surgical outcomes for joint replacement and hip repair.

SPECIALTY CRIBS

When women have a cesarean section, Halo and Amico cribs offer a special maneuverability near and over the bed so new moms can comfortably care for their babies after surgery. To help with this special need, the Foundation recently presented a combination of seven new cribs to the FHN Family Birthing Center at FHN Memorial Hospital. The gift was made possible thanks to generous donations from FHN's staff and providers, who give year 'round as part of the Partners in Giving program.

 **IMPACT:** Easier access to babies for new moms who had a c-section.

Items also funded by the Foundation: Jaundice meter • Cuffalators • Equipment for hand therapy • Renovation of inpatient nurses stations • NuStep bikes • Handheld pulse oximeter • Wheelchairs • Tono-pen • LifePack for Cardiology • Quail digital headsets • Furniture for Burchard Hills Clinic • And so much more!

YOUR DONATIONS AT WORK - FACILITY UPDATE



▲ Dr. Isawi poses with nursing leaders in the newly remodeled space. He counts the OB Triage Room project among the most important things he has ever done. *“My wife and I feel tremendous satisfaction in helping make the new triage room a reality. The space is just what we had hoped for, and it will better complement the excellent care our Obstetrical team delivers every day.”*

We regularly review our buildings and facilities, and work to enhance them for better patient care.

OB TRIAGE ROOM

FHN is committed to specialty care for special deliveries ... and a new OB triage room at FHN Memorial Hospital is a shining example of this dedication. Made possible due to generous support for the Foundation's 2023

spring appeal – including a sizeable initial gift from Ob/Gyn provider Farouk Isawi, MD, and his wife, Hala, – the upgraded area includes new furnishings, flooring, cabinets, and a totally remodeled look. Its focus on design, functionality, comfort, privacy, and safety will serve expectant families for years to come.

 **IMPACT:** Increased safety, privacy, and comfort for expectant families.

PLANNED GIVING - A LASTING IMPACT

If you want to build a legacy that will impact the future healthcare of your loved ones and your broader community, consider a planned gift to the FHN Foundation. You can designate a donation in your will, through your estate, or by taking advantage of gift options that may increase your income and save on your taxes!

If you have a Donor Advised Fund (DAF), don't forget to ask for a distribution to charity. You may also want to see if your DAF can set up automatic transfers to a favorite charity, like the FHN Foundation.

To learn more about planned giving possibilities and access free tools to help you explore options, visit fhnlegacygift.org. It will help you develop a philanthropic plan that is strong, secure, and specialized for you.

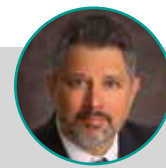
Visit our planned giving site at fhnlegacygift.org (or you can scan the QR code on this page with your smartphone camera).



We ask for your continued support in 2024. *Please consider a donation today!*



DON'T FORGET ...
you can donate online!
www.fhn.org/donate-now



MARK GRIDLEY
FHN President
and CEO

As I reflect on 2023, I can clearly see the impact of the FHN Foundation and its generous donors. This support helped us accomplish important things, many of which are highlighted in this annual summary. I am especially gratified to see our staff investing in their professional development, and appreciate the new equipment procured to help us continue providing sophisticated care to you and your family.

If you have made a gift to the FHN Foundation, thank you. We can never underestimate the impact you have on our organization, our staff, and our community ... and we hope you will continue to support our local focus on healthcare excellence.

FHN FOUNDATION STAFF

Al Evon,
Director

Chandra Seal,
Donor Relations Coordinator

Jeannette Rafferty,
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*We are pleased to acknowledge
the FHN Foundation*

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LeAnne Raders, RN • Scott Winter

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