



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 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.

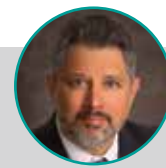
Visit our planned giving site at fhnlegacygift.org (or you can scan the QR code on this page with your smartphone camera).



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,
Foundation Assistant

FHN FOUNDATION

1045 West Stephenson Street
Freeport, IL 61032

Phone: 815-599-6900
Fax: 815-599-6106

www.fhn.org/foundation

*We are pleased to acknowledge
the FHN Foundation*

BOARD OF TRUSTEES

2024 Officers

Kimberly Beggin, Chair
Neal Trainor, Vice Chair
Dr. Jeff Gehlsen, Secretary

2024 Board Members

Beth Bastian • Dr. Neal Edelson
Terri Groezinger, PA • Val Gunnarsson
Heather McPherson • Dr. Mike Perry
LeAnne Raders, RN • Scott Winter

2023 Past Board Members

Bruce Baldwin • Denise Book