



2024 ANNUAL SUMMARY



generosity



generosity...

WHAT IS ITS TRUE MEANING?

— Al Evon,
FHN Foundation Director

Some people look at generosity as the act of being unselfish. Generous people are willing to give their time, money, assistance, material possessions, or other support to people in need. Moreover, these contributions are given gladly and freely.

Other people see generosity as a quality one may have, like honesty or patience. It is a characteristic we may want in greater quantity for ourselves and for others.

Often, people think of generosity and equate it with the size of a gift. However, I believe that generosity is less about the size of the donation we make, and is more about the condition of our heart.

When our heart is open and ready to share, our gifts might be bigger. But, if we don't have the means, and give in order to be helpful, I believe that any donation is a truly generous gift. It is about the spirit and intention behind the act.

There is much generosity in the region FHN serves. I know this because there is nothing that the FHN Foundation could do without the generous donations our community provides. They give – you give – so that others may receive the benefits and blessings of appropriate healthcare.

I cannot thank our donors enough for the difference they make in people's lives. However, I can try to show my appreciation by being accountable to them, and letting them see how the gifts they give are being used throughout northwest Illinois.

This Annual Summary of the FHN Foundation's work is merely a reflection of this generosity. I hope you enjoy reading about how the donations we receive become healthcare excellence in action. **Your generosity matters!**



YOUR GENEROSITY MEANS MORE DIRECT PATIENT ASSISTANCE

Sometimes, Foundation funds are used to provide patients with services that are beyond a well-defined medical need – like transportation assistance or pastoral care, for example. Here are a few ways we offer direct patient assistance that can help facilitate patients' healthcare journeys and make them more meaningful, more achievable, or even more likely to transpire.



HALO SLEEP SACKS

Keeping our most vulnerable population safe is a top priority of our obstetrics experts. That's why they asked the Foundation to fund Halo Sleep Sacks for every newborn welcomed at FHN. These award-winning, wearable blankets help provide safe sleep, eliminating the need for loose covers. All new parents are taught how to use the sleep sack while in the hospital, and learn a variety of safe sleep practices.



TRANSPORTATION ASSISTANCE

For those patients who cannot count on reliable transportation, FHN steps in to provide a way for them to get to and from an appointment or procedure. These vouchers for taxis, shuttles, or other means of transport are used throughout our region, in all the counties we serve.

FOOD BOXES FOR DIABETES WELLNESS DAY

In November, FHN set out to promote diabetes awareness with screenings, education, and giveaways. Thanks to support from the Stephenson County Farm Bureau, we purchased 50 sets of fresh produce featuring apples, oranges, onions, peppers, celery, and red potatoes. This healthy handout provided a jump start for those looking to improve their meal choices and try out new recipes provided by FHN Food and Nutrition Services.



YOUR GENEROSITY MEANS MORE COMMUNITY IMPACT

Foundation funds help support special initiatives that make a difference and enhance healthcare for our families, friends, and neighbors. Take a look at some of the events, activities, and community contributions that came to fruition this past year.



EQUIPMENT FOR CANYON CAMP

Two Automated External Defibrillator (AED) boxes, which safely store and protect equipment that can provide lifesaving assistance in a cardiac emergency, were presented to a scouting camp in Jo Daviess County. Along with a spinal/head immobilization board and a set of ProSplints, these gifts help provide an extra measure of safety for campers and visitors who may experience illness or injury.



PET THERAPY DAY RECOGNITION

FHN's Beyond Words Pet Therapy Program brings smiles to patients, visitors, and staff all year through. In 2024, the Foundation provided funding to recognize these furry volunteers and their human pals on National Therapy Animal Day. The dogs received gift cards for Pet Supplies Plus, while their owners received a Union Dairy treat to thank them for their frequent visits to FHN locations throughout northwest Illinois.



SPECIAL EVENTS

In 2024, **FHN's special events raised more than \$343,000** to help our hospital and clinics focus on healthcare excellence, including **support for Pediatric Rehabilitation, Cardiac Rehabilitation, and Cancer Care.**

• **Striking for Success** – This fun-filled bowling event raised money to assist in remodeling the Pediatric Rehabilitation space at FHN Memorial Hospital. Funds raised also will help to update equipment, helping our youngest patients achieve their potential.

• **Healthy Heart Hustle 5K** – We had 118 participants who ran, jogged, and walked to help raise funds for new chest monitors used in Cardiac Rehabilitation.

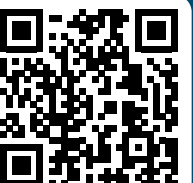
• **Gran Fonda Tour Against Cancer** – In partnership with the Chain Link Cyclists Bicycle Club, this event assisted in the purchase of new infusion chairs used for chemotherapy treatments at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Participants pedaled on paved routes of 30, 50, or 75 miles, or gravel routes of 40 or more miles.

• **Food Fight Against Cancer** – Attendees enjoyed the creations of six vendors, with Graybill Kitchen Co. being selected as the winner for "best food." An "Unmask the Singer" event added to the fun, and six individuals bravely donned costumes and sang in an effort to win the "golden microphone." Proceeds will be used to help purchase 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.

• **Festival of Trees Gala** – Funds raised at "All That Jazz," 2024's holiday kickoff celebration, also will be dedicated to the new linear accelerator for FHN's cancer center. Held at Freeport's Masonic Temple Ballroom, attendees enjoyed delicious delicacies, custom cocktails, and jazz music while helping to exceed a generous matching gift provided by Dr. Prasad Kilaru and his wife, Dr. Leela Nara.



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 GENEROSITY MEANS MORE STAFF TRAINING, EDUCATION, AND SEMINARS

Continuing education, training, and scholarship support are especially vital in the healthcare field, where best practices are constantly evolving and new medical professionals need to be nurtured. The FHN Foundation is dedicated to helping team members grow and flourish as they support FHN's unyielding focus on excellent care.



◀ Diane Bardell, BSN, RN-BC, FPCNA, retired Cardiac Services team leader, and Krista Montgomery, BSN, RN, attended the Preventive Cardiology Nurses Association (PCNA) Conference, thanks to support from the FHN Foundation. This conference is a great way for nurses to stay current on cardiology-based advances and treatment plans, enhancing FHN's ability to provide excellent care to cardiology patients.

soft tissue fibers to improve function and decrease pain. It can be used for both **acute and chronic injuries**, as well as **post-op surgical intervention**. Both therapists credit the Foundation's donors for "helping us provide this specific and sought-after treatment option."

Jeremy Heller, Volunteer Coordinator/Chaplain at FHN Hospice, took a theology course that further developed his ability to provide for the spiritual needs of many patients and families. Jeremy says, "This class covered a complete systematic view of theology and the Bible and will benefit those I provide **spiritual care** to in a Christian context. Some of the topics included common religious practices, death, afterlife, and spiritual peace."

CONFERENCES AND SEMINARS

Krista Montgomery, BSN, RN, and Diane Bardell, BSN, RN-BC, FPCNA, retired Cardiac Services team leader, attended the Preventive Cardiology Nurses Association Conference to stay current on cardiology-based advances and treatment plans, including new cardiology medications, quicker ways to identify heart failure to avoid hospitalization, and how to manage chronic coronary artery disease. Krista says, "**We help patients daily** by being **up-to-date on the latest advances in heart health**. I appreciate the support of the Foundation and its donors for supporting my continuing education."

Keri Schubert, BSN, RNC-MNN, C-EFM, and Danielle Wittig, RN, BSN, both from FHN's Family Birthing Center, attended the Illinois Perinatal Quality Conference (ILPQC), along with other providers, educators, and leaders from all over the state of Illinois. According to Danielle, "On behalf of FHN and our teams, we accepted two awards: One for our **Birth Equity Initiative for Patient and Community Engagement**, and one for **Equity and Safe Sleep**." Keri stresses how important the Foundation's aid is to their goals.

STAFF TRAINING AND EDUCATION

Kim Price, PT CLT-LANA, attended a two-day course that focused on in-depth, hands-on assessments and treatments to improve outcomes for foot and ankle problems, which may contribute to dysfunctional gait patterns. When Kim returned to work she said, "The **first patient** I saw after this course was a new referral for an **ankle fracture**. I was able to start using newly learned techniques on this patient on day one, resulting in **decreased stiffness** and **improved range of motion**. I plan to share this knowledge and these techniques with my colleagues, and I am very grateful to the Foundation and its donors, whose gifts made this possible."

Cody Gallagher, DPT and Shawn Gorsline, DPT, both FHN Physical Therapists, were trained and certified in ASTYM techniques, which can help patients with chronic inflammatory conditions or after injuries. ASTYM is a treatment method that involves using **specific tools to address underlying tissue dysfunction**. These tools can help kickstart the body's healing process to realign



SCHOLARSHIPS

FHN awarded funds to many local students in 2024. Here are excerpts from thank-you notes sent by grateful recipients:

MILDRED F. FERGUSON NURSING SCHOLARSHIP

Paige Gallentine – Shannon

"This has helped me in so many ways. I have been able to continue working part time at FHN on the medical/surgical floor ... and have also been able to focus on studying for my classes more as I do not have to worry about working extra to make sure I can cover all bills dealing with school."

“

I am so very grateful that there are people out there who are willing to support those who are looking to further their education in the healthcare field, as everyone knows that more nurses are needed, with the nationwide nurse shortage. Being chosen for this scholarship has been a blessing.

– Kiley Weltzin
From Lena

”

HEALTHCARE CAREER SCHOLARSHIPS

Abbey Hammer, Shannon – Nursing

"Thank you for awarding me the Healthcare Scholarship. This will aid in covering my tuition and allow my focus to be on school rather than financial concerns. It will significantly help my educational and nursing journey and is greatly appreciated."

Hayley Smith, Warren – Pharmacy

"Thank you ... I appreciate the opportunity to be a part of the FHN team and the generous contribution to earning my Pharm D degree."

“

I would like to extend my sincere gratitude to the FHN Foundation. This award is a tremendous honor that will further galvanize my dedication to improving healthcare access for underserved and rural communities. Thank you for supporting my education and facilitating my journey.

– Bintou Timbiné
From Rockford and Studying Pharmacy

”



▲ (top) With the help of our generous donors, Keri Schubert, BSN, RNC-MNN, C-EFM; Allissa Bruning, RN; and Danielle Wittig, BSN, RN, C-ONQS, attended and presented at the Illinois Perinatal Quality Collaborative (ILPQC) Face-to-Face conference. Danielle says, "I always look forward to these conferences as they are a way to truly connect with other hospitals throughout the state of Illinois, who are also on a mission to make Illinois the safest place to give birth."

(bottom) Kiley Weltzin and Paige Gallentine are proud recipients of the Mildred F. Ferguson Nursing Scholarship. Here, they pose at the presentation ceremony with FHN President and CEO Mark Gridley and FHN Executive Vice President, Chief Operating Officer/Chief Nursing Officer Kathy Martinez.

Emily Allison, Ridott – Physical Therapy Assistant

"Wow! What an honor to be a recipient of this scholarship. I have fully enjoyed my time working at FHN, and I look forward to continuing my time here on many levels. Words cannot explain my gratitude!"

RURAL MEDICINE SCHOLARSHIP AT UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE ROCKFORD

Avery Keese, Elizabeth – Medical School

"I would like to say thank you so much for your contribution and scholarship in supporting my medical education. Medical school is overwhelming in many ways and the support you all have provided helps give me the chance to explore opportunities I wouldn't be able to otherwise consider."





YOUR GENEROSITY MEANS MORE INNOVATIVE EQUIPMENT

With your donations, the Foundation is committed to help fund purchases that enhance patient care and improve internal processes. Here are just a few examples:

LAERDAL CPR METER² FEEDBACK DEVICES FOR CPR –

This meter is designed to measure the quality of CPR a patient is receiving in real time, and assist team members in giving **the best chest compressions possible**. The Code Blue Committee at FHN Memorial Hospital spent two months training more than 300 clinical staff members



how to use one of four CPRMeter² devices. A meter also was used at the FHN Career and College Fair to show high school students how much work it can be to perform proper high-quality CPR.

OSTEOPATHIC MANIPULATIVE TREATMENT (OMT) TABLE –

OMT is a system of hands-on techniques used by osteopathic physicians (DOs) to diagnose, treat, and prevent illness or injury and improve function. This new table supports the DOs' ability to provide the best in patient care and allows them to deliver **more effective treatment** at the FHN Family Healthcare Center – Highland View Drive.

EYE CART FOR CATARACT PATIENTS –

The Surgical Services Department was able to purchase a new surgical cataract cart, allowing the team to have six cataract patients comfortably ready for surgery and recovery. The headrest can be moved throughout the procedure to enable perfect positioning. Adding this equipment prevents delays and **expedites a clearer, brighter view for our patients**.

HEART MONITORS FOR CARDIAC REHAB –

New monitors are making a difference in the rehabilitation of patients who have had some type of 'heart event,' such as a heart attack, stents inserted, heart failure, heart valve replacement, or open-heart surgery. Cardiac rehab cares for about 22 patients per day, and it is very important to **monitor their heart rhythms during exercise** to ensure strength and stability. This helps patients move forward with confidence as they develop new habits and make lifestyle changes for improved quality of life.



▲ PANDA NEWBORN WARMER/ RESUSCITATOR WITH ECG CAPABILITIES –

A Panda warmer is an infant radiant warmer designed to provide controlled infrared heat to newborns who are unable to regulate their own body temperature. This new unit, which also comes with a resuscitator and electrocardiogram (ECG) capabilities, allows caregivers in the Family Birthing Center to provide **more efficient, excellent care to vulnerable new babies**.

PROSTATE BIOPSY DEVICE FOR IMAGING –

Adding new prostate-specific biopsy equipment in our ultrasound department helps increase the number of procedures that can be done in a day, **decreasing delays at a time when patients are anxious** about waiting.



▲ PHARMACY HOOD FOR MEDICATION PREP –

The pharmacy within FHN Memorial Hospital replaced their 'pharmacy hood' after nearly 20 years of service, thanks to Foundation donors. This equipment will ensure we continue to dispense **safe and efficiently prepared sterile compounded medications** to our patients during their course of care.



▲ BELMONT RAPID INFUSER FOR THE EMERGENCY DEPARTMENT –

Especially **important for trauma, hemorrhage, and hypothermia patients**, this device can be used for numerous patient populations in emergent situations. It warms fluids and blood, has the ability to deliver those products rapidly, and prevents air emboli (air in a vein or artery) during rapid transfusions.



Other items also funded by Foundation donors:

- New recliners, bedside tables, and overbed tables for med/surg and telemetry
- Stryker evacuation chairs for Stephenson Street location
- iPad for pediatric rehab and speech therapy
- Blanket warmer for breast consultations
- LifePak for checking pacemaker quality
- Evidence-based practice program and fellowships
- Security monitor for ER
- Infusion chairs for cancer care
- Wheelchair for Savanna location
- Interpreter equipment
- Cystoscope and ureteroscope for urinary tract infections
- Phlebotomy chairs for lab
- Pulse oximeters to measure oxygen saturation
- Grief publications for pastoral care
- Mental health workbooks for patient distribution
- Batteries for golf carts used by Volunteer Services to shuttle between buildings
- Peripheral Vascular Doppler to locate veins for IV insertion
- Mattress pumps to help prevent pressure ulcers

and so much more ...



FHN FOUNDATION MEMORIALS 2024

This list represents all individuals who have been memorialized through a gift to the FHN Foundation in 2024. 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
Alt, Helen
Altenbern, Violet
Aten, James A
Aurand, Ricky
Barney, Lance
Bastian, Judith (Judy)
Blackbourn, Anita
Brewning, Neta
Brinker, Sheridan
Burt, Arde
Busjahn, Judith
Cain, Debra Smith
Cain, JoAnn
Calderwood, William
Chesterton, Keith
Connors, Richard
Conter, Ruthann
Cregan, Bob
Cuplin, Sally
Dean, Terrence
Downing, Robert and Linda
Endress, Elizabeth (Betsy)
Feiner, Valentine
Fischer, Carol Tippet
Fonda, Dave
Frederick, Marie
French, Leonard (Len)
Garvin, Dennis
Groeling, Kenneth
Harmon, Clark
Hay, Terry
Heckman, Sarah
Herold, William
Hille, Ralph and Norma
Hoeftle, Gloria
Holz, Shirley
Honchalk, Marilee
Horstmeier, Robert
Jares, Ethel, Laddie, and John
Jones, Irene
Jordan, LuAnn
Julius, Jane
Kempel, John
Kempel, Melvin and Joan

Kempthorne, Roth
Kepner, Vivian
Kepper, Clark and Irene
King, Jane Slamp
Klapp, Marcene Ann
Knodle, Robert
Korte, William (Billy)
Kummer, Alfred and Christel
Lafferty, Melvin
Larsen, Charlotte
Lehman, Linda Kay
Lestikow, Eugene
Lestikow, Russell
Luecke, Charles
Luy, Dr. Lawrence
Magee, JoAnn
Manske, James
Mantua, Andrew
Manus, Dennis
Martin, Della
McClellan, John
McLenahan, James (Jim)
Meier, Harold and Carol
Meinert, William
Metzler, Gloria
Meyers, Anna Esther
Moeller, Providence Bravata
Mueller, Fred
Myers, Michael
Neuberger, Harold
Orde, Edward
Parker, Barbara
Pierce, Marilyn
Plager, Richard
Polley, Gerald
Prince, Mary
Rapp, Sandra Helen
Rimington, Virginia
Ross Sr., Arthur and Lucille
Rote, Gary
Rule, Ilah
Ruter, Carolyn
Sanders, Patrick (Pat)
Schamberger, Eugene
Schaver, Jerry
Schmidcamp, Jim

Schubert, Anne
Schwichtenberg, Alice
Scovill, Ruth
Shippy, Monna
Sisler, William
Slama, Allen and LaVonne
Slechticky, Christopher
Smith, Duane
Spielman, Dean
Stout Jr., Clifford (Buck)

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

Summers, Jane
Swanlund, Debra
Toelke, Marilyn
Toelle, Frederic
Toelle, Fritz
Trainor, Bob
Vanderheyden, Donald
VanVranken, William
Veer, Shirley
Voeltz, Stephen
Volk, Glen
Voss, Marian
Walker, Bradley
Walker, Wayne
Watson, Merlin
Wescott, Mildred Marie
Wheeler, Evarista (Every)
Whitten, Leroy
Wire, Gerald
Woolcock, Kay
Wooten, Lula Beth
Zimmerman, Virginia
Zink, Connie



YOUR GENEROSITY MEANS MORE FACILITY UPDATES

Thanks to Foundation donors for helping us **enhance our buildings and facilities** for better patient care!



◀ Updated several **nurses' stations** at FHN Memorial Hospital, which helps with the appearance, comfort, functionality, and morale of the nursing team. New flooring, lighting, counters, desk spaces, and credenzas were installed, and new chairs also were purchased.

Procured **new furniture** at regional locations: The FHN ► Jo Daviess Healthcare Center received two hip chairs for patients having issues with lowering themselves, while the FHN Family Healthcare Center – Savanna received two bariatric chairs for larger-sized patients, two hip chairs, and eight armless chairs for guests.



◀ Obtained **countertop replacements** for the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Risa Tyler BSN, RN, Director of Cancer Center, explains that while replacing countertops might not seem too important or exciting, they are indeed vital in keeping the countertops free of "opportunistic" infective organisms that are particularly dangerous to patients receiving chemotherapy, who are already immunocompromised.



A LOOK AT PLANNED GIVING

How do you want to be remembered? When it comes time to reflect on your legacy, we invite you to consider your community's healthcare. Promoting health and protecting the security of your loved ones is a powerful way to ensure your generosity endures for generations. You can make a gift in your will, through your estate, or by using gift options that may increase income and reduce taxes.

To learn more about planned gifts and access free tools to explore options, visit our planned giving site at fhnlegacygift.org. It's designed to help you build a plan that leaves a lasting legacy, provides for loved ones, and supports causes important to you.

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

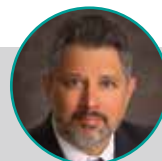


You may also call the FHN Foundation at **815-599-6900**.

We ask for your continued support in 2025. *Please consider a donation today!*



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



MARK GRIDLEY
FHN President
and CEO

Generosity is the kindness you show our community by giving freely and abundantly. I am moved by the generosity of our families, friends, neighbors, and caregivers. It empowers our mission and vision in tangible and meaningful ways to help us deliver excellence, every person, every time, and with empathy.

This can range from the latest medical technology, training our team with new skills to help make a difference, to supporting our community's overall needs for health and wellness. Your generosity is powerful and motivating for our entire organization. This year's Foundation annual summary clearly shows the incredible work you help us to do for our communities, all while delivering compassionate care. Thank you for all you do in supporting FHN!

FHN FOUNDATION STAFF

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*We are pleased to acknowledge
the FHN Foundation*

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