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Volume 13, Issue 3

Insight

**First in the Region:
Sturtevant Thrilled
with VELYS™ Knee
Replacement**

**‘A Very Scary
Experience’
Werntz Credits ER
with 3 Saves**

**Celebrating Our
Dedicated Team
Members**



We're here, for you.

FHN



We're Proud to be Part of a Community That Sticks Together



We have had quite a summer, from the joy of seeing family and friends in person again to helping each other through some dangerously hot days and rainy weeks that brought flooding

(again). I have seen so many people sharing kindness and helping each other, and it reminds me of why northwest Illinois is so special: We really are all in this together, with friends and family, neighbors, many local organizations, and even perfect strangers reaching out to help each other.

Many FHN team members were there, too – caring for and helping people both on the job and at home. They are the heart of our organization, and their mission is ours, too – to help those around us and improve the health and well-being of our communities. From the person who takes your blood pressure at the FHN Family Healthcare Centers to our providers and nursing leaders to the board members who guide our organization, we are proud to be a part of your community, all in this together. The decisions we make and the actions we take all have the same goal; healthcare excellence for our community. We are proud to be your locally governed and operated healthcare organization.

We're happy to make a few introductions in this *Insight*, including our newest board member and the latest physician to join our Women's Health team. We'll also introduce you to a man who has beat both cancer and a serious wound and a lady who credits quick decision-making in our Emergency Department with saving her life. We also are honored to share a deeply personal story from FHN Oncologist Arshad Shaikh, MD.

You'll also meet the very first patient in the area to benefit from our new VELYST™ Robotic Assisted Solution for total knee replacement! This leading-edge technology helps our Orthopaedics team get patients back to the lives they want. Speaking of technology, FHN Foundation Director AI Evon shares some of the equipment, programs, and education you've made possible this year with donations to FHN.

Finally, we are using a few pages of this *Insight* to celebrate our people – we're proud to share the names of FHN team members celebrating service anniversaries in 2021. We recently thanked all of them, along with the rest of our team, with some special FHN Day events and treats, as you can see in the photos below. I'm thankful for each of them, and the work they do caring for our families.

Thank you for the privilege of caring for you, and thank you choosing us as your local partner in care!



Thank you

TO OUR TEAM OF TALENTED STAFF COMMITTED TO DELIVERING HEALTHCARE EXCELLENCE FOR OUR COMMUNITIES

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

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

ER Is a Lifesaver for Werntz Family

The last thing Linda Werntz remembers before her subarachnoid bleed is working out on her Nordic Track. Her husband, Don, remembers the events that followed with vivid clarity. **“Her life was saved three times in nine hours. It was a very scary experience,”** he explains.

SAVE #1

Don, a local radio personality and sportscaster with Big Radio, credits Star Ambulance for the “first save” – keeping Linda alive at their home in Freeport. “I was working in my home office recording shows and for some reason I felt the need to go downstairs. I heard moaning in the basement and I quickly knew something was wrong. Linda could not communicate well, had a terrible headache, and had thrown up. When I realized she would not make it to the car for a trip to the ER, I called Star Ambulance. In that short time – less than five minutes until the ambulance arrived – her body stiffened and her condition was clearly deteriorating. When I saw Tom Kempel, the EMT, doing CPR, I couldn’t believe what was happening.”

Linda was transported to the ER at FHN Memorial Hospital, where a CT scan identified her critical condition. According to Don, “Dr. (Chris) Gruber* met with me to explain the severity of the situation. I was told this type of aneurism is often fatal. In fact, 90 percent of people who experience this type of bleed don’t make it or have significant deficits.”

SAVE #2

As Don processed Linda’s ominous outlook, Dr. Gruber was taking action



ER Physician Chris Gruber, MD, poses with the Werntzes just outside FHN’s ER, where he helped stabilize Linda Werntz after an aneurysm and advocated for her subsequent care.

to get her transferred to a center of excellence for brain trauma. “I didn’t know this at the time,” explains Don, “but he saw the need to change the typical rotation usually used to transfer patients and insisted she be moved to OSF St. Anthony in Rockford, which is widely seen as a leading regional center for head injury. In my opinion, and according to our neurosurgeon in Rockford, that was Linda’s second save.”

Don is full of praise and appreciation for Dr. Gruber.

“He was professional and calm while exuding strength and a sense of command. I needed that at a time when I felt very vulnerable. His competence helped me keep it together and gave me resolve to take this one step at a time. He was just the right combination of smart, experienced, and compassionate.”

SAVE #3

Linda had several brain surgeries in Rockford in the following days, which stopped her brain from bleeding. Since then, she has had subsequent admissions to FHN, UW Madison, and Van Matre Rehabilitation. She has been fighting to regain her strength and good health for more than two years now, but continues to make progress.

◀ Linda Werntz has undergone eight major surgeries since June 10, 2020. None of them would have been possible without the emergency care she received at FHN immediately after her initial aneurysm. Shown here is Linda with “her boys” – husband Don; son Adam, left; and son Ryan, right.



“She is a miracle, and I am so grateful to all the healthcare professionals who saved her life,” says Don, “and to our sons for their support. Ryan is a physician in Florida, so he was well-equipped to ask the right questions via FaceTime and help me make medical decisions. Our younger son, Adam, had the flexibility to move his work office from Chicago to our house in Freeport, so he provided tremendous support on the home front. This experience has reminded us all how fragile life is, and how much we appreciate our family and our community’s healthcare capabilities.”

Linda is grateful too. “Thank God FHN’s ER was close by and equipped to help us through a very dangerous healthcare crisis,” she says. “I am sure thankful for all the people who helped pull me through, with Don being number one on the list. He saved the day. What if he hadn’t come downstairs when he did?” she surmises. “He is my hero – my knight in shining armor – my constant support. I don’t know what I would do without him.”

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

DR. DAMMANN IS THRILLED TO BE THE **FIRST IN THE AREA** TO OFFER PATIENTS THIS SOPHISTICATED NEW OPTION.



First Patient Receives New Robotic-Assisted Knee Replacement

FHN Orthopaedic Specialist Excited about Precision and Accuracy of Innovative VELYS™ Technology

◀ Kimball Sturtevant gets into his truck with new confidence – and without pain – after receiving a knee replacement at FHN. He was the first patient to receive the procedure using the VELYS™ Robotic-Assisted Solution.

When FHN orthopaedic surgeon Greg Dammann, MD, asked Kimball Sturtevant if he was fine with having FHN's first VELYS robotic-assisted knee replacement surgery, his patient's response was enthusiastic: "Sure! I am all for this modern technology improving our lives!"

Years of farming and truck driving had left Kimball's legs worse for the wear. "Climbing silos and grain bins, working on balers, and general farm work wore my knees out," he explains, "and then driving truck took its toll." His first knee replacement with Dr. Dammann, on his "clutch" leg, was a success several years ago. This time, it was for his right leg, the one used for the gas pedal and braking. "The doc predicted I would be back for the second one, and he was right. I had a lot of pain on the inside of my knee, and I was noticing it every day. I couldn't even get comfortable just sitting in my chair. It was time."

NEW TECHNOLOGY PROVIDES PRECISION, ACCURACY, AND FLEXIBILITY

Dr. Dammann is thrilled to be the first in the area to offer patients this sophisticated new option. "I am always looking for ways to use technology to improve patient outcomes, and the VELYS™ Robotic-Assisted Solution is going to provide that progress," he explains. "It gives me real-time information up front – detailed data on six different parameters that help balance the knee. So I end up doing less soft tissue dissection and more personalization for each individual patient's unique anatomy. Since every knee is different, the end result really is a customized knee!"

Specialized training and job shadowing helped Dr. Dammann master the new technology, which built on the programs he had used in the past. He says, "I already had experience with computer navigation, and this robotic approach is the next step in improved outcomes, enhancing accuracy and precision. I consider it a very state-of-the-art assistant! I am confident the real-time data the system provides will result in faster healing, less time in physical therapy, and decreased need for pain medications – all wins for our patients."

PATIENT ON THE MEND IN RECORD TIME

As for Kimball, he went to physical therapy one week after surgery and was pleased to learn he needed fewer sessions than originally planned. "I have already seen lots of improvement," exclaims Kimball, "and my therapist, Deeann Heinrich, really gets the job done. She is so thorough and caring. My pain has been minimal and I am more flexible than they expected I would be, so my PT has been reduced from three times a week to two times a week. I consider that pretty amazing progress. I feel like R2-D2 was on the job!"

Of course, many things about FHN's orthopaedic procedure process remain the same, including help from nurse navigator Keri Wall. "That Keri is a huge asset," stresses Kimball. "She is worth her weight in gold. She made the whole experience so much easier. The hospital staff was excellent, too, and Dr. Dammann, well, I think he is the best ortho guy in the area. FHN's orthopaedic team is a well-oiled machine, and as an old farmer, I can say that."



Knee replacement patient Kimball ► has high praise for Dr. Greg Dammann and Nurse Navigator Keri Wall. "They are part of a well-oiled machine," says Kimball.



FHN SPEAKER SERIES

Featuring: FHN Orthopaedic Surgeon Greg Dammann, MD

Wednesday, September 21 • 5:30 – 6:30 p.m.

FHN Family Healthcare Center – Burchard Hills

Lower Level Conference Room • 1010 Fairway Drive, Freeport

Register at fhn.org or by calling 1-877-6000-FHN (1-877-600-0346) ext. 901.



VELYS™ technology provides data collected during the knee replacement procedure to provide insights for real-time decision-making, which enhances accuracy and precision. Dr. Greg Dammann is enthusiastic about how this new solution will increase surgical flexibility, decrease recovery times, and make patients more satisfied with their “new knees.”



DePuy Synthes
THE ORTHOPAEDICS COMPANY OF JOHNSON & JOHNSON

Welcome, Dr. Espinoza!

FHN Adds Fourth Physician to Ob/Gyn Hospitalist Team

We are proud to introduce board-certified Ob/Gyn physician **Rosemary Espinoza, MD** as the newest member of our Women's Health team!

Dr. Espinoza earned her medical degree from the University of Illinois – Chicago, where she also completed her residency. Along with being part of the FHN team, she serves as the Ob/Gyn Hospitalist Medical Site Director for Envision Physician Services, which serves northwestern McHenry County and Huntley hospitals. She is a member of the American College of Obstetrics & Gynecology, and she is fluent in Spanish.

No matter when your labor begins, there is a caring, experienced Ob/Gyn specialist at the FHN Family Birthing Center at FHN Memorial Hospital in Freeport to care for you and your baby. And because all of our Ob/Gyn hospitalists are part of FHN's Women's Health team, they're ready to work with your provider and you for the best, healthiest birth experience possible. ■



Why I Chose Oncology

Arshad Shaikh, MD, Medical Oncologist • Leonard C. Ferguson Cancer Center at FHN Memorial Hospital



While he was being treated for cancer, Bob Downing enjoyed talking with his oncologist, Dr. Arshad Shaikh, about their shared love of sports cars. In June, Dr. Shaikh had a chance to take Bob for a spin around town in his Corvette. Bob's family and team of Cancer Center caregivers was there to wish him well as they left the Center's patient entrance.

A common question I am asked by both physicians and lay people alike is why did I choose to practice oncology? Some see it as a depressing and melancholy profession and wonder how it is possible to continue to stay upbeat in such a field.

My response is that much of what shapes my cognitive frame and how I hone and practice as an oncologist is guided by perspective. Life is all about perspective. My perspective is guided by my faith. It is always important to look beyond the immaterial, despite how much modernity tempts us to focus more on the material. One thing is certain: We will physically die and pass from this temporal existence.

A beloved patient of mine whom I had gotten to know quite well over the past year was slowly dying in front of me. We shared the same passion for high-performance cars and he personally, like myself, was a Corvette fan. We talked about the Bowling Green assembly plant for Corvette in Kentucky. I learned that he had never actually driven a Corvette. That had always been a dream for him.

Medicine is not categorically about the outcome. **It is about the journey. Life is about memories.** Ultimately, what matters is how you make people feel and how families remember how you treated them and

their loved ones. That is all that matters. Do unto others and treat people as you would want to be treated yourself.

With that in mind, I decided to share what I had been blessed with, my modified 750 hp C7 Vette, with my dear friend. We took off for a joyous, adrenaline-filled and properly loud, memorable ride from the entrance of the cancer center with his family in tow and cheering.

Luckily, the police were kind that day, despite our recorded speed. It was a great day. A wonderful memory in the hearts of my friend and his family. That's all that ever mattered.

Jeff Lamm Fights Cancer and Leg Wound with FHN's Expertise – 'You bump your leg and your life changes'



▲ A wound from a hematoma left a gaping hole in Jeff's leg, and complications kept it from healing. The professionals at The Center for Wound Healing at FHN recommended a "wound vac," which provided the right conditions for skin rejuvenation and served as a catalyst for the restorative process. Here, Rosemarie Evans, RN, Carrie Wright*, Director of The Center for Wound Healing, and Terri Groezinger, PA, C, check Jeff's leg at the end of his successful treatment.



Rafael Castro, MD, FACS, WCC
Wound Care, General Surgery

When Jeff Lamm was on vacation in Florida, he never dreamed that banging his leg on a boat would put him in the hospital and signal the start of a long healthcare journey. As he says, "You just never know. It was freakish."

After bumping his leg, the injury quickly accelerated into a hematoma (an abnormal collection of blood outside of a blood vessel). "It blew up with blood," Jeff shares, "and the swelling just kept building. So I went to the ER for evaluation, and they told me that ruptured arteries would need to be drained. Well, that was just the beginning."

A TELLING TEST

A CT scan showed that Jeff also had follicular lymphoma, a type of non-Hodgkin's lymphoma that would require additional treatment. After spending a week in the hospital, he came home and went to his primary care provider, FHN's Julianne Ross, FNP-BC, who made some important referrals. She suggested he confer with The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital for his lymphoma regimen, and The Center for Wound Healing at FHN for his battered leg, which was not healing well.

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



Jeff Lamm poses at “The Healing Tree” with staff members at The Center for Wound Healing. Each patient adds a leaf inscribed with their name and the date their healing journey is completed. ▲

When dealing with his leg injury on vacation, a CT scan revealed that Jeff Lamm had follicular lymphoma. When he returned home, he quickly began treatment at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, under the care of Arhad Shaikh, MD, and team. Here, Jeff and his wife, Kathy, pose in the Center’s Healing Garden with Dr. Shaikh and Julie Nampel, MSN, RN. ►



Jeff was treated simultaneously for both conditions. “I lucked out with an easily treatable form of cancer,” he explains, “and everyone at the Ferguson Cancer Center was great. Dr. (Arshad) Shaikh and Julie Nampel (Director) were excellent to work with, and all the staff were so helpful. I had chemo once a month for six months, and will keep being evaluated every two months for two years. I feel good about my future.”

A STUBBORN WOUND

Jeff’s hematoma, however, left a gaping hole in his leg and his wound care challenges were formidable. At his first visit to The Center for Wound Healing at FHN, the wound was debrided and assessed by Dr. Rafael Castro, MD, FACS, WCC. Since wounds may not heal as well when a patient is receiving chemo and taking blood thinners, Dr. Castro determined that a wound vacuum would benefit Jeff’s recovery. Terri Groezinger, PA-C, says, “Our staff has seen incredible results with the help of this sophisticated tool. It applies gentle suction to a wound to promote healing, while drawing out fluid and infection.”

“The staff at the wound center was meticulous,” Jeff explains. “Early on we thought I might need a skin graft, but the wound vac helped me heal and make new skin. I visited the Center three times a week for over five months, and at each appointment they changed my dressing, checked for

infection, and measured and photographed my wound to document my progress. It was incremental – it definitely took a while! But we started to see reduced swelling, and slowly but surely my wound healed and the pain subsided. I am so grateful for them and for my wife, Kathy. Without her, none of this recovery works. She is REALLY my better half. ”

A PAIN-FREE ENDING

Now, Jeff has ‘graduated’ from The Center for Wound Healing and is pain free. “I can’t say enough about my care!” he exclaims.

“The doctors and nurses were excellent – professional, personable, and wonderful communicators. They were all encouraging and compassionate throughout the long process. I am very pleased with FHN. They did an awesome job with both of my health challenges and I am so happy they were right here in Freeport.”

Congratulations to Those FHN Team Members

1 YEAR

Emily Akerman – Imaging
Hanna Altaaey – Sterile Processing
Alice Amro – Family Counseling Center
Michelle Auwaerter – ICU
Theodore Barkley – IT
Beau Becker – Radiology
Briana Bendorf – Internal Medicine
Debbie Bennett – Burchard Family Practice
Katie Briggs – Operating Room
Takesha Brooks – Family Counseling Center
Tristan Calderon – Environmental Services
Leahnashia Campbell – Food & Nutrition Services
Elizabeth Carden – Emergency Room
Linnette Carter – OB
Chelsea Colon – Administration
Adriana Curran – Telemetry
Chelsea Davis – Family Counseling Center
Austyn Edwards – OB
Alexandra Ertmer – Orthopedics
Micheline Feza – Environmental Services
Sara Folk – ICU
Kristine Fosler – Cardiology
Heather Fricke – Emergency Room
Emma Gordon – Ophthalmology
John Green – Messenger Services
Tricia Halter – Physical Therapy
Angela Heuerman – Family Counseling Center
Kristi Heun – Family Counseling Center
Airian Holland – Radiology
Dr. Ahtesham Hyder – Hospitalist
Maribeth Jones – Emergency Room
Dimitrios Karabetos – Food & Nutrition Services
Candice Keen – Physician Recruitment
Hannah Klinger – Laboratory
Dawn Kness – Medical Oncology

Carrie Knoll – Emergency Room
Taylor Knoup – Emergency Room
Elaine Larsen – Emergency Room
Dr. Daniel Lee – OB
Frank Lefevre – Messenger Services
Maleah Linden – Med/Surg/Peds
Natalie Lyon – Telemetry
Jacqueline MacDonald – Family Counseling Center
Alexis Martin – Environmental Services
Caitleigh McDermott – Emergency Room
Rebecca Molander – Emergency Room
Hanusa Morgan–Hanusa – Food & Nutrition Services
Sarah Paul – OB/GYN
Jenna Picha – Med/Surg/Peds
Dr. Javeria Qureshi – Surgery
Craig Schimetz – Security
Jessica Sneek – Med/Surg/Peds
Megan Sobacki – Ultrasound
Mia Speed – Imaging
Deann Strothman – Cardiology
Nina Stroud – Imaging
Ayse Tanik – Internal Medicine
Sara Thompson – Respiratory Therapy
Doreen Timm – Quality
Dr. Rashmi Tomur – OB
Haley Vandrew – Family Counseling Center
Amanda Veeder – Lena
Elizabeth Villegas – Physical Therapy
Justin Wilkinson – IT
Kristen Worm – Imaging
Dayna Yoder – Emergency Room
Amanda Zumdahl – Environmental Services
Samantha Zumdahl – Family Counseling Center

5 YEARS

Mary Block – Community Relations
Courtney Burckhardt – Occupational Therapy
Pamela Doden – Community Relations

Dr. Callina Elgar – Pecatonica
Megan Fry – Food & Nutrition Services
Benjamin Fuller – Respiratory Therapy
Dana Geisleman Givens – Emergency Room
Sally Healy – Internal Medicine
Kelly Heller – Mt. Carroll
Sally Holland – Emergency Room
Sean Huguenin – Pastoral Care
Sherry Jansen – NIHP
Cari Johnson – Hospice
Kelly Keeney – Internal Medicine
Amelia Klavenga – Burchard Med/Peds
Lisa Koser – Highland View Drive
Nancy Krahmer – Community Relations
Kayla Kupersmith – Gastroenterology
Olivia Lloyd – Telemetry
Melissa Luecke – Operating Room
Jenna Marsh – Recovery Room
Elizabeth Mendeloff – Burchard Med/Peds (Retired)
Candice Nepean – Hospice
Taylor Parks – Telemetry
Chelsea Pruitt – Telemetry
Kate Rizzo – Emergency Room
Timothy Rupnow – Burchard Family Practice
Janna Saxby – ICU
Holly Schoch – OB
Carissa Sturtevant – Radiology
Devon Tobin – Emergency Room
Dr. Roland Tolliver – Podiatry
Kathryn Vincent – Environmental Services
Miranda Wilson – Administration

10 YEARS

Kristen Andrews – Admitting
Kristen Book – Speech Therapy
Bethany Dickman – Cath Lab
Ashley Fluegel – MD Administration
Cody Gallagher – Physical Therapy
Carrie Groom – Neurology
Dr. Hanny Isawi – Ophthalmology

Who Celebrated Service Anniversaries in 2021!

Sue Janssen – Administration
Dr. Seema Kumar – Neurology
Vicki Ludwig – Central Business Office
Kelly Murray – Facilities/Maintenance
Alyssa Peterson – Emergency Room
Jennifer Reusch – Pharmacy
Dr. Mohammad Saleh – Nephrology
Evan Spangler – Nuclear Med
Karen Swanson – Central Scheduling
Kelsey Wheat – Central Business Office
Theresa Whitmore – Central Scheduling
Kimberly Wichman – Human Resources
Allyson Wilken – Physical Therapy

15 YEARS

Jodie Barncord – Central Business Office
Morgan Bradshaw – ICU
David Brobst – Finance
Christine Carlson – Imaging
Donna Cooper – Health Management
Medelyn Curtiss – Med/Surg/Peds
Dr. Kevin Draxinger – Orthopedics
Lisa Farrar – Environmental Services
Barbara Hall – Community Clinic
Janice Honeycutt – Nursing Admin
Donna Howard – Allergy
Angela Janicke – Forreston
Isabel Jones – Telemetry
Tiffany Kuhlmeier – Highland View Drive
Erin Lamm – Burchard Family Practice
Aaron Love – IT
Polly Maltry – Food & Nutrition Services
Marcy Morris – Burchard Family Practice
Amy Mullens – Nursing Admin
Fay Mullins – Operating Room
Elizabeth Myers – Community Clinic
Kimberly Oneill – Hospice
Amanda Paulsen – Pediatrics

Lori Robieson – Med/Surg/Peds
Jodie Schoch – Laboratory
Lisa Stoehr – Central Business Office
Eric Strauch – MRI
Kimberly Thrumen – Central Business Office
Arica Watts – Med/Surg/Peds

20 YEARS

Jane Barnes – Ambulatory Care
Laurie Beyer – Radiology
Deborah Brown – Central Business Office
Michael Clark – Administration
Sandra Collier – NIHP (Retired)
Jessica Currier – Physical Therapy
Doreen Devries – Admitting
Steven Gearing – Security
Lori Goeke – Admitting
Erika Greenfield – Ambulatory Care
Michelle Gunder – Imaging
Mary Hagen – Med/Surg/Peds
Kelley Hartman – Med/Surg/Peds
Karen Hauser – Central Supply
Rochelle Heilman – Central Business Office
Maureen Hodges – Operating Room
Sharon Kaiser – Central Business Office
Jennifer Kempel – G.I. Lab
Tina Kluck – ICU
Jessica Larson – Nursing Admin
Debra Lelle – Physical Therapy (Retired)
Karla Lovitt – ICU
Betsy Onley – Med/Surg/Peds
Dr. Rebecca Pedersen – Highland View Drive
Charlene Rogers – Food & Nutrition Services
Raymond Salazar – Emergency Room
James Schrader – Cath Lab
Marieta Semini – Laboratory
Albert Sledge – Emergency Room
Emily Statfield – Medical Oncology
Sue Thomas – Physical Therapy (Retired)

Karla Thompson – Admitting
Joyce Werkheiser – Medical Records
Elizabeth Winkelmann – Medical Records
Stacey Winter – Telemetry/ICU
Dr. Daniel Woods – Savanna

25 YEARS

Kathy Bookman – Finance
Valerie Brudi – Central Business Office
Jo Clay – Highland View Drive
Peggy Enzinger – Med/Surg/Peds
Melinda Kluge – Community Relations
Joann Olszewski – Med/Surg/Peds
Kimberly Price – Physical Therapy
Keri Schubert – OB
Erika Schwartz – Operating Room (Retired)

30 YEARS

Quincy Carter – Security
Dawn Jeffrey – Medical Records
Shelly Kappes – Mt. Carroll
Holly Petersen – Medical Records
Kay Sperry – COIL & Professional Development
Judith Venhuizen – Gastroenterology

35 YEARS

Dr. Alan Esker – Hospitalist
Annette Geilenfeldt – OB
Lori Lawfer – Finance
Penny Ludwig – X-Ray
Keri Wall – Ambulatory Care
Lori Workinger – Ambulatory Care

40 YEARS

Lois Grove – Radiology (Retired)
Carla Myers – Community Relations
Debra Smith – Food & Nutrition Services

45 YEARS

Tom Hansen – Facilities/Maintenance



From Al Evon FHN Foundation Director

Since January 1, 2022, the FHN Foundation has approved more than **\$800,000** in funding to provide programs, equipment, facility upgrades, continuing education and training to improve patient care and safety.

We are only able to offer this level of support for the health and wellness of our communities thanks to individuals, families, corporations, foundations, and organizations that make financial contributions. We are honored and blessed that the FHN Foundation is a vehicle donors use to make a difference in the lives of others. Whether the funds are donated in honor or memory of someone special, through a grant, as part of a special event, or as a result of a specific project which the FHN Foundation is promoting, **all gifts** make a difference and help to save and change lives.

Because the FHN Foundation strives to be transparent and accountable in how we steward the funds entrusted to us, I wanted to provide some highlights as to how gifts are being used this year. Among the equipment and facility improvements being funded through the FHN Foundation are:

For FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital

- New nurse call system to enhance patient care and safety
- Infusion chairs that are used to treat more than 200 patients per month

- A stand thermometer to more conveniently assess the temperature of every person entering the center

For FHN Family Healthcare Centers and Specialty Care Clinics

- Chairs for FHN Family Healthcare Center – Highland View Drive to increase safety for elderly patients who have difficulty with positioning
- Interior signage for FHN Specialty Care – Stephenson Street to offer better information and directions
- Lobby furniture for FHN Family Healthcare Center – Lena to provide for greater care and safety

For FHN Memorial Hospital

- VELYS™ Robotic-Assisted Solution and Instrument sets (featured in this issue of Insight)
- Replacement flooring and a Dinamap vital signs machine for the GI Lab to enhance the patient experience
- Masimo patient monitoring equipment that provides audible alarms for patients who need continuous monitoring behind closed doors in an isolation situation like COVID-19
- A Glidescope which will assist in care during difficult intubations

- Casework and shelving in Pharmacy which improves functionality

In addition to these very tangible items, this year the Foundation has provided **more than \$34,000 toward training and education for FHN team members**. These professional development opportunities enable our team members to stay current on the latest advancements in healthcare, as well as assist them in providing the highest quality and safest care to patients and their loved ones.

The FHN Foundation also has provided support for programs and activities such as:

- Coffee for the chemo room to allow people to enjoy a cup of coffee
- Patient transportation to assist those with a demonstrated need to receive medical care
- Nurses Care Council in support of these staff who make a daily difference in people's lives
- Perinatal Symposium to assist in training and education
- Volunteer Services to recognize those who give their time and talents
- FHN Community Garden to provide maintenance for this area

All of these items listed represent the generosity of those who have donated to the FHN Foundation. The FHN Foundation's supporters are passionate about improving health and wellness in the region FHN serves. These donors know that access to quality medical services is essential to improve community life, and they desire to have healthcare excellence for themselves, their families, friends, neighbors, and co-workers.

If you already partner with the FHN Foundation, **thank you**. You have our deepest appreciation and gratitude.

If you have not made a gift to the FHN Foundation before and would like to donate or learn more about how you can help shape health and wellness in northwestern Illinois and southern Wisconsin, please contact me at the number below.



FHN is Proud to be Your Locally Owned Healthcare Organization!

Our organization, from FHN Memorial Hospital in Freeport to our **16 Family Healthcare Centers** and **Specialty Care clinics** throughout northwest Illinois, is **100 percent locally owned** and operated.

As a non-profit organization, our mission is to provide for a societal good. We are not bound by stockholders, who often have shareholder returns (dividends) as a top financial priority.

As part of your community, our economic advantage is reinvested into enhancing and improving our communities' health directly, not sent to a headquarters or parent company outside our region.

The members of our Board of Directors, listed at right, including our newest board member, Citizens State Bank President and CEO Amy Baker, pictured, live in northwest Illinois – they're a part of your school, your church, your community – and those connections are important as they make decisions about how we deliver healthcare.

"The decisions I make as a member of the FHN Board of Directors matter for me and my family," says FHN Board Chair Neal Richardson. "I have lived, worked, and raised my family here in northwest Illinois, and I'm proud to be a part of a healthcare organization built around serving the people of our communities."

We believe that decisions about and for our communities are best made by people who live and work in them. Once any business is headquartered somewhere else, major decisions are made far away from where they will have an impact.

So, while you may not think of this very often, your trip to an FHN location for your own health is an important part of your community's health, too. We are working hard to be proud of every interaction with our customers and patients, as well as committing to being a good neighbor, the best locally owned healthcare organization you'll ever experience, and the people you trust every day with your family's health and well-being.

*Thank you for keeping it local ...
and for choosing FHN!*



Scan the QR code to **meet the local people** who guide FHN decisions and mission!



Neal Richardson, FHN Board Chair

"The decisions I make as a member of the FHN Board of Directors matter for me and my family. I have lived, worked, and raised my family here in northwest Illinois, and I'm proud to be a part of a healthcare organization built around serving the people of our communities."



Welcome
to our new board member
AMY BAKER

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Welcome to FHN's Wellness Calendar

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

Community Programs



PROGRAM	DATE	TIME	DETAILS
Walk With a Doc	2nd & 4th Saturdays of each month	8 a.m.	<i>Krape Park, 1799 S. Park Boulevard, Freeport</i> (Sept. 24 • Oct. 8 • Oct. 22) Free family- and pet-friendly walk and chat led by FHN providers and health professionals. Meet the group by the concession stand for this safe, fun, and FREE way to spend 45-60 minutes as you get some steps, learn about health, and meet new friends. See the schedule online at www.fhn.org/WWAD.asp .
FHN Speaker Series: Orthopaedics	Sept. 21	5:30 – 6:30 p.m.	<i>FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport</i> FHN Orthopaedic Surgeon Greg Dammann, MD will talk about the VELYS Robotic-Assisted Solution for total knee replacement. Registration requested; register online at www.fhn.org/speakerseries or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.
Blood Pressure Screening and Rx Mobile Pantry Program Pickup	Oct. 4	10 a.m. – 1 p.m.	<i>Freeport Lincoln Mall, 1247 W. Galena Avenue, Freeport</i> Participants who have been screened and qualified for a voucher can pick up their supply of produce, milk, eggs, and frozen and canned meats from the Rx Mobile Pantry program, a partnership between FHN's Connect the D.O.T.S. (Doors of Team Support) and the Northern Illinois Food Bank. Mandatory screenings are held at the pickup site from 10 a.m. – noon before each event. For more information, visit https://tinyurl.com/RxMobile2022 or call 815-599-6402.
A Slice of Time Just For You!	Oct. 17	5:30 p.m.	<i>Cimino's Little Italy, 421 Challenge Street, Freeport</i> Join healthcare providers from FHN for an evening of pizza and conversation about women's health. Reserve your seat at fhn.org .
FHN Festival of Trees Gala – Casino Vino	Nov. 18	7 p.m.	<i>Grand River Hall, 101 S. Liberty Avenue, Freeport</i> Enjoy an evening of delicious food and refreshments, casino-style gaming, and gift basket shopping! All proceeds go toward the purchase of new hospital beds at FHN Memorial Hospital in Freeport. Tickets are \$75. For more information or to buy tickets, visit www.fhn.org/gala2022 .

Training and Education



CLASS	DATE	TIME	DETAILS
Prenatal Class	Sept. 14 & 15 Nov. 9 & 10	5 – 8 p.m.	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room</i> This class, provided in two sessions, provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Register at fhn.org/ob , or for more information, call 815-599-6221.
Prenatal Class	Oct. 8	8 a.m. – 2 p.m. (with lunch break)	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room</i> This class provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Register at fhn.org/ob , or for more information, call 815-599-6221.
Safe Sitter Essentials® with CPR	Sept. 24 Nov. 12	9 a.m. – 3:30 p.m.	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport</i> Class designed to prepare students in grades 6 – 8 to be safe when they're home alone or babysitting. Class size is limited to 8 to accommodate COVID-19 safety precautions. Full-day course is \$50, which includes the Safe Sitter Essentials Student Handbook and completion card and basic CPR skill practice. (Class does not qualify for CPR certification.) Financial assistance is available for eligible students; call 815-599-6707 for more information about eligibility. Register online at www.fhn.org/safesittercpr .
Breastfeeding Class	Oct. 4	6 – 8 p.m.	<i>FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport</i> Instructor is Annette Gielenfeldt. For more information or to register, visit fhn.org/ob or call 815-599-6221.
BLS for Healthcare Professionals	Nov. 5	8 a.m. – noon	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport</i> Hands-on course designed to teach healthcare professionals how to perform high-quality CPR individually or as part of a team. Basic Life Support (BLS) skills are applicable to any healthcare setting. Course is \$40, which includes BLS provider manual and certification card valid for 2 years. Open only to healthcare professionals; registration is required. Register online at www.fhn.org/basic-life-support.asp or email coil@fhn.org for more information.
FHN Post Pandemic Community Workshop	Nov. 12	8:30 a.m. – 3:30 p.m.	<i>Highland Community College, 2998 W. Pearl City Road, Freeport</i> The public is invited to this post-pandemic workshop to discuss the holistic effects of grief and discover ways in which we all can begin or continue our own healing journey. There will be speakers and activities along with open discussion. The workshop is free, but registration is required with a bag lunch provided.

Support Groups



GROUP	DATE	TIME	DETAILS
Living Through Grief	Sept. 12 & 26 • Oct. 10 & 24 Nov. 14 & 28	6 – 7:30 p.m.	<i>FHN Memorial Hospital Cafeteria Dining Rooms – Lower Level</i> For more information, call 815-599-7240.
The First Steps Grief Support Group	Sept. 20 • Oct. 18 • Nov. 15	10 – 11:30 a.m.	<i>FHN Memorial Hospital Cafeteria Meeting Rooms – Lower Level</i> No charge; registration not required. For more information, call FHN Pastoral Care at 815-599-6160.
Adult Diabetes Support Group	<i>Oct. 5:</i> Diabetes Jeopardy <i>Nov. 2:</i> Navigating the Holidays	5 – 6 p.m.	<i>FHN Memorial Hospital Conference Dining Room – Lower Level</i> No charge; registration not required. For more information, call 815-599-6701.

Blood Pressure Screenings



LOCATION	DATE	TIME	DETAILS
Pearl City United Methodist Church <i>411 S. Main, Pearl City</i>	Oct. 22 • Nov. 12	9 – 11 a.m.	Open to the public; no cost or registration required.
St. John's Lutheran Church <i>625 Country Lane, Lena</i>	Sept. 14 • Oct. 12 Nov. 9	12:30 – 1:30 p.m.	Open to the public; no cost or registration required.
New Jerusalem Soup Kitchen <i>4 E. Iroquois Street, Freeport</i>	Sept. 15 • Oct. 20 Nov. 17	11 a.m. – 1 p.m.	Open to the public; no cost or registration required.
Joseph's Pantry <i>406 S. Adams, Freeport</i>	Sept. 20 • Oct. 18 Nov. 15	3 – 5 p.m.	Open to the public; no cost or registration required.
FACC <i>514 S. Chicago, Freeport</i>	Sept. 27 • Oct. 25 Nov. 22	1 – 4 p.m.	Open to the public; no cost or registration required.
Gospel Outreach Food Pantry <i>211 W. Spring Street, Freeport</i>	Oct. 1	9 – 11 a.m.	Open to the public; no cost or registration required.
Salvation Army <i>106 W. Exchange Street, Freeport</i>	Oct. 13 • Nov. 10	10:30 a.m. – 12:30 p.m.	Open to the public; no cost or registration required.
Eagles' Club <i>1200 W. Galena Avenue, Freeport</i>	Oct. 27	8 a.m. – 4 p.m.	<i>Cholesterol, Glucose, and Blood Pressure Screening (part of the Senior Center Senior Expo)</i> Open to the public; no cost or registration required. Please do not eat or drink anything other than water for 8 hours prior to a glucose screening.

Flu Shot Clinics



Adult-only clinic is \$31 (quadrivalent for adults under age 65) or \$67 (high-dose for 65+) cash or check payable to FHN. No out-of-pocket expense if you are over 65 and covered by Medicare Part B (please present Medicare card) or a Medicare HMO accepted by FHN (list available at each location – covered persons MUST present the Medicare HMO card instead of the Medicare card for billing process). No other insurance coverage can be processed. Per government regulations, no Medicaid cards can be accepted. All clinics based on availability of vaccine.

LOCATION	DATE	TIME	DETAILS
Mest Manor	Oct. 6	1 – 3 p.m.	525 Third Street, Savanna
First Lutheran Church	Oct. 9	10 a.m. – noon	301 S. Clay Street, Mount Carroll
Carroll County Senior Center	Oct. 14	9 a.m. – noon	17612 E. Benton Street, Mount Carroll ♥ <i>Blood pressure screening is free and available to the public.</i>
Faith United Methodist Church	Oct. 16	8:30 a.m. – 10 a.m.	1440 S. Walnut Avenue, Freeport
Liberty Estates	Oct. 20	10:30 – 11:30 a.m.	2080 Navajo Drive, Freeport ♥
Freeport State Bank	Oct. 21	2 – 4 p.m.	1718 S. Dirck Drive, Freeport
Bethel United Methodist Church	Oct. 25	10 a.m. – noon	217 S. Hickory Street, Shannon
State Bank of Pearl City	Oct. 28	3 – 6 p.m.	215 S. Main Street, Pearl City
Family YMCA of Northwest Illinois	Nov. 1	8:30 – 11:30 a.m.	2998 W. Pearl City Road, Freeport
Lake Summerset Lodge	Nov. 3	9 – 11:30 a.m.	1202 Lake Summerset Road, Davis ♥
Sullivan's Foods	Nov. 4	1 – 3 p.m.	201 Dodds Drive, Lena

♥ Flu Shot Clinic and Blood Pressure Screening

Flu Shot Clinics *(continued)*



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LOCATION	DATE	TIME	DETAILS
Sullivan's Foods	Nov. 4	4 – 6 p.m.	103 W. North Avenue, Stockton
Sullivan's Foods	Nov. 5	9 a.m. – noon	217 Chicago Avenue, Savanna
St. John's Lutheran Church	Nov. 6	10 a.m. – noon	229 S. First Street, Pearl City
St. John's Lutheran Church	Nov. 8	9 a.m. – noon	625 Country Lane, Lena ♥
Sullivan's Foods	Nov. 9	1 – 3 p.m.	101 E. IL Route 64, Mount Morris
Sullivan's Foods	Nov. 10	3 – 6 p.m.	2002 W. Galena Avenue, Freeport
Fitness Lifestyles	Nov. 15	9 a.m. – noon	641 W. Stephenson Street, Freeport

♥ Flu Shot Clinic and Blood Pressure Screening



DIRECTIONS FOR A FUN AND FULFILLING NIGHT AT FHN'S CASINO VINO:
SEE ♥ SWIRL ♥ SMELL ♥ SIP ♥ SUPPORT
Friday, November 18, 2022
 7 p.m. • Grand River Hall • Freeport

Whether you are a true oenophile – a connoisseur of fine wines – or just like a nice pour of your favorite red or white, this year's live and in person FHN Festival of Trees Gala – Casino VINO provides a perfect opportunity to try some new vintages, toast your friends, and treat yourself to a fabulous night on the town!

All proceeds from the Casino VINO Gala will be used to purchase new hospital beds at FHN Memorial Hospital in Freeport, and this year, a generous donor has pledged a \$250,000 matching gift! That means **every dollar you spend** on drinks, gifts, and fun at the Casino VINO will be doubled until the \$250,000 is exhausted.

Join us for delicious wines (other alcoholic and non-alcoholic beverages will be available), delectable food, casino-style gaming and some great surprises! Tickets are available now at www.fhn.org/gala2022.



JOIN OUR TEAM

- First-day benefits
- Educational assistance
- Career advancement programs

fhn.org/careers

Insight



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