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Volume 16, Issue 2

Insight

**'Best of All,
the Pain is Gone!'
Ankle Replacement
at FHN**

**Bring Your Meds to
Every Appointment**

**Celebrating Our Team's
Service Anniversaries**

Meet Dr. Young



We're here, for you.

FHN

**FHN
FOUNDATION
ANNUAL
SUMMARY
INSIDE**



MARK GRIDLEY, PRESIDENT AND CEO

An Attitude of Gratitude This Busy Season

In the middle of this very busy summer, we're taking some time to look back. The FHN Foundation's 2024 Annual Summary is a big part of this issue of Insight, a chance to

honor and celebrate the generous friends who make so much possible for FHN, our team, and our communities.

We're also honoring and thanking the FHN team members who celebrated service anniversaries in 2024. Take a look at the list — you'll likely recognize a name or two. Our dedicated, talented, and compassionate team members are the heart of FHN, and the reason we're able to provide superior, quality healthcare services to communities across northwest Illinois.

The happy person you see on the cover is Gerald Fink, who was dealing with a lifetime of ankle pain before his total ankle replacement surgery here at FHN. We're proud to offer this procedure that has already helped a few of our neighbors stay active and pain-free.

You'll also meet new FHN Primary Care Provider Justin Young, MD, who is welcoming new patients at the FHN Family Healthcare Center – Burchard Hills in Freeport. He's a traveler at heart, but he's found a home here in northwest Illinois, caring for patients of all ages.

We're looking forward, too. We have a few entertaining and informational events coming up, including this year's Gala to kick off the holiday season! Past, present, and future – we are always grateful for the privilege of being your locally governed partner in healthcare.

Thank you for the privilege of caring for you and your loved ones throughout our community. ■



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

FHN is an award-winning regional healthcare system committed to the health and well-being of the people of northwest Illinois and southern Wisconsin. Organized in 1995, non-profit FHN is comprised of FHN Memorial Hospital, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, and 15 healthcare centers in 5 counties spanning northwest Illinois offering primary and specialty medical care, and hospice. For more information about us please visit www.fhn.org.

Grateful Patient Benefits from Total Ankle Replacement Surgery **Bad Fall, Bum Ankle Won't Keep Randy from Trip to Disney**

Sometimes, one quick moment can really throw your body out of whack. Just ask Randy Seals of Apple Canyon Lake. His knee buckled when he was coming down the stairs, causing a fall that tore multiple ligaments in his ankle. The result? Pain, limited mobility, and an absolutely poor way to kick off his retirement.

After nearly nine months of waiting for his ligaments to heal and the pain to subside, Randy was growing impatient. It wasn't getting better. He mostly used his heel to walk, and described it as feeling like he had a "peg leg."

With increasing frustration, Randy turned to FHN Podiatrist Richard Bell, DPM, who met with him and immediately recommended a consultation with his colleague Sherjeel Hassan, DPM, who specializes in ankle replacement surgery.

Choices Available for Ankle Pain

Dr. Hassan ordered x-rays and learned that in addition to the torn ligaments, Randy's joint was off by 15 degrees. Options included an ankle brace, which would be a permanent fixture, or ankle replacement surgery. Randy says, "There wasn't even a question how I would proceed."

The surgery went well and was completed about a month later. Randy read up on what was to come, perusing FHN's literature and preparing for the big day. Post-surgery, he wore a cast and then a boot, and spent many weeks maneuvering a knee scooter.

“

**THE ANKLE ITSELF IS
100 PERCENT BETTER.
IT WAS GREAT FROM DAY ONE.**

”



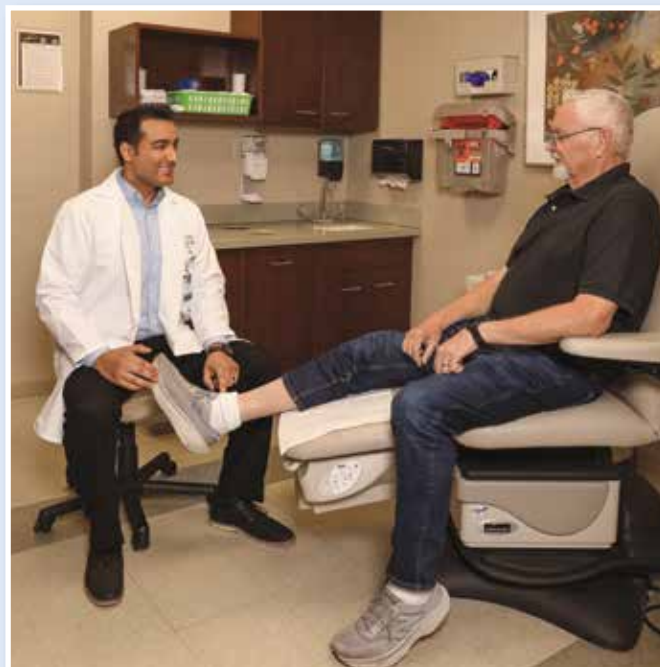
◀ Randy and his ankle replacement team celebrate his recovery in the back garden at FHN Family Healthcare – Burchard Hills. From left to right are Podiatry Nurse Navigator Lorrie Heeren, Dr. Sherjeel Hassan, Randy Seals, and Podiatry/Orthopedic Total Joint Coordinator Keri Wall.

FHN's Team was 'Phenomenal!'

His overall reaction to ankle replacement surgery has been very positive. "Phenomenal!" he exclaims. "Keri Wall, the podiatry/orthopedic total joint coordinator, knew what I was thinking before I even asked her, and Lorrie Heeren, podiatry nurse navigator, was right there if I needed help. And I couldn't be more pleased with Dr. Bell and Dr. Hassan ... not enough good things I can say about those guys."

Randy is hoping to get back on the golf course soon, and has enjoyed exploring nearby Galena, gaining strength while exploring the historic city to Freeport's west. In the fall, he plans to visit Disney World with his grandkids. "That's why I did it," he explains. "Now I can enjoy activities with my family again."

Randy Seals appreciates the training and expertise that went into Dr. Hassan's specialty. "He really knows the ins and outs of ankle replacement surgery," says Randy. Here, the two talk over the patient's latest progress. ▶





Grateful Patient Benefits from
Total Ankle Replacement Surgery

‘New Ankle’ Keeps Gerald Off the Couch ... and On the Farm

◀ It was a literal uphill climb, but Gerald Fink got ankle replacement surgery and it put him back on high ground. Here, he poses with his wife Penny on their farm near Lanark. Penny is thrilled that her husband “is back to normal. It is wonderful. We highly recommend Dr. Hassan and FHN.”

THEY SAY, ‘IT ALL ADDS UP.’

The cumulative effects of a sprain in 8th grade, a cracked bone in high school, a dislocation during baseball as a young adult, and torn ligaments from a ladder fall years later made Gerald Fink’s ankle very angry. Imaging tests showed that Gerald had debilitating ankle arthritis, and the pain and swelling that often accompanies the condition.

After a lifetime of injuries, he was in a lot of pain, and he wasn’t able to work or play like he wanted to. He says, “I was to the point of being immobile. I struggled on the stairs, walking on an incline was nearly impossible, and I was sick of hobbling around.”

A NEW RESOURCE AT FHN

Gerald had previously received fusion surgery that didn’t really help, so his primary care provider, April Moore, MD, FAAFP, from FHN Family Healthcare Center – Forrester, suggested he consult with Podiatry at FHN Family Healthcare Center – Burchard Hills.

He made an appointment with Sherjeel Hassan, DPM, who served a foot and ankle surgery residency at OSF Saint Anthony Medical Center in Rockford. There, Dr. Hassan trained extensively and focused on total ankle replacement surgery. That appointment was a game changer.

“

DR. HASSAN REALLY SHOWED HIS EXPERTISE

in ankles. He was very well informed, and started to share options right away. He knew all about ankle replacement, something I had not considered at first. He suggested we think about it for a few days, and we decided it was the right thing to do.

”

‘BEST OF ALL, THE PAIN IS GONE!’

Until recently, surgeons and their patients could opt for the fusion surgery Gerald originally had – which fuses the bones of the joint together completely – to reduce pain, but which doesn’t allow the ankle to move or bend freely. In contrast, Dr. Hassan says, “Total ankle replacement surgery, once healed, restores pain-free range of motion to the ankle joint.”

Gerald scheduled his surgery for a convenient time in his busy life, and feels that his preparation paid off. He used a knee cart for several weeks post-surgery, and believes his physical therapy (PT) was pivotal in his recovery. “Stephanie Snider, my therapist at FHN Rehab, did a great job helping me gain strength and flexibility. After three months, I was doing activities I had not done for years – pivoting, retrieving items from a high cupboard, and effortlessly getting into the vehicle,” says Gerald. “And driving was a lot easier, too. As a truck driver, I use my left foot for the clutch, and I had to adapt before my surgery. Now, I can do everything more naturally, without thinking about it. Best of all, the pain is gone!”

As he continues to gain strength and pursue his previous lifestyle, Gerald appreciates all the help he got from the FHN Orthopedic and Podiatry teams. “They were all so great. Dr. Hassan, Keri Wall (podiatry/orthopedic total joint replacement coordinator), and Lorrie Heeren (podiatry nurse navigator) were helpful and encouraging. I don’t know what I’d have done without them. I have my mobility back, and I am so grateful.”



▲ (Top) Driving a truck isn’t easy when your ankle doesn’t work quite right. Now, after total ankle replacement surgery, Gerald can climb into the cab of his truck pain-free, and operate the clutch without flinching.

(Bottom) Here, Gerald poses by his John Deere 4430. Made in the 1970s, this classic green-and-yellow tractor is practically a family heirloom ... one he will likely “never part with.”

FHN Provider Spotlight

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

This issue spotlights Justin Young, MD, who sees patients at the FHN Family Healthcare Center – Burchard Hills.



JUSTIN YOUNG, MD

FHN Family Healthcare Center –
Burchard Hills in Freeport

Phone: 815-599-7170

WHAT IS YOUR FAVORITE OR MOST REWARDING PART OF YOUR JOB?

I like caring for patients of all ages and demographics, and my practice at FHN allows me to do just that. I like the diversity of people and variety of conditions. Every day is interesting!

WHAT WERE YOUR MEDICAL POSITIONS BEFORE JOINING FHN?

I began my professional career working in an urgent care setting within the Chicagoland area. However, recognizing the challenges that many underserved communities face, I subsequently went on to practice traditional family medicine on the south side of Chicago. Working with this population provided a deeply rewarding experience, and ultimately piqued a curiosity to explore corrections medicine.

I spent about four years focused on men's health in prison populations throughout multiple Illinois correctional facilities. After gaining this unique experience, a new journey into rural medicine followed. In these rural healthcare settings, the acquisition of clinical experience within the emergency departments, hospital units, and ambulatory clinics was invaluable, and reinforced my passion for rural medicine family practice. That's how I was drawn to FHN!

DO YOU HAVE SOMETHING OF WHICH YOU ARE ESPECIALLY PROUD OR WITH WHICH YOU ASSOCIATE?

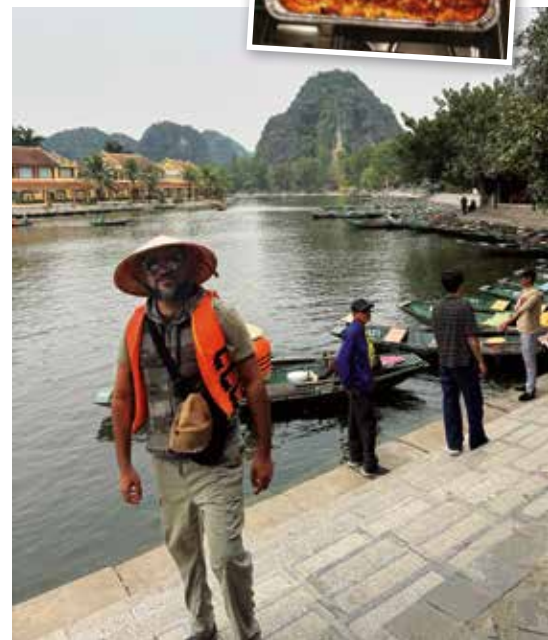
I am semi-fluent in French, which helps me in my travels. I took French in high school and college and think it is a beautiful language. I was able to study abroad in Paris, France during my junior year of college. The immersion within a completely different culture and tradition exposed me to a new understanding of myself, as well as providing a deep insight into generalized culture and humanity, which I believe has influenced my trajectory through medicine. I am able to foster interactions with patients of all demographics and backgrounds knowing that fundamental differences exist.

Dr. Young exploring the vibrant culture and breathtaking natural landscapes of Vietnam. ▶

Dr. Young at the River Thames in London, England, near the iconic Big Ben and the historic Houses of Parliament.

WHAT IS YOUR FAVORITE HOBBY, AND HOW DO YOU LIKE SPENDING YOUR FREE TIME?

Traveling the world is a valued pastime. I have visited more than 20 countries, and plan to add even more places to the list. I also enjoy playing basketball, golf, and tennis. Sleeping and eating are also favorite pursuits ... somewhere along the way, I acquired the ability to make a world-class lasagna!





Why It's Important to **BRING YOUR MEDS** to All Your Appointments

When you see your primary care provider or visit Physicians Immediate Care or the Emergency Department, bring all of your medications along! Our providers need to see what you're taking every day to prescribe the right medicine for you.

If you're seeing your provider for an infection, for example, they may prescribe an antibiotic to help clear it up. But antibiotics can react badly with medication you are already taking — in fact, adverse drug reactions with antibiotics are responsible for about 1 in 6 ER visits related to medications!

Help your provider give you the best care possible by grabbing all of your medications — including any supplements and vitamins you take — and bringing them along to your visit.

“It's pretty common for a person to see and have prescriptions from more than one provider, and giving each provider the 'big picture' at each visit can help us avoid potentially dangerous reactions.

— Steve Harweger
Nurse Practitioner, FHN Cardiology

”

Some dietary supplements — and even some foods — can change the absorption and metabolism of medications you are prescribed. That can affect how the medication works, giving you too little or too much of a dosage.

One very common case of this is grapefruit, which can cause problems if you're taking certain statins for cholesterol, calcium channel blockers, contraceptive pills, immunosuppressants, anti-anxiety medications, corticosteroids for inflammation, anti-arrhythmic medications and even some diabetes medications.

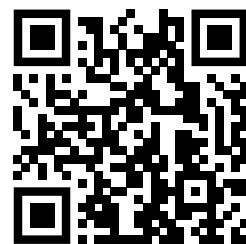
It's important to give your providers all of the relevant information about your health, so pack those meds up and be honest about all the medications and substances you're taking! ■



Your healthcare information is just a click away!

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

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





Rooted in Care

At FHN, excellence isn't just a vision; **it's our everyday commitment**. Across 16 locations in five counties, we're delivering compassionate, expert care to more than 500,000 patients annually, while continually investing in innovation and community connection.

Health Beyond Hospital Walls

We believe better health is built together — through meaningful partnerships with our patients and communities. In 2024, FHN made a lasting impact across the region:

- The **Miles and Minutes** summer fitness challenge inspired 283 participants to log 177,750 miles of healthy activities, resulting in \$8,200 donated to 9 local high schools
- FHN provided more than 2,800 **free health screenings**, including blood pressure, cholesterol, and glucose checks
- Our team presented school-based health programs to more than 2,000 students, promoting **lifelong wellness habits** at an early age
- Through sports physical clinics, we supported student-athletes while raising **\$16,525** for 11 area schools
- We connected with families at **49 community events and wellness programs**, including Festival of Trees, FHN and YMCA Healthy Kids Day, Get Fit, Diabetes Awareness classes, Safe Sitter® trainings, and more

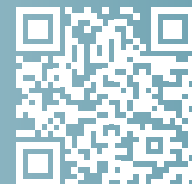


From schools
to clinics to
community events,
FHN's reach reflects
the heart of its
vision: **Healthcare
Excellence
for our
Communities.**

— FHN President and
CEO Mark Gridley

Welcome to FHN's Calendar of Events

We are proud to offer a wide variety of programs, classes, screenings, and support groups for people in our communities. Scan the QR code (or visit www.fhn.org/calendar) to check out the details on all of our upcoming events online.



It's Not Too Late

Get Moving and Give Your School a Chance at FHN Miles and Minutes Cash!

We're coming to the end of this year's FHN Miles and Minutes program, but it's NOT too late to join and help your school win cash! The competition runs through Sunday, August 24, so there's still time to earn minutes for all types of movement, from aerobics to gardening, swimming, hiking and yoga!

FHN created the Miles and Minutes program to encourage people in our communities to get active – it's one of the best ways to improve your health!

The exercise minutes you log are converted into "miles" for your chosen school, and FHN awards first (\$2,000), second (\$1,000) and third (\$500) prizes for the school system with the most average "miles" logged per participant and for the school system with the most "miles" total.

If your school doesn't win one of those 6 prizes, it will be in the running for one of 3 sweepstakes prizes – \$500, \$400 and \$300 – drawn at random.

Anyone age 12 and older can participate in Miles and Minutes – including student-athletes. (That's right, those two-a-days can pay off in a whole new way!) It's FREE to register and participate, so visit www.fhn.org/milesandminutes to sign up today!

School Districts in the Miles and Minutes program:

Aquin Schools • Chadwick-Milledgeville • Dakota School District • Durand School District • East Dubuque School District • Eastland School District • Forrestville Valley School District • Galena School District • Immanuel Lutheran School District • Lena-Winslow School District • Orangeville School District • Pearl City School District • Pecatonica School District • River Ridge School District • Scales Mound School District • Stockton School District • Tri-County Christian School • Warren School District • West Carroll School District • Freeport School District

(All Freeport Academy minutes will be combined with Freeport School District's score and will not be ranked individually in the Miles and Minutes challenge.)

You're Invited TO A Community Baby Shower



WHERE:

Freeport Public Library:
100 E Douglas St, Freeport



WHEN:

Friday, August 22
11 a.m. – 2 p.m.



HOSTED BY:

Family Connects of Illinois –
Stephenson County and FHN

JOIN US FOR A FUN AND INFORMATIVE EVENT FOR NEW AND EXPECTING PARENTS!

Connect with local resources to support you and your baby (ages 0–1 year)

Enjoy door prizes and giveaways – including baby care items and clothes



Questions?

Contact Brandi at the Stephenson County Health Department at 815-297-2507

Espanol: Contact Cristal at 815-291-5198

Congratulations to Our FHN Team Members

5 YEARS

Baylee Alderman – Physical Therapy
Cora Artman – Medical Records
Sarvottam Bajaj, MD – Hospitalist
Amber Bell – GI Lab
Larissa Blankenship – Central Business Office
Kaylene Borgmann – NIHP
Tiffany Chander – Supportive Care
Rebecca Chenong – Cath Lab
Ashley Cochran – Central Business Office
Kathleen Coe, DO – Highland View Drive
Ashley Coleman – Central Business Office
Kylie Cruze – Cardiac Services
Brian Deck – Laboratory
Paige Gallentine – Med/Surg
Meggan Graika – Radiology
Leslie Heeren – Respiratory
Skye Huenefeld – Podiatry
Ana Katzenberger – Ambulatory Care
Jason Kornfeind – Cath Lab
Summer Kuntzelman – Ambulatory Care
Staci Lehman – Telemetry
Breanna Lundquist – Med/Surg
Briana Luy – Ambulatory Care
Sheena Mathews – Medical Records
Alane McFadden – Hospice
Miranda McGregor – Specialty Suite
Erica Meinert – Med/Surg
Lindsey Miller – Med/Surg
John Mullenix – Ambulatory Care

Douglas Munda – Emergency Room
Christine Pattat – Medical Records
Heather Penticoff – Laboratory
Sydney Rodriguez – Imaging
Allie Rosalez – Ultrasound
Kwynsee Russell – Speech Therapy
Mohamad Salama, MD – Hospitalist
Debbie Siegmeier – Food and Nutrition Services
Michael Spangler – ICU
Lois Stultz – OB
Lord Sangley Sunga – Emergency Room
Katherine Thurmond – Pharmacy
Marisa Upmann – OB
Stephanie Wilken – Central Business Office
Dana Zimmerman – Pecatonica

10 YEARS

Joyce Asche – Community Relations
Kyle Baltierra – Imaging
Holly Bouvia – Med/Surg
Sheawn Brenner – Health Management
Shelly Brown – Central Business Office
Hans Clark – Messenger Services
Jackie Gaskill – Med/Surg
Chad Gasmund – Materials Management
Erin Grahn – Imaging
Bethany Harvey – Radiology
Heather Hawkins – Telemetry
Kelley Heinz – Central Scheduling

Nicole Hesselbacher – Med/Surg
Arden Julius – Community Relations
Debra Kent – Quality
Mary Kerr – Urology
Kristin Kloepping – ENT
Kimberly Kohley – Highland View Drive
Janusz Kozdon – Respiratory
Kimberly Krieger – Recovery Room
Adam Kuntzelman – Respiratory
Michael Kuropas – Maintenance
Carlie Love – Telemetry
Bonnie Lowry – Imaging
Noelle Maher – Ambulatory Care
Juana Penaloza – Operating Room
Kristin Piper – Medical Records
Cassandra Reed – Surgery
Carter Reubin – Sleep Study Lab
Ellen Rice – Medical Records
Kelly Schleich – Cancer Center
Brandi Sellers – Central Scheduling
Jessica Steffes – Medical Records
Brielle Strasser – Operating Room
Carrie Vick – Recovery Room
Cassandra White – Neurology
Danielle Wittig – OB

15 YEARS

Marcy Babb – Telemetry
Lindsay Bader – Physical Therapy
Dale Bennett – Material Management
Lynda Borsdorf – Savanna
Lesli Brown – Admitting

Who Celebrated Service Anniversaries in 2024!

William Coppernoll – Materials Management
Scott DaMask – Maintenance
Michelle Folgate – Medical Records
Tabitha Graves – Med/Surg
Debby Lyons – Hospice
Tonya Newill – ICU
Jackie Roach – Community Relations
John Scheid – Respiratory
Danielle Siedschlag – Women's Health

20 YEARS

Erica Cook – Imaging
Jodi Feiner – Admitting
Colleen Gallagher – Med/Surg
Lisa Glass – Med/Surg
Sheryl Haijenga – Hospice
Judy Harnish – Central Business Office
Chelsea Hartzell – Gastroenterology
Terri Hoertz – Med/Surg
Patti Jackson – Stockton
Vicki Keilhauer – Community Relations
Kelly Koch – Quality
Rebecca Larson – Podiatry
Katrina Lartz – Cancer Center
Megan Loomis – Med/Surg
Stacey Mader – Food and Nutrition Services
Madhusudan Malladi, MD – Cardiology
Rebecca Marschang – Cancer Center
Brenda Offermann – Nursing Admin
Tammy Palmer – Medical Records

Kathryn Pflaume – Central Scheduling
Jamie Sickles – Recovery Room
Kristina Stadermann – Quality
Stephanie Swalve – Respiratory
Jill Vails – Food and Nutrition Services
Michelle Witcik – Pharmacy

25 YEARS

Esther Baldauf – Administration
Amanda Bons – Medical Records
Nicole Dennison – Central Business Office
Marcett Dickman – Food and Nutrition Services
Andrea Gitz – Hospice
Tana Hellwig – Cardiology
Kevin Leavy – Food and Nutrition Services
Sara Mock – Highland View Drive
Laura Myers – Telemetry
Mary Price – Orthopedics
Stephanie Robb – Central Business Office
Karen Smith-Stietz – NIHP
Susan Sturtevant – Laboratory
Diane Weber – Highland View Drive
Dana Williams – GI Lab

30 YEARS

Donna Alt – Operating Room
Angela Conklin – Mount Carroll
Audrey Duede – Central Scheduling
JoAnn Eden – Ambulatory Care
Mary Pat Gordon – Cancer Center

Carola Kehler – Emergency Room
Cindy Kopp – GI Lab
Monte Moore – Materials Management
Marsha Pospischil – Community Relations
Teresa Tesmer – Stockton
Andrew Warfield – Security
Laurie Williams – IT
Theresa Wilson – OB

35 YEARS

Michele Bowen – Ophthalmology
Michelle Christianson – Medical Records
Angela Collins – Nursing Admin
Robin Ortman – OB
Claire Timpe – Highland View Drive

40 YEARS

Bridgette Crowell – Surgery
Shokry Tawfik, MD – Family Practice

45 YEARS

Dawn Clark – Central Business Office
Carol Gray – Central Scheduling
Linda Hintz – Laboratory
Joyce Martin – Ambulatory Care
Rick Schneider – Laboratory
Becky Thomas – Environmental Services

55 YEARS

Joanne Arnold – Community Relations

PIANO NOIR

An Evening in Black and White

Friday, November 14 • Doors Open at 6 p.m.

Masonic Temple Ballroom, 305 West Stephenson Street, Freeport

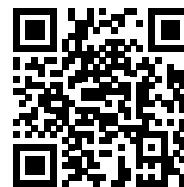
Gather your friends, dress in your favorite black and white attire, and step into an unforgettable evening at this year's **FHN Festival of Trees Gala**. Indulge in an elegant night of delicious food and warm conversation as the incredible dueling pianos from Felix and Fingers light up the night with high-energy performances of crowd-pleasing favorites.

This year's annual Gala supports the **FHN Foundation's fundraising campaign for the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital**. Proceeds from the evening will help fund a new linear accelerator—a state-of-the-art piece of radiation equipment that will enhance cancer care and expand treatment options close to home.

We like to think of the piano as a metaphor for FHN. Some songs might seem simple – like “Chopsticks” – but when a pianist really connects with the instrument, mixing different notes, rhythms, and keys, something beautiful happens. It's the same at FHN. Everyone has a role to play – nurses, providers, CNAs, support staff, donors – and when we all come together, we make something meaningful. Like black and white keys on a piano, it takes all of us working together to create harmony. And when we do, the result is a melody that makes a real difference in people's lives.

Tickets go on sale Monday, September 1.

For more information, visit www.fhn.org/Gala
or contact the Foundation office at 815-599-6900.



Insight



We're here, for you.

Insight is published by **FHN**

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Send your contributions, story ideas or comments for Insight to Sarah Rogers at srogers3@fhn.org or call 815-232-2121.

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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.



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.

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.



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."

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



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.

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 Keesee, 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.



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.

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 ...

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
Hoeffle, 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
Voelz, 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!

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*We are pleased to acknowledge
the FHN Foundation*

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