

Insight

**Center for
Wound Healing at FHN:
Healing Rates, Times
Among Best in the Nation**

**FHN Exclusive:
Truly Flexible
Schedules for Nurses**

**Drive-Through
Flu Shot Clinics**



We're here, for you.

FHN



MARK GRIDLEY, PRESIDENT AND CEO

Fall is Busy at FHN

Fall is a busy time all over northern Illinois, and that's true for the FHN family, too. We're planning for 2019, getting ready for flu season, anticipating a wonderful holiday season, getting started on all of our Festival of Trees activities, and working with

local schools in a number of ways from supporting their events to providing health-related activities and classes. So we're busy indeed doing well for our communities and delivering excellence!

One of our busy professionals, **Tracy Love, CNL, RN has been named the Illinois Rural Health Professional of the Year for 2018.** This is quite an honor, as only one individual in the state receives this honor each year. You can read all about the great contributions Tracy has made to our stroke care program and team which led to her earning this recognition—congratulations, Tracy! We're very proud of you!

Speaking of nurses, in this issue of INSIGHT, we highlight several **new options for work/life balance for RNs at FHN.** We're the first in northern Illinois to offer several of these, and are looking forward to welcoming new nurses to our hospital and offices as a great place to work and be supported in caring for our families and friends.

Also, speaking of new healthcare providers, **we are delighted to welcome Dr. Keith Martin back to FHN.** Dr. Martin, who

was with FHN from 1997 to 2002, will see Ob/Gyn patients as a member of our women's health team at FHN Specialty Care –Harlem Avenue. Dr. Martin will also serve as FHN's Chief Medical Officer. He'll be joined at our Harlem Avenue office by **new nurse practitioner Sara Smith, who specializes in women's care,** as well as the rest of our women's health experts Drs. Sidhu and Isawi and nurse practitioner Danielle Siedschlag.

In this issue **you'll also read about our state-of-the-art Center for Wound Healing, and you're invited to an open house there in November.** Elsewhere, we'll be doing **drive-through flu shot clinics** again this year, so make a calendar note to just drive through, get your shot, and be on your way. **We're highlighting a number of gifts to the FHN Foundation** and how they were raised— please remember the Foundation as you consider any year-end charitable contributions as we are grateful for any gift to help us provide care. I am very excited that **we've unveiled our new website, too—take a look at www.fhn.org** and find out anything you need to know about FHN more easily than ever on any internet-capable device.

I hope I'll see you out and about this autumn and that you enjoy all the season has to offer, as my family and I plan to. Thank you for choosing FHN, and for referring your friends and family. **We continue to always strive to be your local healthcare provider of choice!**



UPCOMING EVENTS

TWO Girls' Nights Out at Cannova's



Our 'Slice of Time' events at Cannova's are so popular, we're scheduling two of them for this fall! Join us either Monday, Oct. 15 or Monday, Oct. 22 to learn about the latest and greatest in women's care at FHN.

Dr. Keith Martin and Nurse Practitioner Sara Smith will talk about the future of individualized medicine, which can help our women's healthcare team intervene earlier in potential situations—sometimes before a condition is discoverable through routine exams!

You'll also learn about The Vein Center at FHN Memorial Hospital, your one-stop shop for treating painful or unattractive

venous issues. We offer endovenous laser ablation, the "gold standard" in treatment of venous disease; phlebectomy, the removal of varicose veins, and sclerotherapy to treat small visible capillaries—all as outpatient procedures!

We'll also hear from Gabe Gonzalez, Assistant Vice President of Behavioral Health at the FHN Family Counseling Center. He'll talk about ways to deal with your stressful, busy schedule, including making sure to take care of yourself.

The content will be the same at both events, and all attendees will receive a goodie bag. Register online at www.fhn.org/sliceoftime, or call toll-free 1-877-600-0346 ext. 901.

Open House at FHN's Center for Wound Healing

Learn about the care options for chronic wounds, tour our facility, and meet our experts at an open house from 5:30–7 p.m. Wednesday, Nov. 7 at The Center for Wound Healing at FHN, inside FHN Specialty Care—Stephenson Street at 1036 W. Stephenson St. in Freeport.

Festival of Trees Events

From the Gala to our Community Tree Lighting and Singin' at the King, there's an FHN Festival of Trees event for everyone, and most are free of charge! Watch our website (www.fhn.org) and follow us on Facebook ([FHNhealth](https://www.facebook.com/FHNhealth)) for details—we look forward to celebrating the holiday season with you!

We're the First in Northern Illinois to Offer New, Truly Flexible Employment Programs for RNs!

As the leading healthcare provider in northwest Illinois, FHN serves more than 1,500 people every day in five counties. With 23 locations and 1,400 dedicated employees, we're proud to be an award-winning regional healthcare system. Our organization thrives on providing excellent healthcare, and that's a result of many different teams working together toward a common goal.

We wouldn't be able to provide the quality, care, and compassion that we do without our nurses, and that's why we're excited to recognize their contributions with unique, outstanding work/life balance options. We're announcing NEW employment programs—some the first of their type in northern Illinois. If you're an RN with 2 or more years of experience, you can choose what works best for you ...

WEEKENDS ONLY

Work 40 out of 52 weekends

9 MONTHS ON, 3 MONTHS OFF

you decide what weeks to take off, and they don't have to be consecutive!

INTERNAL AGENCY

Work with us for 13 weeks with recurring options to renew!

AD LIB

Work a minimum of 2 shifts per month

REGISTRY

Work a minimum of 4 shifts per month

*Some options may be benefit-eligible

We're looking for experienced RNs for hospital positions in our Emergency Department, Intensive Care Unit, Telemetry, Med/Surg, and OB/Birthing Center units. Depending on the program, along with the fantastic, sought-after benefits listed above, these RNs will be offered BSN pay, certification pay, Professional Nurse Practice Program (Advancement Program) pay, shift differential, first-day benefits, educational assistance, and so much more.

If you would like to enjoy these great benefits, we're looking forward to reviewing your application and talking with you soon! If you know someone who would enjoy these flexible, in-demand benefits, please share this article with them and let them know that we would love to hear from them.

APPLY today! For more information, contact Carol Boeke BSN, RN in FHN Human Resources at 815-599-6706 or cboeke@fhn.org.

We look forward to hearing from you soon!

Check out what a few of our nurses have to say about working at FHN:

"I'm a registered nurse on a Medical/Surgical unit, and I've been with FHN for 14 years. I love the connection I get to build with the patients and their families. I enjoy working with the providers and patient care team to provide high-quality care to the community we serve. We care for our patients as if they are our own family members. FHN offers many opportunities for career advancement with scholarships and education assistance to help foster the growth of future healthcare professionals. In addition, FHN is very flexible to help with the blend of work and our personal lives!"



MEGAN LOOMIS
BSN, RN, CMSRN;
Registered Nurse,
Medical/Surgical/Pediatrics



TAMISHA VERNER
BSN, RN, RNC-OB;
Registered Nurse,
Obstetrics

"I love being able to educate others, whether it be patients, family, friends, or staff. As nurses, we have a voice and are able to bring forth new ideas and implement them. FHN supports education and growth—I have been able to obtain my BSN and am currently working on my FNP. FHN puts a lot of focus on the community which is important to me because I am a Freeport native and have lived here my entire life. I love volunteering at the different activities that FHN supports within the community."

"I have worked at FHN for over 20 years, and I love being a part of a small community hospital. FHN has the greatest, most friendly staff who work together to provide the best patient care."



TINA LINGLE RN;
Registered Nurse,
Medical/Surgical/Pediatrics

YOU DON'T HAVE TO LIVE WITH WOUNDS

Expert Care for Faster, More Complete Healing

Wounds can be a serious complication for people who have diabetes, poor circulation or other chronic diseases.

We understand how difficult it is to live with a wound that won't heal: The constant pain, the battle against infection and the fear of losing a limb are all of great concern. It can be an uncertain and often discouraging outlook for you, as well as your loved ones.

The providers and staff at The Center for Wound Healing at FHN can assist you in getting back to living your life the way you want in the shortest time possible.

Wounds that may require specialized care include:

- burns
- skin infections
- neuropathic diabetic ulcers of foot, leg or other areas of the body
- peristomal skin irritations
- bone infections
- pressure ulcers
- venous ulcers
- radiation-related wounds
- crush injuries
- surgical wounds
- traumatic wounds
- vasculitis

The Center for Wound Healing at FHN offers many options for wound care. Your wound care specialist will customize a treatment plan that will enable the quickest and most complete healing of the wound.



Your treatment plan may include anything from standard wound care practices to advanced clinical approaches, including wound care products, dressings, antibiotics, skin grafting and/or hyperbaric therapy to augment your body's healing process.

Our Center's two hyperbaric chambers ensure our patients quick access to hyperbaric oxygen therapy, which enhances the body's natural healing and strengthens the immune system. Hyperbaric oxygen therapy is a non-invasive, effective treatment option for many chronic wounds.

Our multi-disciplinary team of certified specialists, including podiatrists and physicians, routinely treats patients who experience extraordinary healing outcomes.

The special therapies used at the Center for Wound Healing at FHN achieve some of the best healing rates and fastest healing times in the nation. Currently, the Center for Wound Healing at FHN has a 100% healing rate in an average of 42 days.

For our patients' convenience, The Center for Wound Healing at FHN has extended hours on Tuesdays and Thursdays—we are open until 6 p.m. You don't need a physician referral to see our experts, but please check with your insurance company, which may require a referral.

For more information or to schedule an appointment at The Center for Wound Healing at FHN, please call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 992.

Learn about the care options available for chronic wounds, tour our facility, and meet our experts!

Open House
5:30 – 7 p.m.
Wednesday, November 7

The Center for Wound Healing at FHN
inside FHN Specialty Care—Stephenson Street,
1036 W. Stephenson Street, Freeport



Welcome Back!

Martin, Smith Join FHN Women's Healthcare Team

Some familiar faces are back at FHN, and our patients couldn't be happier! Ob/Gyn physician Keith Martin, MD, and women's health nurse practitioner Sara Smith, WHNP-BC, are now seeing patients at FHN Specialty Care—Harlem Avenue in Freeport.



Dr. Martin will split his time between seeing Ob/Gyn patients and serving as FHN Chief Medical Officer.

Dr. Martin cared for Ob/Gyn patients at FHN from 1997–2002, when he opened Highland Women's Care in Freeport as a private practice. The practice joined The Monroe Clinic in 2008, and Dr. Martin continued to

care for patients there until 2015, achieving Master Surgeon status for gynecological robotic-assisted surgery.

Since 2015, he has served as Vice President, Chief Medical Officer at CGH Medical Center and Clinics in Sterling. In that role, he successfully implemented a system-wide initiative called "Culture of Caring" to preserve the important relationships with and between patients and staff.

Dr. Martin earned his medical degree from the University of Health Sciences/The Chicago Medical School in North Chicago and completed his Ob/Gyn residency at Oakwood Hospital in Dearborn, Mich. He has served as an Assistant Clinical Professor in the department of Ob/Gyn at the University of Wisconsin Medical School; as an Advisory Council member for the American Congress of Ob/Gyn Illinois Section; and a Board Advisory Member for the Illinois Breast and Cervical Cancer Program at the Illinois Department of Public Health. He has also served as a member of the Board of Directors for both the Northern Illinois Health Plan and the Stephenson County Health Department.



Board-Certified Women's Healthcare Nurse Practitioner Sara Smith has cared for patients in collaboration with Dr. Martin for many years. She has more than 15 years of experience in caring for women and has a special interest in adolescent health, nutrition, and obstetrics.

Sara earned a master's degree and certification as an advanced practice nurse and certified women's health nurse practitioner at the University of Illinois at Chicago. She also holds a bachelor's degree in nursing from University of Illinois at Chicago and an associate's degree in nursing from Trinity College of Nursing in Moline, Ill.

As a board-certified women's healthcare nurse practitioner, Sara can provide the full scope of obstetrical and gynecological care for her patients.

She began her nursing career at what was then Freeport Memorial Hospital and has cared for patients at the Community Clinic of Northwest Illinois, Highland Women's Care – Monroe Clinic in Freeport and most recently at CGH Medical Center in Sterling.

Call FHN Specialty Care—Harlem Avenue at 815-599-7750 for more information or to make an appointment with Dr. Martin or Sara Smith.

Dr. Levine Joins the FHN Vein Center



Toni Levine, MD, has retired from the practice of otolaryngology at the Stephenson Street Specialty Clinic but she hasn't left FHN: We're pleased to welcome her to the FHN Vein Center! Dr. Levine has joined Drs. Rafael Castro and Martin Urban at the FHN Vein Center located in FHN Memorial Hospital. Dr. Levine is a Fellow of the American College of Surgeons and has been in practice at FHN for over 11 years.

The Vein Center currently offers three minimally invasive procedures for the treatment of vein problems: Endovenous laser ablation, phlebectomy, and sclerotherapy. Recovery after these procedures is faster than you might think. Many patients return to work the next day. Non-cosmetic treatments are usually covered by insurance, including Medicare.

If you are experiencing heaviness, pain, or tiredness in your legs, talk to your provider or contact the FHN Vein Center at 815-599-VEIN (8346) to schedule a free screening.

Your Best Bet for Good Health

Drive-Through, Walk Up—There's No Excuse Not to Get Your Flu Shot!



Getting a flu shot each year is one of the best things you can do to keep yourself and your family healthy. Now, FHN is making it easy and convenient, too!

We're holding two drive-through flu shot clinics in Freeport: We'll assist you in filling out the paperwork and paying for your immunization, and a nurse will administer the shot, so you won't have to leave the car!

"We wanted to make it easy for everyone to get their flu shot," says FHN Infection Preventionist Margie Kochsmier, MSN RN CMSRN CIC. "If someone you love has mobility issues, you can skip the hassle of getting out of the car for a provider visit or flu shot clinic. Anyone over the age of 18 can get their flu shot at our drive-through clinics, so bring them along, and you both can get your shot!"

The drive-through flu shot clinics will be held at the FHN Family Healthcare Center—Burchard Hills at 1010 W. Fairway Drive in Freeport:

8–10 a.m. Saturday, September 29
4–6:30 p.m. Wednesday, October 3

For more information on FHN's curbside flu shot clinics and other community flu shot clinics, visit www.fhn.org.

Adults under 65 years of age will get a quadrivalent vaccine that protects against 4 strains of influenza for \$28.

Those over 65 will receive a high-dose version of the vaccine (\$62). There will be no out-of-pocket expense if you are covered by Medicare Part B (*please present Medicare card*) or a Medicare HMO accepted by FHN (*covered persons MUST present the Medicare HMO card instead of the Medicare card for the billing process*).

Individuals age 18 and under cannot be vaccinated at the drive-through clinics.

Immunizations may be paid for by cash, check, or credit card. Please note that these prices are only available at these flu shot clinics; other rates may apply in FHN offices. No other insurance coverage can be accepted at these flu shot clinics, and per government regulations, no Medicaid cards can be accepted at these locations.

Persons with allergy to eggs or the flu vaccine, those with an illness accompanied by a fever or depressed immune system should not receive the flu immunization at these locations.

Have You Checked Out the New FHN.org?



If you haven't visited our website in a while, you're in for a surprise!

We debuted a new, easy-to-use and mobile-friendly website just after Labor Day, in time for the inevitable schedule crush that comes with fall. We've made it easier than ever to find a provider, find your way around FHN Memorial Hospital, find our free symptom checker and even find help in managing your and your family's health!

The new **FHN.org** is mobile-friendly, so if you're looking up your provider, directions to his office or a phone call to her nurse is just a click away. Scroll through our calendar and when you find a program that interests you, simply click to register. And of course, you can get to MyFHN from anywhere on the site.

Take a look around the new **FHN.org**—we think you'll like what you see!

Drive Through Flu Shot Clinics



Location	Time	Date	Details
No need to get out of the car – we'll help you fill in your paperwork, take your payment, and give you your shot curbside! Adult-only clinic is \$28 (quadrivalent for under age 65) or \$62 (high-dose for 65+) cash, credit card 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 (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.			
FHN Family Healthcare Center – Burchard Hills	8 – 10 a.m. 4 – 6:30 p.m.	September 29 October 3	1010 W. Fairway Drive, Freeport

Flu Shot Clinics



Location	Time	Date	Details
Adult-only clinic is \$28 (quadrivalent for adults under age 65) or \$62 (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. For more information, call 815-599-7437.			
Good Shepherd Lutheran Church	noon–3 p.m.	October 8	118 E. Mason Street, Lena*
Mest Manor	1–3 p.m.	October 9	525 3rd Street, Savanna
Carroll County Senior Center	9 a.m.–noon	October 12	306 N. Main, Mount Carroll ♥
First Lutheran Church	10 a.m.–noon	October 14	301 S. Clay, Mount Carroll
Golden Meals	9 a.m.–noon	October 16	524 W. Stephenson Street, Freeport—rear entrance ♥
Lena Living Center	8:30–10:30 a.m.	October 19	1010 S. Logan, Lena
State Bank	3–6 p.m.	October 19	215 S. Main Street, Pearl City
Wesley Chapel, Bethel UMC	10 a.m.–noon	October 23	201 S. Hickory Street, Shannon
Liberty Village Estates	10:30–11:30 a.m.	October 25	2080 Navajo Drive, Freeport ♥
State Bank	2–4 p.m.	October 26	1718 Dirck Drive, Freeport
Oakley Courts	9–11 a.m.	October 30	3117 Kunkle Boulevard, Freeport
Lake Summerset office	9–11:30 a.m.	November 1	1202 Lake Summerset Road, Davis ♥
Sullivan's Foods	1–3 p.m.	November 2	201 Dodds Drive, Lena
Sullivan's Foods	4–6 p.m.	November 2	103 W. North Avenue, Stockton
St. John's Lutheran Church	10 a.m.–noon	November 4	229 S. First Street, Pearl City
Fitness Lifestyles	9 a.m.–noon	November 5	641 W. Stephenson, Freeport
St. John's Lutheran Church	9 a.m.–noon	November 6	625 Country Lane, Lena ♥
State Bank	1–3 p.m.	November 7	100 Ill. Route 75, Davis
Sullivan's Foods	3–6 p.m.	November 8	2002 W. Galena Avenue, Freeport
Carroll County Senior Center	9 a.m.–noon	November 9	306 N. Main, Mount Carroll ♥
Sullivan's Foods	9–11 a.m.	November 10	217 Chicago Avenue, Savanna
Faith United Methodist Church	8–10 a.m.	November 11	1440 S. Walnut, Freeport
Sullivan's Foods	1–3 p.m.	November 14	101 E. Hwy 64, Mount Morris
Carroll County Senior Center	9 a.m.–noon	December 5	306 N. Main, Mount Carroll ♥

♥ Indicates a site with a free blood pressure screening.

* Indicates a site that is part of a Parkinson's Support Group meeting

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. We hope you'll take advantage of some of these free, quick chances to “check up” on your health!

(This information was correct at the time of publication. Please see FHN's online calendar at www.fhn.org for additions or changes.)

Blood Pressure Screenings¹

Location	Time	Date	Details
Salvation Army	9 a.m. – noon	September 27 October 25 November 8 ²	106 W. Exchange Street, Freeport
Gospel Outreach Food Pantry	9–11 a.m.	October 6 November 3	211 W. Spring Street, Freeport
Golden Meals	10:30 a.m. – noon	October 9 October 16 November 13	524 W. Stephenson Street, rear entrance, lower level, Freeport
Liberty Village Estates	10:30–11:30 a.m.	October 10 November 14	2140 Navajo Drive, Freeport
St. John's Lutheran Church	12:30–1:30 p.m.	October 10 November 6	625 Country Lane, Lena
Joseph's Pantry Faith Center	4–6 p.m.	October 16 November 20	203 W. Pleasant, Freeport
New Jerusalem Church of God	11 a.m. – 1 p.m.	October 18 November 15	4 E. Iroquois Street, Freeport
Pecatonica United Methodist Church Food Pantry	10 a.m. – noon	October 23	528 Washington Street, Pecatonica
Pearl City Methodist Church	9–11 a.m.	October 27 November 10	411 S. Main, Pearl City
Mt. Calvary Church of God in Christ	10 a.m. – noon	October 27	420 Challenge Street, Freeport

¹ No cost or registration required; open to the public.

² Free glucose screening also available until 10:30 a.m. Please do not eat or drink anything other than water for 8 hours before this test.

Support Groups

Group	Time	Date	Details
Memory Cafe*	1–3 p.m.	September 27	Senior Resource Center, 216 E. Stephenson Street, Freeport
Adult Diabetes Support Group*	1–2 p.m.	October 2	FHN Memorial Hospital Globe Room – Lower Level Topic is Dining Out. For more information, call 815-599-6253.
Managing Early Grief: The First Nine Months After a Loss	6–8 p.m.	October 3 October 10 October 17 October 24 October 31 November 7 November 14	FHN Hospice, 773 W. Lincoln Boulevard, Suite 403, Freeport This 9-week support group is designed for anyone who has lost a loved one during the past nine months. There is no charge, but registration is required to attend. For more information or to register, call FHN Hospice at 815-599-7240.
Living Through Grief*	6–7:30 p.m.	October 8 October 22 November 12	FHN Memorial Hospital Cafeteria Dining Rooms – Lower Level For more information, call 815-599-7240.
The First Steps Grief Support Group*	10–11:30 a.m.	October 16 November 20	FHN Memorial Hospital cafeteria meeting rooms – Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160.
Perinatal Loss Support Group	10–11:30 a.m. 6:30–8 p.m.	October 18 November 15	FHN Memorial Hospital Globe Room – Lower Level A safe and supportive space for parents who have lost a child through miscarriage, stillbirth or shortly after birth to cope with and share their emotions. Call 815-599-6160 for more information or to register
Adult Diabetes Support Group Holiday Party	1–2 p.m.	November 6	FHN Memorial Hospital Globe Room – Lower Level No charge; registration not required. For more information, call 815-599-6253.
Parkinson's Support Group Pot Luck Luncheon*	1:30–2:30 p.m.	November 12	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena

*No cost or registration required; open to the public.

Community Programs

Program	Time	Date	Details
Talk: Flu or Cold?*	1–2 p.m.	September 28	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Health Fair*	8–10 a.m.	October 3	Shopko, 555 W. South Street, Freeport FHN is proud to provide information on good health at this event, sponsored by Shopko.
Walk to Remember*	1 p.m.	October 7	FHN Memorial Hospital Globe Room (Lower Level), 1045 W. Stephenson, Freeport A special ceremony for parents and families who have lost a baby (through miscarriage, stillbirth or newborn loss) to share their grief and remember their loved one. Families will gather for a brief program and then walk to Bidwell Park for a memorial ceremony. After the ceremony, the families will gather again in the Globe and Deaconess rooms for a light snack. RSVP by Oct. 1; to RSVP or for more information, call 815-599-6878.
Community Health Forum: Negotiating the Healthcare System*	6:30 p.m.	October 10	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Mike Perry will discuss how patients can best navigate the healthcare system to get and pay for the care they need. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.
Senior Expo*	8:30 a.m. – noon	October 11	Eagles Club, 1200 Galena Avenue, Freeport FHN Top 50 will offer free cholesterol, blood glucose and blood pressure screenings. Open to the public; no cost or registration required. Please do not eat or drink anything other than water for 8 hours prior to blood glucose testing.
A Slice of Time – and Pizza – Just For You!	5:30 – 7 p.m.	October 15 or October 22	Cannova's, 1101 W. Empire Street, Freeport Join women's care providers from FHN for an evening of pizza and conversation all about you. Several short, informational presentations will be offered, and you'll have time to eat and chat with providers and staff from our women's care team over great food, complimentary beverages, and (of course) dessert! Registration online at www.fhn.org/sliceoftime .
National Prescription Drug Take Back Day*	10 a.m. – 2 p.m.	October 27	Cub Foods parking lot, 1512 S. West Avenue, Freeport The FHN Family Counseling Center is working with the State of Illinois and local and national law enforcement to provide a safe, convenient, and responsible means of disposing of prescription drugs and educate the public about the potential for abuse of medications.
FHN Volunteers Present a Uniform Sale	7 a.m. – 7 p.m.	October 29	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Popular event hosted by Gone Postal Uniforms of Freeport, offering all major brands and sizes of uniforms, shoes, and accessories for men and women. A portion of the proceeds are donated back to FHN. Open to the public.
Ole Time Christmas Craft Show	7 a.m. – 5 p.m. 7 a.m. – 4 p.m.	November 1 November 2	FHN Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport Shop for all your holiday needs – a large variety of handmade items for gift giving and home décor. When you make a purchase, you will be entered in a drawing for a special gift basket. Proceeds benefit FHN's 2018 United Way campaign. \$2 suggested entry donation; children under 12 are free.
Community Health Forum: Medical & Recreational Cannabis*	6:30 p.m.	November 13	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Jack Herrmann will talk about the ongoing, and rapidly evolving, debate on medicinal and recreational use of cannabis. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.

* No cost or registration required; open to the public.



HERE'S LOOKIN' AT YOU, KID ...

We're giving Freeport's Grand River Hall a Moroccan makeover for an elegant evening at Rick's for this year's FHN Festival of Trees Gala!

Join us for a *Casablanca*-themed night at the casino featuring delicious hors d'oeuvres, drinks, casino games, music and a silent auction to help you kick off your holiday shopping. Mark your calendar for Friday, Nov. 16!

Proceeds from this year's Gala will benefit the FHN Family Counseling Center.

Training and Education



Class	Time	Date	Details
Breastfeeding Class	7–9 p.m.	October 2	FHN Memorial Hospital, 1045 W. Stephenson Street— Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221.
BLS for Healthcare Professionals	8 a.m. – Noon.	October 6	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport 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. Call 815-599-6707 or email coil@fhn.org for more information or to register.
FHN Hospice Training	2:30–5:00 p.m.	#7–October 8	FHN Hospice Office, 773 West Lincoln, Freeport Final of seven sessions. Free training provided by FHN Hospice for anyone interested in becoming a hospice volunteer. There is no obligation to volunteer, however those who wish to volunteer must attend all 7 sessions. For more information, call toll-free 1-877-600-0346, ext. 960.
Diabetes Education Class	1–4 p.m.	Part 1–Oct. 10 Part 2–Oct. 11	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Series of two classes. Classes are available only through physician referral and there is a charge to participate; call 815-599-6253 for more information.
	9 a.m. – Noon	Part 1–Nov. 14 Part 2–Nov. 15	
Stop the Bleed	5:30–7:30 p.m.	October 11	FHN Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport Nationally-recognized program designed to teach non-medical people the importance of stopping hemorrhage in a trauma situation. Course is \$25, which includes a Stop the Bleed kit (tourniquet, bleeding control supplies, gloves, and instructions). Open to the public; registration is required. For more information or to register, call 815-599-6707 or email coil@fhn.org .
FHN Hospice Training	5:30–8:00 p.m.	#1–October 15 #2–October 22 #3–October 29 #4–November 5 #5–November 12 #6–November 19 #7–November 26	FHN Hospice Office, 773 West Lincoln, Freeport Free training provided by FHN Hospice for anyone interested in becoming a hospice volunteer. There is no obligation to volunteer, however those who wish to volunteer must attend all 7 sessions. For more information, call toll-free 1-877-600-0346, ext. 960.
Heartsaver® First Aid, CPR & AED	8 a.m. – 4:30 p.m.	November 3	FHN Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach members how to perform high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use in adults, children, and infants. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email coil@fhn.org for more information or to register.
Sibling Class	6:30–7:30 p.m.	November 7	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport— Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wittig. Registration required; for more information or to register, call 815-599-6221.
Prenatal Class	5–9 p.m.	November 20	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport— Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Registration is required; call 815-599-6221.



MyFHN On The Go— There's an App for That!

With our new **MyFHN app**, you can easily access your healthcare information on your smartphone any time! You can choose to log in using the website too, but if you'd like to take advantage of functionality designed just for your phone or tablet, just follow these simple steps:

1. Search for the **MHealth app** in the Google Play or Apple App store.
2. Select the **Meditech MHealth app** (there are multiple MHealth apps).
3. **"Allow" MHealth to access your location**—this will give you a selection of patient portals near you, and **MyFHN will be one of them.**
4. Choose the **FHN/MyFHN Portal** and download it—it will now appear as an icon on your smartphone.
5. Anytime you want to **access MyFHN through the app**, just log in with the same username and password set up for the online version of MyFHN.

Thanks for choosing MyFHN!



Letter From Tonya Meyer, FHN Foundation Executive Director

A Beautiful Promise Kept Giving Cancer Patients the Gift of Time

In late 2012, Paul Holz decided to honor his wife, Shirley, and their family with a \$2,200 pledge to the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. His pledge gave him naming rights for a bench, two trees, and two memorial bricks in the Center's Healing Garden.

Paul recently completed his bi-annual payments to the FHN Foundation, fulfilling his pledge, and we're so grateful for his generosity!

Supporting the Cancer Center is important to Paul and his family: His beloved wife, Shirley, was diagnosed with cancer in April 1987. Because she had lost a younger sister to breast cancer, they took the diagnosis very seriously. Shirley received radiation treatment at a facility in Madison, Wis., so Paul and Shirley spent a considerable amount of time traveling. Thankfully, Shirley was declared cancer-free and lived another 18 years.

Our Cancer Center didn't open until 1995, so during those months of radiation, Paul and Shirley made many trips to Madison, and stayed over countless nights. The travel caused added stress during a difficult time, so Paul was happy to support our local Cancer Center. "We are so fortunate to be able to offer radiation and chemotherapy treatments locally and save people all that travel time," Paul says.



Paul makes regular visits to the bricks and bench dedicated to his wife and family in the Healing Garden. It's a special place where he can reflect on his beloved wife, their children, grandchildren, and great-grandchildren.

Interested in learning more about how your pledge can leave a legacy and honor those you love?

Please call the FHN Foundation at 815-599-6900 to learn more.

HUSTLIN' FOR HEARTS

5K Raises Funds for Cardiopulmonary Rehab

We had a blast organizing our first-ever 5K this summer! The FHN Healthy Heart Hustle 5K was held July 21, starting and ending on the path by FHN Family Healthcare Center—Burchard Hills in Freeport. 78 registered runners took on the challenge to support the FHN Cardiopulmonary Rehabilitation department.

Thanks to our runners, past and current cardiac rehab patients, and our generous sponsors, including McPherson Law Offices, Union Savings BANK, Midwest Community Bank, and State Bank, we raised more than \$4,000 to help cardiac rehab patients!



IN DAVE'S HONOR

80 Cyclists Take on Gran Fonda Tour Against Cancer

Our popular bicycling event got a new name for its 12th year. The Gran Fonda Tour Against Cancer has been named for the ride's founder, Dave Fonda, who lost his own fight against cancer this year.

Freeport's Chainlink Cyclists hosted the June 30 event, which offered riders 4 routes around northwest Illinois. We had a hot, sunny Saturday for the ride, but 80 cyclists took it on!

\$23,561 was raised for the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital through the Gran Fonda and gifts donated through Dave's memorial in the spring. Thank you to everyone who honored Dave's generosity and passion by supporting the ride!

Look for details on next year's Gran Fonda in spring 2019.



RURAL HEALTH PROFESSIONAL OF THE YEAR

FHN Stroke Team Leader Tracy Love Honored

We are very proud to announce that FHN Stroke Program Coordinator Tracy Love, CNL, RN, has been named the 2018 Illinois Rural Health Professional of the Year.

The Illinois Rural Health Association honors just one individual a year for his or her outstanding contribution of major significance to rural health in Illinois, efforts beyond what is expected and dedication to the advancement of the health of the public. Tracy was nominated for her work toward and dedication to quality stroke care at FHN.

The efforts of Tracy and the FHN Stroke Team in the past five years have resulted in FHN being awarded the Bronze, Silver, and Gold Awards, as well as the Gold Plus Award this year, from the American Heart Association/American Stroke Association. This honor demonstrates FHN's dedication to quality stroke care for the people in our community.

As the leader of the Stroke Team, Tracy completes a quality review of the care given every stroke patient and works to implement process improvements as needed. She also led the team responsible for developing and implementing the EMS Stroke Alert process across the five counties FHN serves.

As soon as EMS (emergency medical services) personnel assess a patient who appears to be having the symptoms of a stroke, the alert is communicated to the FHN Emergency Department from the field. The alert allows the EMS team to work in coordination with the FHN ED team as quickly as possible.

The Alert is paged throughout the hospital, bringing a team together in the ED to



Pictured standing left to right: Illinois Rural Health Association Executive Director Margaret Vaughn, Clinical Nurse Specialist Jessica Schneiderman, Director Clinical Quality Cheryl Rife, CNO/VP Patient Services Kathy Martinez, and Aaron Love. Seated: Stroke Program Coordinator Tracy Love and Director of Emergency Services Denise Book

provide immediate care to the potential stroke patient. As they await the patient's arrival, the ED Care Team prioritizes assessment and interventions for the patient, makes sure imaging equipment is available and the laboratory is ready to conduct stat blood testing. Our staff neurologist or tele-neurology service is alerted and available as soon as the patient arrives at the ED.

This coordination allows us to provide timely care in an effort to minimize the lasting impact of a stroke. Its success is the result of a lot of hard work by Tracy and our local EMS agencies. The EMS Stroke Alert has been so successful that Tracy was awarded the opportunity to present it at the International Stroke Conference.

Congratulations, Tracy!



to our team of talented staff committed to delivering healthcare excellence to our community.

Insight



We're here, for you.

FHN

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