



## Letter from Dennis

When I've written these letters before, it has been to share important information about our organization, our community, or our healthcare field with you.

This time, though, I'm writing to say "goodbye." As I look forward to retiring, I also find myself looking back at the many wonderful things we have accomplished together as a healthcare organization.

There have been momentous occasions, of course, like the opening of the Cancer Center and the Cardiovascular Center. The community has joined us in our celebration of those big events.

But there have been innumerable smaller achievements – some of them meaningful just to us and to the one family or even one person we've helped.

*(continued on page 2)*

## FHN says goodbye to President/CEO Dennis Hamilton

### National honors, community growth mark 19-year tenure

As 2005 draws to a close, FHN also is facing the end of an era—our President and CEO, Dennis Hamilton, will retire at year's end. Michael Perry, M.D., currently our executive vice president and chief physician officer, has been named as his successor.

Dennis has led FHN through 19 years of growth and dedication to our community's healthcare needs. During his tenure, FHN has grown to include the FHN Leonard C. Ferguson Cancer Center and the Judy and Virgil Bocker Cardiovascular Center, making it possible for our patients to receive essential treatments close to home. Dennis has overseen many other achievements for FHN, including the formation of the Northern Illinois Health Plan (NIHP); bringing Jane Addams Counseling Services (now part of FHN Family Counseling Center), into FHN; the formation of the FHN—physician partnership; the formation of the FHN Foundation; and the addition of FHN Family Dental Care and FHN Complimentary Medicine to the services offered through FHN.

With Dennis at the helm, FHN has received national recognition for excellence. In 1998, FHN was honored with a Level II Award for Business Excellence from the Lincoln Foundation. In 2000, Working Mother magazine recognized FHN as one of the nation's 100 Best Companies for Working Mothers. In 2003, the AARP recognized FHN as one of the nation's best employers for workers over 50. In 2004, the American Hospital Association honored FHN's Partners in Giving program with a Hospital Award for Volunteer Excellence (HAVE).

Those honors wouldn't be possible without the people of FHN. Dennis is proud to lead each year a special recognition of the outstanding work done by FHN's outstanding employees and physicians.

Through all of the expansions and success, Dennis has been most proud of the fact that FHN keeps growing to meet the healthcare needs of our community.

"Everyone at FHN takes pride in offering 'big-city' services here in our small town," said Dennis. "It has been an honor to help FHN grow and offer our patients more services each year."

Since 1986, FHN has expanded its capabilities to include mammography, cataract care, MRI and advanced imaging services, on-site cardiac catheterization and much more. We've improved our birthing center and emergency and outpatient services and become an affiliate of the University of Wisconsin Comprehensive Cancer Center, one of just 40 such centers in the United States as designated by the National Cancer Institute.

Dennis also has had a large part in expanding FHN's role in the northwest Illinois community. We'll soon be celebrating the 14th annual Festival of Trees, opening up with a gala that has become one of the town's most popular holiday events. In the summer, FHN reaches out to the community with Good Old Summertime, a festival designed to bring families together for some old-fashioned fun. The festival includes a variety of healthy family activities as well as the Great Northwest Illinois Tour for Cancer, a bicycle tour across the rolling hills of the region that brings bicycling enthusiasts from all over the Midwest to benefit the FHN Leonard C. Ferguson Cancer Center.

While the community will remember Dennis for his many accomplishments with FHN, we also will remember him as the intelligent, open, friendly man who led us into the 21st century. We'll miss you, Dennis. Enjoy your retirement! ■

# Addition more than doubles healthcare center's size

## We're growing to serve our patients' needs

The FHN Family Healthcare Center – Pecatonica is growing to serve our patients' needs.

Construction on the addition, scheduled to be complete in March, began in October. The project, including remodeling work on the old building, will last through May 2006. The addition will more than double the size of the existing office, adding X-ray and lab facilities as well as increasing the number of exam rooms available.

The Pecatonica healthcare center, thanks to development in nearby Winnebago, had become too small to adequately serve our patients there. Dr. Beth Kalnins and family nurse practitioner Kathleen Meade, along with the center's staff, needed room to accommodate the increased number of people relying on the Pecatonica facility for their healthcare.

"It's very exciting to see so many new families in our community," Dr. Kalnins said. "Not having enough room for everyone is a wonderful problem, but it needed to be addressed if we wanted to continue to give our patients the highest quality healthcare."

The new center will have nine exam rooms, an X-ray room and darkroom, treatment room, lab and blood draw facilities and a nurses' station. The reception area also will be improved,

with a sub-waiting room for patients awaiting X-rays. The facility also will have a staff lounge and expanded office and storage space.

The providers—and patients—at the Pecatonica healthcare center are looking forward to having a little more elbow room. ■

### Family Counseling Changes

The staff of the FHN Jane Addams Family Counseling Center and the FHN Family Counseling Center (Meadows Mall location) has moved to new offices at 421 Exchange Street. To minimize confusion, all phone numbers, as well as the hours of business, will remain the same.

The move is the first step in two important processes: Consolidating FHN's mental health services and making more parking available on the FHN Memorial Hospital campus.

With this move, FHN has brought all of our local mental healthcare services to one location. The entire group will be known as FHN Family Counseling Center.

You'll see some visible changes on the FHN Memorial Hospital campus soon, as demolition of the Jane Addams building is scheduled for this month. That building, as well as West House on the west side of the FHN Leonard C. Ferguson Cancer Center, will be torn down to provide additional space for parking. ■

### Satellite Centers Add Providers

Two of our satellite healthcare centers are growing soon—adding new providers to better serve our patients.

A new physician is joining the Pecatonica center. Dr. Jennifer Guffey will join the staff in mid-January, focusing on family practice and OB/GYN. A native of Pecatonica, Dr. Guffey earned her medical degree at the University of Illinois College (UIC) of Medicine at Rockford. She will complete her residency in family practice at the UIC in Rockford this December.

Nurse practitioner Teresa Blair, APN/CNP, will join the Lanark center in December. Her focus is on family practice. Nurse practitioners have had a very positive impact throughout FHN, and we're proud to welcome Teresa to the Lanark team. Teresa earned her bachelor's and master's degrees in nursing from Graceland University in Independence, Mo.

Also in December, Dr. M. Farouk Isawi will join FHN. Dr. Isawi is a well-known local OB/GYN who practices out of the Kiwanis Drive facility. He has been practicing medicine for 25 years, most of them in Freeport. ■

### Letter from Dennis *(continued from page 1)*

Those everyday accomplishments are what have made us a great healthcare organization.

I would like to take this chance to thank all of you for all of these accomplishments—both large and small—and for your dedication and commitment to improving the health of our patients. It has been an honor to work with all of you.

At the end of this year, Dr. Michael Perry will take on the role of President and CEO of FHN. I have worked with him in his capacity of Executive Vice President and Chief Physician Officer of FHN for 5 years, and I know you will find Dr. Perry a very capable, personable leader.

Dr. Perry and I have been working together to make the transition as seamless as possible, both for the public and for you. We're confident that all of you will continue to do the excellent work you've been doing to serve our patients with professionalism and compassion.

I will forever be humbled by the support you have given me over the years and no one will ever be prouder than I to have worked with such a splendid group of people. It has been my honor to have been your colleague. Continue to believe in yourselves—you will be the benchmark to which all others will be compared in the future. I wish you good luck in all you do.

As for me, I plan to enjoy my time by continuing to actively work on our tree farm, get to Colorado a little more often, try to regain my (limited) fly-fishing skill, hit golf balls every now and then, continue my reading, remain active in economic development (especially the Highway 20 issue) and work part-time for FHN for the next 1 ½ years. ■

**Neurology (noo-rol-uh-jee):** the branch of medicine devoted to the study and care of the nervous system.

As practicing physicians, neurologists diagnose and treat diseases that involve the nervous system. Sounds simple enough, right? Well the neurologists at FHN certainly make it seem that way. They have expertise in treating everything from sleep disorders and migraine headaches to muscular dystrophy, epilepsy and stroke. Here's a brief look at the expert team at FHN.

Dr. Farouk Khan, MD, PhD and Dr. Mohammed Afzal, MD, are the brains behind the brain, if you will. Together they have been practicing neurology for more than eight years. Dr. Afzal and Dr. Khan work with patients who suffer from a wide range of ailments, from epilepsy and multiple sclerosis to migraine headaches and stroke treatment/rehabilitation/prevention. Both neurologists have undergone training in the use of Botox for the treatment of neuromuscular diseases.

Khan is board-eligible for certification in Neurology and board-certified in Neurosonology (the study of the brain and surrounding blood vessels using non-invasive, advanced ultrasound technology). Afzal is board-eligible for certification in Neurology and has completed fellowship training in Neurophysiology. Neurophysiology includes EMG (electromyography) and EEG (electroencephalography), sleep medicine and neuromuscular disorders.

### Education and achievements

**Dr. Khan** has completed fellowship training in cerebrovascular diseases, neurosonology and the treatment of acute strokes using "clot busters" at Wake Forest University in Winston-Salem, N.C. He has received 21 Citations of Merit for medical and scientific research work in the United States Government Science Citation Index.

Dr. Khan received his medical degree from the University of Peshawar, Pakistan. He completed his residency in Internal Medicine at the State University of New York, Brooklyn, and his Neurology residency at the University of South

## Neurology 101

# A look at FHN's providers and services



*The neurology team at FHN includes (seated left to right): Heidi Becker, Tonya Lisk, Melissa Tregloan, Judith Kramer and Jill Rogers. The brains behind the brain are Dr. Farouk Khan (standing left) and Dr. Mohammed Afzal. Not pictured: Mary Zink, RN.*

Alabama in Mobile. He also has earned a Ph.D. in Health Sciences with a major in clinical immunology.

Dr. Khan's Ph.D. in immunology and fellowship training in neuroimaging place him in a select category of highly qualified neurologists for the diagnosis and treatment of multiple sclerosis. Dr. Khan also serves as a consultant on several national advisory boards on multiple sclerosis and Alzheimer's disease.

**Dr. Afzal** has a subspecialty in neurophysiology. His medical interests include neuromuscular disorders/perepheral neuropathy (EMG), seizure disorders (EEG), muscular dystrophy, epilepsy, movement disorders and multiple sclerosis.

Dr. Afzal received his medical degree from Deccan College of Medical Sciences, Hyderabad, India. He completed his internship in Internal Medicine at Nassau County Medical Center in East Meadow, N.Y. and his Neurology residency at North Shore University Hospital in Manhasset, N.Y. He also completed a fellowship in Neurophysiology at the Downstate Medical Center in Brooklyn, N.Y.

### Supporting team

The two physicians have a team of highly trained staff working beside them. Dr. Khan explained, "Heidi Becker, RN BSN, is my neuropsych nurse. She has received extra training in the state-of-the-art Vagal Nerve Stimulator (VNS) Implant for epilepsy, and in Intrathecal Baclofen Therapy for spasticity." Becker also assists Dr. Khan with Botox injection therapy for treatment of neuromuscular conditions.

Mary Zink, RN, assists Dr. Afzal in various neurological procedures. She has been with FHN since 1987, serving in various nursing positions.

Other neurology staff includes Melissa Tregloan, CMA, who, Khan adds, "graduated with high honors in the Medical Assistant Associate Degree Program in collaboration with Rockford Business College" and interned at FHN; Jill Rogers, RN; and Diane Drew, medical assistant. Judith Kramer; Michelle Bowen, Tonya Lisk, Holly St. John, Mary Velcich and Sue McKee make up the team of front office reception staff.

Dr. Khan and Dr. Afzal see patients at the FHN – Family Healthcare Center, Harlem Avenue in Freeport and have full privileges at FHN Memorial Hospital. Dr. Afzal also sees patients at the FHN Orangeville and Lanark locations. To make an appointment with one of the FHN neurologists, call (815) 599-7788 or toll-free 1 (866) 686-4577. ■

# Partners in Giving wishes upon a star

## Employees Help Make Dreams Come True

The FHN family made a "Wish Upon a Star" for this year's Partners in Giving Program, the annual fundraising campaign of the FHN Foundation. Program Chair Rhona Woodley reports that this year the campaign collectively raised more than \$150,000 toward the purchase of equipment that will benefit FHN and its patients throughout northwest Illinois.



This year's "Wish List" of medical equipment included many items, among which were treadmills for Cardiac Services and

the Occupational Health/Chiropractic Center; electronic thermometers for the Med/Surg unit; a CPR mannequin for Education; and a digital camera for the Emergency Department.

This year's fund-raising activities proved very popular, including the Basketful of Dreams silent auction, FootballMania raffle and Glitter and Give, a special jewelry sale with our partner Frank Jewelers.

Employee gifts and pledges are the heart and soul of the Partners in Giving campaign.

While each year's fund-raising activities add to the fun of the program, the key to its continued success is the generosity of each member of the FHN family.

"The biggest part of our total comes from employee giving," Rhona said. "Your willingness to give is very much appreciated. Your participation in Partners in Giving is another example of how seriously we all take FHN's mission to improve the health of our communities."

Thank you to everyone who participated and helped to make this another great year! ■



## Thanks to everyone who added to the success of the program by their pledges or contributions:

Phyllis Ackerman	Mary Block	Tina Chamberlin	Sandra Diddens	Beth Gale
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(continued)

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### Kim Price wins cruise in walking program

# Employees log more than a quarter million miles for 'Passport to Freeport'

FHN employees walked more than a quarter of a million miles together this summer as part of the "Passport to Freeport" walking program.

"Our goal was for the group to log enough miles to walk from Freeport, IL., to Freeport, Bahamas, or 2,498 miles," said Jennifer Holder. "The program was so popular, though, that the group logged 128,562 miles in all – enough to make the trip more than 51 times!"

As part of the program, employees walked along a virtual trail covering all of FHN's locations across northwest Illinois. Each time an employee "virtually" reached a stop, he or she could enter a drawing to win a cruise. The 671 registered walkers traveled far enough to make 8,816 entries.

The prize winner was Kim Price, a physical therapist in the Rehabilitation Services department, who will enjoy a 5-day Carnival Cruise Lines cruise to Freeport, Bahamas.

You've got another chance to stay fit for fun and prizes, too – sign up for the Get Fit Challenge 2006! Five-member teams will eat right, adopt healthy habits and exercise from Jan. 10 through April 12, 2006, and prizes will be awarded for the best results. Gather your team and sign up by Dec. 21 for a reduced price. For more information, log on to <http://getfit.fhn.org> or call (815) 232-2121 ext. 245. ■

*FHN Human Resource Consultant Jennifer Holder (left) presents 2 tickets to a Carnival Cruise Lines cruise to Freeport, Bahamas, to Physical Therapist Kim Price. The cruise was the grand prize in FHN's 2005 employee fitness program, "Passport to Freeport."*



## Insight

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### *Please join us in celebrating the 14th Annual Festival of Trees*

- Holiday Gala and Auction
- Family Holiday Movie Series
- Community Holiday Tree Lighting Ceremony
- Singin' in the Snow Holiday Chorale
- Community Festival of Trees

**Nov. 18**  
**Saturdays, Nov. 19 – Dec. 17**  
**Nov. 20**  
**Dec. 7**  
**Dec. 4 – Jan. 6**

Visit [www.fhn.org](http://www.fhn.org) for more information on all FHN Festival of Trees events.

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