



Teresa Hines, Equity Director for Freeport School District #145, was recently named to the FHN Board of Directors.

**Introductions please...
FHN welcomes
Hines and Mahoney**

FHN would like to extend a warm welcome to two of its newest executive members. Teresa Hines, Equity Director for Freeport School District #145, joined the FHN Board of Directors in March of this year. In her position, Hines is focused on ways to improve the performance of African American students within the Freeport School District. Her main responsibility is to evaluate the equity programs directed at improving achievement

"My time is spent evaluating these programs, determining which ones are effective and looking for new programs to help improve achievement," explained Hines.

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Valiant are those who volunteer: Volunteers recognized at FHN

"Here's to all volunteers, those dedicated people who believe in all work and no pay." It's a simple quote that speaks volumes—volumes about those who volunteer in our community, and about those who volunteer around the world. And though National Volunteers Week has now passed, it's never too late to talk about and recognize volunteers in our area that make a world of difference locally.

Sponsored by the Points of Light Foundation, National Volunteer Week is about thanking one of America's most valuable assets—our volunteers—and calling the public's attention to all that they do to improve our communities. At FHN, over 500 volunteers contribute more than 50,000 hours annually to support FHN's mission of improving the health of our communities by working together with those we serve. FHN's National Volunteer Week theme for 2005 was "Volunteers...Planting the Seeds of Kindness," which fit appropriately for the recognition ceremony which recently took place at FHN.

Career Hours Recognized

On April 29th, 47 individuals were honored for 1,000+ career volunteer hours for FHN. The individuals enjoyed a delicious luncheon prepared by FHN's award-winning dietary team, live entertainment and a fun-filled social hour. FHN president Dennis Hamilton presented the volunteers with their awards. The volunteer hours were separated into categories starting with 1,000 hours, and then climbing in increments of 500 hours. One individual has clocked more than 21,500 career volunteer hours with FHN!

Kay Brooks, Director of Volunteer Services for FHN, explained that FHN's volunteer opportunities vary. "Volunteers may help transport patients from one location to another in a wheelchair, or transport items between departments. They might help with basic clerical duties or deliver meals on wheels," said Brooks. "Some share their sewing and knitting talents in creating wonderful layettes for our newborns and turbans for patients undergoing chemotherapy," she said. In all, FHN has more than 500 active volunteers ranging in age from 14 to 90 working at 18 different FHN sites in 59 service areas.

Volunteer Week History

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since then, every U.S. President has signed a proclamation promoting National Volunteer Week. Governors, mayors and other elected officials make public statements and sign proclamations in support of National Volunteer Week.

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Dennis Hamilton joins some of the forty-seven volunteers FHN recently recognized for 1000+ FHN career volunteer hours.

Gearing up for the Good Old Summertime!

FHN to host 2nd annual event: June 25 – July 9

In the spirit of family, fun, fitness and fellowship, FHN is once again joining with a number of local organizations to coordinate a variety of enjoyable family activities to take place over a two-week period this summer.

The *Good Old Summertime Family Fun and Fitness Festival* was designed to involve area residents in numerous activities that would remind them of the good old days—days when families played together and made memories that would last a lifetime. Because the event was such a success last year, FHN has again coordinated events in hopes that many more memories will be made in 2005.

The kick-off event will be the 3rd Annual Great Northwest Illinois (Bicycling) Tour for Cancer on June 25 and 26. The *Tour for Cancer* is just one of over a dozen different activities planned throughout this two-week period, including a full day of fun in Krape Park on Saturday, July 2. Events for that day will include a grilling



contest, entertainment all afternoon at the Koenig Theatre, prizes, recreational activities, a health fair and great food of all kinds. ■



Stay tuned to your local media throughout June for more information on other *Good Old Summertime* activities which include:

June 25: Sand Castle Building Contest

June 30: FIRST EVER Movie at Krape Park

July 2: YMCA Kids Triathlon

July 2: *Day in the Park* Events:

- Healthy Grill Off
- Children's Parade
- Healthy Lifestyle Fair
- Family games and entertainment
- Kyra Sundance and Chalcy
- The Jessie White Tumblers
- Park activities (carousel rides, miniature golf, boating, etc.)
- Great food

- Mt. Calvary Church
- Papa Murphy's
- Jaycee Cheese Curds
- Larz Chicken Shack
- Park Concessions

July 2: Rock and Bowl at 4 Seasons Lanes

July 9: YMCA Triathlon

Volunteers recognized at FHN

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National data from the Bureau of Labor and Statistics based on a survey of about 60,000 households show that 64.5 million people volunteered in some capacity in 2004 – up from 63.8 million for the similar period ended in September 2003. The volunteer rate held steady at 28.8 percent in 2004.

If you would like information on how you can volunteer your time and/or services at FHN, please contact Kay Brooks at 599-6148, or kbrooks@fhn.org. ■



RBC, HCC make contributions

Healthcare education gets a shot in the arm

High quality nursing education is an important part of FHN's staffing strategies, and for good reason. According to Sharon Summers, vice-president of patient care and clinical services, a national shortage of 700,000 nurses is projected by 2010. She emphasizes, "Changes in technology and advances in medical knowledge make training a challenge. We need to develop programs that will improve student proficiency and broaden the learning experience, as well as promote interest in the healthcare field. Luckily, we have many regional partners who support this endeavor."

Rockford Business College donates computers

To help efforts to enhance and encourage health care education, a new computer lab for the Advanced Learning Center has been donated by Rockford Business College. The lab, currently located in the Medical Arts Building, houses 20 computers available to students in FHN's Certified Medical Assistant (CMA) program. This program, in its third year of existence, provides area students an opportunity to earn an associate's degree and apply for licensure as a Certified Medical Assistant.

"Our CMA program, with the help of its partners in education, is helping to meet the healthcare needs of the future," said Len Carter, vice president of human resources for FHN. "Rockford Business College was one of our first partners, and this computer lab is a true testament to the strength and value of that partnership."

"Rockford Business College is honored to have FHN as a partner in furthering education and building community potential," said RBC President Barbara

Holliman. "This exemplary relationship is a foundation for all organizations to stand upon; when business and education unite, success is inevitable."

The new computer lab is open to FHN staff and students as well as all on-campus students of programs that have partnerships with FHN—Weber State University, Owens Community College, Lewis University and Highland Community College.



Representatives from FHN and Rockford Business College attended the dedication of the RBC computer lab for FHN's Advanced Learning Center.

HCC expands non-traditional curriculum

To make nursing education more available in the region, Highland Community College has also teamed with FHN. Evening RN programs have been added to the curriculum, increasing options for students who cannot attend traditional weekday classes. So far, the new format has been quite successful—the first session included 16 enrollees. Highland has pledged to continue expanding educational opportunities in the medical realm.

FHN's focus on educational excellence is key to providing quality health care in the region, both now and for years to come. Employees interested in finding out more about learning opportunities are encouraged to talk with their supervisor or Human Resources. ■

FHN welcomes Hines and Mahoney

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"I'm thrilled to be working with an organization like FHN who continues to offer support in the education needs of our community," Hines said.

Lisa Mahoney was named Executive Vice President of the FHN Heart of Memorial



New Executive Vice President of the FHN Heart of Memorial Trust, Lisa Mahoney.

Trust in January. The Heart of Memorial Trust is the fund-raising arm of FHN that is instrumental in helping FHN continue its mission of providing quality health care to the region's residents. In her role, Mahoney is responsible for assisting donors, and to present various gifting opportunities. Mahoney will also be working on developing and leading the fundraising efforts for FHN.

"My goals are to work closely with the FHN Heart of Memorial Trust Board to further enhance community awareness of the numerous opportunities available to donors," said Mahoney. "We will continue to focus on growing our endowment to provide financial support to FHN programs, and will continuously assess how our efforts can best meet the needs of FHN, its employees and the communities we serve," she said.

Please join all of us in welcoming these two new outstanding members to the FHN family. ■



From left: Lisa Mahoney, Executive Vice President of the FHN Heart of Memorial Trust, and her Trust team, Jackie Wehrenberg, secretary, and Suzo McDearmon, administrative assistant.

"Hearty offer" promotion proves powerful!

In honor of February's American Heart Month, FHN made it easier than ever to "check up" on your heart's health. Until the end of March, 2005, FHN offered calcium scoring CT heart scans for \$99—a savings of \$200. To say the promotion was successful would be an understatement. Because so many people—248, to be exact! – took advantage of this hearty deal, appointments have been scheduled through the end of June just to complete them all.

The scan, a part of FHN's Proactive Scan (PS) series, detects calcified plaque in the arteries—also called "hardening of the arteries"—one of the risk factors that can signal heart disease. The scan is done in FHN Memorial Hospital's Imaging department, using a CT (computer tomography) scanner, the fastest state-of-the-art unit in the region and one of just a few in northern Illinois.



The calcium scoring CT heart scan is non-invasive and completely painless, and there is no special preparation necessary. Once a scan is performed, it is reviewed by an FHN radiologist. For this special promotion, each person then received an invitation to a special education session to learn more about their heart and the role of the scan in heart health from a healthcare professional.

The calcium scoring CT heart scan is recommended for anyone with any of the

risk factors for heart disease, including:

- A family history of heart disease
- Smoking
- An elevated cholesterol level
- High blood pressure
- Diabetes
- An inactive lifestyle or being overweight.

Men over 45 and women over 55 with no risk factors also are encouraged to undergo a heart scan. The calcium scoring CT heart scan is meant to be an extra, early precaution against heart disease, and cannot replace consultations with your healthcare provider. For more information on the heart scan, visit www.fhn.org; if you have questions or want to schedule an appointment, call (815) 599-7060 or toll-free (888) 433-5700. ■

Insight

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Next issue...

- **Good Old Summertime Wrap-up**
- **Festival of Trees Preview**

Send your contributions, story ideas or comments to Tammy Edler via e-mail to tedler@fhn.org or by calling 599-6209.

Mark your calendar...

- June 25** Sand Castle Building Contest
- June 30** FIRST EVER Movie at Krape Park
- July 2** GOST at Krape Park; YMCA Kids Triathlon; Rock and Bowl at 4 Seasons Lanes
- July 9** YMCA Triathlon