



**Message from Dr. Perry**

*“May you live in exciting times.”*

You may have heard this phrase referred to as an old Chinese curse, but I prefer to see it in a more positive light. I hope this year—and the years to come—will be exciting times for all of us at FHN as we continually strive to improve healthcare for our communities.

Some of our goals this year include:

- Moving toward “paperless” recordkeeping with the conversion of X-rays and radiology studies from film to digital files
- The development of our new Exchange Street facility for patient and administrative use
- Focusing on more personal, less stressful patient care in the Emergency Department

*(continued on page 2)*

## FHN Orthopaedics and Sports Medicine team offers Joint Club

### Total joint replacement patients ‘on course’ for quick recovery

The FHN Orthopaedics and Sports Medicine physicians, in cooperation with FHN Memorial Hospital, have debuted a program to help joint replacement patients understand and take an active role in recovering from their surgery.

Joint Club, modeled on the calculated, rigorous pathway of playing a round of golf, helps patients know what is happening to them and how they can help to improve the results of their total joint replacement surgery.

“The outcome of surgery is very dependent on the patient’s physical condition prior to surgery and their willingness to work hard at recovery afterward,” said Larry Brinkman, M.D., an orthopaedic surgeon on the FHN Orthopaedic and Sports Medicine team.

“When the decision is made to undergo surgery, our patients receive a special guide to help them through the time before and immediately after joint replacement surgery,” said Dr. Brinkman.

The guide serves as a source of information for the patient, with answers to common questions and pages to note appointments and the patient’s progress. The guide includes a pre-operative “to do” list and specific instructions for exercises that will help the patient gain strength before the procedure.

While in the hospital, patients receive a special newsletter each day, outlining the day’s exercise tasks and other helpful information.



*Larry Brinkman, M.D., talks with a patient recovering from knee replacement surgery.*



A challenge board in the unit and the daily newsletters help patients keep track of their schedule and their progress. In keeping with the Joint Club theme, patients track their progress hole by hole, with each exercise and walking lap they complete getting them farther on the course.

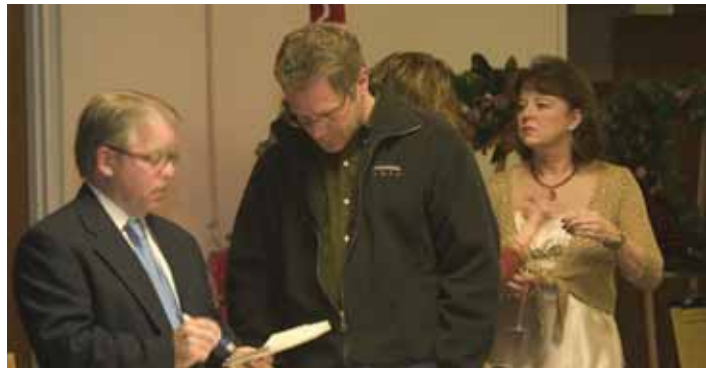
The patient’s progress is noted each day in their Joint Club guide.

*(continued on page 5)*

*John Pinnello, M.D., looks over the challenge board with a patient. The challenge board helps patients keep track of their progress as they recover.*

# Festival of Trees wrapup

The 2005 Festival of Trees events brought out many people from the community to enjoy the holiday spirit with FHN. From the Gala to the Holiday Movie Series, Community Festival of Trees and many other events at the Freeport Public Library, we hope all of you had a chance to enjoy the celebration. ■



## Message from Dr. Perry *(continued from page 1)*

- Taking part in several national patient safety initiatives
- Using nationally proven evidence-based medicine standards to help us improve our processes
- Developing a master facility plan for FHN Memorial Hospital and our Freeport facilities, and
- Moving to even higher patient safety results.

On a more personal note, I am honored and excited to have been appointed president and CEO of FHN. Dennis Hamilton, through his excellent leadership and hard work, has left all

of us with an exceptional organization. Our patient and internal staff satisfaction ratings are at an all-time high.

David Reese, M.D. has agreed to serve FHN as its chief physician officer, the position I held previously. Dr. Reese will continue to see patients part-time at the FHN Family Healthcare Center – Lanark, where he is an important part of the community.

Sharon Summers has taken on a new role, as well. She will continue her service to FHN, our patients and our communities as Chief Operating Officer.

David and Sharon helped to improve FHN and the care we give our patients in their previous positions, and I know that they will both continue that good work.

I would like to take this opportunity to commend each and every member of the FHN family on our organization's success. You are the key to FHN's future, and I look forward to working with all of you to keep that success going, and to build upon it in 2006 and beyond. ■

*Michael Perry*

Darin Doak, Rebecca Pedersen, M.D. join FHN board

# 'Quality healthcare is of concern to absolutely everyone'

FHN is pleased to welcome Darin Doak and Rebecca Pedersen, M.D. to its Board of Directors.

Local attorney Darin Doak joined the board in August 2005. Darin, a Freeport native, is enthused about the opportunity to help guide FHN. "Quality healthcare is of concern to absolutely everyone," Darin said. "Service on the FHN board offers me a fantastic opportunity to directly improve the quality of life for my family, friends and everyone in the Freeport area.

Darin also serves on the Stephenson County Visitors' Center Board of Directors and the Freeport Noon Rotary Board of Directors. He served the Noon Rotary as president of the board in 2004-2005. He lives in Freeport with his wife, Jennifer, and their daughter, Hailey.

Dr. Rebecca Pedersen joined the board in February 2006. She is a family practice physician at the FHN Family Healthcare Center – Highland View Drive.

Rebecca, a native of Oreana, Ill., attended medical school at the University of Illinois College of Medicine in Rockford, where she was part of the Rural



*Darin Doak*

Medical Education Program. Her focus on family practice and her experience in rural medicine will be a great asset to the board.

"I'm looking forward to helping guide FHN as we strive to provide exceptional care to our patients. FHN's mission is to improve the health of our communities,



*Rebecca Pedersen, M.D.*

working together with those we serve, and I'm excited to work toward that both as a physician and as a board member."

Rebecca joined FHN in 2001. She lives in Freeport with her husband, Brad and daughter, Sydney.

Welcome to both our new board members! ■

## New Vision offers addicts a second chance

### Emergency medical stabilization service housed at FHN Memorial Hospital

Left untreated, drug or alcohol dependency can escalate into an emergency healthcare situation. The New Vision program offered at FHN Memorial Hospital is an emergency medical stabilization service for adults with severe drug, alcohol and related health issues.

New Vision offers adults who are currently using or experiencing acute withdrawal symptoms immediate help and a way out of their crisis. Upon admission into New Vision, the individual is admitted to the hospital for inpatient stabilization, including crisis intervention, assessment and medical management. The typical stay is three days.

Before leaving the hospital, the patient is referred to the appropriate community-based aftercare programs for continued support. The goal of the New Vision program is to provide safe medical stabilization at the gateway to recovery. Aftercare groups begin the education regarding chemical dependency and links to longer-term treatment programs provide support to prevent relapse.

The New Vision team at FHN Memorial Hospital consists of a medical director and nursing staff, and admissions are available 24 hours a day. New Vision accepts Medicaid, Medicare and most insurance and managed care plans for inpatient treatment. For more information on New Vision, visit [www.fhn.org](http://www.fhn.org), or call 1-800-939-CARE or (815) 599-6411. ■

# Orthopaedics and Sports Medicine team offers Joint Club

(continued from page 1)

“Sharing all of that information is an important part of Joint Club,” said John Pinnello, M.D., an FHN Orthopaedic and Sports Medicine orthopaedic surgeon. “Starting with their first appointment, we keep track of the patient’s range of motion and flexibility. The goal is to be able to report real progress in the diary even before the patient goes home from the hospital.”

Patients who undergo joint replacement surgery can expect to be up and walking with supervision and help on the day of their surgery. This rapid recovery process can help the patient return to most normal activities in six to eight weeks.

“Walking helps to prevent blood clots from forming in the patient’s legs and begins the process of recovery right away,” said Dr. Pinnello. “The time our patients spend in the hospital is valuable, and we use it to help educate them about their new joint and how to bring it up to strength so they can get back to their normal daily activities.”

The typical two- to three-day hospital stay for Joint Club members includes rounds of individual and group physical therapy as well as daily checks from the orthopaedic surgeon. A physical therapist will see the patient and share exercises tailored to their specific needs.

The Joint Club guide also contains information to help the patient adjust to life after leaving the hospital, with “dos and don’ts” and instructions on adjusting to daily life with a new joint.

“It’s important for the patient to realize that the journey is just beginning with their hospital stay,” said Dr. Brinkman. “The patient is getting the opportunity to improve their quality of life through this surgery. It’s their responsibility to get out and use that new joint and enjoy their life.” ■



*Joint replacement patients may begin their physical therapy the day of their surgery. The best way to heal is to use the new joint.*

## Changes ahead for Good Old Summertime

### Pretzel City USA co-sponsoring festival’s main event

This year’s Good Old Summertime Day in the Park will have a different look—and a new name! FHN and Pretzel City USA will be working together this year to bring one spectacular festival to Freeport in July.

*FHN’s Good Old Summertime, A Pretzel City Festival* will combine the best elements of two popular family festivals traditionally held in early July in Freeport.

This year’s lineup includes the Jesse White Tumbling Team, a Prince and Princess pageant, a kids’ parade, family games, a Grill-Off, pretzel recipe contest, 5k run/walk and a lip sync contest.

“By merging the events, FHN and Pretzel City USA will be able to present one big, spectacular festival,” said Michael Perry, M.D., president and CEO of FHN.

As always, the festival will focus on family fun and health. The Pretzel City USA involvement will bring our city’s proud heritage into the events, as well.

“Teaming up with FHN for the festival makes a lot of sense, because they seek to be involved in and promote our community. I think our combined festival will bring a lot of fun, and a lot of visitors, to town,” said Pretzel City USA President Duane Wenzel.

*The Good Old Summertime Day in the Park* is scheduled for July 1. Other Good Old Summertime events like the sandcastle building contest and the Great Northwest Illinois Tour for Cancer will be back this year, as well. Watch for more details in the next Insight, and on [www.fhn.org](http://www.fhn.org). ■

### Additions to PIG list

These names were inadvertently omitted or spelled incorrectly in the previous Insight. We apologize for the error.

- |                               |                              |
|-------------------------------|------------------------------|
| Debra Altfillisch             | Barb Kniss                   |
| Rita Ballard                  | Mr. and Mrs. Charlie Krahmer |
| Len and Liz Carter and Family | Valerie Lamb                 |
| Nancy J. Chapin               | Sharon Nolan                 |
| Lois Churas                   | Lauralee Oppold              |
| Connie and Rich Foulker       | Ray G. Peregrino             |
| Doug and Mary Freidag         | Kathleen S. Blomberg         |
| Elizabeth Gable               | Leonard Schulz               |
| Ann Gantzer                   | Trisha Scuitto               |
| Kelley Hartman                | Rhonda VanZuiden             |
| Nikki Hoefle                  | Mary Velcich                 |
|                               | Don and Linda Werntz         |
|                               | Susan Zambrovitz             |



## FHN restructuring education efforts

# Learning Center will focus on developing people, not programs

FHN offers patients state-of-the-art cancer and cardiac care thanks to impressive technological equipment, but the care and equipment would not help our patients and community without our greatest asset – our people.

Noted learning experts Pedler, Burgoyne and Boydell have defined a learning organization as “... an organization that facilitates the learning of all of its members and continuously transforms itself in order to meet its strategic goals.”

This year, we are continuing our progress as a learning organization with the implementation of a corporate university called the FHN Learning Center.

The FHN Learning Center is built on FHN’s mission and values and aligned with the strategic goals. Learning initiatives will be grounded in five Arenas of Excellence.

“We like to compare the Learning Center to a ‘tree,’” said Roxann Blackburn, learning facilitator. “A tree is constantly growing and changing, and all of its elements work together to support that growth.”

The Learning Center is grounded by our mission, vision and brand promise and is represented by the roots. The “trunk” or Learning Center Advisory Council, will serve as a support system and provide direction for the educational initiatives.

Arenas of Excellence: Leadership, Staff, Clinical, Service and Community & Workforce Excellence are represented by the branches of the tree. The leaves of the tree are symbolic of staff members who define the organization as well as demonstrate the growth and changes that occur through learning.

“Through collaboration, commitment to excellence and utilizing the 4 “R’s” of education (Right information, right person, right time and right methodology) we will enhance our learning culture and provide opportunities for enhanced clinical outcomes as well as personal and professional growth,” FHN VP Human Resources Len Carter said. ■

## Dr. Cleary gets ‘Doc Hollywood’ award

### Honored as a Rural Physician of Excellence by the IRHA

Martin Cleary, M.D. from the FHN Family Healthcare Center – Warren recently was honored as a Rural Physician of Excellence by the Illinois Rural Health Association (IRHA).

The award honors rural physicians who go above and beyond the call of duty to provide healthcare to the state’s rural residents. The 18 physicians receiving the award were honored Nov. 9 at the Southern Illinois School of Medicine in Springfield. Lieutenant Governor Pat Quinn, chairman of the Governor’s Rural Affairs Council, officially proclaimed the day “Doc Hollywood Day” in Illinois.

“I’m proud to be honored by the IRHA,” Dr. Cleary said. “In the years that I’ve cared for patients in Warren, I’ve appreciated the chance to get to know the people I’m treating. Practicing medicine in a small town really makes me a ‘family doctor,’ and I wouldn’t have it any other way.”

Dr. Cleary has been a family practice physician with FHN since 1985. Congratulations, Dr. Cleary! ■



State Rep. Jim Sacia, left, and then-President and CEO of FHN Dennis Hamilton were on hand to congratulate Dr. Cleary on his honor.



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## **Donald Hay, D.O. and Valerie Hay, M.D. join FHN staff** **Husband and wife bring family practice/OB, pediatric skills to FHN**

We are pleased to welcome family practice physician Dr. Donald Hay and pediatrician Dr. Valerie Hay to the FHN staff this month.

Dr. Donald Hay, who began his education at Highland Community College in Freeport, holds a medical

degree from the University of Health Sciences – College of Osteopathic Medicine in Kansas City, Mo.

Dr. Valerie Hay earned her medical degree from Southern Illinois University School of Medicine in Springfield.

The Hays come to Freeport from

Gonzales, Texas, where they both treated patients at the Sievers Medical Clinic. Dr. Donald Hay will see patients at the FHN Family Healthcare Center – Kiwanis Drive. Dr. Valerie Hay will see patients at the FHN Family Healthcare Center – Stephenson Street. ■

### **Insight**

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### *Save The Date!*

**Join the staff of the FHN Family Counseling Center  
at their new location for an open house!**

**4:30 - 6:30 p.m. Monday, March 20  
421 W. Exchange Street, Freeport**

*All FHN employees and the public are invited to this event.*

Send your contributions, story ideas or comments for Insight to Tammy Edler via e-mail to [tedler@fhn.org](mailto:tedler@fhn.org) or by calling (815) 599-6209.