



Message from  
Dr. Perry



## Celebrating the season with our community

This year, we are proud to celebrate the 15<sup>th</sup> annual Festival of Trees. Through the years, our community has come to know the Festival of Trees as a chance to get out and enjoy the company of our friends and neighbors as we share a little holiday cheer.

In keeping with FHN's focus on promoting wellness throughout the community, we're planning some new events this year in addition to everyone's favorites. I hope you and your family will join us for at least one of this year's events.

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## Bringing the best to FHN

# Everyone has a role in search for new providers

When a new provider joins FHN, he or she brings more than open appointment slots for our patients. This year we've seen that welcoming a new provider can mean the chance to offer an entirely new service for our communities.

FHN has welcomed nine new providers in 2006, four of whom bring a new service to their community.

**Jennifer Guffey**, MD, joined the FHN Family Healthcare Center – Pecatonica early this year. A family practice physician, she also provides obstetric care, a new service for our growing Pecatonica location.

**Melody Cates**, APN/CNP, a nurse practitioner specially trained and certified in geriatrics, joined FHN this summer as the coordinator of our Long-Term Care program. Through this program, Melody serves as the link between nursing home patients and their primary care provider. She spends most of her time seeing patients, so she is able to closely monitor their medications and chronic illnesses.

**Teresa Bussan**, APN/CNP, joined FHN this summer as the coordinator of our Cardiac Wellness Clinic. *(See story on page 4.)* She works in coordination with FHN cardiologists to help heart patients improve their health.

Late this summer, nurse midwife **Kim Vittorio**, APN/CNM, joined FHN to provide women's care and midwife services. As the only midwife in the area, Kim helps healthy moms deliver their babies according to their own plan.

This year has been an important one for all of our primary care providers, as FHN has sought to turn the public's attention to the importance of wellness. Our Primary Caring Team works to help patients maintain their good health, seeing patients for routine physicals, maintenance of chronic conditions and other health concerns.

FHN has had two strong additions to our Primary Caring Team this year, in the form of husband-and-wife team **Donald Hay**, DO, and **Valerie Hay**, MD. Dr. Donald Hay is a family practitioner offering obstetric care, who sees patients at our Kiwanis Drive location. Dr. Valerie Hay is a pediatric physician seeing patients at the Stephenson Street location.

We've also welcomed three new providers to the Orthopaedics and Sports Medicine team—see the related story on page 5 for more details.

## Recruitment

Bringing a provider to FHN isn't a small undertaking. Linda Wilson is our physician recruiter dedicated to searching out and making contact with the providers who we feel will be the best fit for FHN and northwest Illinois.



We're here. For you.

FHN

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This year's Festival of Trees actually began Nov. 1, with the start of a **Holiday Children's Book Drive** at the Freeport Public Library. Through Friday, December 15, you can brighten a child's holiday by bringing a donated book to the Youth Services Department at the library.

In keeping with our focus on wellness, we partnered with Sodexo and the University of Illinois Extension to present **Healthy Holiday Cooking** Nov. 15 at the Freeport Public Library. The program included cooking demonstrations as well as help in dealing with healthy food choices during the holiday season.

We formally kicked off the season with the **FHN Festival of Trees Gala and Auction** Nov. 17.

Every Saturday from Nov. 18 through Dec. 16, we are joining Classic Cinemas Lindo Theatre to sponsor the **FHN Holiday Family Movie Series** at the Lindo in downtown Freeport. Each movie is \$2 (with the exception of *Polar Express*, which is free), but seats are limited, so make sure to get there early! Movies begin at 10 a.m., and

each child who attends will receive a holiday gift. Some of the movies will include *Santa Clause 3: The Escape Clause*; *Flushed Away*; *Happy Feet*; *Deck the Halls*; and *Polar Express*.

On Sunday, Nov. 19, Freeport Mayor George Gaulrapp joined us for the **Community Holiday Tree Lighting Ceremony** in front of FHN Memorial Hospital following Freeport downtown's annual Christmas Walk. We kicked off the holiday season at 5 p.m. with refreshments and holiday carols.

The **Community Festival of Trees** runs Sunday, Dec. 3 through Wednesday, Jan. 3 at the Freeport Public Library. Local not-for-profit and service organizations,

school classes and churches will decorate trees to compete for prizes, including the Peoples Choice award.

The library also will host many other holiday events, including visits from Santa, holiday storytelling, a Dickens program and a performance of the HCC Children's Choir.

**Singin' in the Snow** is an outdoor concert Wednesday, Dec. 6, at the Koenig Theatre (band shell) in Krape Park. Join us from 5:30 – 8 p.m. for singing, horse-drawn carriage rides (\$5 per person), hot chocolate and popcorn, and even a visit from Santa.

This year's Festival of Trees touches upon all the important things in our lives – family, friends, health, charity and fun. I hope you'll join us as we celebrate the season. If you'd like more information on any Festival of Trees event, visit [www.fhn.org](http://www.fhn.org).

At the holidays and throughout the year, we're committed to being more than a healthcare provider; we're a part of our communities. Please join us in keeping hope alive and well during the 15<sup>th</sup> Annual FHN Festival of Trees. ■

*Michael Perry*

**"He who  
has health  
has hope;  
and he  
who has  
hope  
has  
everything."**  
—Thomas Carlyle

# Among the best in cancer care

## FHN's cancer care program continues CoC accreditation



This August, the FHN Cancer Program received a continued accreditation with contingency from the American College of Surgeons Commission on Cancer (CoC). The FHN cancer program has been accredited as offering superior cancer care since 1989. Just one in four hospitals that treat cancer receives this special approval, a recognition of the quality of our comprehensive patient care and our commitment to providing our patients access to all the various medical specialists involved in diagnosing and treating cancer.

To be accredited by the Commission on Cancer, the program and facility must undergo a rigorous evaluation process and a review of its performance. To keep the accreditation, the FHN cancer care program goes through an on-site review every three years.

As an accredited cancer care program, FHN is able to participate in the National Cancer Data Base (NCDB), a nationwide oncology outcomes database for 1,438

hospitals stretching across all 50 states. We have access to benchmark reports with national collected data and individual facility data used to assess patterns of care and outcomes, relative to national norms. FHN can also participate in patient care evaluation studies for the collection of specific data to address important cancer problems. ■

# Little changes can help a lot

## Cardiac Wellness Clinic focuses on helping patients improve cardiovascular health

Do you know the risk factors for cardiovascular disease? They include:

- Family history of early heart disease
- Gender and age (if you're a male, you're at higher risk; females are considered high-risk after menopause—and either way, your risk goes up after age 45)
- High blood pressure
- Diabetes
- Smoking
- Overweight
- Sedentary (non-active) lifestyle
- High cholesterol
- High stress or easily angered

You can't do anything about some of these risk factors, but you can lower your risk by taking care of the risk factors you can change—your blood pressure, cholesterol, weight, lifestyle and smoking. The FHN Cardiac Wellness Clinic is a secondary prevention program designed

to help individuals reduce their risk of heart attack and stroke.

In coordination with your primary care provider, Cardiac Wellness Clinic program coordinator **Teresa Bussan**, APN/CNP, works to assess and manage your risk of heart attack and stroke, and assist you with lifestyle changes to reduce these risks.

Each Cardiac Wellness Clinic patient receives a comprehensive cardiovascular risk factor assessment, including eight to nine tests and screenings used to identify modifiable risk factors. Your results will be used to develop a long-term risk reduction strategy that may include exercise, changes in your diet, weight loss and smoking cessation. You also may be prescribed medications to help bring your cholesterol levels down.

"So much of good heart health depends on what you eat and how active you are," Teresa said. "I try to educate my



patients and help them see the relatively simple ways they can significantly improve their health."

Ask your provider for more information on the FHN Cardiac Wellness Clinic or call Teresa Bussan directly at 599-7722. ■

## A worldwide honor

FHN Human Resources a finalist in international competition



*FHN Director of Human Resources JoAnne McFadden, left, accepts an award honoring FHN as a finalist in the Inaugural Leadership Awards from Society of Human Resource Management (SHRM) President and CEO Susan R. Meisinger.*

FHN's Human Resources department was recently named a finalist in the first-annual Society for Human Resource Management (SHRM) Leadership Awards, joining an elite group of 12 finalists in four categories from around the globe.

FHN was one of three finalists in the Competitive Workforce Award category, which acknowledges HR departments that recognize and successfully respond to key workforce trends and needs, impacting their organizations' long-term business objectives.

FHN was noted for our "innovative Leadership Excellence Model, which develops the knowledge, skills and effectiveness of the company's leaders to achieve future organizational goals and objectives." Other finalists for this award were Infosys Technologies Limited of Karnataka, India, and Chevron Products Company of Pascagoula, Miss.

Infosys was the winner of the award, but the nomination for FHN truly was an honor. JoAnne McFadden, FHN director of Human Resources, attended the SHRM Strategic HR Conference in Phoenix, Ariz. "We are so pleased and honored to have been chosen as finalists for this award. The other finalists were very large companies, with more than 50,000 employees each."

As a finalist in the Inaugural Leadership Awards, FHN's HR department will be profiled in an upcoming issue of HR Magazine, highlighted on the SHRM Web site and noted as a company with "best practices" in SHRM materials. ■

# Everyone has a role in search for new providers

(continued from page 1)

Healthcare organizations nationwide have reported a shortage of physicians, which hits smaller communities especially hard. Many young physicians are looking for larger cities and a practice that focuses on quality of life issues such as more time with their family.

The U.S. population is growing faster than the number of new physicians entering the workforce. The Bureau of Health Professions in 2005 released a report forecasting a physician shortage of from 51,000 to 228,000 physicians nationwide by 2020.

FHN currently has a dozen physician positions open. Our physician/provider recruitment committee is looking for providers in these specialties:

- ENT (otolaryngology or ear, nose and throat)
- Dermatology
- Orthopaedic Surgery (2 positions open)
- Med/Peds
- Cardiology
- Urology
- Child/Adolescent Psychiatry
- Adult Psychiatry
- Neurology
- Internal Medicine
- Hematology/Oncology

It is difficult to predict how long it takes to recruit a provider. The length of the search depends on factors including the specialty and shortages of providers in that specialty. Some of our positions have been open for as long as three years.

Our physician recruiter looks for providers in a number of different ways, including internet advertising; outside search firms; subscribing to current databases with candidates' names and resumes; contact with residency programs; and through being part of recruitment fairs.

Interested candidates talk to the Physician Executive Director or another FHN physician, which may then lead to a site visit. We encourage interested providers to bring their family along to see the community, and the provider is urged to spend at least one day during the work week to see the healthcare centers and hospital in full operation.

We all have one very important part in the provider recruitment process; making

FHN a good place to work. When a provider makes a site visit, he or she is looking at everything, from his or her potential office and practice to our organization's culture.

FHN has recently been recognized as the Illinois Employer of the Year, and our human resources department has earned an international award for their focus on our most important asset, our people. These awards look nice on our organization's "resume," but it is all of you who make the biggest—and best—impression when a potential provider visits. Our success in bringing providers to FHN, like our success in providing excellent care to our communities, depends on you. ■

## New practitioners join Orthopaedics and Sports Medicine team

### Orthopaedics and Sports Medicine welcomes three new practitioners

**John Debush, MD**, has joined FHN, relocating his practice from Kiwanis Drive to the FHN Family Healthcare Center – Stephenson Street. He has practiced in Freeport for nearly 30 years.

Dr. Debush earned his medical degree from the University of Zagreb, Yugoslavia. He completed his residency in orthopaedic surgery at the Downstate Medical Center and a fellowship in orthopaedics at Kings County Hospital Center, both in Brooklyn, N.Y. He is a fellow of the American Academy of Orthopaedic Surgeons and the American College of Surgeons.

**Phil Stiles, PA-C**, also joined the Orthopaedics and Sports Medicine team at the Stephenson Street facility. A certified physician assistant, he has been helping orthopaedic patients since 1984. Phil started his education in the Navy, and earned an associate's degree from the Orthopaedic Physician Assistant School at Kirkwood Community College in Cedar Rapids, Iowa. He has a bachelor's degree in the Family Practice Physician Assistant program at Rocky Mountain College in Billings, Montana. Phil is certified by the National Board for Certification of Orthopedic Physician Assistants and the National Commission on Certification of Physician Assistants.

**Kevin Draxinger, MD**, has joined the Orthopaedics and Sports Medicine team, and is practicing at the FHN Family Healthcare Center – Stephenson Street. Dr. Draxinger joins us from Rezin Orthopedics in Morris, Illinois. Dr. Draxinger earned his medical degree from the University of British Columbia, Canada and served his residency in orthopaedic surgery at McGill University in Montreal. He completed a spine fellowship with Dr. J. Kostuik at Johns Hopkins University in Maryland. ■



# A natural option for childbirth

Freeport native brings nurse midwife services to FHN



*Kim Vittorio,  
APN/CNM*

Certified Nurse Midwife **Kim Vittorio**, APN/CNM, joined FHN in August, making possible an exciting new service for expectant mothers.

Certified nurse midwives provide a full range of healthcare services to women of all ages, from routine OB/GYN services to menopausal care. As a certified nurse practitioner, Kim is able to prescribe medication, order tests and assist in family planning. She also, of course, can care for patients throughout their pregnancy, from routine checkups to being at her patients' bedside through much of the labor process.

Nurse midwives treat labor and delivery as a natural process as opposed to a medical procedure. Mothers who are in good health can see Kim throughout their pregnancy, monitoring the baby's development and the mother's health, and developing a birth plan. Kim will do everything she can to help her patients have their babies in their own way, including pain relief, if the mother chooses.

If a situation comes up during pregnancy, labor or delivery that requires the care of an obstetrician, the patient is referred to one of Kim's affiliated physicians within FHN, OB/GYN Farouk Isawi, MD or OB/GYN Andrew Weiss, MD. These situations could include preeclampsia (pregnancy-related high blood pressure) or the discovery that the patient is carrying more than one baby.

Because her practice is dedicated to healthy mothers, Kim is able to devote more time to each patient. She focuses on helping moms-to-be stay healthy throughout their pregnancy and know exactly what to expect from childbirth. These open, relaxed appointments help mothers-to-be develop trust and confidence in themselves as they prepare for birth.

"I try to help expectant mothers make informed choices for their birthing experience," Kim said. "My role in the birthing process is to be there to help keep moms centered and calm, offer support and intervene only when it is needed."

For more information on FHN's nurse midwife services, call (815) 233-5450. ■

## You are your child's best teacher

Parent Enrichment Program offers resources, advice to parents

FHN Family Counseling Center's Parent Enrichment Program (PEP) is a free resource available to all parents with young children. Centered around supporting parents in their most important role as their child's first teacher, the program features home visits from certified parent educators. The educators can address parenting questions and concerns as well as provide resources to help promote a strong and healthy parent-child relationship, and support their children as they learn and grow.

The PEP provides early learning checkups and information on infant massage as well as car seat checks, an infant/toddler music and movement group and the Boot Camp for New Dads program.

Another important function of the PEP is to provide parents an opportunity to network with other families through a series of playgroups and parent workshops. Playgroups for parents and their children ages 0 – 3 years and the Baby & Me group for parents and their children ages 0 – 18 months (older children are welcome, too) meet weekly. Families in the program set aside one evening a month for dinner and a special fun activity.

If you'd like more information on the Parent Enrichment Program, call (815) 599-7373. If you would like more information about the group activities,



## Wash away eye problems

New device gently breaks down cataracts with pulses of liquid

The Cataract Center has added cataract removal by liquefaction to its capabilities with the purchase of the Infiniti™ Vision System AquaLase® Liquefaction Device. It is a state-of-the-art tool that breaks down and "washes away" cataracts with less risk of complications.

The device gently breaks up and washes away the clouded cataract lens with pulses of warm, naturally balanced surgical solution.

Phacoemulsification, or phaco, the standard process used to remove cataracts, uses ultrasonic waves to break up the cataract tissue, which is then suctioned away and removed.

"AquaLase is even gentler than the traditional phaco method of removal," said Vinod Wadhwa, MD, co-director of The Cataract Center. "We have had very good results with phaco, and are experiencing excellent results with AquaLase, as well."

"This cutting-edge technology gives us another way to provide our patients with quality care," said Raymond Alberts, MD, co-director of the The Cataract Center. "The Infiniti system gives us a choice of three methods to remove a cataract: traditional phaco, the combination of ultrasound and oscillation energy, or the AquaLase Liquefaction Device." ■

contact Rachael at (815) 599-7373. Contact Sharon at (815) 599-7319 for information about home visits. ■



We're here. For you.

FHN

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# A focus on wellness

Popular seminars inform about diabetes, cancer prevention and more

As part of FHN's focus on wellness, we've sponsored a series of seminars on topics of interest to the public. So far, we've held informative sessions on early cancer detection and treatment; the latest technology in hearing aids; childhood obesity; diabetes; cardiac wellness; and breast cancer prevention. The well-attended sessions are usually held at the Freeport Public Library.

The Wellness Series continues this month with a discussion on Alzheimer's disease with Melody Cates, APN/CNP. Melody is a geriatric-certified nurse practitioner and coordinator of FHN's long-term care program, which serves as a link between nursing home patients and their primary care providers. She spends most of her time at Provena – St. Joseph Center in Freeport, where she makes provider visits to patients for a number of FHN physicians. "Alzheimer's is

a devastating disease, and one of the things families of Alzheimer's patients often want is to keep their loved one at home, with the family in familiar surroundings, for as long as possible. I'll discuss how families can work with their loved one and his or her provider to make that possible," Melody said.

On December 4, Holiday Toy Safety will be the topic, with Sharon Nolan from FHN Family Counseling Center's popular Parent Enrichment Program leading the discussion.

If you'd like more information about upcoming Wellness Series programs, or would like to suggest a program topic, call (815) 232-2121, ext. 221. ■

## Insight

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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.

**Alzheimer's Awareness**  
**6 p.m. Monday, Nov. 20**  
**Freeport Public Library**  
**For more information or to register, call (815) 232-2121, ext. 221**

## Save The Date!

### FHN 2006 Festival of Trees

<p><b>Nov. 25</b> – FHN Holiday Family Movie Series: <i>Flushed Away</i></p> <p><b>Dec. 2</b> – FHN Holiday Family Movie Series: <i>Happy Feet</i></p> <p><b>Dec. 3 – Jan. 3, 2007</b> – FHN Community Festival of Trees (Freeport Public Library)</p> <p>Dec. 4 - Holiday Toy Safety (Freeport Public Library)</p> <p><b>Dec. 5</b> – Dickens and "A Christmas Carol" (Freeport Public Library)</p> <p><b>Dec. 6</b> – Singin' in the Snow (Krape Park)</p> <p><b>Dec. 9</b> – FHN Holiday Family Movie Series: <i>Deck the Halls</i></p> <p><b>Dec. 11</b> – Highland Community College Children's Choir (Freeport Public Library)</p>	<p><b>Dec. 12</b> – Gifts from the Kitchen (Freeport Public Library)</p> <p><b>Dec. 16</b> – FHN Holiday Family Movie Series: <i>Polar Express</i></p> <p>Thanks to our event co-sponsors: Freeport Public Library, Classic Cinemas Lindo Theatre, Freeport Park District, Sodexo, and the University of Illinois Extension</p>
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