



Message from Dr. Perry

Helping our communities stay healthy

I hope you had a chance to enjoy at least one Good Old Summertime event this year, from the triathlon to the Great Northwest Illinois Bike Tour for Cancer to the sandcastle building contest to all the events at the Good Old Summertime – Pretzel City Festival. Good Old Summertime is one of the biggest events we sponsor for the community, and each year, it gets better and better.

Why do we spend so much time and energy to sponsor Good Old Summertime? The answer is in the event's full title: Good Old Summertime – A Family Fun and Fitness Festival.

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Enjoying the Good Old Summertime with FHN

This year's Good Old Summertime Family Fun and Fitness Festival brought families out for activities ranging from a movie in the park to a pair of triathlons. We played in the sand for a sandcastle contest held with the Great Northwest Illinois Bike Tour for Cancer and Wellness Day, laughed to a special Krape Park showing of "The Sandlot" and had a day of fun at FHN's Good Old Summertime, A Pretzel City Festival! FHN's partnership with Pretzel City, USA brought even more fun to the park, including a Pretzel 5k run/walk, a prince and princess pageant, recipe contest and more, in addition to a repeat performance from the Jesse White Tumbling Team, Grill-Off and kids' favorite Scales and Tails Kids Traveling Petting Zoo. ■



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Part of the FHN mission is to improve the health of the people in our communities. As physicians, nurses and healthcare center or hospital staff, we all play a part in that goal every day, as we encourage patients to live healthy lifestyles and take care of their health. Our sponsorship of fun family activities like Good Old Summertime is an extension of our commitment to our communities' health. Events like the kids' triathlon, family games and kids' parade bring families outdoors for

some active time together, which is a great way to get the exercise our bodies need to stay healthy. And relaxing and enjoying activities outside of work is an important element of mental wellness too. There is always plenty of good health information available at FHN events, too – the Health Fair at Krape Park and the Wellness Day (part of the FHN Great Northwest Illinois Bike Tour for Cancer) at the YMCA both drew people looking for information on sun safety, cancer prevention and other wellness issues.

FHN is proud to serve our communities with both quality healthcare and fun ways to stay healthy. Our next big event is the Festival of Trees, beginning in November. But, as you look over this issue of Insight, you'll find other, smaller programs on our schedule that help promote wellness. Our commitment to the residents of northwest Illinois is strong, and I encourage you to join in as we continue to promote wellness all year long. ■

Michael Perry

An investment in the future

FHN offers healthcare scholarships

Do you know a student interested in a healthcare career? FHN is awarding five \$1,000 scholarships to students enrolled in an undergraduate program of study involving nursing, pharmacy, medical technology, radiological technology, respiratory therapy and rehabilitation.



Students must turn in an application form and an essay by Sept. 15 for consideration. Finalists will be interviewed between Oct. 6 and Dec. 20 and winners will be announced Friday, Dec. 29.

For more information or to obtain an application form, contact Roxann Blackburn (815) 599-6890; Rene Megan (815) 599-6583; or Amy Johnson (815) 599-6234 at the FHN Learning Center. ■



A focus on wellness

Regular programs' aim is to keep patients informed

One of FHN's most important responsibilities is to help our patients stay healthy. Our Primary Caring Team encourages patients to be partners in their health, asking questions and making good choices for their health.

One of the best ways to stay healthy, we've found, is to keep learning! That's why we've started the FHN Wellness Education series, regular workshops featuring FHN healthcare providers talking about health issues. FHN oncologist Patrick Fernandes, MD provided information on early cancer detection and treatment updates. FHN pediatrician Valerie Hay, MD discussed child obesity in July. In August, FHN family practice physician Donald Hay, DO led a lively discussion on the ABC's of diabetes. In September, Teresa Bussan, APN/CNP will speak on keeping your heart healthy.

For more information on our Wellness Education series, or to suggest a topic for discussion, call (815) 232-2121, ext. 221. ■

Keep in touch

Online service helps patients keep in touch with family, friends

FHN has signed on as a funding sponsor of CaringBridge™, the world's oldest, most widely used free online healthcare communication service. It keeps patients and their loved ones in touch during important life events, including medical treatment, childbirth, rehabilitation and end-of-life care.

Patients and their families can create a secure CaringBridge Web site through the FHN Web site, www.fhn.org, and post journal entries and photographs to keep their friends and family up to date. Patients and their families provide the personal Web site address to friends and family throughout the country as an invitation to read updates and post their messages of support and encouragement.

More than 30,000 CaringBridge sites have been created worldwide since 1997. Up to 1,200 new sites are created each month, with approximately 70 percent of the pages created for sick or injured children and newborns.

To learn more about CaringBridge, visit www.fhn.org. ■

Three new providers join FHN

The FHN family welcomes two nurse practitioners and a nurse midwife



Teresa Bussan, APN/CNP

Teresa Bussan, APN/CNP, has joined the Cardiology Department and will work with FHN cardiologists Madhu Malladi, MD and Bhadresh Patel, MD, to treat patients and help them improve their heart health.

Teresa was born in Freeport and grew up in Gratiot, Wis., where her parents still farm. She earned her master's degree in nursing from the University of South Alabama in Mobile, Ala. While she attended graduate school online, Teresa worked as a nurse in FHN Memorial Hospital's cardiology department.

Melody Cates, APN/CNP, specializes in geriatric care, and has joined FHN as the coordinator of the Long-Term Care program. She will make provider visits to nursing home patients, serving as the link between patients and their primary care provider. She is currently working with the patients of FHN internist and geriatric medicine specialist Lawrence Luy, MD at Provena – St. Joseph Center in Freeport.



Melody Cates, APN/CNP

Melody is originally from Mount Morris, and has lived all her life in northwest Illinois. She holds a master's degree in nursing from the University of Illinois at Chicago. She previously served as an administrative nurse and MDS coordinator (compiling patient data for Medicare and Medicaid reimbursement) at Provena St. Anne Center in Rockford.

Nurse midwife **Kim Vittorio, APN, CNM**, has joined FHN and will practice in cooperation with FHN ob/gyn Farouk Isawi, MD and ob/gyn Andrew Weiss, MD at the FHN Family Healthcare Center – Kiwanis Drive. As a nurse midwife, Kim can provide everything from routine gynecological care to prenatal and postpartum care. She is certified to support her patients through labor and delivery, often spending the entire time at the patient's bedside. Kim helps mothers take control of their birthing experience, offering support and intervening only when it is needed.



Kim Vittorio, APN, CNM

Kim is originally from Freeport. She earned her undergraduate degree in nursing at Northern Illinois University in DeKalb and her masters in nursing at the University of Illinois at Chicago. She holds certifications in nursing management, inpatient obstetric nursing, childbirth education and midwifery. ■

'Warming up' for the fall

Orthopaedics and Sports Medicine offer walk-in Sports Injury Clinics

The FHN Orthopaedic and Sports Medicine Team is looking forward to a busy fall, with the popular, free Saturday Walk-In Sports Injury Clinic beginning Aug. 26 and lasting through April 28, 2007. (The clinic will be closed for major holidays.) The Clinic provides free sports injury evaluation from 8 to 10 a.m. each Saturday for athletes of all kinds, from students to weekend warriors.

The Sports Medicine team had a busy summer, as well, sponsoring two special events to help area athletes reach their peak potential.

Speed Camp returned to Freeport in June, bringing former NFL star Don Beebe and his staff to town to help athletes work on their speed, strength and attitude. The two-day camp was for athletes aged 8 and up.

In July and August, the FHN Sports Medicine Team presented the four-week

Sports Performance Enhancement Program. Geared toward older athletes who hope to compete for college athletic scholarships, the program focused on improving agility, speed, flexibility, core strength, power, endurance, upper and lower body strength and explosiveness.

The Sports Medicine Team offers a number of programs throughout the year for area athletes, including sport-specific training, individual personalized training, Sports DNA (Dynamic Neuromuscular Analysis) Training and the biomechanical Swing Reaction System for golfers.

For more information on FHN's Orthopaedic and Sports Medicine programs, visit www.fhn.org or call the FHN Orthopaedics and Sports Medicine department at (815) 599-6340. ■



Take a walk with us

Passport to Freeport ends September 30

There's more room left on the virtual path as the Passport to Freeport walking program "cruises" toward the end of another successful year. The program runs through Sept. 30, and you can still sign up at <http://passport.fhn.org>.

To participate in Passport to Freeport, employees log their miles walked to virtually "travel" to each of the FHN 11 satellite offices. You can record all your walking miles – at work or at home and even on vacation! For each destination you reach, your name will be entered into a prize drawing, including the grand prize of a 5-day cruise for two to Freeport, Bahamas on Carnival Cruise Lines. You'll get a free Passport to Freeport T-shirt after you've "virtually" walked the entire 175-mile route.

Sign on now and join the fun! ■

Keeping healthcare accessible

FHN, Health Department open FHN Community Healthcare Center

On July 1, FHN and the Stephenson County Health Department partnered to continue healthcare services at the former Crusader's Community Clinic located at the Health Department, 10 W. Linden St., Freeport. The new clinic is called the FHN Community Healthcare Center in partnership with Stephenson County Health Department.

Crusader announced in March 2006 that it would discontinue healthcare services at the clinic. FHN's partnership with the health



department allows us to continue to provide quality care for the uninsured, underinsured and medically indigent in our community.

Nurse practitioner Libby Myers is the healthcare provider on staff at the FHN Community Healthcare Center. She earned her master's degree in nursing from the

University of Chicago and her bachelors from Northern Illinois University. Libby also teaches clinical nursing at St. Anthony College of Nursing. At the FHN Community Healthcare Center, she works in collaboration with FHN pediatrician Parimal Parekh, MD and FHN internal medicine practitioner Diana McNulty, MD.

"Perhaps the most important benefit of the center is that it offers low-income residents, and their families, a chance to have a primary

healthcare provider," said Michael Perry, MD, FHN president and CEO. "Without the center, many of these patients wouldn't seek healthcare until absolutely necessary at the Emergency Department at FHN Memorial Hospital, where the emphasis is on immediate care, not disease management. Patients who work with their provider can address their health issues before they become an emergency." ■

"GIMME 5" puts FHN out front

Magazine featured FHN nurses in August cover story

The staff of the FHN Memorial Hospital Women's and Children's Unit was featured in a cover story in the August 21 issue of ADVANCE for Nurses magazine. The story

focused on the unit's GIMME 5 program, an initiative to improve patients' comfort and care.

"Before a patient is admitted, we place five 'comfort' items in the patient's room—a towel, washcloth, soap, tissues and an emesis bag. While the patient is getting oriented to the room, our team members are encour-

aged to chat with them and try to discover five things we can do to make their hospital stay more comfortable," said Sally Luecke, clinical leader of the unit.

The GIMME 5 program goals are to make patients more comfortable and to improve patient satisfaction on the unit. ■



Karen Hauser, LPN, poses for a photo with patient Zakary Kraemer in the Women's and Children's Unit at FHN Memorial Hospital. ADVANCE for Nurses profiled the GIMME 5 program for its August issue.

It's time to quit

FHN Complementary Medicine offering laser smoking cessation



FHN Complementary Medicine is offering smokers a high-tech new way to quit. Laser smoking cessation uses low-powered lasers aimed at patients' hands, face, body and ears to stimulate the release of endorphins smokers get from inhaling nicotine. Laser therapy can help smokers get over those first few days of cravings and withdrawal.

Laser smoking cessation therapy includes an initial consultation, two laser therapy sessions (one initial and a follow-up within a week) and two dietary supplements to provide herbal support and detoxification in the month after you quit. The cost is \$250. For more information, visit www.fhn.org. ■

First-class graduates

Seventeen FHN physicians part of first-ever Physician Leadership Institute class

Seventeen physicians were honored this spring as the first graduates of the FHN Physician Leadership Institute. The group spent 16 months in a series of workshops assessing and strengthening their leadership skills to benefit their patients and community.

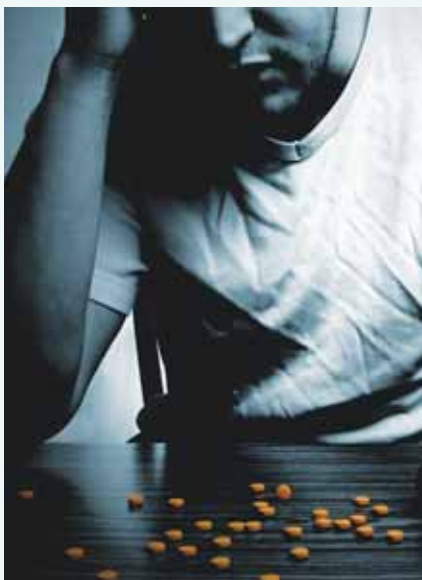
"Physicians are trained in the science of medicine in medical school, often at the expense of communication and leadership training," said Mike Perry, MD, president and CEO of FHN. "However, caring for patients is not all about science and data – it's also about communication and establishing and maintaining positive relationships with patients. Good communication and leadership skills foster teamwork, which will increase the quality of care."



The physician graduates include Diann Bennett, MD; Pankaj Bhatnager, MD; Larry Brinkman, MD; Shahina Jafry, MD; Beth Kalnins, MD; Lawrence Luy, MD; Madhu Malladi, MD; Lucio Martinez, MD; Parimal Parekh, MD; Clarence Parks, MD; Bhadresh Patel, MD; Rebecca Pedersen, MD; David Reese, MD; Jeffrey Schleich, MD; Rovinder Singh, MD; Shokry Tawfik, MD; and Allen Workman, MD.

Congratulations to all of these physicians, and thank you for your efforts as the first graduating class of the FHN Physician Leadership Institute! ■

Clarence Parks, MD, left, was one of the first graduates of the FHN Physicians Leadership Institute. The graduates were honored at a ceremony attended by Michael Perry, MD, FHN president and CEO; Gary Hospelhorn, chair of the FHN Board of Directors; and Lisa Mahoney, FHN Foundation vice president.



**NEW
VISION™**



A success despite the weather New Vision™ program offers a helping hand to adults with addictions

Though people with drug and alcohol dependencies typically avoid treatment and resist entering patient facilities during warm periods, the New Vision™ program at FHN Memorial Hospital is helping an ever-greater number of people each month.

Millie Zimmerman, the service coordinator for New Vision, has been a major contributor to that success. Millie has done radio interviews and instituted a regular e-newsletter for referring agencies that has helped spread the word about how New Vision can help those with alcohol or chemical dependencies.

Millie was honored as the Employee of the Quarter by SpecialCare, the parent company of New Vision, which called her "... a tireless advocate on behalf of her patients (who) carries a message of hope and recovery to the community."

New Vision is an in-hospital medical stabilization service for adults with drug or alcohol addictions. The team consists of Medical Director Clarence Parks, MD, Jeffrey Schleich, MD and John Cook, APN, as well as a nursing staff.

If you know someone who needs New Vision's help, call (815) 599-6411 or toll-free (800) 939-CARE (2273). ■



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There's still time to get in the game!

FootballMania tickets available through Sept. 6

Last year's popular FootballMania fund-raiser is back this year, and there's still time to get a ticket! Ticket sales end Sept. 6.

A \$20 FootballMania ticket gives you a chance to win each week of the upcoming NFL season. Each week's winners take home from \$25 to \$500, with \$900 in prizes awarded each week. At the end of the season, all ticket holders will be eligible to win a grand prize of \$500 to \$1,200.

All proceeds from the sale of FootballMania tickets will benefit the 2006 Partners in Giving (PIG) program, the employee-giving arm of FHN.

Partners in Giving raises funds to help continue FHN's mission of providing quality healthcare for the residents of northwest Illinois. Each year, the Employee Giving Council puts together a Wish List of needed items from all FHN departments and locations. PIG funds help purchase Wish List items that benefit FHN and the communities we serve.



FootballMania tickets are available at the FHN Foundation office (inside the front entrance of FHN Memorial Hospital) or by calling (815) 599-6900. ■



Have you seen our new commercials?

Watch for new commercials from FHN on The Weather Channel, HGTV, Food Network, CNN, TBS, Discovery and Lifetime! ■



Insight

Insight is published quarterly by FHN
1045 West Stephenson Street
Freeport, IL 61032
(815) 599-6000
www.fhn.org

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Save The Date!

- Sept. 13** FHN Wellness Education Series:
Cardiac Wellness—reduce your risk of heart disease
- Nov. 17** FHN Festival of Trees Holiday Gala and Auction
- Dec. 3** Community Festival of Trees begins (runs through Jan. 5)

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