

A publication of FHN

Volume 10, Issue 4

Insight

**'Everyone Worked
So Hard to
Make Me Better'**

**Keep Your Feet Happy
This Summer**

Summer Events Calendar



We're here, for you.

FHN



MARK GRIDLEY, PRESIDENT AND CEO

In the Good Ol' Summertime ...

... there's a lot going on! Festivals, parades, reunions, vacations – summer is indeed a busy season.

We're busy at FHN too! In this issue, two feature stories highlight very different surgeries: One tells the story of a farmer who

required shoulder repair and the other is about a life-saving emergency surgery.

We offer tips on how to keep skin cancer at bay, and ways to keep your feet looking great—and staying safe—in sandal weather. Learn more about the importance of advance directives, something many of us probably haven't given much thought ... but we should. You'll also read about our Complex Care effort—a fast-growing program that owes much of its success to partnerships with community organizations throughout northwest Illinois—and get to know our chaplain,

meet a new surgeon, find out about our upcoming events, and much more.

As you read about the types of career opportunities in nursing at FHN, it's the perfect time to announce that FHN has been named a Best Employer in Illinois by FORBES magazine! Illinois had 100 winning companies (Texas had the most at 200 and Rhode Island the fewest at four).

The companies were nominated by someone employed there (who remains anonymous) and the winners were chosen by both direct and indirect recommendation, as well as work-related conditions. This is truly an honor and makes me very proud to work with the talented people at FHN—we're a great place to build a career, do worthwhile work, and make a difference, which is also important in our commitment to deliver healthcare excellence for our communities.

Enjoy the summer, and thank you for choosing FHN!

Thank You, CareerTec Students

In May, a group of CareerTec students brightened up FHN Memorial Hospital's front yard as part of their commitment to community service. The plantings were designed by University of Illinois Extension Master Gardener volunteers.

FHN Facilities Director Paul Warren says, "The planters are great additions to the hospital, where they'll welcome patients and visitors with beauty and color. Thank you to U of I Extension and CareerTec!"



Whole Lotta Celebrating Happened in May

Each May, we celebrate the people of FHN with PRIDE week. This year's celebration included a Service Award Reception (left) held May 14 to recognize employees celebrating milestone employment anniversaries. On May 15, we honored all of our monthly PRIDE winners, employees who have gone above and beyond to help us take care of our patients.



Emergency Surgery Saves Local Woman's Life



On the morning of April 11, Lori Willging didn't know what a splenectomy was. Later that day, she had one—and it saved her life.

Lori, an accountant, had gone to work and was sitting at her desk crunching numbers. She noticed a gurgle high in her stomach, but didn't think much of it. "An hour later," she says, "I knew something was wrong. The gurgle had moved to my chest and shoulder, then settled in my rib cage. I felt oddly numb and feared I was having a heart attack."

'I Was in Incredible Pain'

Lori called her husband, Pete, to take her to the emergency room. From that point on, her pain escalated quickly. Many tests were swiftly administered to diagnose her. She drifted in and out, passing out from the pain more than once.

Then, Dr. Rafael Castro, a long-time FHN surgeon, came with the startling news. Lori needed emergency surgery to remove a ruptured spleen, and she needed it fast. Almost always caused by an accident or other physical trauma, hers was out of the blue: Unprovoked, unexpected, and unrelentingly painful. Lori was hemorrhaging internally and time was not her ally. She had already lost several pints, making her situation extremely dangerous.

No Time to Waste

The couple looked at the nurse, who was squeezing every last drop of blood out of a transfusion bag, and knew they needed to move forward. Lori shares, "I remember that everyone kept asking me if I had fallen or been in an accident, or if



Lori Willging celebrates her recovery from emergency spleen surgery at home with her husband, Pete, and furry family member, Phoebe.

perhaps I had another health condition. I guess it is pretty rare to have your spleen rupture without a known cause. Then I remember my husband saying he loved me and that I was strong. My next memory is waking up in the intensive care unit (ICU) and being grateful to be alive."

Ultimately, Dr. Castro removed about 80 percent of Lori's spleen. The spleen filters blood and helps the body fight infections, but it's not essential for survival. However, people without a spleen are more prone to infections, so Lori will get multiple vaccines to help her body guard against pneumonia, influenza, and other potential illnesses.

After less than a week in the hospital, Lori went home to continue her recovery, happy to have her Papillion, Phoebe, for at-home pet therapy. She looks back on the experience with humility and gratitude.

Staff Went Above and Beyond

"I can't tell you how much I appreciate the professional and compassionate care I received from my hometown hospital," stresses Lori. "I am especially thankful for Dr. Gruber and the ER team; Dr. Castro and the surgery team; my ICU nurse, Dana, who was a wonderful advocate; and Morgan, another nurse who was so sympathetic and comforting. I had at least four staff members from the ER and OR stop by to check up on me. It says a lot about FHN's people—you just won't find that everywhere. They went above and beyond, and I will never forget their concern and amazing care."

FHN's surgery team helps your friends and neighbors heal from many of life's difficult challenges. See how Donald Graybill's shoulder surgery got him back to work on the farm on page 8.

Reducing Your Cancer Risk



While Having Safe Summer Fun

Skin cancer is the most prevalent form of cancer in the United States – and the most preventable cause of skin cancer is overexposure to ultraviolet (UV) light, either from the sun or from artificial sources like tanning beds.

“The sun’s ultraviolet (UV) rays can damage your skin in as little as 15 minutes,” says FHN’s board-certified hematologist and medical oncologist Arshad Shaikh, MD. “You can reduce your risk of skin damage and skin cancer by following a number of common-sense recommendations from the Centers for Disease Control and Prevention to reduce your exposure to the harmful effects of the sun.”



Get Some Shade

Reduce your risk of skin damage and skin cancer by seeking the cover of shade under a tree, umbrella or other shelter before you feel the need for relief from the sun.

Wear Protective Clothing

Long-sleeved shirts and long pants and skirts can provide protection from damaging UV rays. Clothes made from tightly woven fabric



offer the best protection. Darker colors may offer more protection than lighter colors. Specialized clothing certified by international standards with information about its ultraviolet protection factor is becoming more available.

Wear a Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric works best to protect your skin from UV rays.



Wear Some Shades



Sunglasses protect your eyes from UV rays and reduce your risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection.

Use Sunscreen

Apply broad spectrum sunscreen with at least SPF 15 before you go outside, even on cloudy or cool days. Put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. Put it on again if you stay



out in the sun for more than two hours or after swimming, sweating, or toweling off.

Cancer Care Close By

Unfortunately, following cancer prevention practices like the ones above can't guarantee you protection from getting a cancer diagnosis.

The **Leonard C. Ferguson Cancer Center at FHN Memorial Hospital** in Freeport provides state-of-the-art treatments usually only available in university hospitals, allowing patients to receive excellent treatment without traveling far from family, friends and other support systems.

Plus, newly diagnosed cancer patients get a 3-day follow up ... guaranteed. FHN guarantees a follow-up appointment within three business days after a patient receives the report that he or she has cancer, because waiting is the last thing you want to do following a cancer diagnosis.

To find out more about the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, visit www.fhn.org or call 815-599-7000.

Source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention, 2018

UPCOMING COMMUNITY HEALTH FORUMS

Presented by the Stephenson County Health Department and FHN; no registration is necessary.

Open to the public; refreshments will be served.

Get Moving III: Everyday Exercise

Tuesday, August 13 | 5:30 p.m.

Freeport Public Library,
100 E. Douglas Street



Not everyone can afford—or has the time—to work out at a gym every day, but there are many activities you can integrate into your daily routine to help manage appetite and weight while improving fitness.

Dr. Lynn Herrmann will discuss her research, and that of others, in this important area.

Chemicals' Effects on Your Health

Tuesday, September 10 | 5:30 p.m.

Freeport Public Library,
100 E. Douglas Street



Acute and chronic exposures to man-made chemicals in our environments can result in ailments ranging from endocrine abnormalities and cancers to obesity and reproductive failure. Dr. Jack Herrmann will discuss the latest research and discuss

ways to decrease your exposure to potentially harmful chemicals in your daily activities.



Letter From Tonya Meyer, FHN Foundation Executive Director

From Best Practices to Vital Signs, Your Gifts Help Fund Learning!

Thanks to the generosity of our donors, we have had a busy few months. We have had the opportunity to support Information Technology staff as they attend training on our nurse call system. We also sent a Telemetry team member to a national symposium to learn new guidelines and best practices related to cardiovascular disease. In turn, she shared the knowledge she gathered with Telemetry staff, so we were able to educate a larger number of team members. Greater bang for the buck!

You have most likely seen a vital signs machine in your primary care provider's office. These expensive and essential pieces of equipment provide important data

about your health to your caregiver. The Foundation recently purchased one for the FHN Family Healthcare Center—Lena, as well as two more for the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Your gifts are saving lives!

It's because of your investment in our community's healthcare that we are able to do our work. As we continue to respond to the needs of our departments, team members and providers, we continue to need your support.

As always, you can make a gift to the Foundation on our website www.fhn.org/donate-now or give us a call to see what is on the horizon for investment opportunities—our number is 815-599-6900. Thank you for your generosity!

Check out This Year's FHN Healthy Heart Hustle!

The race is set for Saturday, July 20 and this year's timed run will begin and end at the FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive in Freeport. We'll also have a Victory Lap for kids and families who have benefited from cardiac care at FHN. Day-of-race registration begins at 6:45, and the race begins at 8 a.m.

Proceeds from this event will go to FHN's Cardiac Care team, who provide state-of-the-art heart care close to home in northwest Illinois.

For more information or to register, visit www.fhn.org/5k.



FHN Complex Care Management

Helping You Get the Help You Need



If you are living with two or more chronic conditions, you probably have a pretty full schedule of provider appointments, and a few prescriptions to manage.

It can be quite a bit to handle, even for people committed to doing the most they can to ensure their own best health. That's why we've created the Complex Care Management program.

The program pairs you with a complex care manager to help you understand your condition better and learn more about the resources available to you. Your complex care manager will:

- Help you review your medications and make sure you are familiar with your prescriptions.
- Connect you with community resources that may be able to assist you, including transportation services, home-delivered meals, the Illinois Division of Rehabilitation Services (DORS), the RAMP Center for Independent Living, or any others that may be able to help.
- Help you set goals that are important to you and serve as your health coach to assist you in moving toward those goals.
- Work with your primary healthcare provider and specialty care providers to coordinate your care.

Your complex care manager also may:

- Make an appointment to visit you at home to review how you can be as safe and healthy as possible there.
- If you wish, attend healthcare provider visits with you to help you better navigate your care.

Getting Started with Complex Care Management

You may be referred to the Complex Care Management program by your healthcare provider, or you may contact us yourself at 815-599-6434.

Once you're connected, the Complex Care Manager will set up a time for your initial interview process, where you'll go over questions that will help us assess your current situation and determine what we can do to help you.

Your initial interview may take place over the telephone, in your home, or at your healthcare provider's office before or after a scheduled appointment. We advise people to set aside about 45 minutes for this interview.

Your complex care manager will contact you at least every week or two. These calls can be set up in advance and may take just 10 – 15 minutes. You can contact your complex care manager, too, with questions, concerns, or to talk about changes in your health.

At the end of the three-month program, your complex care manager will help you transition back to your healthcare office setting or to other programs within FHN that can provide longer-term support.

We look forward to helping you achieve and maintain your best health!

What is a Chronic Condition?

A chronic condition is a long-term disease or condition that you will have for the rest of your life. Some common chronic conditions include:

- Arthritis
- Asthma
- Diabetes
- Heart disease like Congestive Heart Failure (CHF)
- Lung disease like Chronic Obstructive Pulmonary Disease (COPD)
- Kidney disease
- Autoimmune issues
- Cancer



Get to Know FHN's Spiritual Care Coordinator & Chaplain



"Spiritual and/or emotional wellbeing plays an instrumental role in the healing process," Sean says. "I have an open-door policy and am available to meet with patients, families, and staff in need."

As Spiritual Care Coordinator and Chaplain, Sean Huguenin fills a multitude of roles at FHN, serving as Hospice Chaplain and as a member of FHN's Ethics, Safety, Patient Transition, and Connect the D.O.T.S. (Doors Of Team Support) committees. He also leads and facilitates FHN's grief support groups.

Originally hailing from Rhode Island, Sean's journey to pastoral care began while he was serving in the U.S. Army, and deployed to Iraq in 2005. It was there that his talents and ability to comfort and inspire those around him led to him being asked to serve as a chaplain's assistant.

"I was always a very active Christian and the leadership recognized my faith and knew my ability to inspire and uplift others," Sean says. "As a section sergeant, I had 30 troops under my command and was always speaking life into them, supporting them, and being there for them emotionally."

After 23 years of military service, Sean decided to continue his formal education in spiritual healing by completing dual master's degrees in counseling and theology from Trinity Evangelical Divinity School in Deerfield, Ill.

Following his clinical pastoral education in Rockford, Sean joined the FHN team in 2016, uniquely prepared to provide for the spiritual and emotional needs of patients, families, and staff.

"Spiritual and/or emotional wellbeing plays an instrumental role in the holistic healing process. It is my dedication and promise to our patients and their families to provide or facilitate for those needs," Sean says. "My role is to be there for people and to provide support, no matter their faith or spiritual beliefs."

"I have an open-door policy and am available to meet with patients, families, and staff in need," Sean says. He can be reached by calling 815-599-6160 or via email at shuguenin@fhn.org.

FHN Welcomes Dr. Theodorakis to our Surgical Team



We are pleased to welcome board-certified surgeon Spyridon Theodorakis to FHN. Dr. Theodorakis' primary focus is surgical oncology – the surgical removal of cancers. He sees patients at FHN Memorial Hospital and at FHN Specialty Care – Stephenson Street in Freeport.

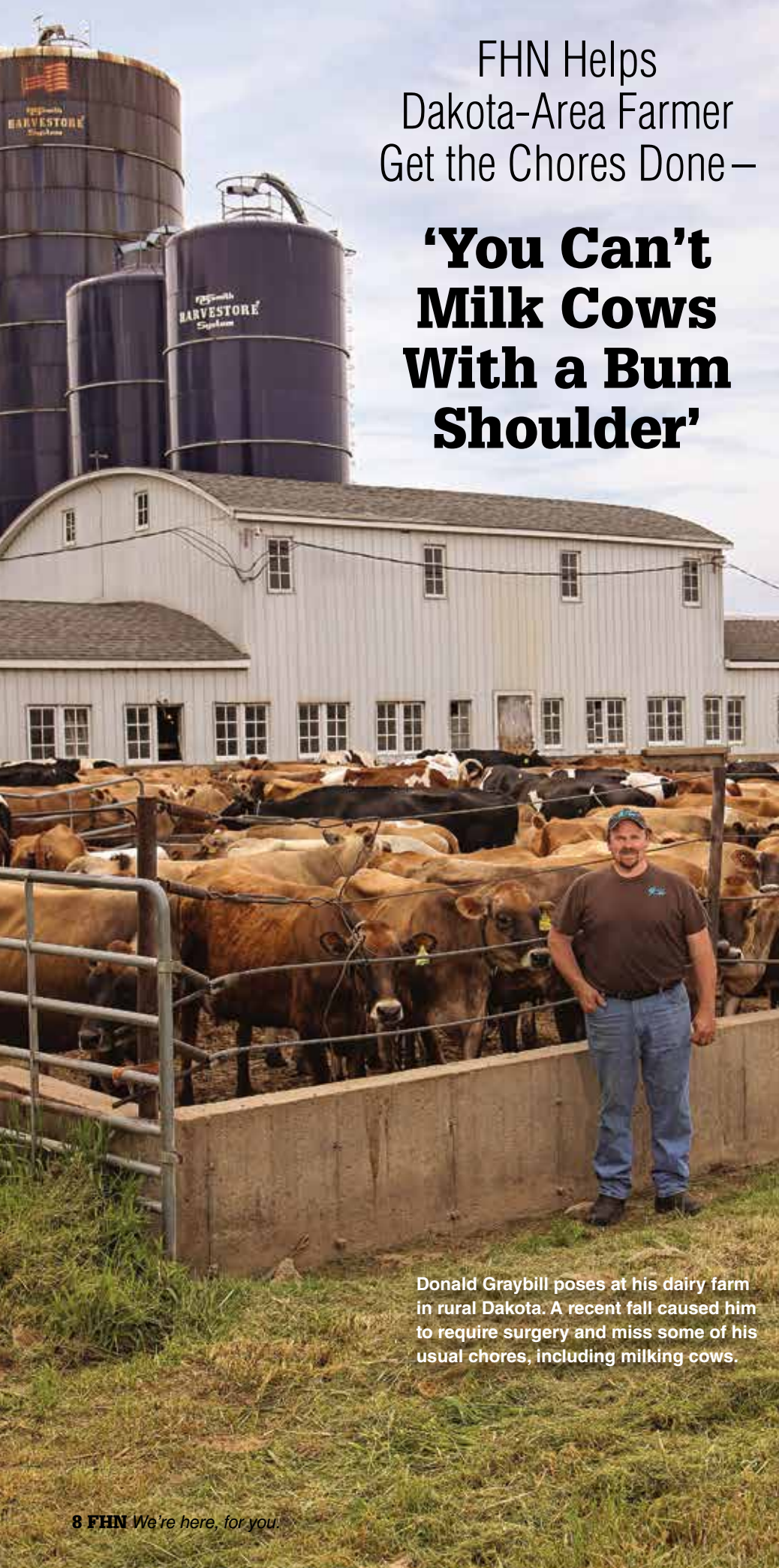
Dr. Theodorakis served fellowships in surgical oncology at Tulane University in New Orleans, La. and head and neck cancer at Roswell Park Memorial Hospital in Buffalo, NY. He completed residencies in general surgery at Athens University (Cancer Hospital of Piraeus) in Athens, Greece, and at Rush Presbyterian Hospital, Mount Sinai Hospital Medical Center in Chicago. He earned his medical degree from the University of Athens Medical School in Athens, Greece.

He has served as an instructor in surgery at Tulane University and at Rush Medical School in Chicago and as Clinical Professional of Surgery at Trinity School of Medicine in St. Vincent and the Grenadines. He has been a member of and a clinical investigator for the National Surgical Adjuvant Breast and Bowel Project (NSABP), a clinical trials cooperative group supported by the National Cancer Institute (NCI).

To reach Dr. Theodorakis, call the FHN Surgery department at FHN Specialty Care – Stephenson Street at 815-599-7770.

FHN Helps
Dakota-Area Farmer
Get the Chores Done –

‘You Can’t Milk Cows With a Bum Shoulder’



Donald Graybill poses at his dairy farm in rural Dakota. A recent fall caused him to require surgery and miss some of his usual chores, including milking cows.



It takes strength and mobility to lift milking units and other equipment necessary to run a busy milking operation. Donald is happy to have his shoulder functional after surgery for a torn rotator cuff.

It was evening chore time, and Donald Graybill was moving cows in the barnyard, just like he does every day. And then, just like that, he fell. He knew by the numbness in his shoulder and how his arm just ‘hung there’ that it wasn’t good.

Donald was right. After examinations and tests overseen by Dr. Grzegorz Blecharz in the FHN Emergency Department, and a referral to Dr. Andrew Blint in Orthopaedics, an MRI confirmed the bad news: A torn rotator cuff. Donald needed arthroscopic surgery. Enter FHN orthopaedic surgeon Greg Dammann, MD, who excels in that specialty.

‘I Don’t Have Time For This ...’

Like many farmers, Donald didn’t have time to deal with an injury. He milks 180 mostly Jersey cows and they don’t take time off from producing their Grade A milk. Donald was stressed and impatient. Then he met with Dr. Dammann.



Donald and Sarah Graybill show one of their favorite Jersey cows, Indigo.



“Dr. Dammann did so much to put me at ease and expedite the process,” describes Donald. “He explained that

he could do outpatient surgery and I could be in my recliner recuperating the same night. Although my pre-op EKG raised a red flag, Dr. (Rebecca) Pedersen quickly got me scheduled for a full stress test, with normal results.

Exactly two weeks after I fell, I had my surgery. It was more detailed and less invasive than I originally thought it would be, and Dr. Dammann used visuals to explain it all to me and my wife so that we could understand what was happening. He actually ended up discovering a tiny tear that the MRI had not shown. He was very thorough.”

Total Confidence in Dr. Dammann

Donald greatly appreciated the doctor’s calming demeanor and personal manner. He emphasizes, “I cannot say enough good things about Dr. Dammann. He prayed with me before my surgery and was so professional and caring. I had all the confidence in the world that he would take good care of me. And he did.”

In line with Donald’s push to get better fast, Dr. Dammann facilitated physical therapy in 10 days rather than two weeks, since his patient’s progress showed he was ready to proceed. Donald loyally did his PT and worked on his strength and range of motion with the help of FHN physical therapists

Eric and Cody, who were well aware of his desire to get back to work quickly.

“They knew I was anxious to start milking,” stresses Donald, “but also showed concern that I not overdo it. They helped me find the right balance.”

FHN Provided Exceptional Care

Now, Donald is back at work on the farm, taking care of heifers, hauling manure, carrying hay, lifting the milking units, and overseeing the work of his two teenage sons and hired help. He shares, “I won’t be totally back to normal for seven to eight months, but I am doing really well. I can’t thank FHN enough for their exceptional care. All the doctors, nurses, physical therapists – everyone – worked so hard to make me better and understood the significance of a farmer’s time. It was a good experience, but I don’t want to do it again!”

FHN’s surgery team helps with life’s difficult challenges. See how Lori Willging’s emergency surgery saved her life on page 3.

A Retirement Celebration for **Dr. Workman**

Hundreds of past and present patients, colleagues, family and friends were on hand for Dr. Alan Workman's retirement open house on June 6 to share memories and wish him well. For 39 years, he has cared for scores of area families, first at the former Family Medical Associates and at our Highland View Drive office.



Welcome to FHN's Wellness Calendar

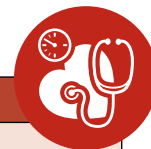
FHN is proud to offer many opportunities for you to learn about health and wellness—from informational programs and events to free health screenings all year long. (This information was correct at the time of publication. Please see FHN's online calendar at www.fhn.org for additions or changes.)



Reminder for families with children attending

Freeport School District, students will not be admitted on the first day of school of the 2019-2020 school year if they don't have the required Illinois physical and current immunizations on file. Please be sure to arrange for any required physicals and immunizations with a medical provider as soon as possible. Find out more at www.fsd145.org/Page/3280.

Blood Pressure Screenings¹



Location	Time	Date	Details
Salvation Army	8 a.m. – noon 9 a.m. - noon	Aug. 8 ³ Sept. 12 ³ July 25 Aug. 22	106 W. Exchange Street, Freeport
Golden Meals	10 a.m. – 12:30 p.m. 10:30 a.m. – noon	Aug. 9 ² Sept. 13 ² Aug. 13 Sept. 10 Sept. 13 ⁴	524 W. Stephenson Street, rear entrance, lower level, Freeport
Pearl City Methodist Church	9–11 a.m.	July 13 Aug. 24 Sept. 14	411 S. Main, Pearl City
Joseph's Pantry Faith Center	4–6 p.m.	July 16 Aug. 20 Sept. 17	203 W. Pleasant, Freeport
New Jerusalem Church of God	11 a.m. – 1 p.m.	July 18 Aug. 15	4 E. Iroquois Street, Freeport
Pecatonica United Methodist Church Food Pantry	10 a.m. – noon	July 23 Aug. 27	528 Washington Street, Pecatonica
Mt. Calvary Church of God in Christ	10 a.m. – noon	July 27 Aug. 24	420 Challenge Street, Freeport
Gospel Outreach Food Pantry	9–11 a.m.	Aug. 3 Sept. 7	211 W. Spring Street, Freeport
Freeport Area Church Cooperative (FACC)	9–11:30 a.m.	Aug. 7 Sept. 4	514 S. Chicago Avenue, Freeport
Liberty Village Estates	10:30–11:30 a.m.	Aug. 14 Sept. 11	2140 Navajo Drive, Freeport
St. John's Lutheran Church	12:30–1:30 p.m.	Aug. 14 Sept. 11	625 Country Lane, Lena

1 No cost or registration required; open to the public. **2** Free blood pressure, glucose, and foot health screening. Please do not eat or drink anything other than water for 8 hours before the glucose screening test. **3** Free glucose screening (ends at 10:30 a.m.). Please do not eat or drink anything other than water for 8 hours before the test. **4** Free blood pressure, cholesterol, glucose, and foot health screening. Please do not eat or drink anything other than water for 8 hours before the cholesterol and glucose screening tests.

Vein Screenings



Location	Time	Date	Details
FHN Memorial Hospital	2–5 p.m. 3–6 p.m. (by appointment)	July 23 Aug. 19 Sept. 25	Schedule a free screening at the FHN Vein Center to see if our experts can help. Non-cosmetic treatment options are covered by most insurance carriers, including Medicaid. For an appointment, call 815-599-VEIN (8346).



Class	Time	Date	Details
Prenatal Class	5–9 p.m.	July 16 Aug. 20	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections, and postpartum recovery. Registration is required; call 815-599-6221.
BLS for Healthcare Professionals	8 a.m. – noon	July 20	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on course designed to teach healthcare professionals how to perform high-quality CPR individually or as part of a team. Basic Life Support (BLS) skills are applicable to any healthcare setting. Course is \$40, which includes BLS provider manual and certification card valid for 2 years. Open only to healthcare professionals; registration is required. Call 815-599-6707 or email coil@fhn.org for more information or to register.
Safe Sitter Essentials® with CPR	9 a.m. – 3:30 p.m.	July 22 Aug. 10	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Class designed to prepare students in grades 6 – 8 to be safe when they're home alone or babysitting. Full-day course is \$50, which includes the Safe Sitter Essentials Student Handbook and completion card and basic CPR skill practice. (Class does not qualify for CPR certification.) Financial assistance is available for eligible students; call 815-599-6707 for more information about eligibility. Register online at www.fhn.org/safesittercpr .
Breastfeeding Class	7–9 p.m.	Aug. 6	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221.
Community Health Forum: Get Moving III: Everyday Exercise	5:30 p.m.	Aug. 13	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Lynn Herrmann will talk about activities you can incorporate into your daily route to help manage appetite and weight while improving fitness. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.
Heartsaver® Pediatric First Aid, CPR & AED	8 a.m. – 4:30 p.m.	Aug. 17 Sept. 14	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use specific to infants and children. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email coil@fhn.org for more information or to register.
Sibling Class	6:30 – 7:30 p.m.	Sept. 4	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wittig. Registration required; for more information or to register, call 815-599-6221.
Community Health Forum: Chemicals' Effects on Your Health	5:30 p.m.	Sept. 10	Freeport Public Library, 100 E. Douglas Street, Freeport Dr. Jack Herrmann will discuss the latest research on how exposures to chemicals in our environments can result in ailments ranging from obesity to reproductive failure. Presented by the Stephenson County Health Department and FHN; no registration is necessary. Open to the public; refreshments will be served.

Sports Physical Clinics \$20 sports physical meets Illinois eligibility requirements for all sports and is good through the 2019-2020 school year. The IESA/IHSA Sports Physical Form must be completed and signed by a parent or guardian before the physical. If a parent does not accompany the athlete, the student must bring a filled out and signed Consent for Medical Care form to the physical. Forms are available at www.fhn.org; no appointment is needed unless noted.

Orangeville	Noon–4 p.m. 1–5 p.m.	July 15 August 8	FHN Family Healthcare Center—Orangeville, 101 Main Street, Orangeville. Call 815-789-3100 for an appointment.
West Carroll	8 a.m. – Noon	July 18	FHN Family Healthcare Center – Savanna, 2107 Chicago Avenue, Savanna. Call 815-273-3323 for an appointment.
Warren	2–5 p.m.	July 29	FHN Family Healthcare Center – Warren, 606 Tisdell Drive, Warren. Call 815-745-2644 for an appointment.
Freeport	5:30–7 p.m.	July 30 August 13	FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive, Freeport
Stockton	2–5 p.m.	August 8	FHN Family Healthcare Center—Stockton, 725 N. Pearl Street, Stockton. Call 815-947-3211 for an appointment.
Pecatonica	Noon–4 p.m.	August 9	FHN Family Healthcare Center—Pecatonica, 1301 S. Main Street, Pecatonica. Call 815-239-1400 for an appointment.

Support Groups



Group	Time	Date	Details
The First Steps Grief Support Group*	10–11:30 a.m.	July 16 Aug. 20	FHN Memorial Hospital cafeteria meeting rooms— Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160.
Perinatal Loss Support Group	6:30–8 p.m.	July 18 Aug. 15	FHN Memorial Hospital Private Dining Rooms 1 and 2—Lower Level A safe and supportive space for parents who have lost a child through miscarriage, stillbirth or shortly after birth to cope with and share their emotions. Call 815-599-6160 for more information or to register.
Living Through Grief*	6–7:30 p.m.	July 22 Aug. 12 Aug. 26 Sept. 9	FHN Memorial Hospital Cafeteria Dining Rooms— Lower Level For more information, call 815-599-7240.
Adult Diabetes Support Group*	1–2 p.m.	Aug. 6	FHN Memorial Hospital Globe Room—Lower Level For more information, call 815-599-6253.
Parkinson's Support Group*	1:30–2:30 p.m.	Aug. 12 Sept. 9	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena

*No cost or registration required; open to the public.

Community Programs



Program	Time	Date	Details
Classic Cinemas Summer Movie Series at the Lindo	Each movie starts at 10 a.m. with limited first-come, first-serve seating. Admission is \$4.	July 13 – <i>Spider-Man: Far From Home</i> (PG-13) July 20 – <i>The Lion King</i> (G)	
Collective Goods Book Sale	10 a.m. – 4 p.m. 9 a.m. – 3 p.m.	July 11 July 12	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – lower level Collective Goods brings a variety of books, electronics, baking equipment, children's toys, and more to FHN for a convenient shopping experience. A small portion of every sale is donated back to the FHN Foundation Partners in Giving campaign.
Memory Café	2–3 p.m.	July 18	SR Center, 216 E. Stephenson Street, Freeport. Open to the public; no cost or registration required.
FHN Healthy Heart Hustle 5K and Victory Lap	8 a.m.	July 20	FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport Register before July 12 for \$25 registration (\$10 ages 17 and under). After July 12, registration is \$35/adults and \$12/ages 17 and under. There will also be a Fun Walk "Victory Lap" around the Burchard Hills campus with Cardiopulmonary Rehab "alumni." For more information or to register, visit www.fhn.org/5k
Talk – Shingles	1–2 p.m.	July 26	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Talk – Belly Pain	1–2 p.m.	Aug. 23	Prairie View Assisted Living, 500 E. McNair Road, Winnebago

UPCOMING SPEAKER SERIES EVENTS:

Mark your calendar now for these upcoming FHN events, all of which are free. The events take place at FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive in Freeport. *For more information and to register* (needed for us to plan for refreshments), visit www.fhn.org – registration is usually open two to three weeks prior to each event. Hope to see you soon!

Advances in Hip and Knee Surgery

Wednesday, August 14 • 5:30-6:30 p.m.



The cartilage that cushions your joints can wear away, leaving you with pain and limiting your range of motion—but joint replacement surgeries have great success rates. The anterior approach for hip replacement allows us to install your new joint with a much smaller incision and no need to re-attach muscle to bone, reducing the risk of dislocation after surgery, resulting in fewer restrictions on movement, faster recovery time, and less post-surgical pain. Most of our patients go home the day after surgery. The TruMatch® knee guidance system for knee replacement allows for more anatomic bone cuts and joint replacement alignment. Join Dr. Draxinger in a free presentation discussing these new procedures and how they can improve your life!

12 FHN *We're here, for you.*

Waging War Against an Invisible Enemy

Wednesday, September 11 • 5:30-6:30 p.m.



Bacteria, fungi, viruses, and protozoa – the four major types of germs – are everywhere in our homes, workplaces, and unfortunately, also in healthcare settings. Join infection control specialist Margie Kochsmier in a free presentation to learn how to combat germs in your own environment, and learn how FHN works to keep patients safe from even dangerous "superbugs." Margie will also provide an update on what's expected for the next flu season and how to best protect against those "bugs," and handouts will include her Top Tips for keeping your family and home as safe as possible from all kinds of germ enemies.



It's Never Too Early to Plan Ahead

You have probably thought about how to create a will or make sure that you have insurance to cover expenses when you die—you may even have these already in place. But have you thought about what you want for **you**?

While no one really likes thinking about how we'd like to spend our last days, weeks, or months on Earth, making decisions about your care then is just as important as deciding your insurance beneficiary. We may all think—and wish—that we will live long, healthy lives and pass away peacefully in our old age but ... accidents happen. Illness can strike. You might become severely disabled, physically or mentally or both. Those conditions are not ideal for making important decisions about end-of-life care, and you might not even be able to make them for yourself. Do your family and friends know what's important to you?

Making these types of decisions is actually much easier and less stressful when we're in good health and can talk about them less emotionally, so here's how you can get them checked off your to-do list.

An Advance Directive Isn't Just One Thing

You have the right to make decisions about the healthcare you get now and in the future. An Advance Directive tells your healthcare providers—and your family—about those decisions and the care you want to receive if you are not able to make those decisions. A completed Advance Directive is really three documents:

- A **Power of Attorney for Health Care** permits you to designate an "agent" to make healthcare decisions on your behalf when you are unable to do so.
- A **Living Will** indicates whether you want death-delaying procedures used if you have a terminal illness, which is

defined as an incurable and irreversible condition in which death is imminent.

- A **Uniform Do-Not-Resuscitate (DNR) Advance Directive** allows your physician to write an order stating what death-delaying treatments, if any (like cardiopulmonary resuscitation or CPR), you wish to have if your heart and/or breathing stops.

Your healthcare provider is an excellent resource when completing these documents—he or she can answer many questions you may have. As with any legal form, you may also wish to discuss this with your attorney. Links appear below for each type of form mentioned above.

As we've said, it's never too early to have these forms in place. Why not plan for a little extra time at your next provider appointment to discuss them and get them finalized? Once completed, make sure your family and your healthcare provider(s) have copies. If you receive healthcare services at FHN, please bring your Advance Directive documents to any FHN facility and we will make the necessary copies to include in your medical record.

Questions? Just call our Advanced Directive hotline at 815-599-7080. It's a great feeling to be prepared!

- <http://dph.illinois.gov/sites/default/files/forms/forms-legal-power-attorney-040716.pdf>
- <http://dph.illinois.gov/sites/default/files/forms/living-will-040416.pdf>
- <http://www.polstil.org/contact-polst/polst-form/>

(If you need a form for a different state, search that state's government site—indicated by .gov after the name of the state in the URL—for the name of the document, such as "healthcare power of attorney.")

Keep Your Feet **Healthy** and **Happy** This Summer

As we enjoy the warm summer months, the season of open-toed sandals, flip-flops, and the temptation to walk barefoot is upon us. Keeping your feet safe and protected is the key to proper foot health in the summertime.

“We see an increase in foot injuries in the summer months that are often caused by people not wearing proper footwear. It’s crucial to protect your feet from hazards while enjoying summer activities,” says FHN podiatrist Roland A. Tolliver, DPM.

Check out these tips to keep your feet healthy and happy at the beach, park, and the backyard:

- Invest in good summer footwear. Whenever possible, avoid wearing cheap pairs of flip-flops, and instead opt for sandals or flip-flops that offer more supportive soles with a deeper footbed and arch support to help protect and support the foot when walking.
- Wear water shoes or beach shoes instead of sandals when going into areas with open water, like beaches, lakes, and ponds. They offer better protection from hidden hazards and sharp objects.
- Never do lawn chores in flip-flops or sandals. There are too many potential dangers to your feet while mowing, raking or gardening.



- Avoid walking barefoot outdoors—or indoors, for that matter, even for a short time. Not only is there the potential for injury, but you also put yourself at risk of picking up viruses like plantar warts or a fungal infection such as athlete’s foot.
- Be sure to apply sunscreen to the tops of your feet and on your toes. It’s an area that can be overlooked, but while wearing sandals, your feet are exposed to damaging UV rays.
- If you have diabetes, inspect your feet daily, including the bottoms, for cuts, blisters, redness, swelling or nail problems. Get periodic foot exams from a podiatrist or foot and ankle surgeon to prevent complications.

People with diabetes should visit their podiatrist at least twice a year.

- Foot screenings can help identify potential problems with your feet. FHN provides periodic free community foot screenings. Check out the Blood Pressure Screenings section of our Calendar of Events (page 10) for information on the next screening.
- Being good to your feet can help you enjoy all that the summer months have to offer. If you have questions regarding your foot health such as problems with arthritis or injuries to your foot and ankle, muscle and tendon problems, nerve disorders, problems with the skin or toenails or foot problems associated with diabetes, contact FHN Podiatry at 815-599-7150.



Chris Bell, DPM



Syeda Roshan, DPM



Roland A. Tolliver, DPM



to our team of talented staff committed to delivering healthcare excellence to our community.

A Variety of Career Options for Nurses at FHN

The field of nursing today offers a wide variety of specialties and work environments that are attractive to RNs with differing talents, interests, and career objectives. Whether it's working with patients in the acute hospital setting, in an outpatient clinical environment, or in the transition to wellness in the community, there are many options for practicing nurses from which to choose.

As the leading healthcare provider in the region, FHN serves over 1,500 people every day in five counties. Our 19 locations, including FHN Memorial Hospital, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, and 13 family healthcare centers, provide a wealth of options for nurses to pursue numerous specialties in a variety of settings.

"When I speak with nursing students about careers at FHN, I always reinforce to them that there are so many avenues of nursing they can explore," says FHN Talent Acquisition Specialist Carol Boeke, BSN, RN "If nursing is their passion, they are able to grow and flex their careers to where their interests reside."

For nurses interested in practicing in an outpatient setting, our 13 family healthcare centers offering primary and specialty care provide a variety of challenging and rewarding positions.

Those interested in serving patients from a more holistic approach may be interested in pursuing a career as a case manager or Complex Care nurse, working with patients dealing with multiple chronic illnesses who could benefit from the support available through a wide variety of community services.

RNs with 2 or more years of experience can benefit from FHN's flexible employment programs that maximize work/life balance—some of the first of their type in northern Illinois.

If you're interested in finding out more about the variety of nursing career opportunities at FHN—or know of some-



"The teamwork and attention to a healthy work-life balance in our department makes FHN a rewarding place to practice. FHN does a great job of involving employees in special outings to promote team building and to boost morale."

— Brittani Gemmill, RN
Case Manager

one who is—contact Carol Boeke BSN, RN in FHN Human Resources at 815-599-6706 or cboeke@fhn.org or visit www.fhn.org/careers.

Current Nursing Opportunities at FHN

Inpatient

- Emergency Department—Flexible Full-time—7 p.m.—7 a.m.
- Medical-Surgical Departments—Flexible Part-time—7 p.m.—7 a.m.
- Obstetrics—Full-time—7 p.m.—7 a.m.
- Intensive Care Unit—Full-time and Part-time—7 p.m.—7 a.m.

Outpatient

- Office Practice Float Pool—Full-time—8 a.m.—5 p.m.
- Family Healthcare Center, Mount Carroll—Full-time—7:30 a.m.—5 p.m.
- Family Healthcare Center, Burchard Hills—Orthopaedics—8 a.m.—5 p.m.
- Registered Nurse —Vein Clinic—Ad Lib—7:30 a.m. - 4 p.m.

"What I really like about FHN is that it's small enough that you get to know not only coworkers in your area, but colleagues from all of the other departments that you work with. It makes for a great work environment and allows for better, more efficient patient care."

— Ashly Wire, RN
Urology



FHN Family Counseling Center Participates in Effort to Combat Underage Drinking

The FHN Family Counseling Center, in partnership with the Jo Daviess County Juvenile Justice Council, is using the Strategic Prevention Framework (SPF) process to reduce alcohol use among 8th to 12th graders in Jo Daviess County (JDC). The SPF planning process is an evidence-based, data-driven approach to underage drinking prevention.

Every two years, middle and high school students in all six of the county's school districts participate in the Illinois Youth Survey. Data from the survey is used to identify trends related to substance misuse so communities can identify relevant prevention strategies. The data also helps communities in securing state and federal funding for prevention programs. The survey measures attitudes, perceptions, and behaviors related to substance use and other related topics.

Based on the survey data, the good news is that most JDC teens do not drink alcohol. However, the following three alarming trends were identified by the 2018 survey results:

54% of 12th graders reported that their **parents provided them with alcohol** in the past year. That's **10% higher** than the **state average**.

Only **55%** of students grades 8th to 12th believe that their parents think it is **unacceptable** for them to **use alcohol**.

Only **55%** of parents of 8th to 12th grade students **have communicated** with their teen about **not using alcohol** in the past year.

Data from the 2014 survey helped to secure a Substance Abuse and Mental Health Services Administration SPF – Partnerships for Success 5-year grant administered by the Illinois Department of Human Services.

R UR KIDS UNDER UR INFLUENCE



The FHN Family Counseling Center has played a key role in implementing

two evidence-based strategies which were identified based on the IYS survey data and the completion of a community needs assessment. A county-wide parent communication campaign and a multi-session youth prevention education program, **All Stars**, were launched at all six of Jo Daviess County's middle schools in 2018.

The parent communication campaign is comprised of print and social media ads, billboards, and direct mailings designed to inform parents of their essential role in preventing underage drinking.

All Stars is a nationally recognized program that encourages youth to resist negative peer pressure and make healthy decisions to achieve a bright future through skill-building activities. This past school year, 429 seventh and eighth-grade students have completed **All Stars**.

Visit [fhn.org/IYS](https://www.fhn.org/IYS) for the JDC State of our Youth Report or view the complete IYS surveys for Stephenson County, Jo Daviess County and all other counties in Illinois at [iys.cprd.illinois.edu](https://www.iys.cprd.illinois.edu). You can get ideas about how to talk to your kids about alcohol and drugs at <https://www.samhsa.gov/>.

Insight



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