

A publication of FHN

Volume 11, Issue 1

Insight



THE TWO FACES OF
Katy Lartz, RN
Cancer Caregiver *and* Cancer Patient

The Leonard C. Ferguson
Cancer Center at FHN Memorial
Hospital Offers State-of-the-Art
Care at a University Level,
Close to Home



We're here, for you.

FHN



MARK GRIDLEY, PRESIDENT AND CEO

Happy New Decade!

Time surely does fly—we're starting a new decade! At FHN, that means exploring new ways to provide healthcare excellence for our communities while maintaining the spirit of respect, dignity, and compassion on which we've built

our 100+ years of independent history.

In this INSIGHT, we're highlighting the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, where we're proud to offer university-level care close to home. Our cancer care professionals have few equals in northern Illinois. And perhaps best of all, our multi-disciplined approach includes the promise of an appointment within three business days of receiving a cancer diagnosis, no matter where you go for healthcare. We know that having a plan as soon as possible is important to your peace of mind.

We also tell the inspirational story of one of our community family members who is grateful not only for our cancer care, but emergency care and wound care. Having access to all of these services close to home proved to be very important for her.

We're highlighting our many partnerships in the region, too, in many areas beyond cancer care. We are committed to provide you access to the best and most comprehensive care possible, even when it's not realistic to offer every medical specialty based on the size of our community. We are proud to be able to partner with professionals in other area organizations we know and trust for our very own care.

We're delighted to introduce you to three new FHN providers too, and of course there are events and other details you'll want to know about. And as is the case every day, every year, we appreciate the privilege of serving as your healthcare provider—thank you for choosing FHN!

SAVE THE DATE

Mark your calendar now for these upcoming FHN events, all of which are free. Register online at www.fhn.org, or call toll-free 1-877-600-0346 ext. 901. **Hope to see you soon!**

Wednesday, February 12, 5:30 -6:30 p.m. • FHN Family Healthcare Center—Burchard Hills

Take Your Heart to Heart

You've read about heart screenings, stents, and angiograms and other cardiac-related tests and procedures. But what do they mean—for women? Join Kristine Fosler, NP, to learn what's what—and what's new—in cardiology care at FHN. Fosler will review how women can sometimes experience heart issues differently, and describe the types of basic screening that many women should consider. Attendees will take home a free full-size heart-healthy cookbook!

Tuesday, March 3, 5:30-7:30 p.m. • Cimino's Little Italy, 421 Challenge St., Freeport

A Slice of Time—and Pizza—Just for You!

Join women's care providers from FHN for an evening of pizza and conversation all about you. Learn about options for common pelvic health conditions, like a sudden need to urinate, from physical therapist Maddie Pickard, PT, DPT, who can get you back to an active life in no time. Then hear from providers at The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, including Arshad Shaikh, MD and Bobby Koneru, MD*, for updates on cancer care and breast cancer reconstruction. Finally, Margie Kochsmier, MSN, RN, CMSRN, CIC from FHN Infection Control will provide insights into the latest news on antibiotic-resistant infections, as well as the role vaccinations can play in staying protected. All attendees will receive a goodie bag, too!

*This provider is not employed by FHN

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Martinez Steps into COO Role



In January, FHN was proud to announce the promotion of Kathryn Martinez, MSN, RN, FACHE to the position of Executive Vice

President, Chief Operating Officer / Chief Nursing Officer.

"Kathy has demonstrated her commitment and passion for FHN as an executive-level leader over the past several years as Chief Nursing Officer and Vice President of Patient Services," FHN President and CEO Mark Gridley says. "I am proud to have her as one of our senior leaders to help support me and all of our staff in providing excellent patient care."

Martinez brings years of clinical and operational experience to her new role. She holds a master's degree in nursing and is obtaining a doctorate degree in healthcare administration from Walden University. She is a board-certified Fellow of the American College of Healthcare Executives.

FHN is an award-winning regional healthcare system committed to the health and well-being of the people of northwest Illinois and southern Wisconsin. Organized in 1995, non-profit FHN is comprised of FHN Memorial Hospital, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, and 13 family healthcare centers in 5 counties spanning northwest Illinois offering primary and specialty medical care, hospice, and outpatient mental health services. For more information about us please visit www.fhn.org.

Our 4 C's: Comprehensive Care, Comfort, Close By—and Your Calendar



FHN's radiation therapists use the latest technology to focus treatment where it counts.



Chemotherapy and immunotherapy treatments are individualized to fight cancer.

You've probably heard of the 4 C's in regard to buying a diamond—judging stones by their cut, color, clarity, and carat weight can help you find the best sparkler for your ring.

We believe there are 4 C's to top-quality cancer care, and we're proud to score high on all of them at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport: We provide Comprehensive care, Close by—with an emphasis on your Comfort and Calendar.

We're proud to provide our patients with state-of-the-art radiation oncology treatments usually only available in university hospitals, including Volumetric Modulated ARC Therapy (VMAT), also called SmartArc or RapidArc radiation therapy. This allows our experts to more precisely target cancer cells for treatment, leaving surrounding healthy cells unharmed.

In medical oncology, we're proud to be on the front line of immunotherapy, which gives a patient's own immune system the power to fight certain cancer cells.

We don't let high-tech get in the way of personalized care, though. From the moment a patient walks in the door, we're part of their team. Our friendly, caring staff genuinely cares about our patients, and we take time to get to know them and their needs.

That team atmosphere begins with your first call, thanks to our Three-Day Guarantee: We guarantee a follow-up appointment within three business days after a patient receives the report that he or she has cancer.

When you are diagnosed with cancer, you want a top-notch team of experts working on your treatment as soon as possible. At the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport, you've got just that. Call us at 815-599-7000 to get your team together.

Skilled Board-Certified Oncology Specialists Are Here For You



Arshad Shaikh, MD
Medical Oncology
www.fhn.org/Shaiikh



Bobby Koneru, MD*
Radiation Oncology
www.fhn.org/Koneru



Gary Shultz, DO, FAAR*
Radiation Oncology
www.fhn.org/Shultz



Spyridon Theodorakis, MD, FACS
Surgical Oncology
www.fhn.org/Theodorakis

Cancers Treated at FHN

While not an exhaustive list, these are some of the cancers we have treated at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital.

- ⚔ Bladder Cancer
- Bone Cancer
- Brain Cancer
- ⚔ Breast Cancer
- ⚔ Colon Cancer
- ⚔ Gynecological Cancer
- Head and Neck Cancer
- Kidney Cancer
- ⚔ Leukemia and Blood Cancer
- ⚔ Liver Cancer
- ⚔ Lung Cancer
- ⚔ Lymphoma
- Oral Cancer
- Pancreatic Cancer
- ⚔ Prostate Cancer
- ⚔ Rectal Cancer
- ⚔ Skin Cancer
- Stomach Cancer
- Testicular Cancer
- Thyroid Cancer
- ⚔ Most treated in 2018-2019

*This provider is not employed by FHN

A Comprehensive Approach—The Cancer Care Team at Leonard C. Ferguson Cancer Center

At the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport, we believe that excellent care requires a skilled and compassionate team of professionals. Our consummate team of healthcare specialists is dedicated to providing our patients and their families with the best possible care and services.

Our caregiving team consists of a medical oncologist, a pharmacy technician specializing in oncology, eight registered nurses, two radiation oncologists, a team of radiation therapists, a medical physicist, and a dosimetrist who ensures each radiation treatment delivers the most effective radiation dose with the fewest side effects to the patient's healthy organs. The goal of each member of this team is the same—making sure that each patient's treatment is focused and individualized. Each member of our team is committed to our patients, treating them as family, and ensuring support from diagnosis to recovery.

"Patients and families meet our support team right away, when they walk in our

door," says Cancer Center Director Julie Nampel, MSN, RN. "Our scheduling staff at the front desk greet everyone with a warm, friendly smile. They're a part of your team, and they'll help you with scheduling and are always available to help answer any questions."

"Our nursing team provides experienced hands-on care and administers medications prepared by our dedicated pharmacy technician. Our social worker is prepared to assist with any special needs, and the balance of specialties within FHN offer additional services that range from helping you plan a healthy diet, to physical therapy, to counseling services and spiritual care. Our Financial Resource Coordinators are important too, helping you understand FHN's financial assistance options as well as navigating insurance requirements and tax/payment reports."

The comprehensive cancer care provided at the Leonard C. Ferguson Cancer Center gives patients and families support that goes beyond the direct clinical battle with the disease. Under Nampel's leadership,



the team prides itself on treating patients holistically, guiding them with support and encouragement through the daunting challenge presented by the disease.

While our cancer care team treats patients in a modern, comfortable, and private stand-alone facility, the center is located on the FHN Memorial Hospital campus, giving patients seamless access to FHN's 40 specialties to treat any related or non-related health issues they may face while undergoing cancer treatment.

To find out more about The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, visit www.fhn.org/cancercare or call 1-815-599-7000.

Members of the Cancer Center care team from left to right, Oncology Social Worker Kelly Schleich; Shannon Roberts, RN; Fawn Gray, LPN; Director Julie Nampel; Crystal Watson, RN; Emily Statfield, RN; Pharmacy Technician Barb Lawson.



Strength In Beauty

New Program Lifts the Spirits of Women Undergoing Cancer Treatment

This past November, the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital was able to reboot a once-popular program previously funded by American Cancer Society corporate donors. Our **Strength In Beauty** sessions teach female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.



FHN volunteer Cathie Schmerse uses her years of professional experience to give makeup tips to **Strength In Beauty** participant, Gail Harris.

Led by retired Highland Community College Cosmetology Director Cathie Schmerse, small groups, usually consisting of five to six women, receive practical, hands-on experience in makeup techniques, skincare, nail care, and options related to hair loss such as wigs, turbans, and scarves.

Participants are given a supply of high-quality makeup, skincare and general beauty products provided by the FHN Foundation. "The Foundation stepped in and allowed us to begin providing this vital service to women undergoing treatment here at the center," says director Julie Nampel.

Women participating in the inaugural session had high praise for the program.

“Cathie was wonderful. She was able to give me some really practical advice for looking my best when I may not necessarily be feeling my best. The class was fun and I learned a lot about so much – especially applying makeup the proper way.” — Gail Harris, Freeport

Strength In Beauty sessions will be offered in 2020 based on patient needs. To find out more about the program or to register, call 815-599-7000.

Meet Oncology Social Worker Kelly Schleich

A key piece of the comprehensive care provided by the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital is the role played by dedicated social worker Kelly Schleich. She is on hand to meet with patients to help them, their families and caregivers deal with the experience of facing cancer. She is a great resource to assist with the psychological, social, emotional, financial, and spiritual issues people have to deal with in oncology.

Kelly also assists people with practical needs, like finding resources within FHN and the community, and with complex needs like adjusting to an illness, decision-making, and communicating with family members, friends, and healthcare providers.

"I feel a tremendous sense of honor to be allowed into an individual's life at such a difficult time and to be a part of the process to guide and support them during treatment. I see myself as a conduit to pull resources together to meet the patient's and family's needs as best I can."



Oncology Social Worker Kelly Schleich assists patients in meeting whatever needs they may encounter while undergoing treatment.

'CANCER IS DIFFICULT, BUT THE STAFF MAKES A TOUGH SITUATION A LOT EASIER'

Treatment 'Took the Pain Away' for Retired Engineer



Dr. Shaikh and Joe Mastroianni discuss prostate cancer treatment during a recent meeting at the Cancer Center. Joe has developed positive relationships with the team of professionals who care for him monthly, and actually enjoys his visits.

Joe Mastroianni was enjoying retirement from Honeywell with his artist wife, Carolyn, when horrible back pain took him to his then-general practitioner, Dr. Lawrence Luy. After referral to a urologist, he got a diagnosis no one wants: His back pain was actually prostate cancer that had spread to his bones.

After dealing with the initial shock, the Mastroianni's conferred with the professionals at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. They wanted to stay close to home, and had heard good things about FHN medical oncologists Arshad Shaikh, MD, who recommended a combination of radiation and chemotherapy treatment. Within weeks, according to Joe, "it took the pain away."

Getting radiation treatment started was a quick process. Specially trained techs cast a mold of Joe's body to ensure precise positioning. Tiny tattooed dots also helped confirm proper placement. Joe especially appreciated his radiation therapy technician, Ben, who led the team in providing professional and friendly treatment during his visits.

He explains, "I would go in regularly for several months, and Ben was always so kind and helpful. I would get in and out of the cancer center in just 10-15 minutes each time ... it went really fast."

Now, Joe takes regular oral medication and gets an injection once a month to help strengthen his bones. Blood testing is done monthly and reviewed with Dr. Shaikh at meetings that Joe says he actually enjoys.

"It is always a pleasant experience to go in and confer with Dr. Shaikh," Joe says. "He is so smart and fun, and likes to laugh



Joe poses with the Radiation Team at the Cancer Center. These highly trained technicians handled all aspects of Joe's radiation treatment, which was key to eliminating his back pain.

“ ”

Cancer is difficult, but the staff makes a tough situation a lot easier. They are always upbeat and professional, and I would recommend them to anybody.

with us. Cancer is difficult, but the staff makes a tough situation a lot easier. They are always upbeat and professional, and I would recommend them to anybody. Plus, we try to schedule our appointments for Friday, which is ‘doggie day.’ The pet therapy dogs (from FHN’s Beyond Words Pet Therapy Program) often visit then, and my wife and I both enjoy the support from those sweet, furry faces.”

A lifelong woodworker and retired engineer, Joe spent many years making things like toys and furniture as gifts for the special people in his life. With the help of his support team at the Cancer Center, he continues to build, making fun new memories with his friends and family.

Like many engineers, Joe enjoys making things. At left, he and his wife Carolyn display a toy that Joe crafted for his children many decades ago.



AS A PART OF THE CANCER CENTER’S HOLISTIC APPROACH, visitors from FHN’s Beyond Words Pet Therapy Program make regular rounds visiting patients at the center. This helps patients and their friends and families, as well as FHN staff, benefit from the presence of certified therapy dogs who are naturally interactive and provide relief during long days in healthcare settings.

Recently diagnosed with cancer or just in need of support? We’re preparing a new support group for cancer patients.



A cancer diagnosis often generates a strong emotional response. Some people experience shock, resentment, and disbelief, while others may feel intense sadness, fear, and a sense of loss. Support groups allow people to talk about their feelings and experiences with others living with cancer. Group members can share feelings and experiences that may be too difficult to share with family and friends. Being a part of a group can provide a sense of belonging that helps each member feel more understood, less alone, and help to relieve stress.

The group will meet monthly the last Thursday of the month starting April 30. Register early by calling 815-599-7000.

Being actively involved in your healthcare can help you stay healthy. Use the acronym “SPEAK UP” to help you remember some tips to keep you involved in your healthcare: Visit www.fhn.org/SpeakUp for more information.

The Joint Commission
Speak Up™ About Your Care

- S**peak up...
- P**ay attention...
- E**ducate yourself...
- A**dvocates (family members and friends) can help...
- K**now about your new medicine...
- U**se a quality health care organization...
- P**articipate in all decisions about your care...

We're here, for you.
FHN



When Brenda Berning had a gaping incision that wouldn't heal after ovarian cancer surgery, she turned to The Center for Wound Healing at FHN Memorial Hospital for innovative care. Here, nurse practitioner Carrie Wright and RN Michelle Binkley share information about negative-pressure wound therapy—the “wound vac”—which ultimately helped provide the healing power Brenda needed.

She recently had complicated ovarian cancer surgery in Madison, and her incision did not heal properly—in fact, it opened like a zipper when the staples were removed. This type of serious wound needs immediate attention, and luckily Brenda was referred to a place right in her hometown—Freeport—where the staff understands the intricacies of complicated wound care.

Innovative Wound Care from the First Appointment On

At her first Center for Wound Healing appointment, Brenda says, “I was thoroughly examined and my wound was re-dressed. Everyone was so nice. We put together a care plan that gave me hope for the future. It included a team effort between the Center, home health care, and my husband. We also established a schedule that allowed for me to receive chemotherapy treatments at the Leonard C. Ferguson Cancer Center (at FHN Memorial Hospital). I was happy I didn't have to wait.”

Emergency Care, Cancer Care, and Wound Care — **All at FHN**

4 inches wide. 10 inches long. 3 inches deep.
That was the approximate size of Brenda Berning's wound when she came to The Center for Wound Healing at FHN Memorial Hospital.



In addition to many FHN staff, Brenda's husband Gregg was a key member of the team helping her get back her health.

“FHN Helped in So Many Ways”

Brenda was appreciative of the help she received at multiple FHN facilities. “After feeling ill for quite some time, I was first diagnosed by a doctor at FHN's emergency department, who ordered a CT scan and sadly found multiple tumors with organ involvement. I was

referred to Madison to a UW gynecologic oncologist,” she explains. “After surgery, I wanted to be closer to home and chose to have treatment at our local cancer center. Dr. Arshad Shaikh and the nurses were very professional and compassionate, and it only took me a few minutes to get to my appointments. They anticipated possible setbacks in my wound treatment during chemo, and knowing what to expect helped me remain positive. I also worked with a nutritionist at the Cancer Center and we adjusted my diet, which helped me ‘feel and heal’ better. It ultimately worked out just great.”

Regarding the Center for Wound Healing at FHN Memorial Hospital, Brenda's appreciation is especially enthusiastic. “I can't say enough about Carrie Wright, a nurse practitioner, and Michelle, a nurse, at the Center,” she shares. “Debriding my tissue and changing my dressings was excruciating, but these ladies helped me work through the pain and minimize the stress. Carrie was my liaison with the UW surgeon and she helped provide continuity to my care and helped me figure out any confusion about the process. She did so much for me. I had a lot of complications, and she guided me through each one. Eventually, she fitted me with a wound vacuum system that promotes new skin growth. That treatment worked extremely well and made all the difference.”

Healed Up ... and Ready to Move Forward

It has been a long ordeal. Brenda spent most of her time in a recliner and visiting the Center for Wound Healing for two-hour visits three times a week for six months! Now she has “graduated,” her incision is healed, and she has no evidence of cancer. To recover her strength, Brenda is working regularly with the physical therapy team at FHN



After six months of cancer treatment and wound care therapy, Brenda is able to watch her grandchildren after school and make memories. They especially enjoy playing games, doing puzzles, and coloring. She looks forward to getting additional strength and energy back with the help of FHN's physical therapy team.

Family Healthcare Center – Burchard Hills in Freeport. She hopes to return to a normal routine soon.

“Something like this makes you really grateful for all the little things in life,” she emphasizes, “like taking a shower, playing with my grandkids, and looking

forward to weekends in our new camper. FHN helped make all those things possible. I thank the staff from the emergency department, the Cancer Center, the Center for Wound Healing, and physical therapy for helping me get my life back.”

4TH ANNUAL FOOD FIGHT AGAINST CANCER

Premier Sponsor
McPherson
LAW OFFICES



World-Class Team, Close to Home
Friday, April 3, 2020 • 6–10 p.m. • Music by *Distilled*
Grand River Hall • 101 S. Liberty Ave., Freeport
Tickets: \$35 per person or \$65 for a couple

Join us for a casual fun-filled evening of food and dancing in support of the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital.
Call 815-599-6441 to purchase tickets.



**WHEN DOCTORS HAVE
CANCER, HOW DO THEY
CHOOSE THEIR CARE?**

WATCH FHN'S FACEBOOK PAGE IN FEBRUARY for an in-depth look at how two FHN providers chose the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital for their care ... **AND WHY.**

The 'Other Side' of Cancer

FHN Nurse Hopes Her Experience Helps Her Patients



Katy Lartz, both a patient and an employee at the Leonard C. Ferguson Cancer Center, is surrounded by her supportive co-workers and caregivers.

It came out of nowhere. With no family history of cancer, no risk factors, and nothing but time on her side, Katy Lartz was diagnosed with breast cancer in 2012 at age 30.

Her eyes still fill with tears when she talks about it: "I felt a lump in the shower, and since I was so young, I didn't think it was a problem," she explains. "I was a busy mother, working in the FHN Gastrointestinal Lab, studying for my BSN, and helping my husband on the farm. When the lump didn't go away, I knew I had to be checked. An ultrasound showed 8-10 suspicious lesions, which turned out to be hormone-negative, HER2-positive cancer—an aggressive type. My family and co-workers were comforting and supportive, but I was obviously shaken."

Because of Katy's age, she wanted reconstructive breast surgery and was referred to the University of Wisconsin—Madison. (At the time, FHN did not offer this capability. It is now available here, thanks to Spyridon Theodorakis MD, FACS.)

She had chemotherapy, followed by a bilateral mastectomy, and returned to the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport

for radiation therapy. According to Katy, "Everyone was wonderful and I was lucky. The treatment worked well and didn't make me feel sick."

Katy Finds Her Calling

Perhaps it was her good experience at the Cancer Center that led Katy to her calling. "I kept writing papers and doing research in the oncology field as I continued my education," Katy says, "and when a job became available at the Cancer Center after my radiation was complete, I felt compelled to apply. It was emotional leaving the GI team I loved so much, but I was thrilled to get the chance to work with cancer patients. It was one of the best decisions I ever made."

For several years, Katy followed her



The Lartz family: Katy, Weston, Shanna, Parker, and Levi.

dreams. She received her BSN and felt fulfilled by her work at the Cancer Center. But in 2015, more bad news came Katy's way. She started having partial seizures, and an MRI done through FHN's Imaging Services showed that Katy's cancer had spread to her brain. She again went to UW Madison, this time for brain surgery.

Katy Finds an Advocate

The prognosis wasn't good, but Katy wasn't done fighting. Neither were her friends and mentors at the Cancer Center. Katy states, "I decided to come back to Freeport for treatment, and Dr. (Arshad) Shaikh has been the best advocate. He said we would go on offense and attack the cancer aggressively, and that is exactly what we did. I started a chemotherapy pill along with immunotherapy infusions every three weeks. Right now, scans show no signs of cancer. With the help of these incredibly smart and well-trained people, I feel good ... and happy that I get to continue working beside them every day to help other cancer patients."

When asked if being a patient has made her a better nurse, Katy pauses. "I suppose there are a few things I can empathize with that other people cannot totally understand," she says, "and I hope the experience has made me more compassionate. But all of my teammates are sympathetic and compassionate too—truly world-class. We all work hard to provide professional treatment and support. From the perspective of both a nurse and a patient, I believe FHN gives some of the greatest care around. The staff is second-to-none."

Katy Credits Her Faith and Family

Along with her close-knit work environment, Katy also credits her faith and her family for helping her get through the difficult times. "My trust in God provides peace and hope amidst all the questions," she shares, "and my husband, Levi—along with my children Shanna, Weston, and Parker—give me all the incentive I need to keep fighting."



Cedarville Man Treasures the Gift of Time

Ken Kounkel used to spend his days working at Kelly-Springfield (now Titan) Tire Company, serving in the executive ranks. In his spare time, he liked to tinker. One of his favorite and most useful projects before he retired was assembling the grandfather clock that graces the entry to his Cedarville home.

About a year ago, Ken quit most of his activities because he just didn't feel well. He was worried that something was wrong and eventually went to his FHN physician, Dr. Brian Bennett, to share his concerns. After completing blood work, Dr. Bennett confirmed Ken's suspicions. He was indeed ill with acute myeloid leukemia, a cancer that starts inside the bone marrow.

Ken has been receiving regular chemotherapy treatment at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital ever since. His current regimen includes monthly injections, which Ken calls "a homemade concoction made

just for me—they mix and measure it after I arrive for my appointment. All the nurses are very professional and I appreciate that they are so kind and conversational." His visits usually take about an hour. Regular blood monitoring helps ensure balanced treatment each time and oral medication helps minimize the nausea common with his type of chemotherapy. Overall, he feels pretty well and enjoys taking his dog, Jake, for a walk several times each day.

According to FHN's Arshad Shaikh, MD, there has been great progress in understanding how DNA changes develop into leukemia. "Doctors are learning how these changes can influence a patient's disease," he explains, "and what kind of treatment they should receive. It is very promising, and we stay on top of all the latest research to ensure leukemia patients like Ken get the most targeted therapy. We all find it gratifying to see his big smile and renewed energy."



Letter From Tonya Thayer,
FHN Foundation Executive Director

fhn.org/foundation
815-599-6900

Planning for 2020—and Beyond

You've survived the holiday season. Gifts have been worn, consumed, plugged in, or possibly returned, and we are on to 2020 with our resolutions and all the new, exciting opportunities they bring.

In our nonprofit world, the end of each year tends to be the season of giving. Many people generously share their gifts with organizations that will invest in something important to them, i.e., caring for the sick, feeding the hungry, clothing the poor, and educating the curious.

In the coming year, I challenge you to give meaningful thought to how you can have greater impact on a nonprofit that you support. Consider investing in a mission beyond an annual gift or special event. Resolve to review, update or create an estate plan that allows you to support an organization that you value. We often think estate plans are

for the wealthy; however, a fraction of your estate can make a tremendous difference to a mission that you hold dear.

Just 1 percent of an estate that is worth \$100,000 is an impactful gift to any local nonprofit. I would speculate that the heir who inherits \$99,000 would be happy to know that the other 1 percent went to support a mission about which you care deeply.

Please consider making several important resolutions this year: Resolve to select or clarify your wishes with your power of attorney, speak with your provider to make sure your healthcare desires are understood, and meet with your attorney or financial planner to see how you can continue your Season of Giving well into the future. Thank you for considering FHN in your financial planning for 2020!

Surgical Technologists –

Join the Surgical Services Team at FHN



RN First Assistant George Lester (left); Circulating Nurse Janice McNett (center); and Surgical Technologist Juana Penalzoza, RN (right) work together as a life-saving team in the FHN Surgical Department.

A whole team of skilled professionals work closely with board-certified surgeons in FHN's Surgical Department, providing patients with life-saving, top-quality surgical services. Laying the foundation of the team are the Surgical Technologists and First Assistants. They are the first to enter the operating room in full sterile attire to prepare and sterilize the room, equipment, and surgical instruments.

During the procedure, the Surgical Technologist and First Assistant become the "third hand" of the surgeon, passing surgical tools, assisting with retracting patient tissues, monitoring the patient, and continuing to keep the environment sterile.

Following the surgery, the Surgical Technologist is responsible for carefully performing the surgical count – tracking all of the instruments used in the procedure to be sure that all are accounted for before the patient leaves for recovery. The First Assistant often sutures the patient and prepares any final instructions set by the surgeon.

Surgical Technologist Juana Penalzoza credits the tight-knit team for making FHN a great place to work. "What makes working at FHN so great is the people. We work together like a family with everyone being accountable to the team," Juana says.

RN First Assistant George Lester describes work in the operating room as "purposeful" and "exhilarating." "Becoming the surgeon's right hand during surgery is almost addicting – it can't be taken lightly."

Both Juana and George credit FHN's generous educational assistance program for helping them continue their education and advance into positions of more responsibility in the Surgical Department. Juana recently became an RN, and George is currently pursuing his Nurse Practitioner certification.

FHN is seeking qualified and experienced Surgical Technologists and First Assistants to join their surgical services team. The right professionals for our team will be rewarded for joining us with optional monetary signing awards for various lengths of commitment.

Current Surgical Technologist and First Assistant Opportunities at FHN

- Surgical Technologist, Full-time (9:30 a.m. – 6 p.m., 8 hr. shift; or 7:30 a.m. – 6 p.m., 10 hr. shift)
Optional sign-on award of \$2,500 for a 2-year commitment
- Surgical Technologist First Assistant, Flexible Full-time (6:30 a.m. – 5 p.m.)
Optional sign-on award of \$5,000 for a 3-year commitment
- Registered Nurse First Assistant, Flexible Full-time (6:30 a.m. – 5 p.m.)
Optional sign-on award of \$10,000 for a 4-year commitment

For more information about these openings or any other career opportunities at FHN, visit fhn.org/careers or contact Talent Acquisition Specialist Carol Boeke at cboeke@fhn.org or 815-599-6706.

'No One Can Whistle a Symphony. It Takes a Whole Orchestra to Play It.'

H.E. Luccock

A Look at FHN's Healthcare Partnerships

A symphony is a combination of the best of every type of instrument, held together by a masterful conductor. At FHN, we believe you deserve a healthcare symphony, and while we have excellent providers and specialists of our own, we've partnered with many other excellent organizations to make that happen. But this certainly doesn't mean that we are giving away our patients! When we refer you to one of these partners or bring them in to consult on your care or treat you, we still keep close track of how you are doing. Your primary care provider is kept in the loop and he or she will be involved in your plan of care and be eager to continue to see you for all of your ongoing healthcare needs. Together with that provider, you are the true conductor of your care!

We know that when it comes to excellent healthcare, no one organization has the ability to provide the best of everything—it just isn't possible. For various reasons, every organization has partnerships to allow it to maximize the benefits for its patients. It could be a lack of specialized providers, geographical challenges, budgetary limitations, mission-focused differences, or a combination of all of these—and many others. In the case of FHN, it can also be that because as a locally run, independent healthcare organization tuned in to the priorities and needs of the community, we can make decisions that best maximize those needs in providing the resources to meet them.

Here are our current valued partners*, and we're always on alert for others as needed. We thank them for the opportunity to work with them, to provide you with a strong and unique symphony of healthcare excellence!

Advanced Dermatology Clinic

Dermatology

Camelot Radiology

Diagnostic imaging interpretation

Freeport Emergency Specialists

Emergency department providers

MD SkinCenter

Dermatology

Medical Pain Management Services

Chronic, acute pain management

Mercyhealth Healthcare

Teleneurology, NICU (Neonatal Intensive Care Unit), specialized maternal/fetal medicine, neonatology, pulmonology

NITROrthopaedics

Emergency and trauma orthopedics

OSF Healthcare

Trauma care, including specialized burn unit

Paramount Oncology Group

University-level radiation cancer therapy

Physicians Immediate Care

Urgent care and occupational health services

Renviva

Inpatient kidney dialysis

Restorix Health

Wound management and hyperbaric medicine

Rockford Anesthesiologists Associated

Anesthesia services

Rockford

Urological Associates

Urology

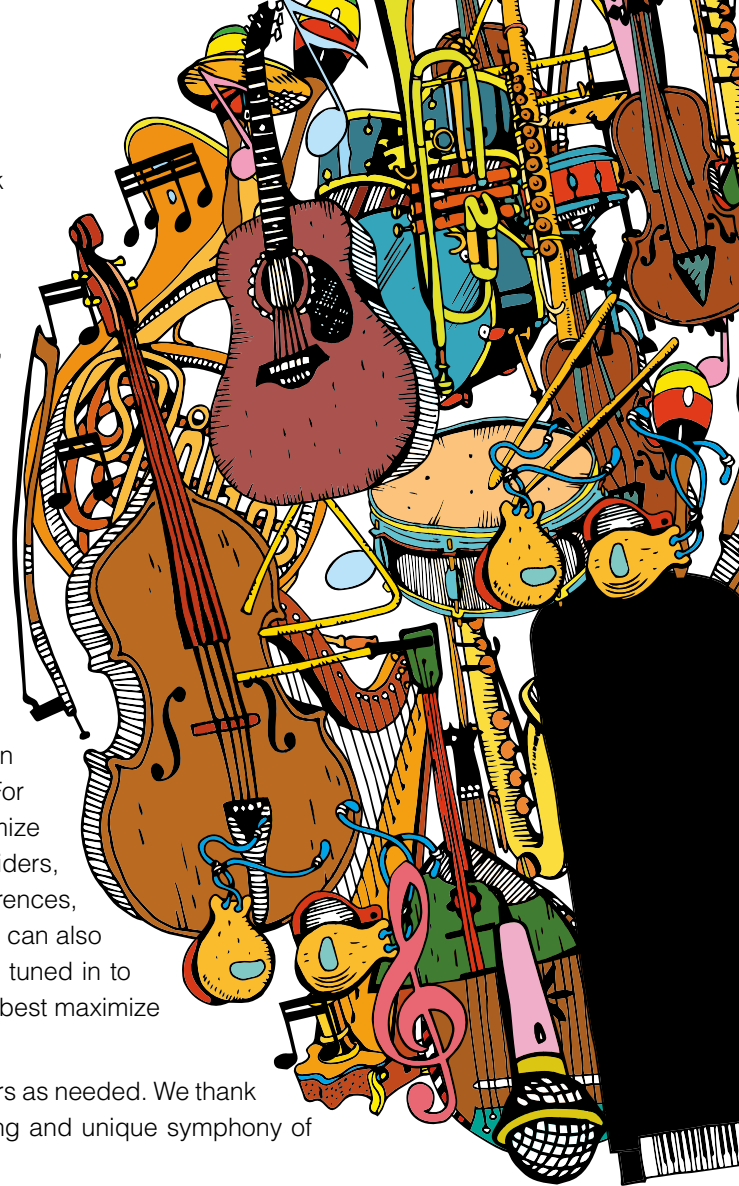
SwedishAmerican, Division of UW Health

Expanded cardiology

University of Wisconsin—Madison

Retinal surgery, eICU
(electronic Intensive Care Unit)

*Partner providers and staff are not employees of FHN



**CONNECT the D.O.T.S.
Doors Of Team Support**

Through the Connect the DOTS (Doors Of Team Support) initiative, FHN also partners with dozens of community agencies and organizations to help individuals who may not otherwise be able to improve or even maintain their health and well-being on their own or find the support they need. FHN is leading this effort with the involvement of many other partners, from first responders to transportation providers to various agencies whose missions include the type of expanded assistance these people need. As we work with them, we know that we are also improving the well-being of our whole community by reducing the impact—and cost—of ineffective connections between our organizations which also can result in inefficient use of the overall community's limited resources, from time to dollars to human expertise.

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.)*

Blood Pressure Screenings¹



| Location | Time | Date | Details |
|---|---------------------------------------|--|--|
| Golden Meals | 10:30 a.m.–noon 10 a.m.–12:30 p.m. | Feb. 11 Mar. 10 Feb. 14 ² Mar. 13 ² | 524 W. Stephenson Street, rear entrance, lower level, Freeport |
| Liberty Village Estates | 10:30–11:30 a.m. | Feb. 12 Mar. 11 | 2140 Navajo Drive, Freeport |
| St. John's Lutheran Church | 12:30–1:30 p.m. | Feb. 12 Mar. 11 | 625 Country Lane, Lena |
| Salvation Army | 10 a.m.–12:30 p.m. | Feb. 13 Feb. 27 Mar. 12 Mar. 26 | 106 W. Exchange Street, Freeport |
| Joseph's Pantry Faith Center | 4–6 p.m. | Feb. 18 Mar. 17 | 203 W. Pleasant, Freeport |
| New Jerusalem Church of God | 11 a.m.–1 p.m. | Feb. 20 Mar. 19 | 4 E. Iroquois Street, Freeport |
| Pearl City Methodist Church | 9–11 a.m. | Feb. 22 Mar. 14 | 411 S. Main, Pearl City |
| Mt. Calvary Church of God in Christ | 10 a.m.–noon | Feb. 22 Mar. 28 | 420 Challenge Street, Freeport |
| Freeport Area Church Cooperative (FACC) | 9–11:30 a.m. | Feb. 26 Mar. 25 | 514 S. Chicago Avenue, Freeport |

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.

Training and Education



| Class | Time | Date | Details |
|--|--------------------|--|--|
| Safe Sitter Essentials® with CPR | 9 a.m. – 3:30 p.m. | Feb. 1 Mar. 23 Mar. 25 | 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. | Feb. 4 | 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. |
| Prenatal Class | 6–8:30 p.m. | Feb. 11 Feb. 18 Mar. 10 Mar. 17 | 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. |
| Heartsaver® First Aid, CPR & AED | 8 a.m. – 4:30 p.m. | Feb. 29 | FHN Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach members how to perform high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use in adults, children, and infants. 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. | Mar. 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. |
| Heartsaver® Pediatric First Aid, CPR & AED | 8 a.m. – 4:30 p.m. | Mar. 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. |

Support Groups



| Group | Time | Date | Details |
|---|-------------|-------------------|---|
| The First Steps Grief Support Group* | 6–7:30 p.m. | Feb. 18 Mar. 17 | FHN Memorial Hospital cafeteria meeting rooms – Lower Level No charge; registration not required. For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160. |
| Perinatal Loss Support Group | 6:30–8 p.m. | Feb. 20 Mar. 19 | FHN Memorial Hospital cafeteria meeting rooms – 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. Sessions include a short video, discussion, and other activities. For more information or to register, call 815-599-6160. |
| Adult Diabetes Support Group* | 1–2 p.m. | Mar. 3 | FHN Memorial Hospital Deaconess Room – Lower Level No charge; registration not required. For more information, call 815-599-6253. |

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

Community Programs



| Program | Time | Date | Details |
|------------------|----------|---------|---|
| Talk–TBD* | 1–2 p.m. | Feb. 28 | Prairie View Assisted Living, 500 E. McNair Road, Winnebago |
| Talk–TBD* | 2–3 p.m. | Mar. 10 | Liberty Village Estates, 2140 Navajo Drive, Freeport |

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

Blood Pressure Screenings/Mobile Rx Pantry Program Pickup Days

| Location | Time | Date | Details |
|---|------------------|--|--|
| Participants who have qualified and received a voucher can pick up their supply of produce, milk, eggs, and frozen and canned meats from the Mobile Rx Pantry program, a partnership between FHN's Connect the D.O.T.S. (Doors of Team Support) and the Northern Illinois Food Bank. Screenings are held at the pickup site from 11 a.m. – noon before each event and at every FHN Top 50 Blood Pressure Screening – a complete list is available at https://tinyurl.com/FreeportMobileRx . For more information, call 815-599-6402. | | | |
| Fire Station #1 | 10 a.m. – 2 p.m. | Feb. 12 Feb. 26 Mar. 11 Mar. 25 | 904 S. Park Boulevard, Freeport Participants who have qualified and received a voucher can pick up their supply of produce, milk, eggs, and frozen and canned meats from the Mobile Rx Pantry program, a partnership between FHN's Connect the D.O.T.S. (Doors of Team Support) and the Northern Illinois Food Bank. Screenings are held at the pickup site from 10 a.m. – noon before each event and at every FHN Top 50 Blood Pressure Screening – a complete list is available at https://tinyurl.com/FreeportMobileRx . For more information, call 815-599-6402. |

Festival of Trees Gala



Attendees at FHN's Casino Royale Gala, held November 22, helped kick start a major funding drive for the FHN Crisis Stabilization Center. This new space will be located in the FHN Family Counseling Center building. Nearly 300 attendees helped raise approximately \$225,000, which includes a 2-for-1 match from a generous anonymous donor.

Continued from page 2.

Wednesday, March 11, 5:30-6:30 p.m.

FHN Family Healthcare Center – Burchard Hills

Learn How to Only Dance When the Music Moves You

If you've learned a few new dance steps trying to control your sudden urge to urinate, join FHN pelvic health therapist Maddie Pickard, PT, DPT, in a discussion about pelvic health rehabilitation. Maddie will discuss causes, symptoms, and treatment options ranging from biofeedback to pharmaceutical or surgical management for chronic pelvic pain, overactive bladder, and different types of incontinence. Register online at www.fhn.org, or call toll-free 1-877-600-0346 ext. 901.

Focusing on Family Medicine

Warm 'Welcome Back' for Some Familiar Faces

As we begin 2020, we're very proud to welcome some familiar faces to our family medicine team at FHN Family Healthcare Center – Burchard Hills in Freeport:



FAMILY MEDICINE PHYSICIAN
LUCIO MARTINEZ, MD is welcoming new patients in the Internal Medicine department. He cared for patients of all ages for 20 years at the FHN Family Healthcare Center – Forresteron and has served as part of FHN's hospitalist team.

Dr. Martinez holds a medical degree from Rush Medical College in Chicago, and served his residency at Lutheran General Hospital in Park Ridge, Ill. To make an appointment with Dr. Martinez, call 815-599-7740.

BOARD-CERTIFIED NURSE PRACTITIONER HEATHER LUTZ, FNP-BC is welcoming new patients in the Family Medicine department.

She may be a familiar face; she has cared for many patients as a nurse in the Emergency Department at FHN Memorial Hospital since 2009.



Heather was awarded FHN's Advanced Practice Scholarship and earned her master's degree and family nurse practitioner certification at Saint Anthony College of Nursing in Rockford. She holds a bachelor's degree from Saint Ambrose University in Davenport, Iowa. To make an appointment with Heather Lutz, call 815-599-7170.



BOARD-CERTIFIED NURSE PRACTITIONER TAMISHA VERNER, FNP-BC, IBCLC is welcoming new patients in the Med/Peds department.

Verner is a familiar face; she has cared for women and their babies in FHN Memorial Hospital's Obstetrics department since 2003. She is a

breastfeeding advocate and an International Board Certified Lactation Consultant. She also has served as the Doula Liaison between FHN and the Stephenson County Health Department.

Tamisha earned her master's degree and family nurse practitioner certification at Saint Anthony College of Nursing in Rockford. She holds a bachelor's degree from Lewis University in Romeoville, Ill., and an associate's degree in nursing from Highland Community College. To make an appointment with Tamisha Verner, call 815-599-7790.



A Provider 'On Call' 24/7, 365 Days a Year
MDLive.com/FHNNow

Help Shape Local Healthcare — Join FHN's Patient & Family Advisory Council



FHN's Patient & Family Advisory Council (PFAC) members work in partnership with FHN staff by providing patient and family perspectives, opinions, and suggestions with the focus of improving patient experience, increasing safety, and enhancing the quality of care throughout the organization.

We are now welcoming applications for this Council; if you are interested or would like more information, please call 815-599-6876. THANK YOU!



THANK YOU

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



Insight



We're here, for you.

Insight is published by **FHN**

1045 West Stephenson Street • Freeport, IL 61032 • (815) 599-6000 • www.fhn.org

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