

A publication of FHN

Volume 14, Issue 2

Insight

**Centered
on You:
Meet Our
Cancer
Care Team**

**Care for Your
Health –
and Your
Community**



We're here, for you.

FHN

**FHN
FOUNDATION
ANNUAL
SUMMARY
INSIDE**

MARK GRIDLEY, PRESIDENT AND CEO

Focus on Gratitude

This issue of Insight is one of my favorites of the year, because we're shining the spotlight on many of the people, programs, and things for which we are grateful. You'll find the FHN Foundation Annual Summary in this

issue, as well as a list recognizing all of the FHN team members who celebrated a milestone service anniversary last year. While we continue to implement new procedures and equipment it is always the skill and compassion of our people that truly makes a difference for our community.

We also are highlighting the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport. We're proud to offer the latest in cancer care right here in northwest Illinois, and even more proud of our team of extraordinary people who provide that care. Dealing with a cancer diagnosis is never easy, but our Cancer Center team is top-notch – and right here in our region. We offer complete cancer care from a friendly, compassionate, and expert team, and there's no need for a long drive for treatment.

You'll meet Dallas from Savanna, who appreciated the caring and friendliness of Cancer Center team members as she battled endometrial cancer. "They all go out of their way to help," she says. Tom from Lake Carroll agrees, proclaiming his treatment and care "the gold standard." We'll also introduce you to Kelly Schleich, our Cancer Center team's dedicated social worker who is on hand to meet with patients to help them, their families, and their caregivers deal with the experience of facing cancer.

We are grateful and proud to be a part of your community, too, from fun events you'll read about like this year's Ha Ha Holiday Festival of Trees Gala and Healthy Heart Hustle 5K to our commitment to helping you, your family, and our community become healthier. As one of the leading employers in northwest Illinois, we're so proud to be locally owned and community-centered, focused on making decisions and investments that make our communities stronger.

I hope you'll join us for some summer fun at the many fairs, festivals, and parades that make northwest Illinois a great place to live and raise your family. We're thankful to be your partner in healthcare, and so proud to be a part of the communities we are privileged to serve! ■

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 15 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.

Savanna Woman Thrives After Radiation Oncology – 'They Treated Me Like a Family Member'

It is safe to say that 2021 was a difficult year for Dallas Kosier of Savanna. Her husband of 55 years passed away from cancer, and Dallas received her own cancer diagnosis just shortly thereafter.

Unfortunately, Dallas was well acquainted with cancer due to both her husband's struggles and her own. In 2020, she went to see FHN Family Medicine Physician Danny Isawi, MD, after she observed spotting in her underwear. His exam uncovered endometrial cancer and subsequently, Dallas had a hysterectomy.

About a year later at a follow-up appointment, FHN Gynecologist Keith Martin, MD, FACOG, found a lesion that indicated a recurrence of her endometrial cancer. After additional appointments at the University of Wisconsin – Madison, Dallas turned to the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital for radiation therapy ... a place she knew well from supporting her husband.

Cancer Center 'A Compassionate Place'

"Everybody at the Cancer Center was so good to us ... it is a compassionate place," Dallas says. "I was already acquainted with the staff, so I was happy I could receive most of my treatments in Freeport. I had 25 sessions of radiation therapy – five days a week for five weeks. Each appointment lasted approximately ten minutes and it didn't hurt me at all. I had no side effects."

She continues, "I received three tattoos to help pinpoint radiation locations, which I nicknamed Wynken, Blynken, and Nod – I found you have to use humor to get through stressful times. Ben, one of the radiation technologists, was an absolute treasure. He helped me laugh and I appreciated his professionalism and compassion so much. He is involved in 4H and the kids in his club made cards for us patients – I still have mine on the fridge!"

'They All Go Out of Their Way to Help'

In fact, the entire staff was a huge asset. "If you've had cancer, you know it is the scariest word in the dictionary. Everybody at the Ferguson Cancer Center understands that, from (radiation oncologist) Dr. Bobby Koneru* to his nurse and radiation therapists to the large support team. They all go out of their way to help. They did not treat me like a number – or even a regular person – they treated me like a family member, and that's what makes them so very special. I could not have gotten through it without them."



After completing her radiation appointments in Freeport, Dallas received four additional treatments at the UW–Madison facilities. Following a biopsy there, she was thrilled to learn that everything was looking good – the radiation put her cancer into remission. She will go back for a recheck with Dr. Koneru in three months and visit her Madison nurse practitioner in six months.

In the meantime, Dallas will continue cleaning homes and businesses, as she has done for years. She hopes to see some movies, dominate her sisters in their regular Phase Ten card games, and enjoy shopping at the new Marshall's in Freeport. "I love their purse section!" she exclaims. "And I might even swing by the Cancer Center to drop off a treat or just say hello. Those people are amazing."



▲ Dallas thinks she played her cards right by getting most of her radiation therapy at FHN's Ferguson Cancer Center. Here, she gets competitive during a game of Phase Ten with her sisters, Paulann Pickle and Kristie Van Keuren.

▲ (top) "Dr. Koneru knows I am coming in for a hug when I arrive at the Cancer Center, and he waits for it," says Dallas Kosier, who received 25 rounds of radiation therapy.

(bottom) "They never hurried me. Their attitude was amazing," says Dallas Kosier of her radiation therapy team at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. "Ben, Barb, and Kim were so compassionate."

**This provider is not an employee or agent of FHN.*



Centered on You: Cancer Care in Northwest Illinois

When you get the news that you or a loved one has cancer, it may feel like the world has tipped upside-down. It's likely one of the most life-altering – and definitely one of the most frightening – bits of news you'll ever get.

For many people, this is the time when family, friends, neighbors, co-workers, and more will step forward to help – your own little team, dedicated to helping you get better.

In the past, a cancer diagnosis meant you would be meeting a whole new healthcare team, traveling to Madison, Iowa City or Chicago, and going over your healthcare history many times over for each new provider. You and your support people may have faced travel challenges and nights spent away from home as you sought treatment.

Today, you have a choice. You can put yourself and your loved ones first and receive state-of-the-art cancer treatment right here in northwest Illinois at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport.

COMPREHENSIVE CANCER CARE

Our state-of-the-art CT scanner and Digital PET scanner allow for exceptional specificity and sensitivity in localizing tumors and provide quick scans with a higher level of detail.

Our Image Guided Radiation Therapy (IGRT) radiation machine and four-dimensional CT scanner combine for more precise radiation planning. IGRT allows greater accuracy so a

higher dosage of radiation can be used for better treatment success. The 4-D CT scanner detects the smallest movements during treatment – even breathing – and allows better views of the affected area. This equipment allows FHN to offer our patients Volumetric Modulated ARC Therapy (VMAT), which allows for maximum control of the tumor and reducing side effects.

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. Our large, welcoming chemotherapy wing provides patients undergoing treatment a soothing atmosphere with exactly the degree of privacy they desire, along with

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

◀ 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.

beautiful views of our Leonard and Mildred Ferguson Healing Garden.

CENTERED ON YOU

We don't let high-tech get in the way of personalized care, though. If you see an FHN provider for your regular healthcare, he or she will be an important part of your cancer care team through treatment and beyond.

You're more than a cancer diagnosis, and we're proud to work with your existing healthcare team for holistic treatment focused on getting you back to your best health!

The FHN Ferguson Cancer Center offers a comprehensive support team to help you through your cancer journey. Our caregiving team consists of a medical oncologist, a pharmacy technician specializing in oncology, nine nurses, a radiation oncologist, a team of radiation therapists, patient service representatives, 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 for their entire journey.

"Patients and families meet our support team right away, when they walk in our door," says Cancer Center Director Risa Tyler, BSN, 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**.

Radiation therapists deliver personalized care for patients receiving daily radiation treatments.

Our **social worker** is ready 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.

The comprehensive cancer care provided by the Leonard C. Ferguson Cancer Center gives patients and families support that goes beyond the direct clinical battle with the disease. 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 Freeport Memorial Hospital, visit www.fhn.org/cancercare or call 1-815-599-7000.



MEET SOCIAL SERVICES LIAISON KELLY SCHLEICH

Kelly Schleich plays a key role in the comprehensive care provided by the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. She is a dedicated social worker who is on hand to meet with patients to help them, their families, and their caregivers deal with the experience of facing cancer. A great resource to assist with the psychological, social, emotional, financial, and spiritual issues people have to deal with in oncology, Kelly is a valued member of the team. People consider her a welcome liaison when they feel overwhelmed with their diagnosis and aren't sure what to do next.

She 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. Kelly is well-connected in the area, and her compassionate and caring disposition makes her a good fit for this role.

"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," Kelly says. "I see myself as a conduit to pull resources together to meet the patient's and family's needs as best I can."

Cancer Patient Considers FHN's Care 'The Gold Standard'

Both car enthusiasts, Dr. Arshad Shaikh and Cancer Center patient Tom Rutkowski often discuss the subject during treatment sessions. Here, they look over Dr. Shaikh's Corvette.



Navy veteran, retired businessman, and self-proclaimed “car nut” Tom Rutkowski was enjoying retirement with his wife at Lake Carroll, until one day he noticed lumps under both arms. He was feeling well and had no symptoms, but thought a quick check from Dr. David Reese at FHN Family Healthcare Center – Lanark, was wise, “just to make sure.”

“Dr. Reese suggested I get a biopsy of my lymph nodes,” Tom explains, “and the samples were sent off to Mayo Clinic.” Within a short time, Tom received a deflating diagnosis:

Cancer. It was caught early because of his quick action, though, and his prognosis was promising.

Two Types of Cancer

Tom quickly consulted with Arshad Shaikh, MD, Director of Medical Oncology at the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. Dr. Shaikh explained that Tom had two different variants of aggressive non-Hodgkin's lymphoma. Fortunately, Dr. Shaikh was able to provide a treatment option that would target both for cure. Tom says,



Dr. Shaikh was very encouraging and imparted a sense of hope. He told me my condition was often manageable, and thoroughly explained what to expect. Soon, I returned for chemotherapy and was greeted by a proficient and friendly nursing staff who made me feel their concern. I could count on them to make my treatment as stress-free as possible. I was welcome to have a visitor with me



Treatment sessions at FHN's Cancer Center were "comfortable and homelike," according to patient Tom Rutkowski. "And the nursing staff was not only very proficient, but also friendly and caring." ▲

Tom Rutkowski enjoys fishing at Lake Carroll, where he retired ► with his wife, Karen. This day's catch was a nice bass.



during treatment, and that support was really appreciated. We were each given comfortable seating – me a recliner and my wife a rocker – in a home-like setting that even has a fireplace! We could pull curtains around us if we desired privacy, and we had our own TV. Dr. Shaikh always made it a point to stop in to check on us at each appointment, making us feel cared for and helping to relieve anxiety.”

The chemotherapy was not easy. “It took its toll,” Tom says. “I lost weight, lost my hair, and lost my energy, but I never lost hope. The folks at the Cancer Center provided excellent encouragement.”

Not All Treatment is Considered Equal

After two rounds of chemotherapy at the Cancer Center in Freeport, Tom and his wife decided to head to their winter home in Florida, where he received continuing care. Treatment there was markedly different, according to Tom. “There was no privacy and it resembled an assembly line ... very sterile. No visitors were allowed and the turnover amongst nurses was very high, so you never really got to know anyone. The oncologist never stopped in to see me. I felt like I was a number.”

He returned to FHN for his ongoing treatment, and was happy to be back with providers and caregivers who “always uplift my situation.” Follow-up scans showed his lymphoma was no

longer detectable. Dr. Shaikh placed him on gentler, periodic infusions to keep it under control long term.

Appreciation for Excellent Care

Tom is grateful to receive his care from a team he now knows well and sincerely appreciates. “Everybody at the Ferguson Cancer Center is so polite and caring – their personalized attention is truly top of the line,” Tom enthuses. “After many months, Dr. Shaikh still checks in with me during appointments without fail. Whether we remain living in Lake Carroll or move to the western suburbs of Chicago to be closer to our family, I will continue to commute to Freeport for my cancer treatments. I now know FHN is the gold standard.”



‘Buy Local’ Means Healthcare, Too

We all know there are good reasons to support our local shops, farmers markets, and service providers. Buying local is an investment in your community: It keeps jobs and profits right here, where your money helps to build a stronger northwest Illinois. These are all great reasons to shop locally when you need a car, or a plumber, or new shoes for the kids. But have you considered that when you go to an FHN location, you are also shopping locally?

HEALTHCARE IS A BIG PART OF OUR LOCAL ECONOMY

David Boyle, researcher with NEF (New Economics Foundation, the UK’s leading independent think tank), says that many local economies are languishing not because too little cash comes in, but as a result of what happens to that money. He has, appropriately for this article, an anatomical analogy:

“Money is like blood,” says Boyle. **“It needs to keep moving around to keep the economy going,”** he says, noting that when money is spent outside smaller communities – at large urban healthcare conglomerates for our healthcare example here – **“it flows out, like a wound.”**

So, while you may not think of this very often, your trip to an FHN location for your own health is an important part of your community’s health, too!

Nationally, more than 18 percent of our annual GDP (gross domestic product – the value of all final goods and services produced in an economy in a given period of time) is now related to healthcare. To give this a little context over time, this percentage was only 5 percent in 1960, and is expected to grow to 20 percent by 2025. That’s a lot of value!

For non-urban areas like ours, that also means that in addition to often being one of the largest employers in a community – which is in the case for FHN – local healthcare organizations also are one of the biggest overall contributors to the local economy.

In 2022, FHN Memorial Hospital, for example, generated approximately **\$281,500,000** in total economic impact to the region. That’s just the hospital, not all of our other locations in Freeport and regional offices in Forreston, Lanark, Lena, Galena, Mount Carroll, Orangeville, Pecatonica, Savanna, and Jo Daviess County in Stockton.

Speaking of employment, FHN’s total direct and indirect payroll for almost 1,200 employees – from FHN Memorial Hospital to the people in our regional offices throughout northern Illinois – is over \$112 million.

LOCALLY OWNED, LOCAL DECISION-MAKING

Making investments and purchasing decisions also gives us another opportunity to be community centered.

As a locally owned not-for-profit organization, our mission is to provide for a societal good. Our economic advantage at FHN is reinvested into enhancing and improving our communities’ healthcare directly, not sent to a headquarters or parent company outside our region. We are not bound by stockholders either, who often have shareholder returns (dividends) as a top financial priority.

FHN believes strongly that decisions about and for our communities are best made by people who live and work there – and receive their healthcare there. Once any business is headquartered somewhere else, major decisions are made far away from where they will have an impact – we have seen that impact in recent years right here in northwest Illinois as major manufacturers, for example, have reduced their management ranks here and we have lost both jobs and the income and other related benefits mentioned earlier. In contrast, FHN has several boards with different areas of responsibility within the organization, and all of our board members live and work in northwest Illinois.

GIVING BACK

Keeping it local also yields advantages when it comes to fundraising. As you can see on the cover of this issue – and in the stories in the FHN Foundation Annual Report that is also a part of this issue – FHN participates in dozens of activities throughout



many communities in northwest Illinois every year. We **know** the communities in which we serve, and we love to celebrate with the people there and support the activities they lead to make their home towns great places in which to live, work, learn, and prosper.

ECONOMIC DRIVER

All of this is to say that FHN is more than just your “doctor down the street.” We know we’re an important driver of our local economy, and that we have a key role to play in ensuring our communities’ economic viability.

To accomplish that, we need to be your healthcare provider! But rest assured that we don’t take that privilege lightly – or for granted. We know you have choices, and that we need to earn your trust ... and your healthcare dollars.

So if we get something wrong, please tell us so we can fix it! When we get it right, please tell others and help us spread the word about the great work FHN is doing, both within and outside our walls, for individuals and the community at large. We are working hard to be proud of every interaction with our customers and patients, as well as committing to being a good neighbor, the best locally owned healthcare organization you’ll ever experience, and the people you trust every day with your family’s health and well-being.

Thank you for keeping it local, and for choosing FHN! ■

Welcome to FHN! FHN Adds Family Nurse Practitioner to Savanna Team

The FHN Family Healthcare – Savanna team has grown this spring! Family Nurse Practitioner **Marianne Laff, BSN, MSN, FNP-BC** has joined FHN and will see patients of all ages in Savanna.

Marianne earned her master’s degree from the Loyola University Chicago School of Medicine in Chicago, where she later cared for patients as part of the Cardiac Transplant/Heart Assist Devices team. She has also completed training and certification as an Adult Nurse Practitioner (ANP-BC) and as a Medical/Surgical Clinical Nurse Specialist.

She joins FHN from the Loyola University Health System in Orland Park/Homer Glen, Illinois. If you’d like to make an appointment with her, please call our office at (815)-273-3323. Welcome, Marianne! ■



THANK YOU

To our team of **talented staff** committed to **delivering healthcare excellence** in our community

We’re all looking for **WORK-LIFE** harmony

Find yours at  **FHN**

Visit www.fhn.org/careers



Congratulations to Our FHN Team Members

1 YEAR

Jessica Adkins – Emergency Room
Anna Pamela Agnote – Laboratory
Dr. Natasha Ahmed – Hospitalist
Jeanne Almasy – Community Relations
Sherlyn Amot – Laboratory
Nho Bach – Pharmacy
Dr. Bishara Baddour – Obstetrics
Dr. Sarah Beaves – Pediatrics
Joanne Benson – Environmental Services
Renee Boshela-Siegner – Health Management
Jordin Bost – Health Management
Lynette Branch – Sterile Processing
Angela Brown – OR
Carter Brudi – Imaging
Donna Carter – Laboratory
Dr. Lucas Chamberlain – Hospitalist
Kimberly Cook – Hospice
Roderick Crawford – Food & Nutrition Services
Clayton Cunningham – Family Counseling Center
Amanda Davis – Emergency Room
Kayla Davis – Family Counseling Center
Echo Dickens – Hospice
Amanda Eikstadt – Lena
Maria Enujiofor – Family Counseling Center
Eve Evenson – Emergency Room
Albert Evon – Foundation
Makenna Farshchi – Gastroenterology
Stacy Fellows – Imaging
Kristine Fenn – Cardiology
Autumn Flynn – Med/Surg
Dr. Zachary Fulton – Hospitalist
Jerit Gendreau – Telemetry
Mary Gober – Medical Records
Jordan Green – Emergency Room
Isaiah Gullet – Environmental Services
Rhianna Guntharp – Sterile Processing
Paige Haas – Telemetry
Kaila Haas – Telemetry
Glenna Halley Hill – Central Business Office
Brenda Harden – Nephrology
Lynn Harlson – NIHP
Kamela Harmon – Hospitalist
Laurelle Heimbaugh – Pharmacy
Samantha Helbling – Sterile Processing

Kaydra Heller – ICU
Hailey Herrmann – Human Resources
Allison Hey – Imaging
Kimberly Hinrichs – Forreston
James Hodges – Security
Emily Homman – Emergency Room
Hannah Hunziker – Recovery Room
Sheila Ishmon – Environmental Services
Delquasia Jackson – Family Practice
Dr. Drew Johnson – Family Practice
Holly Johnston – Laboratory
Heather Just – Med/Surg
Jennifer Kaiser – OR
Nicholas Krueger – Hospitalist
Janet Kueker – Pharmacy
Kelsey Lanou – Family Counseling Center
Ericka Larson – Health Management
Sandra Lawler – Food & Nutrition Services
Mahaela Leverton – Telemetry
Samantha Lief – Highland View Drive
Raymond Marschang – Maintenance
Mariah Martins – Neuro
Tyler Mellnick – Maintenance
Emily Meyers – OR
Bronwen Meyers – NIHP
Jessica Musser – Ob/Gyn
Anthony Musso – Family Counseling Center
Maryssa Neels – Telemetry
Ricky Noone – Environmental Services
Madison Obert – Volunteer Services
Elmedina Omerovic – Family Counseling Center
Alexi Ostergard – ICU
Nicole O’Sullivan – Food & Nutrition Services
Hannah Parrent – Laboratory
Pastor Patino – Environmental Services
Kelsey Polizzi – Med/Surg
Tabitha Pospischil – Nephrology
Carly Quaco – Cardiac Services
Jeannette Rafferty – Foundation
Tanya Reeves – Emergency Room
Paige Reubin – OR
Kimberly Roepsch – Administration
Julianne Ross – Family Practice
Valerie Rothschadl – ENT
Abby Sadler – Pediatrics
Keith Schubert – Health Management

Rachael Schwab – Med/Surg
Lynne Schweppe – Family Counseling Center
Dr. Lee Sessler – Ob/Gyn
Xaiver Shippert – Maintenance
Colene Siegmeier – Admitting
Alyssa Sigwards – Imaging
Sondra Sowle – Highland View Drive
Celina Sronce – Highland View Drive
Daniel Stralow – Administration
Meri Stricklin – Mount Carroll
Amber Strong – Med/Surg
Ryleanne Stuckey – Imaging
Heather Swanson – Emergency Room
Jennifer Tanik – Ophthalmology
Hailey Villegas – Podiatry
Vitko Vukovic – Messenger Services
Brandi Wilhelms – Emergency Room
Ram Yadala – Telemetry
Tia Zellweger – Fiscal

5 YEARS

Kathleen Allen – Med/Surg
Marla Bagge – Savanna
David Barrett – Environmental Services
Dr. Richard Bell – Podiatry
Abigail Breed – Quality
Tori Clark – Med/Surg
Carlie Clark – Human Resources
Caitlin Drake – Pharmacy
Stephanie Gibson – Health Management
Alexander Goeke – Food & Nutrition Services
Leslie Hardin – Emergency Room
Jessica Harweger – Imaging
Penny Heckman – Internal Medicine
Elizabeth Holden – Central Business Office
Barbara Horton – Cancer Center
Dr. Danny Isawi – Highland View Drive
Brandon Kappes – IT
Roger King – Messenger Services
Tami La Sala – Hospitalist
Susan Lee – Environmental Services
Kristin Lei – Telemetry
Nicole Lester – Ambulatory Care
Alison Masters – Hospice
Connie Miller – Environmental Services
Julie Nampel – Cancer Center
Madison Pickard – Physical Therapy

Who Celebrated Service Anniversaries in 2022!

Cynthia Pierce – Highland View Drive
Susan Rahn – Geriatrics
Rebecca Rath – Hospice
Shelby Rodriguez – Telemetry
Abigail Schneiderman – Obstetrics
Chandra Seal – Foundation
Lynda Shiro – Internal Medicine
Liliana Simmons – Environmental Services
Kimberly Smith – Cancer Center
Melissa Steien – Family Practice
Shayna Vanderheyden – Med/Surg
Cynthia Ware – ICU
Crystal Watson – Cancer Center
Susan Westergaard – Family Practice
Lindsey Zettle – Med/Surg
Audreana Zum Dahl – Recovery Room

10 YEARS

Cindy Arnold – Medical Records
Connie Bicksler – Ambulatory Care
Kayla Dewald – Imaging
Molly Habben – Imaging
Amanda Heimann – Central Business Office
Whitney Holmes – Physical Therapy
Sharon Lahre – Savanna
Sheena Masson – Central Business Office
Dr. April Moore – Forreston
Rikki Perrin – Central Business Office
Brandy Quinn – Ambulatory Care
Billie Jo Rogers – Administration
Katherine Schoonhoven – Float Pool
Dianna Schreck – Community Relations
Jennifer Sliffy – Admitting
Jillane Toelke – Emergency Room
Jason Zier – IT

15 YEARS

Katelyn Alvarado – Imaging
Dr. Rafael Castro – Wound Care
September Chezem – Med/Surg
Renata Dadez-Hepler – Family Counseling Center
Nanette Daniels – Imaging
Jennifer Gassman – Food & Nutrition Services
Melissa Grindey – Emergency Room
Amanda Kempel – Cardiac Services
Kaci Kilker – Respiratory

Deena Mullarkey – Family Practice
Molly Musser – Admitting
Leanne Raders – Cardiac Services
Kristin Rauch – Cancer Center
Erin Rendon – Central Business Office
Amy Schulz – Podiatry
Heather Shank – Lena
Patricia Sturtevant – Highland View Drive
Tamara Sughroue – Environmental Services
Lydia Sweitzer – ICU
Steven Ulrick – Food & Nutrition Services
Jessica Ward – Administration
Lavonne Wichman – Materials Management
Dr. Anthony Zappia – Surgery

20 YEARS

Melissa Bradbury – Emergency Room
Amy Fisher – Quality
Celeste Gilbert – NIHP
Lynn Gordon – Central Business Office
Leyna Gross – Ambulatory Care
Pamela Hahn – Physical Therapy
Anneliese Hartman – Audiology
Jeff Keister – Maintenance
Kathryn Martinez – Administration
Dr. Michael McFadden – Jo Daviess
Amanda Mcintosh – ICU
Tonya Pennington – Emergency Room
Diane Ross – Central Business Office
Lorrie Schlachter – Community Relations
Donna Strauch – OR
Mary Lynn Trost – Highland View Drive

25 YEARS

Erin Bidlingmaier – ICU
Deborah Bremmer – Cancer Center
Tammy Edler – Administration
Luanne Ferguson – NIHP
Susan Harmon – ICU
Lucy Heatherly – Food & Nutrition Services
Mark Hunziker – Hospice
Amy Kane – Health Management
Tammy Kubatzke – Nursing Admin
Louise Nilles – Messenger Services
Connie Onley – Family Counseling Center

Sherry Pitterle – G.I. Lab
Heather Spengler – Fiscal
Laura Staben – Highland View Drive
Lisa Then – Occupational Therapy
Kristy Wolter – Allergy

30 YEARS

Cara Arand – Fiscal
Leonard Carter – Human Resources
Jane Curry-Amodeo – Ambulatory Care
Sherrie Dirks – Laboratory
Margaret Kochsmier – Quality
Sarah Luecke – Hospice
Laura Mack – Telemetry
Elizabeth McLain – Health Management
Dr. Terry Miller – Highland View Drive
Marci Prather – Medical Records
Gary Ruter – Materials Management
Kelly Stewart – Med/Surg
Lorna Thompson – Highland View Drive

35 YEARS

Penny Beyer – OR
Holly Gobeli – Jo Daviess
Terese Hawley – Nephrology
Connie IIs – Central Business Office
Dr. Christopher Jelinek – Highland View Drive
Marlene Knight – Med/Surg
Deanna Penick – Food & Nutrition Services
Linda Posey – Community Relations
Joy Readeker – Highland View Drive
Colleen Stukenberg – Health Management

40 YEARS

Sue Montgomery – Lena

45 YEARS

Dr. Robert Geller – Internal Medicine
Warren Holton – Laboratory
Ruth Ann Sander – Imaging
Lisa Starliper – Ophthalmology

50 YEARS

Mary (Denise) Book – Community Relations

Welcome to FHN's Calendar of Events

It's summertime, and the livin' is easy ... scan the QR code (or visit www.fhn.org/calendar) to check out the details on all of our upcoming events online!



5K FHN HEALTHY HEART HUSTLE

Saturday, July 15
Race begins at 8 a.m.

Race-day registration 7 – 7:30 a.m.

KEEP YOUR HEART HEALTHY – AND HELP DO THE SAME FOR OTHERS TOO!

The FHN Healthy Heart Hustle 5K run (timed race) and an .8-mile Victory Lap for alumni, kids, and families will start and end at FHN Family Healthcare Center – Burchard Hills (1010 W. Fairway Drive, Freeport).

Registration is discounted through race day, so scan the QR code (or visit www.fhn.org/5K) for details and to register today!



Ha Ha Holiday Gala

A magical evening of fun and laughter
November 17, 2023 at The Wagner House

Get ready to laugh the night away at FHN's **Ha Ha Holiday Gala**, part of our 2023 Festival of Trees celebration. Our evening – in an all-new comedy format – will include a humorous magic show featuring fantastic card tricks from renowned funnyman Dewayne Hill, who has been featured on America's Got Talent and Comedy Central. He will also mingle with guests throughout the evening, delighting you and your friends while continuing to share his hilarious sense of humor and miraculous magic.

With every giggle, you can also feel good. Just by attending, you will help provide comfort and joy to FHN's patients and their families. This year's Gala will benefit the FHN Foundation's ongoing campaign to upgrade hospital rooms with new beds, mattresses, and furniture, providing a more comfortable environment in which to heal and recover.

The evening will also feature delicious hors d'oeuvres, comedy-themed cocktails, and a wide array of auction packages for potential holiday gifting – or simply to treat yourself. So harness your ha-ha-holiday spirit and register early to receive a special entry price!



Your face will hurt from laughing ... do not miss FHN's Ha Ha Holiday Gala!

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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ALL
IN.

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FHN FOUNDATION ANNUAL SUMMARY



Visit fhn.org/donate-now
to make a donation to the
FHN Foundation
(or you can scan the QR code
with your smartphone camera)





'I AM GRATEFUL FOR YOU'

- a word from Al Evon, FHN Foundation Executive Director

As I reflect back on 2022, it was clear that many people longed for a sense of normalcy. Yet as the COVID crisis began to dissipate, other concerns remained. At times, it seemed like there was nothing people could agree on, and as a result there seemed to be more anger and fear than hope and grace. Like the rest of the world, we also witnessed war in Ukraine, rising inflation, and the impact that both had on the economy and supply chains.

Just like you, FHN felt the pressure of rising costs and wondered when a sense of relief might arrive.

However, during these challenging times, you provided a light at the end of our tunnel. Despite what was going on in the world, and the financial pinch you may have been facing, you stood by the FHN Foundation! Your financial contributions helped save and change lives. Because YOU cared, the FHN Foundation was able to invest more than \$1.6 million dollars in local health and wellness initiatives.

This annual summary is written in grateful recognition of – and is indeed a reflection of – all the good

you have done to deliver healthcare excellence for our communities. I hope you will take time to read through these pages and see what your gifts have accomplished. I thank you for your commitment to locally based and governed medical care in our region. Your donations help provide for the sustainability of care for you, your family, your co-workers, and your friends and neighbors.

I am grateful for you and the difference you made ... and I look forward to continuing our partnership in 2023.



PLEASED TO MEET YOU!

Allow us to make some introductions! This is the staff of the FHN Foundation, and like FHN, they are here, for you.

AL EVON, Executive Director, has been in Freeport for almost two years and is enjoying northwest Illinois. He finds great reward in working with donors to help them achieve their charitable goals. **“Many donors may not think of themselves as ‘wealthy,’ but every gift is important,”** Al says. “When donors learn about the different ways that they can structure their gifts, they are truly surprised at how much impact they can have and the legacy they can leave.”

CHANDRA SEAL is the Donor Relations Coordinator. She says, “I am the newest addition to the staff, but it did not take long to see and experience just how caring and compassionate our donors are. I genuinely feel like we have the absolute best donors. Without their generosity, we would not get to see our initiatives come to fruition. It is truly an honor to work with them, knowing the impact our partnership will have on our patients, staff, and communities.”

JEANNETTE RAFFERTY, Foundation Assistant, finds her work at the Foundation office very rewarding. She says, “FHN has the best donors and I enjoy my interaction with them. They are truly engaged in our mission. I also find it gratifying to participate in a project from beginning to completion, and see the positive impact that donations have on our patients and the entire organization.”

The Foundation staff members are all available to answer your questions about the organization, discuss options for giving, and support FHN in achieving its vision to deliver healthcare excellence to our communities. Al emphasizes, “We know you have choices about where you share your hard-earned dollars, and we are honored when you choose to give to the FHN Foundation. Stop in and visit our office!”



Chandra, Al, and Jeannette



WE ARE GRATEFUL to each and every person who contributes to the FHN Foundation. Your gifts allow us to provide extra support that enhances the experiences of FHN’s patients and enables staff and providers to deliver the best medical care possible in our region.



ANNUAL EVENTS PUT THE **FUN** IN **FUNDRAISING**

Sponsored by the FHN Foundation and supported by generous local participants, traditions like these four fun events help generate funds for important FHN initiatives. During 2022, community members like you raised more than **\$167,000** ... and enjoyed it, too!



FOOD FIGHT AGAINST CANCER

Friends of the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital convened for taste-tempting treats, music, and fun at the Food Fight Against Cancer. Guests dined on hors d'oeuvres and desserts from local caterers, restaurants, and bakeries while raising funds for patient care at the Cancer Center.



GRAN FONDA TOUR AGAINST CANCER

In partnership with the Chain Link Cyclists and named in honor of Dave Fonda, the founder of and inspiration for this event, the goal of this healthy bike ride is to inspire others to ride for a greater purpose: **Fighting cancer.**

Last summer's tour drew cyclists to some of the most beautiful roads in northwest Illinois, and loyal participants were not deterred by the day's deluge – they rode independently using the honor system.

HEALTHY HEART HUSTLE 5K RUN/WALK

Held in July, the sixth annual "hustle" included a timed 5K and a Victory Lap for kids and their families. A good crowd came out to exercise their hearts while supporting the FHN Cardiopulmonary Department.



FESTIVAL OF TREES GALA, CASINO VINO

Our annual kickoff to the holiday season last November brought together hundreds of partygoers and featured a wine-based theme, along with a full, Las Vegas-style casino. Added to a generous matching gift by the Moss family, this event helped purchase new beds and mattresses for FHN Memorial Hospital.



WE ARE GRATEFUL to all the participants who come out to raise awareness and support this broad array of events that help fund Foundation initiatives, all in areas that greatly impact local healthcare. Thank you!



In any given year, the FHN Foundation takes on a variety of large-scale projects, including new equipment, facilities updates, scholarships and education, and many other ventures. All potential funding is carefully researched and selected based on its ability to improve patient outcomes and enhance the patient experience. In 2022, here are **some** of the major highlights made possible through the generosity of donors like you.



◀ Kimball Sturtevant, posing here with Dr. Greg Dammann and Nurse Navigator Keri Wall, was the first FHN patient to benefit from the new VELYS™ knee replacement option.



SCHOLARSHIPS AND CONTINUING EDUCATION

Scholarships – FHN awarded funds to 11 local students who are committed to caring for patients in multiple disciplines. Seven gifts were granted from the Mildred F. Ferguson Scholarship Fund, focused on FHN staff members seeking nursing degrees. Four gifts are for new students pursuing healthcare education. Their dedication will enhance patient care at FHN for many years to come. We also supported the FHN Rural Medical Education Program Scholarship through the University of Illinois College of Medicine – Rockford, providing a scholarship to Anna Snider from Forrester. Anna grew up as an FHN patient, volunteered at our facilities, and is pursuing a medical degree. She ultimately plans to serve in a rural community.

NEW EQUIPMENT

VELYS™ Robotic-Assisted Solution and instrument sets – Patients are more satisfied with their “new knees” thanks to VELYS™ technology, purchased with donations from the FHN Foundation. It provides data collected during the knee replacement procedure to provide insights for real-time decision making. This sophisticated new option enhances accuracy and precision, increases surgical flexibility, and shortens recovery times – many patients go home the same day as their surgery!

EKG machines for cardiology care – An electrocardiogram (EKG) records the electrical signal from the heart to check for different heart conditions. The Foundation helped purchase 16 new EKG machines for various FHN locations, providing broader coverage and enhanced equipment.



THIS SCHOLARSHIP MEANS SO MUCH TO ME. I look forward to a long healthcare career at FHN.

– Erica Meinert, CNA



Erica Meinert, CNA was recognized with a Mildred F. Ferguson scholarship. ▶



Education and training for staff members – In the healthcare realm, continuous education is a crucial component of excellent care. The Foundation supported many requests for additional classwork and specialty seminars, adding to our capabilities in multiple disciplines from physical therapy to gastroenterology to podiatry. (See more info about scholarships and continuing education on the back page.)

FACILITY AND TECHNOLOGY IMPROVEMENTS

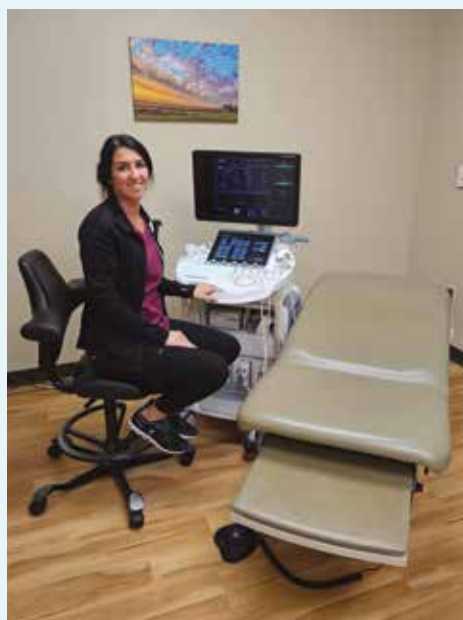
Beds and mattresses for FHN Memorial Hospital – As part of our year-end campaign and the generous support of the Vivian Moss family’s memorial for their mother, we purchased new beds, mattresses, and mattress pumps for the hospital. These Stryker units feature a “go green” lighting system on the bed footboards, which alerts staff when connections to the nurse call system are not activated or if other safety measures are not in sync. This initiative will continue into 2023, offering increased fall protection, reduced pressure injuries, and improved patient comfort for healing and recovery.

Family Healthcare Center enhancements – Some carefully executed updates can make a waiting area or exam room feel more welcoming, professional, and prepared. That’s why the Foundation helped fund a large-scale remodel of the Women’s Health department at FHN Family Healthcare Center – Burchard Hills and provided new furniture for FHN Family Healthcare Centers on Highland View Drive and in Lena.




▲ (top) Med/Surg nurses at FHN Memorial Hospital are grateful for the new beds, mattresses, and air pumps purchased with Foundation funds.

(bottom) The Cancer Center’s linear accelerator aims radiation at tumors with pinpoint accuracy, sparing nearby healthy tissue.



◀ Bianca Herrera, RDMS, AD, RVT prepares to care for an ultrasound patient at the Women’s Health Testing Center, part of the newly expanded Women’s Health area at FHN Family Healthcare Center – Burchard Hills.

Enhancements at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital - The Cancer Center in Freeport provides state-of-the-art treatments, customized to you, close to home. In 2022, the Foundation funded new quality control software for the center’s linear accelerator – a sophisticated piece of radiation equipment – which will make the machine more accurate and precise for years to come. We also financed new infusion chairs, a phlebotomy chair, television sets, and a nurse call system that enhance patient care every day.

 **WE ARE GRATEFUL** for the generous and kind community members who contribute to these efforts, to the staff members who identify opportunities for improvement, and to the scores of people who so carefully implement these improvements within our system.



FHN FOUNDATION MEMORIALS 2022

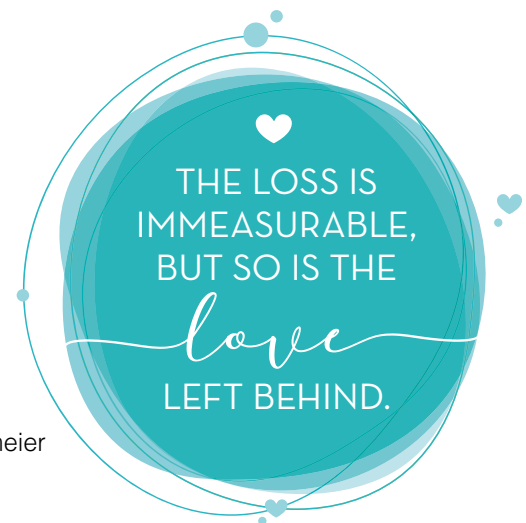
This list represents all individuals who have been memorialized through a gift to the FHN Foundation. Each name represents a donation made to improve health and wellness for the people of northwestern Illinois and honor someone special.

Ackerman, Garnet
 Adams, Marilyn
 Amodeo, Dr. Paul
 Anderson, George
 Andrews, Rick
 Aschenbrenner, George
 Barney, Lance L.
 Bastian, Judy
 Bauer, Kim
 Beyer, Janice
 Bicksler, Donna
 Birkholz, Marvin
 Blair, Arlene
 Blair, Clyde
 Blair, Jerry
 Bloyer, Joyce
 Boland, Irene
 Boland, Kenneth
 Bradbury, Shawn
 Brandt, Eleanor E.
 Brandt, Rodney
 Brewning, Neta
 Briggs, Barb
 Burt, Arde
 Carney, Patrick
 Carr, Marjorie
 Caruso, Karen Louise
 Chesterton, Keith
 Cihak, Donald
 Cocagne, Joshua
 Connors, Richard J.
 Connors, Robert F.
 Crank, Carolyn R.
 Cuplin, Sally
 Currier, Herb
 Curtis, Dalven
 Curtis, Pauline
 Dannels, Rebecca
 Daws, Jerry P.
 Dean, Terrence C.
 DeMong, Mary
 Dinges, Rita
 Dittmar, Neil J.
 Ditzler, Darla
 Donmeyer, Larry
 Downing, Robert
 Dudley, Toni
 Eckert, Richard
 Eckert, Robert
 Elbert, Benjamin Kip
 Enzler, Norma J.
 Feiner, Valentine
 Feltmeyer, Lavonne
 Feltmeyer, Robert
 Ferguson, Richard
 Fitzpatrick, Duane

Fleming, Norma
 Flick, Howard
 Frederick, Marie
 Gallentine, Elaine E.
 Garvin, Dennis
 Gastel, Edward L.
 Ginger, John
 Gorham, Bonnie
 Grabow, James
 Grant, Eileen M.
 Griffin, Dianne
 Groeling, Kenneth
 Groezinger, Janet
 Groezinger, Joyce
 Guzak, Christine
 Hammond, Jack
 Hardacre, Blaine
 Hauser Sr., Richard
 Havens, Shirley
 Heath, Ore
 Helms, Kate
 Helms, Norm
 Hendry, Bob
 Hickok, Virginia
 Hicks, Dean
 Hille, Norma
 Hille, Ralph
 Hoggatt, Robert
 Holbert, Richard
 Holden, Earl
 Holz, Shirley M.
 Homan, Richard L.
 Honchalk, Marilee
 Huso, Charlene
 Huttenlocher, Joyce
 Jacobs, Arthur
 Jacobs, Judy
 Jessen, Nancy
 Johnson, Richard
 Johnston, Joyce
 Jones, Donald W.
 Kehl, Kurtis
 Kempel, Donna J.
 Kempel, Joan
 Kempel, Melvin
 Kleckler, Dan
 Kleckler, Marilyn
 Kleckler, Ray
 Kleckner, Charles
 Klosa, Robert
 Komprood, Joanne
 Koprowski, Barbara
 Kounkel, Margery A.
 Kubatze, Donald
 Kucinski, Robert
 Kummer, Alfred

Kummer, Christel
 Lamia, Ann
 Law, Duane
 Lawfer, Ruth
 Lee, Ben
 Lee, James
 Lee, Mary
 Lee Sr., Ben A.
 Lestikow, Eugene
 Locascio, Jennifer
 Locascio, John
 Logemann, Eldon
 Long, Ted
 Longmeyer, Joe
 Ludwig, Gregory
 Luy, Dr. Lawrence
 Mantua, Andrew
 McIlvanie, Scott
 Meier, Carol
 Meier, Harold
 Meinert, William
 Miller, Charlotte
 Miller, Jane E.
 Mitchell, Patsy Ortmeier
 Montgomery, Dette
 Mooney, Marian
 Moss, Vivian L.
 Moyer, Lois
 Murphy, Marilyn Daws
 Myers, Gery M.
 Myers, Patricia A.
 Nelson, John
 Nesemeyer, Floyd
 Nesler, John Ira
 Newendyke, Vernon
 Niedermeier, Don
 Niemann, Lester
 Norman, Betty
 Norman, Ron
 Offenhiser, Andrew
 Perkins, Victoria
 Peterson, Adell
 Peterson, Vera
 Pitterle, Eve
 Pitterle, Leonard
 Polhill, Gary
 Polizzi, Edward M.
 Polley, Gerald
 Ranchino, Louis
 Randecker, Melody
 Rapp, Sandra Helen
 Reed, Robert
 Reeter, Rose
 Rieck, Jim
 Rimington, Kent
 Robinson, Margaret L.

Rust, Betty
 Ruter, Carolyn M.
 Schaaf, Suzanne
 Schroeder, Loretta
 Schubert, Anne
 Schult, Janice
 Schweitzer, Cynthia Becke
 Schwitz, Kathryn
 Scovill, Ruth



Shippert, Mercedes
 Singh, Alfred
 Smith, Alvera
 Smith, Colby J.
 Soladay, Mark
 Stimpert, Kristina
 Stimpert, William "Bill"
 Streicher, Darlene
 Swalve, Lois
 Swanlund, Debra
 Tempel, Lyle
 Thomasson, Eric
 Toelle, Frederic
 Toelle, Jeffrey
 Townsend, Malcolm
 Valkema, Donald
 Vanderheyden, Donald
 Weidman, Donald
 West, Mable
 West, Nancy L.
 White, Betty R.
 Wilhelms, Wayne
 Wilson, Linda
 Winters, Dorothy
 Winters, Marilyn
 Wire, Gerald
 Zarn, Harold
 Zimmerman, Virginia
 Zueger, Irma ■



YOUR GIFTS, LARGE AND SMALL, IMPACT PATIENT CARE

Making large-scale improvements at FHN, like those featured on pages 4 and 5, can take significant time and resources to bring to fruition. Other projects or purchases, though smaller in scope, still enhance productivity, performance, safety, or day-to-day satisfaction, and can make quite an impact on patients and staff members when they are implemented. Here is a look at just a few of these individual items from 2022, all made possible through donations to the FHN Foundation.



VEIN FINDER

This equipment is not just innovative – it helps improve patient satisfaction during difficult blood draws on the medical/surgical floor of the hospital. Designed to enhance the art of finding and evaluating a suitable vein to access, it uses new technology to conduct real-time vein mapping.



FRENZEL LENSES WITH FLIP COMPONENT

No, it's not virtual reality, but it does resemble it! These lenses are used to magnify the eye and disable the patient's ability to fixate on any one object, both at rest and with head movements. This allows a physical therapist to adequately visualize and assess the eyes for involuntary movements called nystagmus, enhancing diagnosis and treatment for vertigo and other vestibular rehabilitation.



FLUID-FILLED APPARATUS

An anatomical model of the ear's fluid-filled semicircular canal system, this handy mechanism helps educate physical therapy patients with vestibular and balance issues. Using colored particles unique to each canal, it promotes the understanding of fluid dynamics as well as how our inner ear crystals respond to gravity.



special thanks to FHN's Partners in Giving!

These three featured items were made possible through donations from the FHN staff and providers who give year 'round as part of the Partners in Giving program. *We appreciate you!*

Gifts also funded by the Foundation: infusion chairs • stand thermometers • pastoral care • Glidescope video laryngoscope • sleep sacks for newborns • stretcher replacements • phlebotomy chairs • tympanometry system • exam lights • behavioral health beds • vital signs monitors • wireless headset for ER registration • venous Doppler imaging equipment • seizure side-rail pads • transportation for patients who demonstrate need • and so much more!



WE ARE GRATEFUL for every contribution made to the FHN Foundation, and the items they help us procure. Together, your gifts provide FHN with the ability to make a difference in so many ways, expanding our ability to deliver excellent healthcare in northwest Illinois and southwest Wisconsin.



SCHOLARSHIPS AND CONTINUING ED.



ERICA MEINERT, CNA, who was recognized with a Mildred F. Ferguson scholarship, is excited about her future in nursing. "This support means so much to me," she says. "I just graduated in May with my associate's degree and plan to continue my education, ultimately pursuing my master's degree. I look forward to a long career in healthcare at FHN."



STEPHANIE SNIDER, PT, applied for Foundation assistance to take specialized cervical spine coursework from the McKenzie Institute®. She explains, "Being able to hone my skills to enhance treatment for patients with neck-related pain has been very beneficial. Thanks to the Foundation for making it possible!"



ANNA SNIDER received the FHN Rural Medical Education Program Scholarship through the University of Illinois College of Medicine – Rockford. She grew up as an FHN patient, volunteered at our facilities, and is pursuing a medical degree. In a thank-you note to the Foundation, Anna says, "Thank you for choosing me for the RMED FHN Scholarship. It is going to help ease my financial burden ... I am excited to one day serve my rural community."



MARK GRIDLEY
FHN President
and CEO

As I look back on 2022, I see a long list of "good things" that have enhanced the care provided by FHN – new equipment purchased and installed, education pursued, facilities enhanced, and more – due in part to gifts made to the FHN Foundation. We appreciate the community's generous spirit and hope you will continue to support our local focus on healthcare excellence. On behalf of our entire staff, thank you for all the ways you contribute to our betterment: Your financial donations, your volunteer service, your community involvement, and your trust in FHN as we care for you and your family. **We are grateful for you!**



A LOOK AT PLANNED GIVING

HOW DO YOU WANT TO BE REMEMBERED? When it comes time to reflect upon your legacy, we would love for you to consider your community's healthcare. Promoting exceptional health and protecting the security of your loved ones is an excellent way to leave your mark. You can make a gift or donation in your will, through your estate, or by taking advantage of gift options that may increase your income and save on your taxes!

To learn more about different types of planned gifts and access free tools to help you explore options, visit our planned giving site at **fhnlegacygift.org**. It is designed to help you develop a philanthropic plan that will leave a lasting legacy, provide for your loved ones, and support the causes that are important to you.

Visit our planned giving site at **fhnlegacygift.org** (or you can scan the QR code on this page with your smartphone camera).



No matter how large or small, **WE ARE GRATEFUL** for your contributions to support our vision of delivering healthcare excellence for our communities.

We ask for your continued support in 2023. Please consider a donation today!



DON'T FORGET ...
you can donate online!
www.fhn.org/donate-now



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*We are pleased to acknowledge
the FHN Foundation*

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