

Insight

A publication of FHN

Volume 4, Issue 1

American Heart Month Treats for Your Heart

**FHN's elmr:
'Off the Charts'
Care**

**Sleep Tight,
Sleep Right:
FHN's Sleep
Disorder Center**



We're here, for you.

FHN

2013: Another Year of Opportunities to Thank You for Choosing FHN!



It hardly seems possible, but another holiday season has come and gone and we're off on a new year!

to the FHN Women's Diagnostic Center inside FHN Memorial Hospital in Freeport any Wednesday morning, register, have your mammogram, and be on your way.

However, our achievements are really reflections of your requirements and expectations of a quality healthcare organization. As we request and receive your input throughout 2013, we will continue to strive to meet those requirements and exceed your expectations in bringing the best of healthcare to our communities. And because great healthcare starts with great health, we'll also be bringing you a variety of ways and ideas to get and stay healthy so that 2013 can be one of your healthiest years ever.



In looking back at 2012, we accomplished many fine things to benefit you, our patients, friends, and neighbors. From the opening of the addition enhancing the FHN Leonard C. Ferguson Cancer Center to our internal progress using electronic medical records to the recognition for FHN Memorial Hospital as the third highest in the state of Illinois for patient safety by the world's largest independent, non-profit product- and service-testing organization, we're proud of what we achieved.



We expanded services in many of our regional offices, and made it easier for us to fit your busy lifestyles through extended office hours and programs like our Walk-In Wednesdays for mammograms, where you can just walk in

I look forward to sharing good news from FHN on the pages of INSIGHT in 2013. We're here for you, and we thank you for choosing FHN!

Safe Winter Driving Contest Winners

Congratulations to the winners of our Safe Winter Driving contest!

Entrants guessed the average number of miles put on each of FHN's three messenger vans each year – the vans, featuring photos of FHN employees from different departments throughout the organization, travel a lot of miles across northwest Illinois transporting lab specimens, equipment, and materials efficiently and quickly.

Winners of car safety kits were chosen from a number of FHN locations. The three people who guessed closest to our actual mileage – just under 100,000 miles a year! – received gift cards to Farm & Fleet for winter driving essentials.



The gift card winners are:

Mark Diddens (\$200); **Brittney Mordini** (\$100); and **Dana Bastian** (\$50).

The car safety kit winners from FHN locations are:

FHN FastCare: **Noah Currier**

FHN Specialty Care–Stephenson Street: **Alisha Ott**

FHN Community Clinic: **Pat Nevenhoven**

FHN Family Healthcare Center–Burchard Hills: **Jerome Evans**

FHN Family Healthcare Center–Pecatonica: **Kim Traum**

FHN Family Healthcare Center–Warren: **Leslie Koehler**

FHN Family Dental Care: **Vicki Bales**

FHN Family Healthcare Center–Forreston: **Margaret Strite**

FHN Family Healthcare Center–Savanna: **Frances Morganflash**

FHN Leonard C. Ferguson Cancer Center: **Fay Christen**

FHN Family Healthcare Center–Stockton: **Stacey McGuire**

FHN Family Healthcare Center–Highlandview Drive: **Darrell Baker**

Sleep Tight, Sleep Right

FHN Sleep Disorder Center Wishes You Pleasant Dreams

At the end of the day, we tell loved ones to “sleep tight.” This has long been a bedtime blessing, but do you know how this common phrase came to be? Some historians credit the term as a reference to the days when beds were suspended on frames with stretched ropes. Others claim the expression stems from a time when “tightly” was synonymous with “soundly” or “well.” The origin of “sleep tight” is disputable, but our need to “sleep right” is not.

Millions of people suffer from poor and interrupted sleep every night. Inadequate sleep is not only a nuisance but if left untreated, can cause a number of health issues. It can muddle our thinking and memory, contribute to cardiovascular disease, and lead to weight gain. Ongoing disruption in sleep may be the result of a serious health condition known as sleep apnea. This sleep disorder can contribute to high blood pressure and can even be life-threatening.

Symptoms

Symptoms of sleep apnea include heavy snoring, excessive daytime sleepiness and fatigue, restless sleep, nighttime panics/smothering attacks,

irritability, impotence, and morning headaches.

The most prevalent type of sleep apnea is referred to as Obstructive Sleep Apnea (OSA). This condition occurs when soft tissue at the base of the tongue collapses in the back of the throat, creating an airway blockage and interrupting a healthy breathing rhythm and sleep cycle. People with this form of sleep apnea stop breathing periodically during sleep, sometimes for more than a minute. This may occur hundreds of times throughout the night.

The FHN Sleep Disorder Center at FHN Memorial Hospital in Freeport specializes in determining if Obstructive Sleep Apnea or other types of sleeping disorders may be causing unhealthy sleep.

Sleep Through Your Test

Before a sleep lab test, you will need to have a face-to-face visit with your provider to discuss any signs of apnea symptoms to help determine if you should have a sleep study performed.

Then, at your regular bedtime and sleeping hours, a sleep study is performed in a cozy environment

designed to provide the same comforts as your own home. During sleep, technicians monitor your body’s system and sleeping patterns to help your healthcare provider diagnose any illnesses or issues that are preventing you from getting good, restorative sleep.

Treatment Options

If you have trouble sleeping, the “cure” could be as simple as losing weight, quitting smoking, avoiding sleeping on your back or not using drugs that cause drowsiness. In moderate to severe cases of sleep apnea, however, FHN providers offer multiple treatment options including Continuous Positive Airway Pressure (CPAP) apparatuses, oral appliances, surgery and/or medication.

At the end of the day, we all want to be able to sleep tight, regardless of how the expression originated. When it comes to your health, sleeping tight means sleeping right.

If going to bed “bugs” you and you dream of more restful sleep, a sleep lab study and treatment by FHN providers may be able to put your sleep disorder to rest.

14 Ways to Treat Your Heart

You probably celebrate Valentine's Day on Feb. 14, but this year, celebrate American Heart Month with these 14 "treats" for your heart's health.

1. Don't smoke or use tobacco – tobacco use is one of the biggest risk factors for heart disease. Chemicals in tobacco can damage your heart and blood vessels, and the nicotine in cigarette smoke narrows your blood vessels and makes your heart work harder.

If you already smoke, quit! When you quit smoking or using tobacco, you immediately reduce your risk of heart disease, and your risk drops dramatically within a year.

2. Exercise at least 30 minutes on most days of the week – 30 to 60 minutes of regular daily exercise can reduce your risk of heart disease, and everything from housework to walking the dog to taking the stairs counts! If you don't have time to "work out," break up your exercise time into 10-minute sessions throughout the day.

3. Reduce stress – operating in "panic mode" raises your blood pressure, makes your heart work harder, and elevates your body's levels of hormones like adrenaline and cortisol. Plus, you're more likely to feel like you need a cigarette or eat unhealthy food if you're stressed out. Try deep breathing, guided imagery or yoga to reduce your stress levels. De-stress with a brisk walk, and you're doing your body two favors – reducing stress and getting healthy exercise!

4. See your healthcare provider regularly. Your physician, nurse practitioner or physician assistant is your partner in good health. Talk with him or her about how you can improve your health, which leads us to ...



5. Know your risk factors for heart disease. Your provider will check your weight, blood pressure, cholesterol, blood glucose level and how they affect your risk of developing heart disease. For a quick look at risk factors and recommended screenings, scan the QR code at the bottom of this page.

6. Control diabetes – if you have diabetes or pre-diabetes (high blood sugar levels), it's important to monitor and keep your blood glucose levels under control. According to the National Institutes of Health (part of the U.S. Department of Health and Human Services), about two-thirds of people with diabetes die of heart or blood vessel disease.

7. Control high blood pressure – like diabetes, having high blood pressure (hypertension) can increase your risk of heart disease. Have your blood pressure checked at least once every two years starting at age 20, and if you have high blood pressure, work with your healthcare provider to keep it under control.

8. Maintain a healthy weight. Carrying extra body weight forces your heart to work harder, and it's just not healthy. In most cases, if you're focusing on a healthy lifestyle, controlling your weight shouldn't be a problem. A healthy diet and regular exercise are good for your heart, and they help you control your weight.

9. Control portion size – it's the difference between a healthy diet and a "diet" diet. A healthy diet isn't one where you eat only grapefruit or cut out all starches – eat a little bit of everything (and more of the healthy stuff). Be aware of proper serving sizes, and don't overload your plate.

10. Eat more healthy vegetables and fruits; they are low in calories and have lots of filling dietary fiber. Stay away from fried vegetables or veggies in creamy sauces and fruits with sugar added, but feel free to fill up on carrots, broccoli, tomatoes, apples, grapes, and bananas!

11. Choose whole grains when you're planning meals. Substitute whole-grain bread for white bread in your sandwiches and stay away from refined grain products like frozen waffles, quick breads, and sweets like cakes and pies. Enjoy a high-fiber cereal (with 5 grams or more of fiber per serving) or oatmeal for breakfast, and try a new whole grain like quinoa or barley with your evening meal.

12. Limit unhealthy fats and cholesterol in your diet to help keep your blood cholesterol levels down and reduce your risk of heart disease. The easiest way to do this is to limit the amount of solid fats – butter, margarine, and shortening – in your cooking and to choose lean meats with less than 10 percent fat. When you do use fats,

choose healthier ones like olive or canola oil, and cholesterol-lowering margarine spreads.

13. Reduce sodium use – and not just by avoiding the salt shaker. Much of the sodium you get comes from processed foods, so watch labels on canned soups and prepared meals and choose a low-sodium option if you can. When you're cooking, use herbs and spices to flavor your foods instead of salt. Don't be fooled into thinking sea salt is a healthier option – it has the same nutritional value as regular table salt.

14. Finally, make sure you know the signs of a heart attack. Doing everything "right" doesn't guarantee good health, so even if you're in good health and living a healthy lifestyle, seek medical help immediately if you experience the following symptoms:

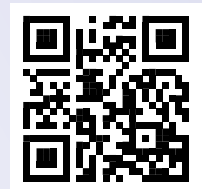
- Chest discomfort (uncomfortable pressure, squeezing, fullness or pain)
- Discomfort in other areas of the upper body (one or both arms, the back, neck, jaw or stomach)
- Shortness of breath
- Breaking out in a cold sweat
- Nausea
- Lightheadedness

14

Happy American Heart Month!



For more information on heart health, visit www.fhn.org/cardiology or www.heart.org.



Plant a Paver in 2013 for a Forever Memory

The Healing Garden at the FHN Leonard C. Ferguson Cancer Center is a peaceful place where patients, families, and visitors can enjoy the beauty of nature all year long. You can be a part of it with the purchase of a commemorative brick paver.



You can dedicate a paver:

- In memory of a loved one
- In honor of a survivor
- To show your support
- To show your company's support

Beginning in 2013, we'll have just one installation of personalized pavers each year. All pavers purchased through the FHN Foundation by April 1, 2013, will be

installed this year; donors will be notified when the pavers are going to be installed.

If you'd like to have a personalized paver installed in 2013, download an order form at www.fhn.org/foundation.stm or call the Foundation at 815-599-6900 for an order form.

Save the Date! Join Us

April 23 in Lena

April 24 in Stockton

April 25 in Freeport

for Fifth Third Bank Bowl for Kids' Sake
to benefit
FHN Big Brothers Big Sisters of Northwest Illinois



Big Brothers Big Sisters

a program of FHN Family Counseling Center



Have fun and raise money to help kids in your community – register (and start gathering your pledges – teams and individuals welcome) today by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 997!

**Give
your
heart**

**a good
look...**

**...with two
\$99 heart tests
from FHN**

Did you know that most heart attacks could be prevented with early diagnosis of risk factors for coronary artery disease (CAD)? For American Heart Month in February, FHN is offering very special pricing on two tests that can give you a good look at your heart health if you have no known coronary artery disease.

\$99 Calcium Scoring CT Heart Scan

FHN's Calcium Scoring CT Heart Scan uses 64-slice CT scanner technology to detect calcified plaque in arteries, an indication of potential heart issues. This non-invasive x-ray takes only a few minutes and is a good alternative if you can't physically complete a treadmill stress test.

\$99 Standard Walking Treadmill Stress Test

During exercise, healthy coronary arteries deliver more blood to heart muscle than blocked arteries. This test helps determine artery condition and may be right for you if you have unexplained fatigue or shortness of breath, irregular heartbeats during exercise, or existing or borderline high blood pressure. You must be able to walk for this test.

Appointments for these tests must be scheduled by Thursday, February 28 to obtain the special \$99 price, and tests must be performed by August 30.

For more information or to schedule an appointment today, call 1-877-6000-FHN (1-877-600-0346) ext. 944 or visit www.fhn.org. See what's happening with your heart health!

These tests should not replace consultations with your healthcare provider. If you do not have a primary care provider, we will work with you to determine how to handle your test results when we communicate them to you. Payment (cash, checks, credit card) due at time of service.

No Appointment? No Problem!

Walk-In Wednesdays Take the Hassle Out of Mammograms

Taking good care of yourself shouldn't have to be a scheduling challenge. FHN is taking "schedule mammogram" off your to-do list with Walk-In Wednesdays screening mammograms.

"Women can still call in and schedule their mammograms for when it's most convenient for them, but we hope that opening up Wednesday mornings will make it even easier to fit this important screening into their schedules," says Courtney DanPullo, MD. "Getting a mammogram doesn't take

very long, so you might even have time to swing by the café downstairs at the hospital for a cup of coffee and a roll when you're done."

The FHN Women's Diagnostic Center, located inside FHN Memorial Hospital in Freeport, was designed for patients' comfort and convenience.

"Our all-digital mammography equipment creates digital files that are easier to adjust and read, which can result in fewer retests," said Robin Scalise, director of diagnostic imaging for FHN. "That means fewer callbacks for retesting because of imperfect images and more convenience for our patients. Digital mammography also gives more accurate readings for women under 50, women with dense breast tissue, and women who are nearing menopause."

Women do not have to be FHN patients to take advantage of Walk-In Wednesdays; simply register at Admitting in the east lobby of FHN Memorial Hospital and head to the Imaging Department (right past reception, on the main level) any Wednesday between 7 and 11 a.m.

For more information about Walk-in Wednesdays for screening mammograms and other services available at FHN, visit www.fhn.org or call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 911.



Complete, Convenient Care at FHN Family Healthcare Center – Pecatonica



Nurse Practitioner Angela Johnson Offering Appointments Every Day

The addition of nurse practitioner Angela Johnson, MSN, BC-ANP, ONC, to the FHN Family Healthcare Center – Pecatonica staff makes it more convenient than ever to take care of your health.

"It was my calling to be a nurse, but it was my dream to be a nurse practitioner," Angela says. "My additional education and experience enables me to diagnose and manage

illnesses and injuries, as well as work with my patients to control chronic conditions like high blood pressure and diabetes.

I can order tests and x-rays for my patients – some of which can be done right here in Pecatonica – and prescribe medications when they're necessary. I'm proud to be able to work with my patients to get and keep them healthy!"

Angela has a bachelor's degree in nursing from Winona State University in Winona, Minn., and a master's degree in

nursing from the University of Cincinnati in Cincinnati, Ohio. She is a board-certified adult nurse practitioner with experience in trauma care, orthopaedic and oncology care. She works in conjunction with Michael McFadden, MD, a family practice physician at FHN Family Healthcare Center – Pecatonica.

Call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 953 to make an appointment with nurse practitioner Angela Johnson at FHN Family Healthcare Center – Pecatonica.

Meet Our Doctors ... Moore and Khan



You're probably used to hearing about new healthcare providers at FHN, and we're proud to be bringing you new faces, specialties and capabilities.

We're also proud of the providers who are already a part of FHN. You may know them as your family's healthcare provider, a member of your church, your neighbor, or the parent of your child's classmate. In INSIGHT, we like to take the opportunity to re-introduce them to you, so say hello again to Dr. April Moore and Dr. Farhan Khan!

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Farhan Khan, MD

Board-certified nephrologist and internal medicine physician Farhan Khan helps patients who have problems with their kidneys. He sees patients at FHN Specialty Care – Stephenson Street in Freeport.

"Our kidneys help our bodies maintain our overall health. They filter waste from the bloodstream and regulate our blood pressure, but few people realize the importance of good kidney function. I work with patients of all ages to restore and protect kidney function when disease has caused damage to these vital organs."



Dr. Khan holds a medical degree from Universidad Iberoamericana in Santo Domingo, Dominican Republic. He served a residency in internal medicine and pediatrics at the University of Illinois College of Medicine at St. Francis Medical Center in Peoria, where he was named chief resident. He completed two fellowships: Nephrology at the University of Missouri Health Sciences in Columbia, Mo., and interventional nephrology at Renal Care Associates in Morton, Ill.

He is a member of the American Medical Association, the American Society of Nephrology, and the American Society of Diagnostic Interventional Nephrology. Dr. Khan is also a member of the National Kidney Foundation.

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April Moore, MD



Dr. Moore grew up in northwest Illinois and cares for patients of all ages at FHN Family Healthcare Center – Forrester. She also offers women's healthcare services including colposcopy.

"I enjoy taking the time to develop a trusting relationship with each of my patients, and working with them to help them be as healthy as possible."

Dr. Moore earned her medical degree from the Southern Illinois University School of Medicine in Springfield and completed her residency in family practice at the University of Illinois College of Medicine at Rockford, where she was chosen chief resident and received a faculty appointment.

She holds a bachelor's degree in pre-med and biology from Augustana College in Rock Island, Ill.

She joined FHN in August, 2012, from SwedishAmerican Medical Group's Davis Junction clinic. She is a member of the American Academy of Family Physicians and the American Society for Colposcopy and Cervical Pathology.

TO MAKE AN APPOINTMENT with Dr. Khan or Dr. Moore, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945.

FHN Welcomes New Provider



Board-certified surgeon Katherine Liu, MD, FACS, has joined FHN and is seeing patients at FHN Specialty Care – Stephenson Street in Freeport.

Dr. Liu has a bachelor's degree in physics from Washington University and a medical degree from Washington University School of Medicine, both in St. Louis,

Mo. She received her general surgery residency training at the University of Chicago and has cared for patients at the VA Medical Center in Detroit, Mich., Rush University Medical Center in Chicago, and John H. Stroger, Jr. Hospital of Cook County in Chicago.

She was the first woman professor of surgery at Rush University Medical Center and is an adjunct professor for the College of Nursing at the Rush University Medical Center in Chicago. Dr. Liu is a Fellow of the American College of Surgeons; and a member of the American Society for Parenteral and Enteral Nutrition; the Association for Academic Surgery; Association of Women Surgeons; the Illinois Surgical Society; the Society for Experimental Biology and Medicine, Society for Surgery of the Alimentary Tract; and the Society of Surgical Oncology. She has published more than 35 peer-reviewed articles and presented at numerous national and international medical meetings.

Dr. Liu is seeing patients at FHN Specialty Care – Stephenson Street in Freeport. Her office can be reached toll-free 1-877-6000-FHN (1-877-600-0346) ext. 954.

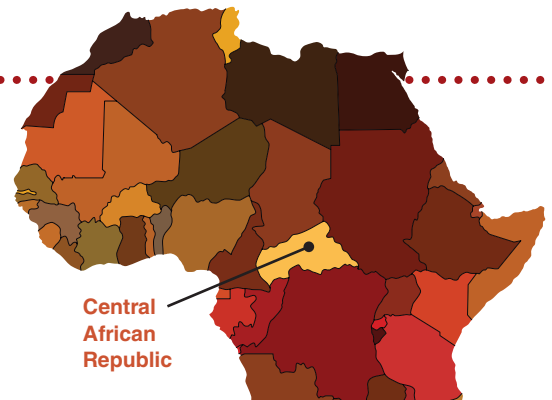
Reaching Out to Help FHN Donates Surgical Supplies to African Hospital

When a missionary couple serving in Gamboula, a city in western Central African Republic, asked their church community for supplies for the town's hospital, FHN's Cindy Smith stepped up and asked at work if there was any way to help.

Through FHN supply chain director Bill Coppernoll, Cindy found out that FHN had a number of operating room supply packs left over from a change in suppliers. The packs were large and would require shipping to get to their final destination, but that wasn't a problem.

"A friend at church told me of a need for medical supplies for the mission hospital in Gamboula. They were sending a shipping container full of supplies to the hospital, so this was perfect," Cindy said. "Our friend from church was so excited, he couldn't believe all the supplies that will be sent!"

The day before Thanksgiving, Cindy and her husband, Jeff, with the help of FHN clerk Gary Ruter, loaded their vehicle with surgical packs for the Gamboula hospital. They delivered the packs to Rockford, where the brother of one of the missionaries coordinated the packing and shipping of the container to Gamboula.



FHN Clerk Gary Ruter, left, helps Cindy and Jeff Smith load supplies bound for Gamboula Hospital in Africa.

FHN's 'Off the Charts' Care

Electronic Medical Records Help Us Care for You

If you've had an appointment with your FHN healthcare provider lately, you may have noticed something new. Along with a stethoscope, otoscope and the other more old-fashioned tools of the trade, your provider is likely to be using a computer during your examination.

"We have always recorded notes, in some way, on each visit with a patient," says Shawn Shianna, MD, FHN chief medical information officer. "Now, instead of using a pen or a Dictaphone, we're recording what we see and hear, our diagnosis and recommendations, with a computer."

FHN Memorial Hospital kicked off FHN's electronic medical records initiative – nicknamed **elmr**, for electronic medical records – when it implemented a computerized system to replace paper charts in 2011. Since then, we've been working behind the scenes to bring **elmr** to all of our provider offices.

This capability literally puts everyone on your healthcare team "on the same page" – with everything from the information from your last provider appointment and your latest test results to your health history at their fingertips. With **elmr**, the results of a CT scan, x-ray, or lab test you have done at the hospital are quickly available to your provider at his or her office, a specialist, or if necessary, an Emergency Department physician.

Safe and Secure

Electronic medical records also help safeguard your health information. Though your records and results are available to the providers you choose (and soon directly to you), all of FHN's information is kept and relayed through servers that aren't open to outside users.

"Our tech team is working on a secure web portal that will give patients access

to their health information," Dr. Shianna says. "Later this year, you'll be able to view your chart and see the results of your lab tests online."

Until that portal is ready, you'll receive a printed summary of your visit after each healthcare appointment.

"We might cover a lot of information during a provider visit," Dr. Shianna says, "and it can be difficult to remember everything. We're giving our patients a summary before they leave the office – a record of their current medications, any changes we've made

with their medications, and what we talked about during the appointment."

Working Together

Each provider you see, whether he or she is a primary care provider, or a specialist such as a gynecologist or an orthopaedic surgeon, is working with you to improve your whole health, so it's important that he or she has access to a "big picture" of you. That's prompted through **elmr**, which reminds each provider who cares for you to ask important questions about your health and lifestyle: Do you smoke? Are you



overweight? Do you use alcohol? The answers to these questions help us care for your whole health.

FHN's ultimate goal for **elmr**, Dr. Shianna says, is to improve communication throughout each patient's healthcare team in order to provide the best, most complete healthcare possible.

"By using **elmr**, your provider can be easily and quickly reminded if it's time for you to have a necessary test, like a colonoscopy or mammogram, and will alert us if you have any drug allergies or

if a drug we're considering would react badly with something you're already taking," Dr. Shianna says.

Streamling the Process

When you need medication, **elmr** can make that process faster by allowing your provider to electronically send the prescription to your pharmacy. It also connects FHN patients to a database that keeps up-to-date vaccination information on all children in the state.

If your provider wants to research one of your symptoms or a question you might

have, he or she has immediate access to that information in the examination room. On the invoicing front, **elmr** also helps to prevent accidental overbilling, since the information from your visit needs to be recorded only once.

"Electronic medical records aren't that much different from your old paper chart," Dr. Shianna says. "But they're much easier to share with your whole healthcare team, and that helps ensure that your healthcare is as effective and efficient as we can make it."

Briggs, DeMus, Gallagher Awarded FHN Healthcare Scholarships

Each year, FHN offers three area students interested in healthcare careers \$1,000 each to help pay for school. In 2012, more than 25 outstanding students applied for the FHN Healthcare Career Scholarships.

Each applicant wrote an essay about his or her career path, strengths and personal goals and how they fit into FHN's mission of providing quality healthcare services to our communities. The scholarship committee invited the top five candidates to Freeport for in-person interviews.

After the interviews, the committee had the difficult task of choosing three winners. "We had a lot of very strong candidates again this year," said Michael Perry, MD, president and CEO of FHN. "This year's scholarship recipients are excellent students and we wish them – along with all of the applicants – the very best as they study to pursue careers in healthcare."

The 2012 FHN Healthcare Scholarship winners will receive \$1,000 each to help



cover education expenses for the winter 2013 term. They are:

Kayla Briggs of Warren, who is attending University of Wisconsin – LaCrosse and majoring in clinical laboratory sciences

Abby DeMus of Durand, who is majoring in nursing at Lewis University in Romeoville, Ill.

Cody Gallagher from Ridott, who is pursuing a physical therapy degree at Clarke University in Dubuque, Iowa

Visit the CareersAtFHN Facebook page to see pictures and a short video interview with each student. Information about the 2013 FHN Healthcare Scholarships will be available at www.fhn.org later this year.

FHN Festival of Trees



Insight

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NEW YEAR
2013
NEW CAREER?

Consider FHN,
winner of
Employer of Choice
awards.

See "Careers"
at www.fhn.org.