

# Insight

**First in the Region:  
Sturtevant Thrilled  
with VELYS™ Knee  
Replacement**

**‘A Very Scary  
Experience’  
Werntz Credits ER  
with 3 Saves**

**Celebrating Our  
Dedicated Team  
Members**



*We're here, for you.*

**FHN**



## We're Proud to be Part of a Community That Sticks Together



We have had quite a summer, from the joy of seeing family and friends in person again to helping each other through some dangerously hot days and rainy weeks that brought flooding

(again). I have seen so many people sharing kindness and helping each other, and it reminds me of why northwest Illinois is so special: We really are all in this together, with friends and family, neighbors, many local organizations, and even perfect strangers reaching out to help each other.

Many FHN team members were there, too – caring for and helping people both on the job and at home. They are the heart of our organization, and their mission is ours, too – to help those around us and improve the health and well-being of our communities. From the person who takes your blood pressure at the FHN Family Healthcare Centers to our providers and nursing leaders to the board members who guide our organization, we are proud to be a part of your community, all in this together. The decisions we make and the actions we take all have the same goal; healthcare excellence for our community. We are proud to be your locally governed and operated healthcare organization.

We're happy to make a few introductions in this *Insight*, including our newest board member and the latest physician to join our Women's Health team. We'll also introduce you to a man who has beat both cancer and a serious wound and a lady who credits quick decision-making in our Emergency Department with saving her life. We also are honored to share a deeply personal story from FHN Oncologist Arshad Shaikh, MD.

You'll also meet the very first patient in the area to benefit from our new VELYST™ Robotic Assisted Solution for total knee replacement! This leading-edge technology helps our Orthopaedics team get patients back to the lives they want. Speaking of technology, FHN Foundation Director AI Evon shares some of the equipment, programs, and education you've made possible this year with donations to FHN.

Finally, we are using a few pages of this *Insight* to celebrate our people – we're proud to share the names of FHN team members celebrating service anniversaries in 2021. We recently thanked all of them, along with the rest of our team, with some special FHN Day events and treats, as you can see in the photos below. I'm thankful for each of them, and the work they do caring for our families.

**Thank you** for the privilege of caring for you, and thank you choosing us as your local partner in care!



**Thank you**

**TO OUR TEAM OF TALENTED STAFF COMMITTED TO DELIVERING HEALTHCARE EXCELLENCE FOR OUR COMMUNITIES**

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 12 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](http://www.fhn.org).

Note: Photographs taken during the pandemic have followed proper safety protocols.

# ER Is a Lifesaver for Werntz Family

The last thing Linda Werntz remembers before her subarachnoid bleed is working out on her Nordic Track. Her husband, Don, remembers the events that followed with vivid clarity. **“Her life was saved three times in nine hours. It was a very scary experience,”** he explains.

## SAVE #1

Don, a local radio personality and sportscaster with Big Radio, credits Star Ambulance for the “first save” – keeping Linda alive at their home in Freeport. “I was working in my home office recording shows and for some reason I felt the need to go downstairs. I heard moaning in the basement and I quickly knew something was wrong. Linda could not communicate well, had a terrible headache, and had thrown up. When I realized she would not make it to the car for a trip to the ER, I called Star Ambulance. In that short time – less than five minutes until the ambulance arrived – her body stiffened and her condition was clearly deteriorating. When I saw Tom Kempel, the EMT, doing CPR, I couldn’t believe what was happening.”

Linda was transported to the ER at FHN Memorial Hospital, where a CT scan identified her critical condition. According to Don, “Dr. (Chris) Gruber\* met with me to explain the severity of the situation. I was told this type of aneurism is often fatal. In fact, 90 percent of people who experience this type of bleed don’t make it or have significant deficits.”

## SAVE #2

As Don processed Linda’s ominous outlook, Dr. Gruber was taking action



ER Physician Chris Gruber, MD, poses with the Werntzes just outside FHN’s ER, where he helped stabilize Linda Werntz after an aneurysm and advocated for her subsequent care.

to get her transferred to a center of excellence for brain trauma. “I didn’t know this at the time,” explains Don, “but he saw the need to change the typical rotation usually used to transfer patients and insisted she be moved to OSF St. Anthony in Rockford, which is widely seen as a leading regional center for head injury. In my opinion, and according to our neurosurgeon in Rockford, that was Linda’s second save.”

Don is full of praise and appreciation for Dr. Gruber.

**“He was professional and calm while exuding strength and a sense of command. I needed that at a time when I felt very vulnerable. His competence helped me keep it together and gave me resolve to take this one step at a time. He was just the right combination of smart, experienced, and compassionate.”**

## SAVE #3

Linda had several brain surgeries in Rockford in the following days, which stopped her brain from bleeding. Since then, she has had subsequent admissions to FHN, UW Madison, and Van Matre Rehabilitation. She has been fighting to regain her strength and good health for more than two years now, but continues to make progress.



“She is a miracle, and I am so grateful to all the healthcare professionals who saved her life,” says Don, “and to our sons for their support. Ryan is a physician in Florida, so he was well-equipped to ask the right questions via FaceTime and help me make medical decisions. Our younger son, Adam, had the flexibility to move his work office from Chicago to our house in Freeport, so he provided tremendous support on the home front. This experience has reminded us all how fragile life is, and how much we appreciate our family and our community’s healthcare capabilities.”

Linda is grateful too. “Thank God FHN’s ER was close by and equipped to help us through a very dangerous healthcare crisis,” she says. “I am sure thankful for all the people who helped pull me through, with Don being number one on the list. He saved the day. What if he hadn’t come downstairs when he did?” she surmises. “He is my hero – my knight in shining armor – my constant support. I don’t know what I would do without him.”

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

◀ Linda Werntz has undergone eight major surgeries since June 10, 2020. None of them would have been possible without the emergency care she received at FHN immediately after her initial aneurysm. Shown here is Linda with “her boys” – husband Don; son Adam, left; and son Ryan, right.

DR. DAMMANN IS THRILLED TO BE THE **FIRST IN THE AREA** TO OFFER PATIENTS THIS SOPHISTICATED NEW OPTION.



## First Patient Receives New Robotic-Assisted Knee Replacement

FHN Orthopaedic Specialist Excited about Precision and Accuracy of Innovative VELYS™ Technology

◀ Kimball Sturtevant gets into his truck with new confidence – and without pain – after receiving a knee replacement at FHN. He was the first patient to receive the procedure using the VELYS™ Robotic-Assisted Solution.

When FHN orthopaedic surgeon Greg Dammann, MD, asked Kimball Sturtevant if he was fine with having FHN's first VELYS robotic-assisted knee replacement surgery, his patient's response was enthusiastic: "Sure! I am all for this modern technology improving our lives!"

Years of farming and truck driving had left Kimball's legs worse for the wear. "Climbing silos and grain bins, working on balers, and general farm work wore my knees out," he explains, "and then driving truck took its toll." His first knee replacement with Dr. Dammann, on his "clutch" leg, was a success several years ago. This time, it was for his right leg, the one used for the gas pedal and braking. "The doc predicted I would be back for the second one, and he was right. I had a lot of pain on the inside of my knee, and I was noticing it every day. I couldn't even get comfortable just sitting in my chair. It was time."

### **NEW TECHNOLOGY PROVIDES PRECISION, ACCURACY, AND FLEXIBILITY**

Dr. Dammann is thrilled to be the first in the area to offer patients this sophisticated new option. "I am always looking for ways to use technology to improve patient outcomes, and the VELYS™ Robotic-Assisted Solution is going to provide that progress," he explains. "It gives me real-time information up front – detailed data on six different parameters that help balance the knee. So I end up doing less soft tissue dissection and more personalization for each individual patient's unique anatomy. Since every knee is different, the end result really is a customized knee!"

Specialized training and job shadowing helped Dr. Dammann master the new technology, which built on the programs he had used in the past. He says, “I already had experience with computer navigation, and this robotic approach is the next step in improved outcomes, enhancing accuracy and precision. I consider it a very state-of-the-art assistant! I am confident the real-time data the system provides will result in faster healing, less time in physical therapy, and decreased need for pain medications – all wins for our patients.”

### **PATIENT ON THE MEND IN RECORD TIME**

As for Kimball, he went to physical therapy one week after surgery and was pleased to learn he needed fewer sessions than originally planned. “I have already seen lots of improvement,” exclaims Kimball, “and my therapist, Deeann Heinrich, really gets the job done. She is so thorough and caring. My pain has been minimal and I am more flexible than they expected I would be, so my PT has been reduced from three times a week to two times a week. I consider that pretty amazing progress. I feel like R2-D2 was on the job!”

Of course, many things about FHN’s orthopaedic procedure process remain the same, including help from nurse navigator Keri Wall. “That Keri is a huge asset,” stresses Kimball. “She is worth her weight in gold. She made the whole experience so much easier. The hospital staff was excellent, too, and Dr. Dammann, well, I think he is the best ortho guy in the area. FHN’s orthopaedic team is a well-oiled machine, and as an old farmer, I can say that.”



Knee replacement patient Kimball ► has high praise for Dr. Greg Dammann and Nurse Navigator Keri Wall. “They are part of a well-oiled machine,” says Kimball.



## FHN SPEAKER SERIES

Featuring: FHN Orthopaedic Surgeon Greg Dammann, MD

**Wednesday, September 21 • 5:30 – 6:30 p.m.**

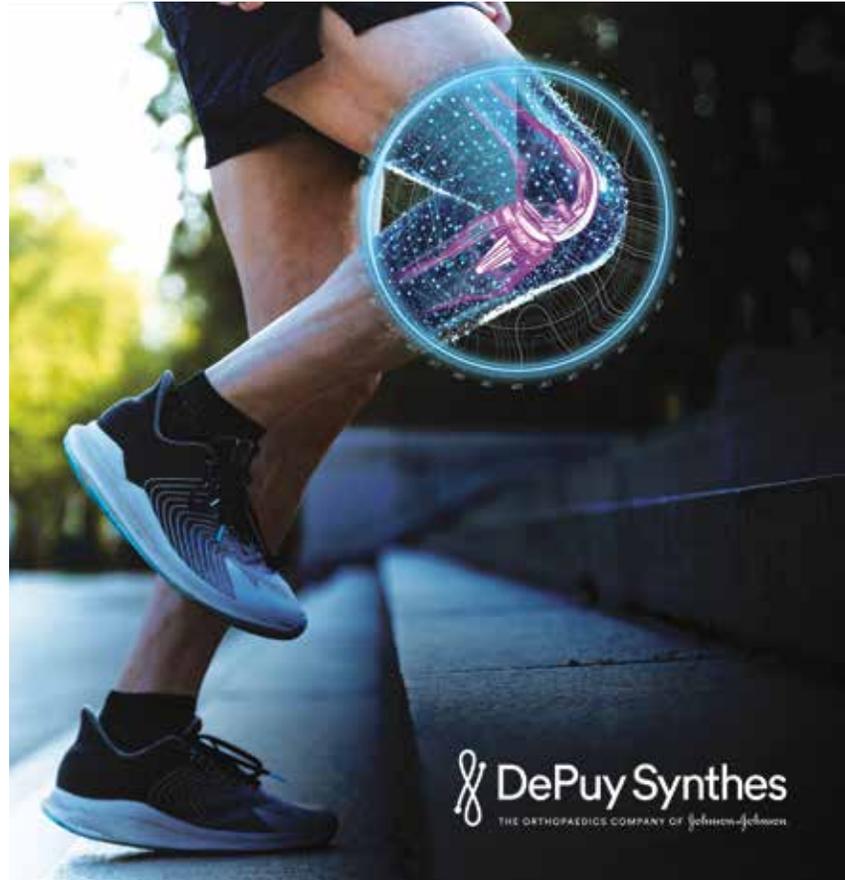
FHN Family Healthcare Center – Burchard Hills

Lower Level Conference Room • 1010 Fairway Drive, Freeport

Register at [fhn.org](http://fhn.org) or by calling 1-877-6000-FHN (1-877-600-0346) ext. 901.



**VELYS™** technology provides data collected during the knee replacement procedure to provide insights for real-time decision-making, which enhances accuracy and precision. Dr. Greg Dammann is enthusiastic about how this new solution will increase surgical flexibility, decrease recovery times, and make patients more satisfied with their “new knees.”



## Welcome, Dr. Espinoza!

### FHN Adds Fourth Physician to Ob/Gyn Hospitalist Team

We are proud to introduce board-certified Ob/Gyn physician **Rosemary Espinoza, MD** as the newest member of our Women's Health team!

Dr. Espinoza earned her medical degree from the University of Illinois – Chicago, where she also completed her residency. Along with being part of the FHN team, she serves as the Ob/Gyn Hospitalist Medical Site Director for Envision Physician Services, which serves northwestern McHenry County and Huntley hospitals. She is a member of the American College of Obstetrics & Gynecology, and she is fluent in Spanish.

No matter when your labor begins, there is a caring, experienced Ob/Gyn specialist at the FHN Family Birthing Center at FHN Memorial Hospital in Freeport to care for you and your baby. And because all of our Ob/Gyn hospitalists are part of FHN's Women's Health team, they're ready to work with your provider and you for the best, healthiest birth experience possible. ■



# Why I Chose Oncology

**Arshad Shaikh, MD**, Medical Oncologist • Leonard C. Ferguson Cancer Center at FHN Memorial Hospital



While he was being treated for cancer, Bob Downing enjoyed talking with his oncologist, Dr. Arshad Shaikh, about their shared love of sports cars. In June, Dr. Shaikh had a chance to take Bob for a spin around town in his Corvette. Bob's family and team of Cancer Center caregivers was there to wish him well as they left the Center's patient entrance.

A common question I am asked by both physicians and lay people alike is why did I choose to practice oncology? Some see it as a depressing and melancholy profession and wonder how it is possible to continue to stay upbeat in such a field.

My response is that much of what shapes my cognitive frame and how I hone and practice as an oncologist is guided by perspective. Life is all about perspective. My perspective is guided by my faith. It is always important to look beyond the immaterial, despite how much modernity tempts us to focus more on the material. One thing is certain: We will physically die and pass from this temporal existence.

A beloved patient of mine whom I had gotten to know quite well over the past year was slowly dying in front of me. We shared the same passion for high-performance cars and he personally, like myself, was a Corvette fan. We talked about the Bowling Green assembly plant for Corvette in Kentucky. I learned that he had never actually driven a Corvette. That had always been a dream for him.

Medicine is not categorically about the outcome. **It is about the journey. Life is about memories.** Ultimately, what matters is how you make people feel and how families remember how you treated them and

their loved ones. That is all that matters. Do unto others and treat people as you would want to be treated yourself.

With that in mind, I decided to share what I had been blessed with, my modified 750 hp C7 Vette, with my dear friend. We took off for a joyous, adrenaline-filled and properly loud, memorable ride from the entrance of the cancer center with his family in tow and cheering.

Luckily, the police were kind that day, despite our recorded speed. It was a great day. A wonderful memory in the hearts of my friend and his family. That's all that ever mattered.

# Jeff Lamm Fights Cancer and Leg Wound with FHN's Expertise – 'You bump your leg and your life changes'



▲ A wound from a hematoma left a gaping hole in Jeff's leg, and complications kept it from healing. The professionals at The Center for Wound Healing at FHN recommended a "wound vac," which provided the right conditions for skin rejuvenation and served as a catalyst for the restorative process. Here, Rosemarie Evans, RN, Carrie Wright\*, Director of The Center for Wound Healing, and Terri Groezinger, PA, C, check Jeff's leg at the end of his successful treatment.



**Rafael Castro, MD, FACS, WCC**  
Wound Care, General Surgery

When Jeff Lamm was on vacation in Florida, he never dreamed that banging his leg on a boat would put him in the hospital and signal the start of a long healthcare journey. As he says, "You just never know. It was freakish."

After bumping his leg, the injury quickly accelerated into a hematoma (an abnormal collection of blood outside of a blood vessel). "It blew up with blood," Jeff shares, "and the swelling just kept building. So I went to the ER for evaluation, and they told me that ruptured arteries would need to be drained. Well, that was just the beginning."

## A TELLING TEST

A CT scan showed that Jeff also had follicular lymphoma, a type of non-Hodgkin's lymphoma that would require additional treatment. After spending a week in the hospital, he came home and went to his primary care provider, FHN's Julianne Ross, FNP-BC, who made some important referrals. She suggested he confer with The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital for his lymphoma regimen, and The Center for Wound Healing at FHN for his battered leg, which was not healing well.

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



Jeff Lamm poses at “The Healing Tree” with staff members at The Center for Wound Healing. Each patient adds a leaf inscribed with their name and the date their healing journey is completed. ▲

When dealing with his leg injury on vacation, a CT scan revealed that Jeff Lamm had follicular lymphoma. When he returned home, he quickly began treatment at the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, under the care of Arhad Shaikh, MD, and team. Here, Jeff and his wife, Kathy, pose in the Center’s Healing Garden with Dr. Shaikh and Julie Nampel, MSN, RN. ►



Jeff was treated simultaneously for both conditions. “I lucked out with an easily treatable form of cancer,” he explains, “and everyone at the Ferguson Cancer Center was great. Dr. (Arshad) Shaikh and Julie Nampel (Director) were excellent to work with, and all the staff were so helpful. I had chemo once a month for six months, and will keep being evaluated every two months for two years. I feel good about my future.”

## A STUBBORN WOUND

Jeff’s hematoma, however, left a gaping hole in his leg and his wound care challenges were formidable. At his first visit to The Center for Wound Healing at FHN, the wound was debrided and assessed by Dr. Rafael Castro, MD, FACS, WCC. Since wounds may not heal as well when a patient is receiving chemo and taking blood thinners, Dr. Castro determined that a wound vacuum would benefit Jeff’s recovery. Terri Groezinger, PA-C, says, “Our staff has seen incredible results with the help of this sophisticated tool. It applies gentle suction to a wound to promote healing, while drawing out fluid and infection.”

“The staff at the wound center was meticulous,” Jeff explains. “Early on we thought I might need a skin graft, but the wound vac helped me heal and make new skin. I visited the Center three times a week for over five months, and at each appointment they changed my dressing, checked for

infection, and measured and photographed my wound to document my progress. It was incremental – it definitely took a while! But we started to see reduced swelling, and slowly but surely my wound healed and the pain subsided. I am so grateful for them and for my wife, Kathy. Without her, none of this recovery works. She is REALLY my better half. ”

## A PAIN-FREE ENDING

Now, Jeff has ‘graduated’ from The Center for Wound Healing and is pain free. “I can’t say enough about my care!” he exclaims.

**“The doctors and nurses were excellent** – professional, personable, and wonderful communicators. They were all encouraging and compassionate throughout the long process. I am very pleased with FHN. They did an awesome job with both of my health challenges and I am so happy they were right here in Freeport.”

# Congratulations to Those FHN Team Members

## 1 YEAR

Emily Akerman – Imaging  
Hanna Altaaey – Sterile Processing  
Alice Amro – Family Counseling Center  
Michelle Auwaerter – ICU  
Theodore Barkley – IT  
Beau Becker – Radiology  
Briana Bendorf – Internal Medicine  
Debbie Bennett – Burchard Family Practice  
Katie Briggs – Operating Room  
Takesha Brooks – Family Counseling Center  
Tristan Calderon – Environmental Services  
Leahnashia Campbell – Food & Nutrition Services  
Elizabeth Carden – Emergency Room  
Linnette Carter – OB  
Chelsea Colon – Administration  
Adriana Curran – Telemetry  
Chelsea Davis – Family Counseling Center  
Austyn Edwards – OB  
Alexandra Ertmer – Orthopedics  
Micheline Feza – Environmental Services  
Sara Folk – ICU  
Kristine Fosler – Cardiology  
Heather Fricke – Emergency Room  
Emma Gordon – Ophthalmology  
John Green – Messenger Services  
Tricia Halter – Physical Therapy  
Angela Heuerman – Family Counseling Center  
Kristi Heun – Family Counseling Center  
Airian Holland – Radiology  
Dr. Ahtesham Hyder – Hospitalist  
Maribeth Jones – Emergency Room  
Dimitrios Karabetos – Food & Nutrition Services  
Candice Keen – Physician Recruitment  
Hannah Klinger – Laboratory  
Dawn Kness – Medical Oncology

Carrie Knoll – Emergency Room  
Taylor Knoup – Emergency Room  
Elaine Larsen – Emergency Room  
Dr. Daniel Lee – OB  
Frank Lefevre – Messenger Services  
Maleah Linden – Med/Surg/Peds  
Natalie Lyon – Telemetry  
Jacqueline MacDonald – Family Counseling Center  
Alexis Martin – Environmental Services  
Caitleigh McDermott – Emergency Room  
Rebecca Molander – Emergency Room  
Hanusa Morgan–Hanusa – Food & Nutrition Services  
Sarah Paul – OB/GYN  
Jenna Picha – Med/Surg/Peds  
Dr. Javeria Qureshi – Surgery  
Craig Schimetz – Security  
Jessica Sneek – Med/Surg/Peds  
Megan Sobacki – Ultrasound  
Mia Speed – Imaging  
Deann Strothman – Cardiology  
Nina Stroud – Imaging  
Ayse Tanik – Internal Medicine  
Sara Thompson – Respiratory Therapy  
Doreen Timm – Quality  
Dr. Rashmi Tomur – OB  
Haley Vandrew – Family Counseling Center  
Amanda Veeder – Lena  
Elizabeth Villegas – Physical Therapy  
Justin Wilkinson – IT  
Kristen Worm – Imaging  
Dayna Yoder – Emergency Room  
Amanda Zumdahl – Environmental Services  
Samantha Zumdahl – Family Counseling Center

## 5 YEARS

Mary Block – Community Relations  
Courtney Burckhardt – Occupational Therapy  
Pamela Doden – Community Relations

Dr. Callina Elgar – Pecatonica  
Megan Fry – Food & Nutrition Services  
Benjamin Fuller – Respiratory Therapy  
Dana Geisleman Givens – Emergency Room  
Sally Healy – Internal Medicine  
Kelly Heller – Mt. Carroll  
Sally Holland – Emergency Room  
Sean Huguenin – Pastoral Care  
Sherry Jansen – NIHP  
Cari Johnson – Hospice  
Kelly Keeney – Internal Medicine  
Amelia Klavenga – Burchard Med/Peds  
Lisa Koser – Highland View Drive  
Nancy Krahmer – Community Relations  
Kayla Kupersmith – Gastroenterology  
Olivia Lloyd – Telemetry  
Melissa Luecke – Operating Room  
Jenna Marsh – Recovery Room  
Elizabeth Mendeloff – Burchard Med/Peds (Retired)  
Candice Nepean – Hospice  
Taylor Parks – Telemetry  
Chelsea Pruitt – Telemetry  
Kate Rizzo – Emergency Room  
Timothy Rupnow – Burchard Family Practice  
Janna Saxby – ICU  
Holly Schoch – OB  
Carissa Sturtevant – Radiology  
Devon Tobin – Emergency Room  
Dr. Roland Tolliver – Podiatry  
Kathryn Vincent – Environmental Services  
Miranda Wilson – Administration

## 10 YEARS

Kristen Andrews – Admitting  
Kristen Book – Speech Therapy  
Bethany Dickman – Cath Lab  
Ashley Fluegel – MD Administration  
Cody Gallagher – Physical Therapy  
Carrie Groom – Neurology  
Dr. Hanny Isawi – Ophthalmology

# Who Celebrated Service Anniversaries in 2021!

Sue Janssen – Administration  
Dr. Seema Kumar – Neurology  
Vicki Ludwig – Central Business Office  
Kelly Murray – Facilities/Maintenance  
Alyssa Peterson – Emergency Room  
Jennifer Reusch – Pharmacy  
Dr. Mohammad Saleh – Nephrology  
Evan Spangler – Nuclear Med  
Karen Swanson – Central Scheduling  
Kelsey Wheat – Central Business Office  
Theresa Whitmore – Central Scheduling  
Kimberly Wichman – Human Resources  
Allyson Wilken – Physical Therapy

## 15 YEARS

Jodie Barncord – Central Business Office  
Morgan Bradshaw – ICU  
David Brobst – Finance  
Christine Carlson – Imaging  
Donna Cooper – Health Management  
Medelyn Curtiss – Med/Surg/Peds  
Dr. Kevin Draxinger – Orthopedics  
Lisa Farrar – Environmental Services  
Barbara Hall – Community Clinic  
Janice Honeycutt – Nursing Admin  
Donna Howard – Allergy  
Angela Janicke – Forreston  
Isabel Jones – Telemetry  
Tiffany Kuhlmeier – Highland View Drive  
Erin Lamm – Burchard Family Practice  
Aaron Love – IT  
Polly Maltry – Food & Nutrition Services  
Marci Morris – Burchard Family Practice  
Amy Mullens – Nursing Admin  
Fay Mullins – Operating Room  
Elizabeth Myers – Community Clinic  
Kimberly Oneill – Hospice  
Amanda Paulsen – Pediatrics

Lori Robieson – Med/Surg/Peds  
Jodie Schoch – Laboratory  
Lisa Stoehr – Central Business Office  
Eric Strauch – MRI  
Kimberly Thrumman – Central Business Office  
Arica Watts – Med/Surg/Peds

## 20 YEARS

Jane Barnes – Ambulatory Care  
Laurie Beyer – Radiology  
Deborah Brown – Central Business Office  
Michael Clark – Administration  
Sandra Collier – NIHP (Retired)  
Jessica Currier – Physical Therapy  
Doreen Devries – Admitting  
Steven Gearing – Security  
Lori Goeke – Admitting  
Erika Greenfield – Ambulatory Care  
Michelle Gunder – Imaging  
Mary Hagen – Med/Surg/Peds  
Kelley Hartman – Med/Surg/Peds  
Karen Hauser – Central Supply  
Rochelle Heilman – Central Business Office  
Maureen Hodges – Operating Room  
Sharon Kaiser – Central Business Office  
Jennifer Kempel – G.I. Lab  
Tina Kluck – ICU  
Jessica Larson – Nursing Admin  
Debra Lelle – Physical Therapy (Retired)  
Karla Lovitt – ICU  
Betsy Onley – Med/Surg/Peds  
Dr. Rebecca Pedersen – Highland View Drive  
Charlene Rogers – Food & Nutrition Services  
Raymond Salazar – Emergency Room  
James Schrader – Cath Lab  
Marieta Semini – Laboratory  
Albert Sledge – Emergency Room  
Emily Statfield – Medical Oncology  
Sue Thomas – Physical Therapy (Retired)

Karla Thompson – Admitting  
Joyce Werkheiser – Medical Records  
Elizabeth Winkelmann – Medical Records  
Stacey Winter – Telemetry/ICU  
Dr. Daniel Woods – Savanna

## 25 YEARS

Kathy Bookman – Finance  
Valerie Brudi – Central Business Office  
Jo Clay – Highland View Drive  
Peggy Enzinger – Med/Surg/Peds  
Melinda Kluge – Community Relations  
Joann Olszewski – Med/Surg/Peds  
Kimberly Price – Physical Therapy  
Keri Schubert – OB  
Erika Schwartz – Operating Room (Retired)

## 30 YEARS

Quincy Carter – Security  
Dawn Jeffrey – Medical Records  
Shelly Kappes – Mt. Carroll  
Holly Petersen – Medical Records  
Kay Sperry – COIL & Professional Development  
Judith Venhuizen – Gastroenterology

## 35 YEARS

Dr. Alan Esker – Hospitalist  
Annette Geilenfeldt – OB  
Lori Lawfer – Finance  
Penny Ludwig – X-Ray  
Keri Wall – Ambulatory Care  
Lori Workinger – Ambulatory Care

## 40 YEARS

Lois Grove – Radiology (Retired)  
Carla Myers – Community Relations  
Debra Smith – Food & Nutrition Services

## 45 YEARS

Tom Hansen – Facilities/Maintenance



## From Al Evon FHN Foundation Director

Since January 1, 2022, the FHN Foundation has approved more than **\$800,000** in funding to provide programs, equipment, facility upgrades, continuing education and training to improve patient care and safety.

We are only able to offer this level of support for the health and wellness of our communities thanks to individuals, families, corporations, foundations, and organizations that make financial contributions. We are honored and blessed that the FHN Foundation is a vehicle donors use to make a difference in the lives of others. Whether the funds are donated in honor or memory of someone special, through a grant, as part of a special event, or as a result of a specific project which the FHN Foundation is promoting, **all gifts** make a difference and help to save and change lives.

Because the FHN Foundation strives to be transparent and accountable in how we steward the funds entrusted to us, I wanted to provide some highlights as to how gifts are being used this year. Among the equipment and facility improvements being funded through the FHN Foundation are:

### For FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital

- New nurse call system to enhance patient care and safety
- Infusion chairs that are used to treat more than 200 patients per month

- A stand thermometer to more conveniently assess the temperature of every person entering the center

### For FHN Family Healthcare Centers and Specialty Care Clinics

- Chairs for FHN Family Healthcare Center – Highland View Drive to increase safety for elderly patients who have difficulty with positioning
- Interior signage for FHN Specialty Care – Stephenson Street to offer better information and directions
- Lobby furniture for FHN Family Healthcare Center – Lena to provide for greater care and safety

### For FHN Memorial Hospital

- VELYS™ Robotic-Assisted Solution and Instrument sets (featured in this issue of Insight)
- Replacement flooring and a Dinamap vital signs machine for the GI Lab to enhance the patient experience
- Masimo patient monitoring equipment that provides audible alarms for patients who need continuous monitoring behind closed doors in an isolation situation like COVID-19
- A Glidescope which will assist in care during difficult intubations

- Casework and shelving in Pharmacy which improves functionality

In addition to these very tangible items, this year the Foundation has provided **more than \$34,000 toward training and education for FHN team members**. These professional development opportunities enable our team members to stay current on the latest advancements in healthcare, as well as assist them in providing the highest quality and safest care to patients and their loved ones.

### The FHN Foundation also has provided support for programs and activities such as:

- Coffee for the chemo room to allow people to enjoy a cup of coffee
- Patient transportation to assist those with a demonstrated need to receive medical care
- Nurses Care Council in support of these staff who make a daily difference in people's lives
- Perinatal Symposium to assist in training and education
- Volunteer Services to recognize those who give their time and talents
- FHN Community Garden to provide maintenance for this area

**All of these items listed represent the generosity of those who have donated to the FHN Foundation.** The FHN Foundation's supporters are passionate about improving health and wellness in the region FHN serves. These donors know that access to quality medical services is essential to improve community life, and they desire to have healthcare excellence for themselves, their families, friends, neighbors, and co-workers.

If you already partner with the FHN Foundation, **thank you**. You have our deepest appreciation and gratitude.

If you have not made a gift to the FHN Foundation before and would like to donate or learn more about how you can help shape health and wellness in northwestern Illinois and southern Wisconsin, please contact me at the number below.



# FHN is Proud to be Your Locally Owned Healthcare Organization!

Our organization, from FHN Memorial Hospital in Freeport to our **16 Family Healthcare Centers** and **Specialty Care clinics** throughout northwest Illinois, is **100 percent locally owned** and operated.

As a non-profit organization, our mission is to provide for a societal good. We are not bound by stockholders, who often have shareholder returns (dividends) as a top financial priority.

As part of your community, our economic advantage is reinvested into enhancing and improving our communities' health directly, not sent to a headquarters or parent company outside our region.

The members of our Board of Directors, listed at right, including our newest board member, Citizens State Bank President and CEO Amy Baker, pictured, live in northwest Illinois – they're a part of your school, your church, your community – and those connections are important as they make decisions about how we deliver healthcare.

"The decisions I make as a member of the FHN Board of Directors matter for me and my family," says FHN Board Chair Neal Richardson. "I have lived, worked, and raised my family here in northwest Illinois, and I'm proud to be a part of a healthcare organization built around serving the people of our communities."

We believe that decisions about and for our communities are best made by people who live and work in them. Once any business is headquartered somewhere else, major decisions are made far away from where they will have an impact.

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. 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!*



Scan the QR code to **meet the local people** who guide FHN decisions and mission!



**Neal Richardson**, FHN Board Chair

"The decisions I make as a member of the FHN Board of Directors matter for me and my family. I have lived, worked, and raised my family here in northwest Illinois, and I'm proud to be a part of a healthcare organization built around serving the people of our communities."



*Welcome*  
to our new board member  
**AMY BAKER**

## FHN 2022 Board of Directors

**Mark Gridley**  
*FHN President/CEO*

**Neal Richardson**  
*Board Chair*

**Heather McPherson**  
*Board Vice Chair*

**Rich Chang**  
*Board Secretary*

**Mark Wright**  
*Board Treasurer*

**Stephen Kneubuehl**  
*Board Past Chair*

**Bruce Baldwin**

**Glenda Koeller, RN**

**Gary Quinn**

**Dan Schmitt**

**Shokry Tawfik, MD**

**Timothy Jessen, MD**

**Beth Kalnins, MD**

**Clarence Parks, MD**

# 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. Check [www.fhn.org](http://www.fhn.org) for additions or changes.)

## Community Programs



PROGRAM	DATE	TIME	DETAILS
<b>Walk With a Doc</b>	2nd & 4th Saturdays of each month	8 a.m.	<i>Krape Park, 1799 S. Park Boulevard, Freeport</i> (Sept. 24 • Oct. 8 • Oct. 22) Free family- and pet-friendly walk and chat led by FHN providers and health professionals. Meet the group by the concession stand for this safe, fun, and FREE way to spend 45-60 minutes as you get some steps, learn about health, and meet new friends. See the schedule online at <a href="http://www.fhn.org/WWAD.asp">www.fhn.org/WWAD.asp</a> .
<b>FHN Speaker Series: Orthopaedics</b>	Sept. 21	5:30 – 6:30 p.m.	<i>FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport</i> FHN Orthopaedic Surgeon Greg Dammann, MD will talk about the VELYS Robotic-Assisted Solution for total knee replacement. Registration requested; register online at <a href="http://www.fhn.org/speakerseries">www.fhn.org/speakerseries</a> or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.
<b>Blood Pressure Screening and Rx Mobile Pantry Program Pickup</b>	Oct. 4	10 a.m. – 1 p.m.	<i>Freeport Lincoln Mall, 1247 W. Galena Avenue, Freeport</i> Participants who have been screened and qualified for a voucher can pick up their supply of produce, milk, eggs, and frozen and canned meats from the Rx Mobile Pantry program, a partnership between FHN's Connect the D.O.T.S. (Doors of Team Support) and the Northern Illinois Food Bank. Mandatory screenings are held at the pickup site from 10 a.m. – noon before each event. For more information, visit <a href="https://tinyurl.com/RxMobile2022">https://tinyurl.com/RxMobile2022</a> or call 815-599-6402.
<b>A Slice of Time Just For You!</b>	Oct. 17	5:30 p.m.	<i>Cimino's Little Italy, 421 Challenge Street, Freeport</i> Join healthcare providers from FHN for an evening of pizza and conversation about women's health. Reserve your seat at <a href="http://fhn.org">fhn.org</a> .
<b>FHN Festival of Trees Gala – Casino Vino</b>	Nov. 18	7 p.m.	<i>Grand River Hall, 101 S. Liberty Avenue, Freeport</i> Enjoy an evening of delicious food and refreshments, casino-style gaming, and gift basket shopping! All proceeds go toward the purchase of new hospital beds at FHN Memorial Hospital in Freeport. Tickets are \$75. For more information or to buy tickets, visit <a href="http://www.fhn.org/gala2022">www.fhn.org/gala2022</a> .

## Training and Education



CLASS	DATE	TIME	DETAILS
<b>Prenatal Class</b>	Sept. 14 & 15 Nov. 9 & 10	5 – 8 p.m.	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room</i> This class, provided in two sessions, provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Register at <a href="http://fhn.org/ob">fhn.org/ob</a> , or for more information, call 815-599-6221.
<b>Prenatal Class</b>	Oct. 8	8 a.m. – 2 p.m. (with lunch break)	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room</i> This class provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Register at <a href="http://fhn.org/ob">fhn.org/ob</a> , or for more information, call 815-599-6221.
<b>Safe Sitter Essentials® with CPR</b>	Sept. 24 Nov. 12	9 a.m. – 3:30 p.m.	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport</i> Class designed to prepare students in grades 6 – 8 to be safe when they're home alone or babysitting. Class size is limited to 8 to accommodate COVID-19 safety precautions. 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 <a href="http://www.fhn.org/safesittercpr">www.fhn.org/safesittercpr</a> .
<b>Breastfeeding Class</b>	Oct. 4	6 – 8 p.m.	<i>FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport</i> Instructor is Annette Gielenfeldt. For more information or to register, visit <a href="http://fhn.org/ob">fhn.org/ob</a> or call 815-599-6221.
<b>BLS for Healthcare Professionals</b>	Nov. 5	8 a.m. – noon	<i>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport</i> Hands-on course designed to teach healthcare professionals how to perform high-quality CPR individually or as part of a team. Basic Life Support (BLS) skills are applicable to any healthcare setting. Course is \$40, which includes BLS provider manual and certification card valid for 2 years. Open only to healthcare professionals; registration is required. Register online at <a href="http://www.fhn.org/basic-life-support.asp">www.fhn.org/basic-life-support.asp</a> or email <a href="mailto:coil@fhn.org">coil@fhn.org</a> for more information.
<b>FHN Post Pandemic Community Workshop</b>	Nov. 12	8:30 a.m. – 3:30 p.m.	<i>Highland Community College, 2998 W. Pearl City Road, Freeport</i> The public is invited to this post-pandemic workshop to discuss the holistic effects of grief and discover ways in which we all can begin or continue our own healing journey. There will be speakers and activities along with open discussion. The workshop is free, but registration is required with a bag lunch provided.

## Support Groups



GROUP	DATE	TIME	DETAILS
<b>Living Through Grief</b>	Sept. 12 & 26 • Oct. 10 & 24 Nov. 14 & 28	6 – 7:30 p.m.	<i>FHN Memorial Hospital Cafeteria Dining Rooms – Lower Level</i> For more information, call 815-599-7240.
<b>The First Steps Grief Support Group</b>	Sept. 20 • Oct. 18 • Nov. 15	10 – 11:30 a.m.	<i>FHN Memorial Hospital Cafeteria Meeting Rooms – Lower Level</i> No charge; registration not required. For more information, call FHN Pastoral Care at 815-599-6160.
<b>Adult Diabetes Support Group</b>	<i>Oct. 5:</i> Diabetes Jeopardy <i>Nov. 2:</i> Navigating the Holidays	5 – 6 p.m.	<i>FHN Memorial Hospital Conference Dining Room – Lower Level</i> No charge; registration not required. For more information, call 815-599-6701.

## Blood Pressure Screenings



LOCATION	DATE	TIME	DETAILS
<b>Pearl City United Methodist Church</b> <i>411 S. Main, Pearl City</i>	Oct. 22 • Nov. 12	9 – 11 a.m.	Open to the public; no cost or registration required.
<b>St. John's Lutheran Church</b> <i>625 Country Lane, Lena</i>	Sept. 14 • Oct. 12 Nov. 9	12:30 – 1:30 p.m.	Open to the public; no cost or registration required.
<b>New Jerusalem Soup Kitchen</b> <i>4 E. Iroquois Street, Freeport</i>	Sept. 15 • Oct. 20 Nov. 17	11 a.m. – 1 p.m.	Open to the public; no cost or registration required.
<b>Joseph's Pantry</b> <i>406 S. Adams, Freeport</i>	Sept. 20 • Oct. 18 Nov. 15	3 – 5 p.m.	Open to the public; no cost or registration required.
<b>FACC</b> <i>514 S. Chicago, Freeport</i>	Sept. 27 • Oct. 25 Nov. 22	1 – 4 p.m.	Open to the public; no cost or registration required.
<b>Gospel Outreach Food Pantry</b> <i>211 W. Spring Street, Freeport</i>	Oct. 1	9 – 11 a.m.	Open to the public; no cost or registration required.
<b>Salvation Army</b> <i>106 W. Exchange Street, Freeport</i>	Oct. 13 • Nov. 10	10:30 a.m. – 12:30 p.m.	Open to the public; no cost or registration required.
<b>Eagles' Club</b> <i>1200 W. Galena Avenue, Freeport</i>	Oct. 27	8 a.m. – 4 p.m.	<i>Cholesterol, Glucose, and Blood Pressure Screening (part of the Senior Center Senior Expo)</i> Open to the public; no cost or registration required. Please do not eat or drink anything other than water for 8 hours prior to a glucose screening.

## Flu Shot Clinics



Adult-only clinic is \$31 (quadrivalent for adults under age 65) or \$67 (high-dose for 65+) cash or check payable to FHN. No out-of-pocket expense if you are over 65 and covered by Medicare Part B (please present Medicare card) or a Medicare HMO accepted by FHN (list available at each location – covered persons MUST present the Medicare HMO card instead of the Medicare card for billing process). No other insurance coverage can be processed. Per government regulations, no Medicaid cards can be accepted. All clinics based on availability of vaccine.

LOCATION	DATE	TIME	DETAILS
<b>Mest Manor</b>	Oct. 6	1 – 3 p.m.	525 Third Street, Savanna
<b>First Lutheran Church</b>	Oct. 9	10 a.m. – noon	301 S. Clay Street, Mount Carroll
<b>Carroll County Senior Center</b>	Oct. 14	9 a.m. – noon	17612 E. Benton Street, Mount Carroll ♥ <i>Blood pressure screening is free and available to the public.</i>
<b>Faith United Methodist Church</b>	Oct. 16	8:30 a.m. – 10 a.m.	1440 S. Walnut Avenue, Freeport
<b>Liberty Estates</b>	Oct. 20	10:30 – 11:30 a.m.	2080 Navajo Drive, Freeport ♥
<b>Freeport State Bank</b>	Oct. 21	2 – 4 p.m.	1718 S. Dirck Drive, Freeport
<b>Bethel United Methodist Church</b>	Oct. 25	10 a.m. – noon	217 S. Hickory Street, Shannon
<b>State Bank of Pearl City</b>	Oct. 28	3 – 6 p.m.	215 S. Main Street, Pearl City
<b>Family YMCA of Northwest Illinois</b>	Nov. 1	8:30 – 11:30 a.m.	2998 W. Pearl City Road, Freeport
<b>Lake Summerset Lodge</b>	Nov. 3	9 – 11:30 a.m.	1202 Lake Summerset Road, Davis ♥
<b>Sullivan's Foods</b>	Nov. 4	1 – 3 p.m.	201 Dodds Drive, Lena

♥ Flu Shot Clinic and Blood Pressure Screening

## Flu Shot Clinics *(continued)*



Adult-only clinic is \$31 (quadrivalent for adults under age 65) or \$67 (high-dose for 65+) cash or check payable to FHN. No out-of-pocket expense if you are over 65 and covered by Medicare Part B (please present Medicare card) or a Medicare HMO accepted by FHN (list available at each location – covered persons MUST present the Medicare HMO card instead of the Medicare card for billing process). No other insurance coverage can be processed. Per government regulations, no Medicaid cards can be accepted. All clinics based on availability of vaccine.

LOCATION	DATE	TIME	DETAILS
Sullivan's Foods	Nov. 4	4 – 6 p.m.	103 W. North Avenue, Stockton
Sullivan's Foods	Nov. 5	9 a.m. – noon	217 Chicago Avenue, Savanna
St. John's Lutheran Church	Nov. 6	10 a.m. – noon	229 S. First Street, Pearl City
St. John's Lutheran Church	Nov. 8	9 a.m. – noon	625 Country Lane, Lena ♥
Sullivan's Foods	Nov. 9	1 – 3 p.m.	101 E. IL Route 64, Mount Morris
Sullivan's Foods	Nov. 10	3 – 6 p.m.	2002 W. Galena Avenue, Freeport
Fitness Lifestyles	Nov. 15	9 a.m. – noon	641 W. Stephenson Street, Freeport

♥ Flu Shot Clinic and Blood Pressure Screening



DIRECTIONS FOR A FUN AND FULFILLING NIGHT AT FHN'S CASINO VINO:  
**SEE ♥ SWIRL ♥ SMELL ♥ SIP ♥ SUPPORT**  
**Friday, November 18, 2022**  
 7 p.m. • Grand River Hall • Freeport

Whether you are a true oenophile – a connoisseur of fine wines – or just like a nice pour of your favorite red or white, this year's live and in person FHN Festival of Trees Gala – Casino VINO provides a perfect opportunity to try some new vintages, toast your friends, and treat yourself to a fabulous night on the town!

All proceeds from the Casino VINO Gala will be used to purchase new hospital beds at FHN Memorial Hospital in Freeport, and this year, a generous donor has pledged a \$250,000 matching gift! That means **every dollar you spend** on drinks, gifts, and fun at the Casino VINO will be doubled until the \$250,000 is exhausted.

Join us for delicious wines (other alcoholic and non-alcoholic beverages will be available), delectable food, casino-style gaming and some great surprises! Tickets are available now at [www.fhn.org/gala2022](http://www.fhn.org/gala2022).



## JOIN OUR TEAM

- First-day benefits
- Educational assistance
- Career advancement programs

[fhn.org/careers](http://fhn.org/careers)

## Insight



Insight is published by **FHN**  
 1045 West Stephenson Street • Freeport, IL 61032 • (815) 599-6000 • [www.fhn.org](http://www.fhn.org)

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