A Strong Future
'Trainer Jeff' on Shoulder Surgery—Twice—at FHN

You Can Make a 'Big' Difference
No-Limits Resolutions

Cash for Communicating!
Send a secure message to your provider by December 31, for a chance to win $300, $200, or $100!
Welcome to the Last Issue of INSIGHT for 2014!

As you saw on the cover, we’re encouraging people to make use of MyFHN, the online FHN patient portal, with a year-end contest. There’s info here about the portal and the contest, and I hope you’ll take advantage of this quick and easy method of managing your healthcare records and appointments.

As the holidays are here, we’re excited about our “Virtual Festival of Trees,” an online holiday decorations contest to recognize your family’s creations. Spending time relaxing and making memories with family and friends is important to our health, so we hope you’ll enjoy many of the activities in FHN’s Festival of Trees. There’s an article about New Year’s resolutions too, and how to make them realistic.

Schneiderman Joins Circle of Excellence Society
FHN Nurse Honored by Critical Care Nursing Organization

FHN Clinical Nurse Specialist Jessica Schneiderman, MSN, APN, ACNS-BC, CCRN, CPPS, has been selected to receive a 2015 American Association of Critical-Care Nurses (AACN) Circle of Excellence Award. The award recognizes excellent outcomes in the care of severe and critical patients and their families. Only up to 25 individuals each year from AACN’s national membership are honored with the Circle of Excellence Award. As an award recipient, Jessica becomes part of the AACN Circle of Excellence Society.

Jessica, a German Valley native, received her bachelor’s degree in nursing from Illinois Wesleyan University, and went on to earn her master’s degree in nursing from University of Illinois at Chicago. She has been with FHN for 12 years.

“As a clinical nurse specialist at FHN, I strive to positively impact patient outcomes through my influence on clinical practice, particularly on nursing practice,” Jessica says. “I feel extremely honored to have been selected to receive this award. It is a tremendous professional achievement that I’ll treasure for a long time to come.”

She believes the award reflects positively on FHN and the entire team she gets to work with.

“FHN is very fortunate to have many driven individuals that work relentlessly to ensure that the care we deliver is evidence-based and surpasses quality standards for the benefit of our patients,” Jessica says. “I am very proud to be part of that.”

As one of your resolutions, please consider making a difference in the life of a young person by being a Big Brother or Big Sister. There’s a great story here about how much it meant to one young man and his Big Brother.

Happy Holidays, and we at FHN look forward to caring for you in 2015!
Appointments with your healthcare provider are important – it’s time that you set aside to work with your provider on your health or the health of a loved one. So naturally, you want to make the most of that time.

The circumstances that surround a provider appointment, however, might make it difficult to remember all of the important things you’ll talk about during your visit. You could be dealing with a child who is grouchy and ill, an older adult who may be confused, or just plain feeling under the weather yourself – not a great time to play memory games with important information!

That’s why we have created the MyFHN Patient Portal, a website where you can manage your healthcare easily and securely. On MyFHN, you can look over your visit history, lab results, discharge instructions, and more, including a list of your current medications with dosages and instructions.

You can also request an appointment, check on upcoming appointments or cancel an existing appointment on MyFHN. You can even send a secure email to your provider if you have a question – the email will go straight to his or her priority inbox, and his or her reply will come directly back to your MyFHN inbox.

Sign Up And Sign In!
MyFHN is free to anyone who sees an FHN provider. You can access it directly at https://www.myfhn.org or through our website, www.fhn.org.

Because your healthcare information is private, protected information, you’ll need to enroll in MyFHN before you can get access to your records.

To enroll, contact the MyFHN Portal Coordinator at 815-599-6907 or toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 907 to get your medical records number and confirm your email address, both of which are needed to begin the process.

Following that call, you’ll receive an email with a one-time user ID and password, along with a link that will enable you to complete the enrollment process.

If you’d like to use MyFHN to manage the healthcare of a family member over the age of 12, you’ll need to have a Proxy Authorization Form filled out and signed in the presence of an FHN staff member. If you have any questions about this process, or would like to access your child’s (under age 12) health information via MyFHN, contact the MyFHN Portal Coordinator.

Take it With You
Once you’ve signed up for MyFHN, you will be able to access your and your family's health information anywhere you can get online. If there’s a mishap on the school playground, you can look up the date of your child’s last tetanus booster and avoid any unnecessary shots.

If you’re traveling and need medical attention, you can access a complete list of your family’s medications and allergies. It’s like having a copy of your vital health information with you wherever you go.

You Could Win
Enrolling in and using MyFHN is an important part of taking charge of and managing your health. We’d like to make it even easier for you to access, so we are giving away an iPad Mini each quarter through December 2015. All you need to do to be eligible to win is access your Health Summary through MyFHN, so enroll and access your information today!

Our First Winner
Angel Martinez is the first winner of an iPad Mini from MyFHN. Angel lives in Freeport with his wife and two children, and he likes being able to keep up with his appointments via his MyFHN. Congratulations, Angel!
Jeff Lyrenmann is an award-winning competitor and tenacious trainer. The owner of IPF Training in Freeport makes his living helping people maximize their fitness and meet their CrossFit goals. So when he heard a loud “pop” in his right shoulder in August 2013, he knew it could be a serious injury -- one that could impact his livelihood and his passion.

Well-schooled in anatomy and physiology, “Trainer Jeff” is a Certified Athletic Trainer and Strength and Conditioning Specialist. He conferred with FHN’s Dr. John Gluscic, left, who confirmed his suspicion of a rotator cuff muscle injury. According to Jeff, “It was a full-thickness tear of the supraspinatus plus arthritis and bone spurs, requiring a sub acromial decompression. The doctor recommended prompt treatment to help increase my chances for a complete recovery with full range of motion. I knew several other people who had great shoulder outcomes with Dr. Gluscic, and witnessed the results of their successful rehab firsthand at my fitness center. I liked his demeanor and was very comfortable moving forward under his care. I was expecting good results and I got them.”

**Surgery Deja Vu**

After proceeding with surgery and in the midst of his own rehab, Jeff felt pain in his left shoulder. An MRI exposed the bad news: same injury, other side, plus a fraying of the labrum. Keeping a positive outlook, Jeff met again with Dr. Gluscic and the pair planned “Surgery: Round 2.” The process went well and again proceeded quickly. Now, Jeff’s right shoulder is fully functional and he has nearly completed rehabilitating his left shoulder. He expects to be back to normal soon, and is grateful for his excellent care.

“Dr. Gluscic, along with Kirby Price in physical therapy, has been fantastic,” emphasizes Jeff. “They know exactly what they need to do, and they do it like true professionals. Their skill and dedication have helped minimize my recovery time. As a Certified Athletic Trainer, it is important I not only know the right moves but properly demonstrate them, using correct form. Now, thanks to FHN, I will be better able to help my clients reach their personal best…and reach my own as well.”

**Planning For a Strong Future**

Jeff plans to continue his CrossFit regimen, aiming to compete in the CrossFit games in 2016. He also has an inspired daughter, Alicen, who is an Olympic lifter and is trained by him. In fact, the twenty-one year old weightlifter has found success competing both nationally and internationally. Although most athletes don’t aspire to compete at that level, Jeff knows that many will still find themselves battling an injury that hinders their fitness or their enjoyment. For them, he has this advice: “Athletic training is a wonderful hobby that can improve your overall health and increase both your physical endurance and your mental stamina. But like in most worthwhile pursuits, sometimes things can go wrong. If you’re facing an orthopaedic challenge, talk to FHN. Chances are they can help you heal, and ultimately perform to your full potential.”
Each holiday season, organizations from across northwest Illinois compete for prize money in the FHN Community Festival of Trees at the Freeport Public Library. Make sure you get to the library starting Sunday, Dec. 7 to see this year’s entries, and remember to vote for a People’s Choice winner through Saturday, Dec. 20. This year, we want to see YOUR holiday spirit, too! Share a photo of your holiday decorations here, and vote for your favorite.

THREE ENTRIES WILL WIN CASH PRIZES:
First Prize: $250   Second Prize: $150   Third Prize: $75

HERE’S HOW TO ENTER:
1. Take a photo of your family’s holiday decorations - either inside the house or outside.
   You can also access the contest through a link at the top of our website, www.fhn.org or by scanning the QR code at right.
   The submission period ends Friday, December 26.
3. Share your entry and encourage your friends and family to vote! Voting ends Tuesday, December 30.

All photos that get at least 5 votes will be entered into a random draw, and we’ll choose and announce winners December 31. Good luck!

Not Feeling So Merry This Holiday?

Remember Your Rights This Holiday Season

You have the right to …

• Take care of yourself
• Feel mixed-up emotions around the holidays
• Spend time alone, relaxing and reflecting
• Say “no” to party invitations if you choose
• Ask for help and support from others
• Say “no” to alcoholic beverages and seconds on dessert
• NOT ride with a drunk driver
• Give gifts that are within your budget
• Smile at angry salespeople and rude drivers
• Enjoy your holiday the way you want

If you need help dealing with personal and life stresses this holiday season, talk to a family member, friend, a clergy member or a counselor. Same-day crisis appointments are available at FHN Family Counseling Center in Freeport (815-599-7300) and Galena (815-777-2836), and help is always available through CONTACT (815-233-4357).
After weeks of merry making, holiday partying, and good cheer, how will you greet the new year? Did you answer that question with some variation of the dreaded D-word – *diet*? Or maybe that other New Year’s favorite – *exercise*? You’re not alone. Losing weight was the top New Year’s resolution for 2014, but according to Forbes, just 8 percent of people actually keep that resolution.

This year, instead of thinking about **limiting** calories and **requiring** exercise, resolve to **give** yourself the gift of good health!

Instead of dieting, treat your body to the good, nutritious food it really wants. Use the USDA’s MyPlate as a guide, and make half your plate fruits and vegetables, balanced out with lean proteins and grains.

This isn’t a “diet,” so no food is off limits. Let’s face it, cake happens. The key is to enjoy a little bit of cake – after you’ve given your body the nutritious stuff it needs.

The USDA offers some other good tips for choosing the right foods:

- Switch to skim or 1 percent milk.
- Make at least half your grains whole.
- Cut back on foods high in solid fats, added sugars, and salt
- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what’s in your food.
- Write down what you eat to keep track of how much you eat.

**Set No-Limits Resolutions for the New Year**

this year, instead of thinking about limiting calories and requiring exercise, resolve to give yourself the gift of good health!

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This isn’t a “diet,” so no food is off limits.

Now, how about exercise? Let’s follow the “no limits” theme and say that you don’t have to limit your exercise to sit-ups, push-ups, jumping jacks or even hours on the treadmill or exercise bike. Sure, these are good ways to get exercise, but they can get boring.

The American Heart Association says that walking for as few as 30 minutes a day provides heart health benefits. Think of ways you can incorporate movement into every day.

You don’t have to commit to walking to and from work – try just parking a few rows back and walking the extra steps every day. Take the stairs instead of the elevator. If you need to talk to a co-worker, walk over to his or her workspace instead of emailing or messaging.

At home, if you’re watching TV or a movie with the family, make it a point to get up and move during commercials. Do a quick living room clean-up, grab a glass of water from the kitchen, or play with the dog or cat for a few minutes. If you’re moving around during the commercial breaks on one hour-long TV show, you’ve added about 15 minutes of activity to your day!
No-Limits Resolutions for the New Year

De-Stress

Stress is a familiar holiday theme for many of us – it seems like there’s never enough time to get everything done! For too many of us, the holiday season seems to go by in a flurry of shopping, wrapping, cooking, and baking, and then your family wakes up one morning, rips up a bunch of paper, and it’s over?!

Most of us carry that stress over into the new year, as well, with work deadlines and getting the kids back to school and ackkkkkkkkkkk! — now I have to cook healthy meals and move my body around to stay healthy?!

OK, take a deep breath. Feel better? You’re on your way to stress relief already. Stopping for a moment to take a deep breath and adjust your focus is a good way to handle a stressful situation.

Here are some other tips:

• A quick walk can give you the time to settle down a bit and the exercise releases endorphins, which make you feel better.
• Have a laugh – if you’re having a rough day at work, try thinking of a joke or looking at a funny photo. Even just a smile can make you feel better.
• Take time for yourself. Your past month has been all about creating the perfect holiday. Take some time to enjoy something just for you, whether it’s a nice cup of tea and a magazine, a yoga class or a game of solitaire.

Take Care of Your Health

When was your last checkup? Adults up to age 50 should see their healthcare provider for a thorough physical examination every 1 to 3 years, depending on individual risk factors. (If you have high blood pressure, for example, you’ll likely have more frequent checkups to ensure that your medication is working.) If you’re over 50, your provider will probably want to see you at least once a year.

A complete exam also varies according to your age and gender, so talk to your healthcare provider to find out what tests you need, and when. And don’t neglect your eyesight and dental health; you should have your vision checked every 2 – 4 years and your teeth cleaned and checked every 6 months.

Both insurance through the Affordable Care Act and many private health plans cover many preventive services like screenings and checkups. If you need to find a primary healthcare provider to help you work toward your best health, call the FHN referral line toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 939. And Happy New Year!
Big Brothers Big Sisters
Make a Resolution to Make a Difference

More than half of the United States population will make a New Year's resolution for 2015. The goal of making a resolution is to ultimately better your life. Achieving a goal can be one of the best feelings in the world, but achieving a goal as a team can be even more rewarding.

Big Brothers Big Sisters of Northwest Illinois, a program of FHN Family Counseling Center, is a mentoring program that matches adult volunteers (Bigs) with youth (Littles) aged 6 to 18. Bigs provide Littles with individualized time and attention on a regular basis in an effort to enhance each youth’s ability to reach their potential.

“We partner with parents, guardians, volunteers, and others in the community to help youth achieve higher aspirations, greater confidence, and better relationships to avoid risky behaviors and have educational success,” says Cherie Rucker, community educator and case manager for Big Brothers Big Sisters of Northwest Illinois, a program of FHN Family Counseling Center.

There are two different types of matches within the program — community-based and site-based. Community-based matches spend time outside of school doing activities aimed to improve the child’s levels of competence, confidence, and caring. Site-based matches spend one-on-one time together one hour a week during the school year to focus on academics.

“Many Littles have said that it is nice to have someone to talk to and get advice from besides a parent or teacher,” Rucker says. “The Bigs have fun seeing the improvements their Littles make, in one area or another, since they started spending time with them.”

Big Memories

As a parent, Ron Slade of Freeport always felt it was important to be involved in his children’s lives, whether it was school, sports or different hobbies. Once his children were grown up, he was approached with an opportunity to volunteer with Big Brothers Big Sisters.

“I was asked if I had ever thought of getting involved with the program, and they told me about a young man in first grade who needed a match,” Ron remembers. “I told them that I was old enough to be his grandfather, rather than a big brother!”

Ron decided to become a Big Brother and was matched with Dylan Norton. They spent their time together hanging out, talking, and playing sports at the YMCA.

“I have plenty of memorable moments with Ron,” Dylan says. “Starting from the first day we met to even today, as I attend Lane College in Jackson, Tennessee.”

Ron and Dylan finished the program in 2013, when Dylan graduated from Freeport High School. The two built an amazing relationship over the past 14 years that continues to grow today. Even though Dylan moved away to attend college, the bond they built through the Big Brothers Big Sisters program remains strong.

“My wife and I recently traveled to Atlanta and we stopped at Lane College and had a great dinner with him,” Ron says proudly. “I am happy to see the young man he has become. He has continued his education, developed a strong work ethic, and some day he will be a great citizen for his community.”

“The best part about being in the program was that I knew that someone was there for me,” Dylan says. “I have really been thinking about becoming a Big Brother in the future so I can have the same impact on a Little that Ron had on me.”

CONTINUED ON PAGE 9...
With the news of the Ebola patients in Dallas and New York, FHN immediately implemented processes to safely manage any potential Ebola patient.

To identify patients at risk, a screening questionnaire was developed to ask patients if they had traveled to any countries experiencing outbreaks as well as if they were experiencing any of the symptoms of the disease. So if you have been asked these questions when setting up appointments or arriving for one in recent weeks, that’s why!

In less than three weeks, more than 500 staff members throughout the office practices and hospital received two hours of intensive training on how to put on and take off protective gear to ensure the safety of the patient as well as themselves. Training also included how to safely isolate anyone who might present a risk to others.

An internal task force continues to meet regularly to review updates from the Centers for Disease Control (CDC) and other national and international sources and monitor FHN’s preparedness. Information is regularly shared between FHN and other local entities with responsibilities in this area, such as the Stephenson County Health Department, local police, and other emergency responders.

As a reminder, while we are well-prepared, the actual risk of encountering Ebola here in northwest Illinois is very, very small. In addition, people are not contagious until their symptoms are obvious, and very specific contact must be made with a person for the disease to be transmitted. There is a far greater risk in becoming seriously ill from seasonal flu and other very highly contagious diseases such as enterovirus D68 and even the common cold. We’re also well-prepared to diagnose and treat these illnesses, and take this opportunity to stress the importance of remembering to practice safe social skills during cold and flu season. Stay healthy!

Keep Your Germs to Yourself

Getting immunized against influenza is your best shot at staying healthy this season, but the Centers for Disease Control has some additional tips for good health:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

A Big Impact

When making a New Year’s resolution, the main goal is to make positive changes in life for the better. Making a positive impact on someone else’s life can make a positive impact on your own. With the Big Brother Big Sister program, you won’t be alone in achieving your New Year’s resolution.

“When a Little is spending time with a Big, they have an additional friend in their life who is there to help guide them in a positive direction,” says Cherie. “It provides a rewarding feeling because of the commitment as a community volunteer and making a positive difference in someone’s life.”

If you’d like to become a Big Brother or Big Sister and have a positive impact on a child’s life, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 904 today.
Getting older is a wonderful gift, but it brings about change and can also mean new challenges.

FHN’s Top 50 Program is a free service providing guidance and services to people over 50.

The Top 50 Program provides information on health, wellness, prevention, and stress management and holds regular health screenings for the public. The previous coordinator of the program, Sara Jane Wise, built the program over many years. When she recently retired, local nurse Jackie Roach became FHN’s Community Health Coordinator and the leader of the Top 50 Program.

“Sara Jane Wise left me very big shoes to fill, because she did it for such a long time and was passionate about her work,” Jackie says. “She is very well known and has built amazing relationships with community members.”

**Nursing’s in Her Blood**

Jackie entered the position as no stranger to healthcare or FHN. As a child growing up in nearby Sterling, Ill., she always saw herself following her mother’s footsteps and becoming a nurse.

“My mother was a nurse and I remember that since I was little, a nurse is all I ever wanted to be,” Jackie says.

After graduating high school, she moved to Freeport and attended Freeport Memorial Hospital School of Nursing. She received her degree in 1976, and has been a nurse for 38 years. Jackie specializes in long-term care, so she is very comfortable working with older patients. That experience has made her transition to coordinator of the Top 50 Program a very welcome one.

“I have been doing this for six months now, and it has been wonderful,” Jackie says. “I enjoy learning the routine, speaking with different organizations and building relationships.”

She speaks at many different community organizations, health centers, and nursing homes to discuss current trends, topics and options that people have when they are seeking healthcare. She also collaborates with other FHN representatives to set up presentations in surrounding communities.

Every fall, the Top 50 Program offers public flu shot clinics throughout northwest Illinois. It’s one of the program’s most well-known – and well-attended – offerings. This year, Jackie coordinated 29 flu immunization clinics in Stephenson, Winnebago, Carroll, and JoDaviess counties.

**Top 50 Screenings**

Flu prevention and education is important, but Jackie stresses that common knowledge of general health is just as significant. The Top 50 Program offers a full slate of free screenings that allow people to keep track of some very important information, like blood pressure, blood sugar, and cholesterol levels. Many screenings offer checks of height, weight, and body mass index as well.

“Some of these screenings can provide us with vital information or alert us to symptoms that may otherwise go unnoticed,” Jackie says. “You may have diabetes or blood pressure without any symptoms at all, so this is a great way to monitor that and stay ahead of any issues that may present themselves later on.”

If you’d like more information on the FHN Top 50 Program, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 921.
The Gift of Good Health…all year long.

Feeling healthy and strong is important to Santa and his “helper,” Mel Lafferty, no matter what the season. So when Mel had unexplained bleeding and low blood pressure late last fall, his wife, Norma, called 911. Paramedics came quickly. **Mel was taken to the ER for testing and then transferred to the Intensive Care Unit (ICU) where he was stabilized.**

His prompt prognosis came from Dr. Vivek Mehta: Mel had a bleeding ulcer. It was carefully cauterized and after several days at the hospital, Mel was released to go home. Not one to sit around, this spirited 90-year-old was soon helping Santa at FHN’s community tree lighting and assisting the jolly old elf at Freeport Public Library’s Santa Visits.

“I love helping Santa and thanks to FHN, I was able to do so in short order,” Mel declares. “The hospital staff was knowledgeable, professional, experienced, and so nice! Everyone worked well together and knew just what they were doing. Transitions from shift-to-shift and department-to-department were perfectly smooth. The nurses were fantastic, especially in the ICU. I can’t compliment FHN enough for their excellent care and compassion. I just had marvelous service.”

When not helping Santa, Mel collects coins, stamps, and German steins, and trades stories with his son, Stephen. “Every day is a pearl,” Mel muses. “I am grateful to enjoy life and thank FHN for their role in my health. We are lucky to have such a first-class facility in Freeport.”

*If you think health problems are nothing to ho, ho, ho about, trust FHN with your healthcare needs. Call 1-877-6000-FHN (1-877-600-0346) ext. 982…and unwrap the gift of great healthcare.*

Or visit us at www.fhn.org.

www.fhn.org
Thank you! FHN would like to thank the following generous donors who contributed to the FHN Festival of Trees Money Lisa Casino silent auction. Your generosity helped us raise funds for the FHN Foundation, which promotes exceptional health and healthcare today and for future generations, and for the Freeport Art Museum.

9 East Coffee
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Insight

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We’re here, for you.

FHN

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October: The Art of Women’s Health at the Freeport Art Museum

Jessica Ward, RN, Teresa Muggler, LPN, Michelle Allen, RNC, BSN, Carrie Luedeking, BSN, and Melissa Kluge, LPN.