Center for Wound Healing at FHN: Healing Rates, Times Among Best in the Nation

FHN Exclusive: Truly Flexible Schedules for Nurses

Drive-Through Flu Shot Clinics
Fall is Busy at FHN

Fall is a busy time all over northern Illinois, and that’s true for the FHN family, too. We’re planning for 2019, getting ready for flu season, antic-ipating a wonderful holiday season, getting started on all of our Festival of Trees activities, and working with local schools in a number of ways from supporting their events to providing health-related activities and classes. So we’re busy indeed doing well for our communities and delivering excellence!

One of our busy professionals, Tracy Love, CNL, RN has been named the Illinois Rural Health Professional of the Year for 2018. This is quite an honor, as only one individual in the state receives this honor each year. You can read all about the great contributions Tracy has made to our stroke care program and team which led to her earning this recognition—congratulations, Tracy! We’re very proud of you!

Speaking of nurses, in this issue of INSIGHT, we highlight several new opportunities for worklife balance for RNs at FHN. We’re the first in northern Illinois to offer several of these, and are looking forward to welcoming new nurses to our hospital and offices as a great place to work and be supported in caring for our families and friends. Also, speaking of new healthcare providers, we are delighted to welcome Dr. Keith Martin back to FHN. Dr. Martin, who was with FHN from 1997 to 2002, will see Obstetrical patients as a member of our women’s health team at FHN Specialty Care – Harlem Avenue.

In this issue you’ll also read about our state-of-the-art Center for Wound Healing, and you’re invited to an open house there in November. Elsewhere, we’ll be doing flu shots again this year, so make a calendar note to just drive through, get your shot, and be on your way. We’re highlighting a number of gifts to the FHN Foundation and how they were raised—please remember the Foundation as you consider any year-end charitable contributions as we are grateful for any gift to help us provide care. I am very excited that we’ve unveiled our new website, too—take a look at www.fhn.org and find out anything you need to know about FHN more easily than ever on any internet-capable device.

We’re looking for experienced RNs for hospital positions in our Emergency Department, Intensive Care Units, Telemetry, MedSurg, and OB/Birthing Center Units. Depending on the program, along with the fantastic, sought-after benefits listed above, these RNs will be offered BSN pay, certification pay, Professional Nurse Practice Program (Advancement Program) pay, shift differential, first-day benefits, educational assistance, and so much more.

We’re here, for you.

Check out what a few of our nurses have to say about working at FHN:

“i’m a registered nurse on a Medical/Surgical unit, and i’ve been with FHN for 14 years. i love the connection i get to build with the patients and their families. i enjoy working with the providers and patient care team to provide high-quality care to the community we serve. we care for our patients as if they are our own family members.”

FHN offers many opportunities for career advancement with scholarships and education assistance to help foster the growth of future healthcare professionals. In addition, FHN is very flexible to help with the blend of work and our personal lives.

“I love being able to educate others, whether it be patients, family, friends, or staff. As nurses, we have a voice and are able to bring forth new ideas, and implement them. FHN supports education and growth—I have been able to obtain my BSN and am currently working on my MNP. FHN has a lot of focus on the community which is important to me because I am a Freeport native and have lived here my entire life. I love volunteering at the different activities that FHN supports within the community.”

“I have worked at FHN for over 20 years, and I love being a part of a small community hospital. FHN has the greatest, most friendly staff who work together to provide the best patient care.”

We look forward to hearing from you soon!
YOU DON'T HAVE TO LIVE WITH WOUNDS

Expert Care for Faster, More Complete Healing

Wounds can be a serious complication for people who have diabetes, poor circulation or other chronic diseases. We understand how difficult it is to live with a wound that won't heal: The constant pain, the battle against infection and the fear of losing a limb are all of great concern. It can be an uncertain and often discouraging outlook for you, as well as your loved ones. The providers and staff at The Center for Wound Healing at FHN can assist you in getting back to living your life the way you want in the shortest time possible.

Wounds that may require specialized care include:
- Burns
- Skin infections
- Neuropathic diabetic ulcers of foot, leg or other areas of the body
- Perforating skin irritations
- Bone infections
- Pressure ulcers
- Venous ulcers
- Radiation-related wounds
- Crush injuries
- Wounds resulting from treatment
- Traumatic wounds
- Vasculitis

The Center for Wound Healing at FHN offers many options for wound care. Your wound care specialist will customize a treatment plan that will enable the quickest and most complete healing of the wound.

Your treatment plan may include any thing from standard wound care practices to advanced clinical approaches, including wound care products, dressings, antibiotics, skin grafting and/or hyperbaric therapy to augment your body's healing process.

The special therapies used at the Center for Wound Healing at FHN achieve some of the best healing rates and fastest healing times in the nation. Currently, the Center for Wound Healing at FHN has a 100% healing rate in an average of 42 days. For our patients’ convenience, the Center for Wound Healing at FHN has extended hours on Tuesdays and Thursdays—we are open until 6 p.m.

For more information or to schedule an appointment at The Center for Wound Healing at FHN, please call us toll-free at 1-877-600-0346 or visit www.fhn.org.

Welcome Back!
Martin, Smith Join FHN Women's Healthcare Team

Some familiar faces are back at FHN, and our patients couldn’t be happier! Ob/Gyn physician Keith Martin, MD, and women’s health nurse practitioner Sara Smith, WHNP-BC, are now seeing patients at FHN Specialty Care—Harlem Avenue in Freeport.

Dr. Martin will split his time between seeing Ob/Gyn patients and serving as FHN Chief Medical Officer.

Dr. Martin cared for Ob/Gyn patients at FHN from 1997-2002, when he opened Highland Women’s Care in Freeport as a private practice. The practice joined The Monroe Clinic in 2008, and Dr. Martin continued to care for patients there until 2015, achieving Master Surgeon status for gynecological robotic-assisted surgery.

Since 2015, he has served as Vice President, Chief Medical Officer at CGMH Medical Center and Clinics in Sterling. In that role, he successfully implemented a system-wide initiative called “Culture of Caring” to preserve the important relationships with and between patients and staff.

Dr. Martin earned his medical degree from the University of Health Sciences/The Chicago Medical School in North Chicago and completed his Ob/Gyn residency at Oakwood Hospital in Dearborn, Mich. He has served as an Assistant Clinical Professor in the department of Ob/Gyn at the University of Wisconsin Medical School; as an Advisory Council member for the American Congress of Ob/Gyn Illinois Section; and a Board Advisory Member for the Illinois Breast and Cervical Cancer Program at the Illinois Department of Public Health. He has also served as a member of the Board of Directors for both the Northern Illinois Health Plan and the Stephenson County Health Department.

Dr. Levine joins the FHN Vein Center

Toni Levine, MD, has retired from the practice of otolaryngology at the Stephenson Street Specialty Clinic but she hasn’t left FHN: We’re pleased to welcome her to the FHN Vein Center! Dr. Levine has joined Drs. Rafael Castro and Martin Urban at the FHN Vein Center located in FHN Memorial Hospital. Dr. Levine is a Fellow of the American College of Surgeons and has been in practice at FHN for over 11 years.

The Vein Center currently offers three minimally invasive procedures for the treatment of vein problems: Endovenous laser ablation, phlebectomy, and sclerotherapy. Recovery after these procedures is faster than you might think. Many patients return to work the next day. Non-cosmetic treatments are usually covered by insurance, including Medicare.

If you are experiencing heaviness, pain, or tiredness in your legs, talk to your provider or contact the FHN Vein Center at 815-599-7750 (8346) to schedule a free screening.

Board-Certified Women’s Healthcare Nurse Practitioner Sara Smith has cared for patients in collaboration with Dr. Martin for many years. She has more than 15 years of experience in caring for women and has a special interest in adolescent health, nutrition, and obstetrics.

Sara earned a master’s degree and certification as an advanced practice nurse and certified women’s health nurse practitioner at the University of Illinois at Chicago. She also holds a bachelor’s degree in nursing from University of Illinois at Chicago and an associate’s degree in nursing from Trinity College of Nursing in Moline, Ill.

As a board-certified women’s healthcare nurse practitioner, Sara can provide the full scope of obstetrical and gynecological care for her patients.

She began her nursing career at what was then Freeport Memorial Hospital and has cared for patients at the Community Clinic of Northwest Illinois, Highland Women’s Care – Monroe Clinic in Freeport and most recently at CGH Medical Center in Sterling.

Call FHN Specialty Care – Harlem Avenue at 815-599-7750 for more information or to make an appointment with Dr. Martin or Sara Smith.

Learn about the care options available for chronic wounds, tour our facility, and meet our experts!

Open House
5:30 – 7 p.m.
Wednesday, November 7

The Center for Wound Healing at FHN inside FHN Specialty Care - Stephenson Street, 11006 W. Stephenson Street, Freeport
Your Best Bet for Good Health

Drive-Through, Walk Up—There's No Excuse Not to Get Your Flu Shot!

Getting a flu shot each year is one of the best things you can do to keep yourself and your family healthy. Now, FHN is making it easy and convenient, too!

We're holding two drive-through flu shot clinics in Freeport: We'll assist you in filling out the paperwork and paying for your immunization, and a nurse will administer the shot, so you won't have to leave the car!

"We wanted to make it easy for everyone to get their flu shot," says FHN Infection Preventionist Margie Kochmeier, MSN RN CMRSN CIC. "If someone you love has mobility issues, you can skip the hassle of getting out of the car for a provider visit or flu shot clinic. Anyone over the age of 18 can get their flu shot at our drive-through clinics, so bring them along, and you both can get your shot!"

The drive-through flu shot clinics will be held at the FHN Family Healthcare Center–Burchard Hills at 1010 W. Fairway Drive in Freeport:

- 8 – 10 a.m. Saturday, September 29
- 4 – 6:30 p.m. Wednesday, October 3

For more information on FHN's curbside flu shot clinics and other community flu shot clinics, visit www.fhn.org.

Have You Checked Out the New FHN.org?

If you haven't visited our website in a while, you're in for a surprise! We debuted a new, easy-to-use and mobile-friendly website just after Labor Day, in time for the inevitable schedule crush that comes with fall. We’ve made it easier than ever to find a provider, find your way around FHN Memorial Hospital, find our free symptom checker and even find help in managing your and your family's health!

The new FHN.org is mobile-friendly, so if you're looking up your provider, directions to his office or a phone call to her nurse is just a click away. Scroll through our calendar and when you find a program that interests you, simply click to register. And of course, you can get to MyFHN from anywhere on the site.

Take a look around the new FHN.org—we think you’ll like what you see!

Drive Through Flu Shot Clinics

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>FHN Family Healthcare Center – Burchard Hills</td>
<td>8 – 10 a.m.</td>
<td>September 29</td>
<td>1010 W. Fairway Drive, Freeport</td>
</tr>
</tbody>
</table>

Flu Shot Clinics

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<tr>
<td>Adult-only is $28 (quadrivalent for adults under age 65) or $62 (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 (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.</td>
<td></td>
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</tr>
</tbody>
</table>

Good Shepherd Lutheran Church
noon – 3 p.m. October 8
118 E. Mason Street, Lena*

Mest Manor
1 – 3 p.m. October 9
525 3rd Street, Savanna

Carroll County Senior Center
9 a.m. – noon October 12
306 N. Main, Mount Carroll

First Lutheran Church
10 a.m. – noon October 14
301 S. Clay, Mount Carroll

Golden Meadows
9 a.m. – noon October 16
524 W. Stephenson Street, Freeport – rear entrance

Lena Living Center
9:30 – 10:30 a.m. October 19
1010 S. Logan, Lena

State Bank
3 – 6 p.m. October 19
215 S. Main, Pearl City

Wesley Chapel, Bethel UMC
10 a.m. – noon October 23
201 S. Hickory Street, Shannon

Liberty Village Estates
10:30 – 11:30 a.m. October 25
2080 Navajo Drive, Freeport

State Bank
2 – 4 p.m. October 26
1718 Dick Drive, Freeport

Oakley Courts
9 – 11 a.m. October 30
3117 Kunkle Boulevard, Freeport

Lake Summerset office
9 – 11:30 a.m. November 1
1202 Lake Summerset Road, Davis ♥

Sullivan's Foods
1 – 3 p.m. November 2
201 Dodds Drive, Lena

Sullivan's Foods
4 – 6 p.m. November 2
103 W. North Avenue, Stockton

St. John's Lutheran Church
10 a.m. – noon November 4
229 S. First, Pearl City

Fitness Lifestyles
9 a.m. – noon November 5
641 W. Stephenson, Freeport

St. John's Lutheran Church
9 a.m. – noon November 6
625 County Lane, Lena ♥

State Bank
1 – 3 p.m. November 7
100 W. Route 75, Davis

Sullivan's Foods
3 – 6 p.m. November 8
2002 W. Galena Avenue, Freeport

Carroll County Senior Center
9 a.m. – noon November 9
306 N. Main, Mount Carroll ♥

Sullivan's Foods
9 – 11 a.m. November 10
217 Chicago Avenue, Savanna

Faith United Methodist Church
8 – 10 a.m. November 11
1440 S. Walnut, Freeport

Sullivan's Foods
1 – 3 p.m. November 14
101 E. Hickory 64, Mount Morris

Carroll County Senior Center
9 a.m. – noon December 5
306 N. Main, Mount Carroll ♥

* Indicates a site with a free blood pressure screening.
♥ Indicates a site that is part of a Parkinson's Support Group meeting
Support Groups

<table>
<thead>
<tr>
<th>Group</th>
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<tr>
<td>Memory Cafe*</td>
<td>1–3 p.m.</td>
<td>September 27</td>
<td>Senior Resource Center, 216 E. Stephenson Street, Freeport</td>
</tr>
<tr>
<td>Adult Diabetes Support Group*</td>
<td>1–2 p.m.</td>
<td>October 2</td>
<td>FHN Memorial Hospital Globe Room – Lower Level</td>
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<td>Managing Early Grief: The First Nine Months After a Loss</td>
<td>6–8 p.m.</td>
<td>October 10 - October 14</td>
<td>FHN Hospital, 773 W. Lincoln Boulevard, Suite 403, Freeport</td>
</tr>
<tr>
<td>Living Through Grief*</td>
<td>6–7:30 p.m.</td>
<td>October 10 - November 12</td>
<td>FHN Memorial Hospital California Dining Rooms – Lower Level</td>
</tr>
<tr>
<td>The First Steps Grief Support Group*</td>
<td>10–11:30 a.m.</td>
<td>October 16 - November 16</td>
<td>FHN Memorial Hospital California meeting rooms – Lower Level</td>
</tr>
<tr>
<td>Perinatal Loss Support Group*</td>
<td>10–11:30 a.m.</td>
<td>6:30–8 p.m.</td>
<td>October 16 - November 15</td>
</tr>
<tr>
<td>Adult Diabetes Support Group Holiday Party</td>
<td>1 – 2 p.m.</td>
<td>November 6</td>
<td>FHN Memorial Hospital Globe Room – Lower Level</td>
</tr>
<tr>
<td>Parkinson's Support Group Pot Luck Luncheon*</td>
<td>1:30–2:30 p.m.</td>
<td>November 12</td>
<td>Good Shepherd Lutheran Church, 119 E. Mason Street, Lena</td>
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**No cost or registration required; open to the public.**

**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. We hope you’ll take advantage of some of these free, quick chances to “check up” on your health!

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**Blood Pressure Screenings**

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<tbody>
<tr>
<td>Salvation Army</td>
<td>9 a.m.–noon</td>
<td>September 27 - October 25</td>
<td>106 W. Exchange Street, Freeport</td>
</tr>
<tr>
<td>Gospel Outreach Food Pantry</td>
<td>9–11 a.m.</td>
<td>October 6 - November 3</td>
<td>211 W. Spring Street, Freeport</td>
</tr>
<tr>
<td>Golden Meals</td>
<td>10:30 a.m.–noon</td>
<td>October 9 - November 16</td>
<td>524 W. Stephenson Street, rear entrance, lower level, Freeport</td>
</tr>
<tr>
<td>Liberty Village Estates</td>
<td>10:30–11:30 a.m.</td>
<td>October 10</td>
<td>2140 Naujo Drive, Freeport</td>
</tr>
<tr>
<td>St. John’s Lutheran Church</td>
<td>12:30–1:30 p.m.</td>
<td>October 10 - November 6</td>
<td>625 Country Lane, Lena</td>
</tr>
<tr>
<td>Joseph’s Pantry Faith Center</td>
<td>4–6 p.m.</td>
<td>October 16</td>
<td>203 W. Pyreset, Freeport</td>
</tr>
<tr>
<td>New Jerusalem Church of God</td>
<td>11 a.m.–1 p.m.</td>
<td>October 18</td>
<td>4 E. Inquistis, Freeport</td>
</tr>
<tr>
<td>Pecatonica United Methodist Church Food Pantry</td>
<td>10 a.m.–noon</td>
<td>October 20</td>
<td>528 Washington Street, Pecatonica</td>
</tr>
<tr>
<td>Mt. Calvary Church of God in Christ</td>
<td>10 a.m.–noon</td>
<td>October 27</td>
<td>420 Challenge Street, Freeport</td>
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**Support Groups**

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<tr>
<td>Talk: Flu or Cold?*</td>
<td>1–2 p.m.</td>
<td>September 30</td>
<td>Prairie View Assisted Living, 500 E. McNair Road, Winnebago</td>
</tr>
<tr>
<td>Health Fair*</td>
<td>8 – 10 a.m.</td>
<td>October 3</td>
<td>FHN is proud to provide information on good health at this event, sponsored by Shoppo.</td>
</tr>
<tr>
<td>Walk to Remember*</td>
<td>1 p.m.</td>
<td>October 7</td>
<td>FHN Memorial Hospital Globe Room (Lower Level), 1045 W. Stephenson Street</td>
</tr>
<tr>
<td>Community Health Forum: Negotiating the Healthcare System*</td>
<td>6:30 p.m.</td>
<td>October 10</td>
<td>FHN Public Library, 101 E. Douglas Street, Freeport</td>
</tr>
<tr>
<td>Senior Expo*</td>
<td>8:30 a.m.–noon</td>
<td>October 11</td>
<td>Eagles Club, 120a Galena Avenue, Freeport</td>
</tr>
<tr>
<td>A Slice of Time – and Pizza – Just For You!</td>
<td>10 a.m.–2 p.m.</td>
<td>October 27</td>
<td>Cub Foods parking lot, 1512 S. West Avenue, Freeport</td>
</tr>
<tr>
<td>FHN Volunteers Present a Uniform Sale</td>
<td>7 a.m.–7 p.m.</td>
<td>October 29</td>
<td>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport</td>
</tr>
<tr>
<td>Oie Time Christmas Craft Show</td>
<td>7 a.m.–5 p.m.</td>
<td>November 1</td>
<td>FHN Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport</td>
</tr>
<tr>
<td>Community Health Forum: Medical &amp; Recreational Cannabis*</td>
<td>6:30 p.m.</td>
<td>November 13</td>
<td>FHN Public Library, 101 E. Douglas Street, Freeport</td>
</tr>
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*No cost or registration required; open to the public.**

**HERE’S LOOKIN’ AT YOU, KID ...**

We’re giving Freeport’s Grand River Hall a Moroccan makeover for an elegant evening at Rise! For this year’s FHN Festival of Trees Gala! Join us for a Casablanca-themed night at the casino featuring delicious hors d’oeuvres, drinks, casino games, music and a silent auction to help you kick off your holiday shopping. Mark your calendar for Friday, Nov. 16! Proceeds from this year’s Gala will benefit the FHN Family Counseling Center.

www.fhn.org
Training and Education

<table>
<thead>
<tr>
<th>Class</th>
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<tbody>
<tr>
<td>Breastfeeding Class</td>
<td>7–9 p.m.</td>
<td>October 2</td>
<td>FHN Memorial Hospital, 1045 W. Stephenson Street – Conference Dining Room. Instructor is Annette Grunfeld. Registration is required; for more information or to register, call 815-599-6221.</td>
</tr>
<tr>
<td>BLS for Healthcare Professionals</td>
<td>9 a.m. – Noon.</td>
<td>October 6</td>
<td>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 hours, which includes BLS provider manual and certification card valid for 2 years. Open only to healthcare professionals; registration is required. Call 815-599-6170 or email <a href="mailto:coed@fhn.org">coed@fhn.org</a> for more information or to register.</td>
</tr>
<tr>
<td>FHN Hospice Training</td>
<td>2:30–5:00 p.m.</td>
<td>#7 – October 8</td>
<td>FHN Hospice Office, 773 West Lincoln, Freeport Final session sessions. Free training provided by FHN Hospice for anyone interested in becoming a hospice volunteer. There is no obligation to volunteer, however those who wish to volunteer must attend all 7 sessions. For more information, call toll-free 1-877-690-3241, ext. 960.</td>
</tr>
<tr>
<td>Diabetes Education Class</td>
<td>1–4 p.m.</td>
<td>Part 1 – Oct. 10; Part 2 – Oct. 11</td>
<td>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Series of two classes. Classes are available only through physician referral and there is a change to participate. call 815-599-6253 for more information.</td>
</tr>
<tr>
<td>Stop the Bleed</td>
<td>5:30–7:30 p.m.</td>
<td>October 11</td>
<td>FHN Hospice Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport Nationally-recognized program designed to teach non-medical people the importance of stopping hemorrhage in a trauma situation. Course is 25 hours, which includes a Stop the Bleed kit (tourniquet, bleeding control supplies, gloves, and instructions). Open to the public, registration is required. For more information or to register, call 815-599-6710 or email <a href="mailto:coed@fhn.org">coed@fhn.org</a>.</td>
</tr>
<tr>
<td>FHN Hospice Training</td>
<td>5:30–8:00 p.m.</td>
<td>#1 – October 15; #2 – October 22; #3 – October 29; #4 – November 5; #5 – November 12; #6 – November 19; #7 – November 26</td>
<td>FHN Hospice Office, 773 West Lincoln, Freeport Free training provided by FHN Hospice for anyone interested in becoming a hospice volunteer. There is no obligation to volunteer, however those who wish to volunteer must attend all 7 sessions. For more information, call toll-free 1-877-690-0346, ext. 960.</td>
</tr>
<tr>
<td>Heartsaver® First Aid, CPR &amp; AED</td>
<td>6 a.m. – 4:30 p.m.</td>
<td>November 3</td>
<td>FHN Memorial Hospital, lower level, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach members how to perform high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use in adults, children, and infants. The course is 8 hours, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6710 or email <a href="mailto:coed@fhn.org">coed@fhn.org</a> for more information or to register.</td>
</tr>
<tr>
<td>Sibling Class</td>
<td>6:30–7:30 p.m.</td>
<td>November 7</td>
<td>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wilgus. Registration required; for more information or to register, call 815-599-6221.</td>
</tr>
<tr>
<td>Prenatal Class</td>
<td>5–9 p.m.</td>
<td>November 20</td>
<td>FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport – Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Registration is required; call 815-599-6221.</td>
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MyFHN On The Go – There’s an App for That!

With our new MyFHN app, you can easily access your healthcare information on your smartphone any time! You can choose to log in using the website too, but if you’d like to take advantage of functionality designed just for your phone or tablet, just follow these simple steps:
1. Search for the MHealth app in the Google Play or Apple App store.
2. Select the MHealth app (there are multiple MHealth apps).
3. “Allow” MHealth to access your location – this will give you a selection of patient portals near you, and MyFHN will be one of them.
4. Choose the FHN/MyFHN Portal and download it – it will now appear as an icon on your smartphone.
5. Anytime you want to access MyFHN through the app, just log in with the same username and password set up for the online version of MyFHN.

Thanks for choosing MyFHN!

A Beautiful Promise Kept

Giving Cancer Patients the Gift of Time

In late 2012, Paul Holz decided to honor his wife, Shirley, and their family with a $2,200 pledge to the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. His pledge gave him naming rights for a bench, two trees, and two memorial bricks in the Center’s Healing Garden. Paul recently completed his bi-annual payments to the FHN Foundation, fulfilling his pledge, and we’re so grateful for his generosity! Supporting the Cancer Center is important to Paul and his family: His beloved wife, Shirley, was diagnosed with cancer in April 1987. Because she had lost a younger sister to breast cancer, they took the diagnosis very seriously. Shirley received radiation treatment at a facility in Madison, Wis., so Paul and Shirley spent a considerable amount of time traveling. Thankfully, Shirley was declared cancer-free and lived another 18 years.

Our Cancer Center didn’t open until 1996, so during those months of radiation, Paul and Shirley made many trips to Madison, and stayed over countless nights. The travel caused added stress during a difficult time, so Paul was happy to support our local Cancer Center. “We are so fortunate to be able to offer radiation and chemotherapy treatments locally and save people all that travel time,” Paul says.

Interested in learning more about how your pledge can leave a legacy and honor those you love? Please call the FHN Foundation at 815-599-6900 to learn more.

HUSTLIN’ FOR HEARTS

5K Raises Funds for Cardiopulmonary Rehab

We had a blast organizing our first-ever 5K this summer! The FHN Healthy Heart Hustle 5K was held July 21, starting and ending on the path by FHN Family Healthcare Center – Burchard Hills in Freeport. 78 registered runners took on the challenge to support the FHN Cardiopulmonary Rehabilitation department. Thanks to our runners, past and current cardiac rehab patients, and our generous sponsors, including McPherson Law Offices, Union Savings BANK, Midwest Community Bank, and State Bank, we raised more than $4,000 to help cardiac rehab patients!

In Dave’s Honor

80 Cyclists Take on Gran Fonda Tour Against Cancer

Our popular bicycling event got a new name for its 12th year. The Gran Fonda Tour Against Cancer has been named for the ride’s founder, Dave Fonda, who lost his own fight against cancer this year.

Freeport’s Chainlink Cyclists hosted the June 30 event, which offered riders 4 routes around northwest Illinois. We had a hot, sunny Saturday for the ride, but 80 cyclists took it on!

$23,561 was raised for the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital through the Gran Fonda and gifts donated through Dave’s memorial in the spring. Thank you to everyone who honored Dave’s generosity and passion by supporting the ride!

Look for details on next year’s Gran Fonda in spring 2019.

Letter From Tonya Meyer, FHN Foundation Executive Director

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Look for details on next year’s Gran Fonda in spring 2019.
We are very proud to announce that FHN Stroke Program Coordinator Tracy Love, CNL, RN, has been named the 2018 Illinois Rural Health Professional of the Year.

The Illinois Rural Health Association honors just one individual a year for his or her outstanding contribution of major significance to rural health in Illinois, efforts beyond what is expected and dedication to the advancement of the health of the public. Tracy was nominated for her work toward and dedication to quality stroke care at FHN.

The efforts of Tracy and the FHN Stroke Team in the past five years have resulted in FHN being awarded the Bronze, Silver, and Gold Awards, as well as the Gold Plus Award this year, from the American Heart Association/American Stroke Association. This honor demonstrates FHN’s dedication to quality stroke care for the people in our community.

As the leader of the Stroke Team, Tracy completes a quality review of the care given every stroke patient and works to implement process improvements as needed. She also led the team responsible for developing and implementing the EMS Stroke Alert process across the five counties FHN serves.

As soon as EMS (emergency medical services) personnel assess a patient who appears to be having the symptoms of a stroke, the alert is communicated to the FHN Emergency Department from the field. The alert allows the EMS team to work in coordination with the FHN ED team as quickly as possible.

The Alert is paged throughout the hospital, bringing a team together in the ED to provide immediate care to the potential stroke patient. As they await the patient’s arrival, the ED Care Team prioritizes assessment and interventions for the patient, makes sure imaging equipment is available and the laboratory is ready to conduct stat blood testing. Our staff neurologist or tele-neurology service is alerted and available as soon as the patient arrives at the ED.

This coordination allows us to provide timely care in an effort to minimize the lasting impact of a stroke. Its success is the result of a lot of hard work by Tracy and our local EMS agencies. The EMS Stroke Alert has been so successful that Tracy was awarded the opportunity to present it at the International Stroke Conference.

Congratulations, Tracy!

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