FHN GIVES BACK

Miles And Minutes, Sports Physicals Raise $24,000 for Area Schools

Most people don’t think a lot about school during the summer. But if you exercised for FHN’s Miles And Minutes program or took your student-athlete to an FHN Sports Physical Clinic, you were raising funds for your school.

Throughout the fall, we’ve been handing out oversized checks for the camera (and real-size checks the banks will cash) to schools across northwest Illinois to help cover the cost of equipment like the Hana® surgical operating table. Generously, on all sides, is worthy of celebration!

As you think about your Thanksgiving feast, we hope you will also remember those less fortunate in our community by taking a look at the recipes we’re including in this issue. In addition to being delicious and as healthy as possible, they make use of common items found in food pantries – items you might like to add to your own grocery list and drop off at one of the eight pantries in Freeport alone.

As the FHN Festival of Trees events begin, I hope I’ll see you at one or more of them, enjoying time with your family and friends. This time of year – and always – I am grateful for the wonderful people with whom I work every day, and for you, the communities we serve. Thank you for choosing FHN, and for referring friends and family. We appreciate very much being your healthcare provider of choice!

Check out more photos on page 12

FHN GIVES BACK

Tis the Season

Yes, the year-end holidays are right around the corner, however we wanted to take this issue to also celebrate Thanksgiving. Squeezed between Halloween and the December holidays, Thanksgiving often seems a little overlooked. We have so much to be grateful for at FHN that it seemed like a good time to share that gratitude with all of you.

This feature features our volunteers and all of the contributions they make for FHN and the communities we serve. Take a look at the numbers -- they’re impressive! We also highlight some of the “giving back” that happens so often here in northwest Illinois. Some of that giving back is from us to you, like the checks we’ve presented to area schools for participating in Miles And Minutes or choosing to have students’ school sports physicals done at an FHN clinic. In return, some is from you to us, like the checks we accepted from area school teams to support the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital and the wonderful gifts we’ve received through the FHN Foundation that have allowed us to purchase equipment like the Hana® surgical operating table. Generously, on all sides, is worthy of celebration!

As you think about your Thanksgiving feast, we hope you will also remember those less fortunate in our community by taking a look at the recipes we’re including in this issue. In addition to being delicious and as healthy as possible, they make use of common items found in food pantries – items you might like to add to your own grocery list and drop off at one of the eight pantries in Freeport alone.

As the FHN Festival of Trees events begin, I hope I’ll see you at one or more of them, enjoying time with your family and friends. This time of year – and always – I am grateful for the wonderful people with whom I work every day, and for you, the communities we serve. Thank you for choosing FHN, and for referring friends and family. We appreciate very much being your healthcare provider of choice!

Have You Maximized Your Health Insurance Benefits?

2018 is Almost Over–

Year-end is a busy time, but one thing you shouldn’t put off is reviewing your healthcare insurance to make sure that you are utilizing it to your full advantage. Not only is your health important, but you could be leaving insurance coverage unused. Here is a quick summary of what to check.

Deductibles

See how close you are, and be sure that you understand the difference between meeting your deductible and your “out-of-pocket maximum.” They may not be the same.

If you have not yet reached your deductible and you have a non-emergency procedure you know you need, it may be best to NOT do it now. If you wait until January, (or the beginning of your next plan year, if not January) you could meet your deductible and/or out-of-pocket max in the first few months of your plan year so that the rest of your year’s medical expenses would be paid by your insurance.

If you’re not close and won’t be trying to meet your deductible, still be sure that you’re taking advantage of annual procedures that may be outside your deductible and/or out-of-pocket max, like wellness visits, eye exams, and teeth cleaning (if you have vision and dental insurance).

If you have reached your deductible, definitely consider scheduling any elective procedures before year-end. Even if you can’t completely whatever needs to be done, there may be pre-procedure tests or other appointments that can be covered this year. If you do decide to go ahead with a procedure like a joint replacement, call as soon as possible to schedule.

Other people are checking their insurance coverages, too! Before jumping into a frenzy of year-end healthcare appointments, however, be sure that whatever you’re considering having done is covered by your insurance. Just because you’ve met your deductible doesn’t mean that every healthcare procedure going forward will be covered.

Annual Maximums

Here’s one last important reason to check your insurance coverage before year-end: If you have not seen a healthcare provider at all during the year, regardless of your coverage, you need to take care of yourself, and that means taking a preventative approach to your health and wellness. Even if healthcare appointments aren’t high on your list of holiday plans, remember that good health is a gift you need to maintain and manage in 2018 … and every year.

Visit http://bit.ly/maxyourplan for a good comparison of FSAs, HSAs, and HRAs.


Visit http://bit.ly/maxyourplan for a good comparison of FSAs, HSAs, and HRAs.

It's the Season of Giving!
Let These Selfless Volunteers Inspire You to Give Back This Season!

Volunteer Contributions Jan-June 2018

FHN Volunteers worked at 14 different sites in 22 service areas each month throughout the region.

We shared our Mini Medics Tours with 15 elementary students.

Judy Love

Judy Love is an avid crocheter. It all started when her mom sent her to knitting lessons as a young child, but she found that knitting took too long for her liking. She took up crocheting instead, and fell in love.

Her love of crocheting and giving back melded into crocheting items for OB and Pediatrics patients at FHN in 2002. Since then, she has put in more than 5,700 career hours. She got started by crocheting baby hats for FHN, and described it as her “offering to God.” She prays over the hats as she crochets them, praying for the babies’ health and well-being. “My purpose for crocheting these items and donating my time is my hope that these babies will pay it forward someday,” Judy says.

Judy crochets a batch of baby hats every 3-4 months, and her yarn for each one is based on the local school colors. She has about 10 different combinations of colors that she uses for each baby hat, showing her spirit and support for local schools. Judy even makes pumpkin hats for babies born in the fall and Santa hats for babies born around the holidays.

When she heard about Knitted Knockers, the special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast, she laughed with joy. She quickly realized this would be another great way to expand her purpose and bless even more people. When crocheting each breast prosthesis, she prays for healing, and that the cancer never returns. Judy typically uses a very soft yarn in cream or white, and makes 5 different sizes. She leaves the back open so women can adjust the stuffing based on their needs.

Judy brings a new batch of her special crocheted Knitted Knockers to FHN every few months. She started by crocheting baby hats for FHN, and put in more than 5,700 career hours. She got started by crocheting baby hats for FHN, and described it as her “offering to God.” She prays over the hats as she crochets them, praying for the babies’ health and well-being. “My purpose for crocheting these items and donating my time is my hope that these babies will pay it forward someday,” Judy says.

Judy’s Husband, Gene, volunteers for Errand Escort and has put in over 10,650 hours himself! Errand Escort volunteers provide multiple levels of customer service to patients, visitors, and staff on FHN campuses. In other words, they help FHN maintain a positive impression at all times! From answering the phone and escorting patients to their destination, to delivering flowers to patients and staff, Errand Escort volunteers are truly involved in many pieces of the customer service puzzle.

Gloria started volunteering for FHN in 2002. She does clerical work in the FHN Foundation office on Thursday and Friday afternoons and says, “At my age of 75, I’m making myself feel worthy. I feel it’s so important for me to be there. It keeps my mind healthy and sharp.”

Gloria has put in more than 5,600 hours helping the FHN Foundation office with mailings, scanning, newsletters, invitations, sending out birthday cards, and much more. Prior to retirement, she worked in an office all of her life. So, volunteering in the FHN Foundation office is right up her alley!

“I’m so proud to share my story and be a part of FHN. I know I’m saving FHN money by volunteering my time and helping to move the organization forward. My pay is that I enjoy being there – and working with such positive, inspiring people.” Gloria says.

Gloria’s Husband, Gene, volunteers for Errand Escort and has put in over 10,650 hours himself! Errand Escort volunteers provide multiple levels of customer service to patients, visitors, and staff on FHN campuses. In other words, they help FHN maintain a positive impression at all times! From answering the phone and escorting patients to their destination, to delivering flowers to patients and staff, Errand Escort volunteers are truly involved in many pieces of the customer service puzzle.

Errand Escort Volunteers

“Volunteering is rewarding and inspiring. We love meeting people, helping people, and making new friends in the process. Many of us have taken care of people for all of our lives - when we were married and had our families under the same roof. Now, some of us live alone but we still have that desire to take care of others. Volunteering allows us to do that. We want to help the hospital succeed; because that helps our community succeed.”

This group of Errand Escort volunteers has collectively put in 66 years of service! Pictured from left to right: John Fox, Gloria Pamukic, Edie Rosenstiel, Bart Martins, and Nancy Bicknese.
During this season of giving, take pride in knowing that you are giving one of the greatest gifts of them all.

YOU are saving lives. You are helping us strive to achieve our vision of healthcare excellence for our communities. Your community. Your neighbors.

You invest in greater health and wellness with your gifts to FHN Foundation. I am so lucky to play a small role by transforming your donation into something so very impactful.

‘Tis the season to give yourself a pat on the back. Take a moment to brag to your friends. You have earned it. YOU are saving lives. Because every gift you make to the FHN Foundation is supporting our mission to improve health and provide superior, quality healthcare services. THANK YOU!

Hana® Table Means Faster Recovery for Hip Replacement Patients

Do you know anyone who has had a hip replaced? Were they “jumping” for joy in excitement about it? Probably not. Very soon, however, you can thank FHN Foundation for providing FHN with the support necessary to buy lifesaving equipment, upgrade technology, and train team members so they stay on top of their game.

Healthy Recipes for a Good Cause!

These recipes are not only great for the some healthy comfort food during the cooler months, but they’re also based on common food pantry items. As we approach the season of giving, use these recipes to inspire what foods and ingredients you choose to donate to your local food pantries or a family in need. They’re all approved by Liz Duke and Jennifer Gassman of our FHN Nutrition Services team!

“As the colder months arrive, it becomes very important to keep our immune systems healthy as we enter the cold and flu season. Foods that can boost immunity include those rich in vitamin C and beta-carotene, found in fruits and vegetables such as citrus fruits, cabbage, broccoli, pumpkin, sweet potatoes, and spinach. Including probiotics in the diet is a way to maintain healthy bacteria in the gut, providing protection from some infections. Probiotics are found in yogurt with live cultures and sauerkraut.” Liz says.

“Healthy eating doesn’t have to be difficult. If you keep basic ingredients and a few simple recipes on hand, then healthy eating is at your fingertips,” Jennifer says.

Mushroom Turkey Tetrazzini
(bit.ly/mushroomturkeytetrazzini)

**Ingredients**
- 12 ounces uncooked multigrain spaghetti, broken into 2-inch pieces
- 2 teaspoons chicken bouillon granules
- 2 tablespoons butter
- 1/2 pound sliced fresh mushrooms
- 2 tablespoons all-purpose flour
- 1/2 pound sliced fresh mushrooms
- 2 cups baby spinach, heaping
- 1 cup vegetable broth
- 12 ounces uncooked multigrain spaghetti

**Directions**
1. Preheat oven to 375°. Cook spaghetti according to package directions.
2. Select the Meditech 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.
6. FHN We’re here, for you.

And for dessert ... turn the page!

6 FHN www.fhn.org 7

Letter From Tonya Meyer, FHN Foundation Executive Director

**This Season of Giving, We’re Giving Thanks for YOU!**

During this season of giving, take pride in knowing that you are giving one of the greatest gifts of them all.

YOU are saving lives. You are helping us strive to achieve our vision of healthcare excellence for our communities. Your community. Your neighbors.

You invest in greater health and wellness with your gifts to FHN Foundation. I am so lucky to play a small role by transforming your donation into something so very impactful.

‘Tis the season to give yourself a pat on the back. Take a moment to brag to your friends. You have earned it. YOU are saving lives. Because every gift you make to the FHN Foundation is supporting our mission to improve health and provide superior, quality healthcare services. THANK YOU!

Hana® orthopaedic table to facilitate anterior hip replacement surgery.

The Hana® orthopaedic table allows you to do amazing things. When you make a donation, you are supplying FHN Foundation with the support necessary to buy lifesaving equipment, upgrade technology, and train team members so they stay on top of their game.

Our Foundation is just the conduit for YOU to do amazing things. When you make a donation, you are supplying FHN Foundation with the support necessary to buy lifesaving equipment, upgrade technology, and train team members so they stay on top of their game.

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Our Foundation is just the conduit for YOU to do amazing things. When you make a donation, you are supplying FHN Foundation with the support necessary to buy lifesaving equipment, upgrade technology, and train team members so they stay on top of their game.
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!

Blood Pressure Screenings*

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Jerusalem Church of God</td>
<td>11 a.m. – 1 p.m.</td>
<td>Nov. 15</td>
<td>Dec. 20</td>
</tr>
<tr>
<td>Joseph's Pantry Faith Center</td>
<td>4 – 6 p.m.</td>
<td>Nov. 20</td>
<td>Dec. 18</td>
</tr>
<tr>
<td>Mt. Calvary Church of God in Christ</td>
<td>10 a.m. – noon</td>
<td>Nov. 24</td>
<td>Dec. 22</td>
</tr>
<tr>
<td>Pecatonica United Methodist Church Food Pantry</td>
<td>10 a.m. – noon</td>
<td>Nov. 27</td>
<td></td>
</tr>
<tr>
<td>Gospel Outreach Food Pantry</td>
<td>9 – 11 a.m.</td>
<td>Dec. 1</td>
<td>Jan. 5</td>
</tr>
<tr>
<td>Golden Meals</td>
<td>10:30 a.m. – noon</td>
<td>Dec. 11</td>
<td>12</td>
</tr>
<tr>
<td>Liberty Village Estates</td>
<td>10:30 – 11:30 a.m.</td>
<td>Dec. 12</td>
<td>Jan. 9</td>
</tr>
<tr>
<td>St. John's Lutheran Church</td>
<td>12:30 – 1:30 p.m.</td>
<td>Dec. 12</td>
<td></td>
</tr>
<tr>
<td>Salvation Army</td>
<td>9 a.m. – noon</td>
<td>Dec. 17</td>
<td>27</td>
</tr>
<tr>
<td>Bocker Auto Group</td>
<td>9 a.m. – noon</td>
<td>Dec. 15</td>
<td></td>
</tr>
<tr>
<td>Pearl City Methodist Church</td>
<td>9 – 11 a.m.</td>
<td>Dec. 22</td>
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</table>

1 No cost or registration required; open to the public.
2 Free glucose screening also available until 10:30 a.m. Please do not eat or drink anything other than water for 8 hours before this test.

Vein Screenings

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Date</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>FHN Memorial Hospital</td>
<td>3 – 6 p.m. (by appointment)</td>
<td>Nov. 26</td>
<td>Dec. 10</td>
</tr>
</tbody>
</table>

Pumpkin Angel Food Cake (bit.ly/pumpkinangelcake)

**Ingredients**

- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground ginger
- 1 package (16 ounces) angel food cake mix
- 14 tablespoons reduced-fat whipped topping
- Additional ground cinnamon, optional

**Directions**

1. In a large bowl, combine the pumpkin, vanilla, cinnamon, nutmeg, cloves, and ginger. Prepare cake mix according to package directions. Fold a fourth of the batter into pumpkin mixture; gently fold in the remaining batter. Gently spoon into an ungreased 10-inch tube pan. Cut through batter with a knife to remove air pockets. Bake on the lowest oven rack at 350° for 36-44 minutes or until top is golden brown and cake springs back when lightly touched and entire top appears dry. Immediately invert pan; cool completely, about 1 hour.
2. Run a knife around side and center tube of pan. Remove cake to a serving plate. Garnish each slice with 1 tablespoon whipped topping, sprinkle with cinnamon if desired.

Training and Education

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding Class</td>
<td>7 – 9 p.m.</td>
<td>December 4</td>
<td>FHN Memorial Hospital, 1045 W. Stephenson Street – Conference Dining Room. Instructor is Annette Gellenkopf. Registration is required; for more information or to register, call 815-599-6221.</td>
</tr>
<tr>
<td>Diabetes Education Class</td>
<td>1 – 4 p.m.</td>
<td>Part 1 – Dec. 12</td>
<td>Part 2 – Dec. 13</td>
</tr>
<tr>
<td>Sibling Class</td>
<td>9 a.m. – Noon</td>
<td>Part 1 – Nov. 14</td>
<td>Part 2 – Nov. 15</td>
</tr>
</tbody>
</table>

Flu Shot Clinics

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sullivan’s Foods</td>
<td>1 – 3 p.m.</td>
<td>November 14</td>
<td>101 E. Hwy 64, Mount Morris</td>
</tr>
<tr>
<td>Carroll County Senior Center</td>
<td>9 a.m. – noon</td>
<td>December 5</td>
<td>306 N. Main, Mount Carroll</td>
</tr>
</tbody>
</table>

Support Groups

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living Through Grief‡</td>
<td>6 – 7:30 p.m.</td>
<td>November 12</td>
<td>December 10</td>
</tr>
<tr>
<td>Perinatal Loss Support Group</td>
<td>10 – 11:30 a.m.</td>
<td>6:30 – 8 p.m.</td>
<td>November 15</td>
</tr>
<tr>
<td>The First Steps Grief Support Group*</td>
<td>10 – 11:30 a.m.</td>
<td>December 18</td>
<td>January 15</td>
</tr>
<tr>
<td>Adult Diabetes Support Group*</td>
<td>1 – 2 p.m.</td>
<td>January 7</td>
<td>FHN Memorial Hospital Cafe – Lower Level. Topic is “Living Out.” For more information, call 815-599-6221.</td>
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</table>

*No cost or registration required; open to the public.

(Continued from page 7)
**Festival of Trees**

<table>
<thead>
<tr>
<th>Program</th>
<th>Date</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>FHN Festival of Trees Gala</td>
<td>Nov. 16</td>
<td>7 – 10 p.m.</td>
<td>Grand-River Hall, 101 S. Liberty Street, Freeport. You’ve got a date with fate! Join us for this year’s FHN Festival of Trees Gala and enjoy a Casablanca-themed night of delicious food, drinks, silent auction shopping and casino fun! This year’s Gala proceeds will benefit FHN Family Counseling Center, celebrating 50 years of serving northwest Illinois this year!</td>
</tr>
<tr>
<td>Santa Visits</td>
<td>Nov. 18</td>
<td>1 – 4 p.m.</td>
<td>Freeport Public Library, 100 E. Douglas Street, Freeport. No charge, visit with Santa and receive a holiday gift from FHN.</td>
</tr>
<tr>
<td>FHN Festival of Trees Community Holiday Tree Lighting</td>
<td>Dec. 1 through Dec. 15</td>
<td>5 p.m.</td>
<td>In front of FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport. Enjoy refreshments and holiday caroling, and special guests will be on hand to “flip the switch” and turn on Freeport’s holiday tree. Santa will be there, so make sure the kids have their lists ready! No charge; for more information, visit <a href="http://www.fhn.org">www.fhn.org</a>.</td>
</tr>
<tr>
<td>Holiday Book Drive</td>
<td>Dec. 1 through Dec. 15</td>
<td></td>
<td>Freeport Public Library, 100 E. Douglas Street, Freeport. Share the gift of reading; donate a new book to the library’s annual book drive. Books will be given to children from needy families before the holidays.</td>
</tr>
<tr>
<td>FHN Festival of Trees Kickoff</td>
<td>Dec. 3 through Dec. 28</td>
<td>5:30 p.m.</td>
<td>MILK Center, 511 S. Liberty Avenue, Freeport. Enjoy holiday music from area choruses. Suggested admission is one canned good or non-perishable item for the FACC food pantry per person. Santa will be there, so make sure the kids have their lists ready! For more information, visit <a href="http://www.fhn.org">www.fhn.org</a>.</td>
</tr>
<tr>
<td>FHN Festival of Trees: Singin’ at the King</td>
<td>Dec. 6</td>
<td>5:30 – 7:30 p.m.</td>
<td>HCC Student Conference Center, 2986 W. Pearl City Road, Freeport. Join Big Radio, FHN, Highland Community College and the Salvation Army for a Festival of Giving — we’ll be collecting toys and money to benefit underprivileged children in our area.</td>
</tr>
<tr>
<td>Festival of Giving</td>
<td>Dec. 7</td>
<td>6 a.m. – 6 p.m.</td>
<td>NICC Student Conference Center, 2986 W. Pearl City Road, Freeport. Enjoy holiday trees decorated by local service organizations, clubs and church groups competing for prizes. Trees are on display through December 29. People’s Choice voting ends December 31. Hosted by FHN and the Freport Public Library.</td>
</tr>
<tr>
<td>FHN Community Festival of Trees — last day for People’s Choice voting!</td>
<td>Dec. 15</td>
<td></td>
<td>Freeport Public Library, 100 E. Douglas Street, Freeport. Enjoy holiday trees decorated by local service organizations, clubs and church groups competing for prizes. Trees are on display through December 29. People’s Choice voting ends December 31. Hosted by FHN and the Freport Public Library.</td>
</tr>
<tr>
<td>Freeport Community Luminaria Night</td>
<td>Dec. 16</td>
<td></td>
<td>Steinprich Street and Lincoln Boulevard, Freeport. Enjoy the beauty as residents in the neighborhood near FHN Memorial Hospital decorate their sidewalks with luminaria to celebrate the season.</td>
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**HOLIDAY MOVIES**

<table>
<thead>
<tr>
<th>Title</th>
<th>Date</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Grinch (PG)</td>
<td>Nov. 17</td>
<td>10 a.m.</td>
<td>FHN Festival of Trees Holiday Movie Series. FHN Festival of Trees Holiday Movie Series. FHN Festival of Trees Holiday Movie Series.</td>
</tr>
<tr>
<td>Fantastic Beasts – The Crimes of Grindewald (PG-13)</td>
<td>Nov. 24</td>
<td>10 a.m.</td>
<td>Classic Cinemas Lindo Theatre, 115 S. Chicago Avenue, Freeport. Hosted by FHN and Classic Cinemas Lindo Theatre. All tickets are $4, limited seating available; no advance ticket sales. All children attending will receive a special holiday gift.</td>
</tr>
<tr>
<td>Home Alone (PG) FREE</td>
<td>Dec. 1</td>
<td>10 a.m.</td>
<td>Classic Cinemas Lindo Theatre, 115 S. Chicago Avenue, Freeport. Hosted by FHN and Classic Cinemas Lindo Theatre. Enjoy this holiday classic on its 30th anniversary for the cost of a contribution to the FACC Food Pantry. Limited seating available; no advance ticket sales. Ed Finch and Alan Wenzel will lead a discussion after the movie. All children attending will receive a special holiday gift.</td>
</tr>
<tr>
<td>Ralph Breaks the Internet (PG)</td>
<td>Dec. 8</td>
<td>10 a.m.</td>
<td>Classic Cinemas Lindo Theatre, 115 S. Chicago Avenue, Freeport. Hosted by FHN and Classic Cinemas Lindo Theatre. Enjoy this holiday classic on its 30th anniversary for the cost of a contribution to the FACC Food Pantry. Limited seating available; no advance ticket sales. Ed Finch and Alan Wenzel will lead a discussion after the movie. All children attending will receive a special holiday gift.</td>
</tr>
<tr>
<td>A Christmas Story (G)</td>
<td>Dec. 12</td>
<td>7:30 p.m.</td>
<td>Classic Cinemas Lindo Theatre, 115 S. Chicago Avenue, Freeport. Hosted by FHN and Classic Cinemas Lindo Theatre. Enjoy this holiday classic on its 30th anniversary for the cost of a contribution to the FACC Food Pantry. Limited seating available; no advance ticket sales. Ed Finch and Alan Wenzel will lead a discussion after the movie. All children attending will receive a special holiday gift.</td>
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**FHN IN THE COMMUNITY**

**Cannova’s Women’s Event**

Many women gathered with us at Cannova’s for our Slice of Time Just For You event! These events have been so popular in the past that we scheduled two for this fall! Both of them were completely full.

Attendees had a chance to chat with FHN women’s healthcare providers and hear presentations from Dr. Keith Martin and Women’s Health Nurse Practitioner Sara Smith on the future of individualized medicine. The Vein Center provided helpful information on treating painful or unattractive venous issues, and FHN Assistant Vice President of Behavioral Health Gabe Gonzalez spoke with women about how to deal with stressful, busy schedules. All attendees of this free event went home with loads of helpful information and a goodie bag!

**Dig for Pink**

The Freeport High School Volleyball team raised $1,000 for the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital through the sales of their Dig for Pink t-shirts!

**The Orangeville Lady Broncos sold t-shirts, held 50/50 raffles, and sold cookies during National Breast Cancer Month to raise money for the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital. The team raised $1,055!**
More Miles and Minutes and Sports Physical Check Recipients

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

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