

Insight



WE RISE
»»»»» **BY** «««««
LIFTING
OTHERS

Volunteers Play an Important Role at FHN

Maximize Your Health Insurance Benefits

Healthy Pantry Recipes





MARK GRIDLEY, PRESIDENT AND CEO

'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 issue 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

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 athletics and physical education.

All told, we've distributed \$24,880 to a dozen area schools on behalf of 452 Miles And Minutes exercisers and 804 students who got their sports physicals at special FHN sports physical clinics. We're proud to be a part of your town, and happy to help!

Check out more photos on page 12

allowed us to purchase equipment like the Hana® surgical operating table. Generosity, 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!**



2018 Is Almost Over—

Have You Maximized Your Health Insurance Benefits?

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 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/or dental insurance).

If you have reached your deductible, definitely consider scheduling any elective procedures before year-end. Even if you can't fully complete 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

Dental plans are one of the most common to have annual maximums covered by insurance. If you have dollars left, get work done before year-end. Again, even if you can't get everything actually done by year-end, check to see if there's pre-work that would count. Your provider may be able to help you plan ahead with a timeline if you have questions, or contact your insurance carrier for more details if it's getting confusing.

FSAs, HSAs, HRAs

Flexible Savings Accounts (FSA), Health Savings Accounts (HSA), and Health Reimbursement Arrangements (HRAs) each have different rules. With some, you can carry over unused dollars from year to year; with others, it's a "use it or lose it" situation. They also cover widely varying types of medically related expenses – some are limited to actual medical procedures and appointments, while others will reimburse you for over-the-counter healthcare items from home health equipment like home blood pressure monitors and even grab bars for showers to aspirin and bandages. You could stock up on things like these before year-end if your plan covers them.

You might even want to add to one or more of these types of accounts yet this year to maximize tax savings for 2018. Be sure you know what will be most beneficial – check with a tax consultant if you have questions.

Take Care of You

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. Find more ways to maximize your healthcare dollar at <http://bit.ly/maxyourhealth>.

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 Medic Tours with **15** elementary students.



18 new volunteers joined the FHN team



The *Beyond Words* Pet Therapy teams logged **563** hours providing comfort to patients, visitors, and staff and serving as FHN ambassadors to community events.



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 over to FHN every few months.

"Crocheting these items keeps my hands busy, and I just love to give. It's very rewarding and such a great cause. It makes me so happy when I hear about babies leaving the hospital for the first time with their hats on, and I'm fulfilled when I hear about the women who have received joy from the Knitted Knockers," Judy says.

We're so thankful for Judy and her selfless giving. Her talent of crocheting and her love for others has inspired many of us – not only at FHN, but in the entire community.



Gloria and Gene Heitz

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, Gene Pannkuk, Edie Rosenstiel, Barb Mertins, and Nancy Bicknese.

Kay Brooks, Director of Volunteer Resources

"These wonderfully dedicated individuals support FHN with their time and they also serve as knowledgeable ambassadors of the services offered throughout the network. Honestly, I don't know what we would do without them!

We're also always available to students who are pursuing a healthcare education locally. If you know a college student who is currently away from the area but would like to volunteer, give me a call so we can get the application process finalized and ready to go for summer and/or holiday volunteering at FHN. I want to encourage high school and college students to volunteer. Volunteering and community service is very important as you complete those college applications!

Thank you to all of our present and future volunteers for supporting FHN with your knowledge and service! The whole community appreciates you!"

Contact Kay about volunteering:

815-599-6148 | kbrosks@fhn.org



We delivered **1,134** Meals on Wheels, facilitated **1,656** meetings between surgeons and families, and dedicated **2,431** hours to completing clerical projects in various FHN offices and departments.



We completed **7,181** Errand and Escort requests on the hospital campus.



Our volunteers recorded a total of **15,226** hours, with an estimated economic impact value for FHN of **\$395,115**.



Volunteers' cumulative contribution into the FHN Foundation stands at **\$86,952**.



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 giving the gift of life.

What? Didn't think you were involved in such meaningful work? Have you made a gift to the FHN Foundation? If so, then our patients and families THANK **YOU** for providing FHN with the resources they need to do lifesaving work.

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

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 endowment donors for the purchase of a state-of-the-art surgical table that can mean faster recovery for our hip replacement patients.

Each year, the FHN Foundation Board of Trustees determines the best use of our prior-year endowment income. This year, the board decided to use the funds to buy FHN's orthopaedic surgeons a high-tech surgical table to facilitate anterior hip replacement surgery.

The Hana® orthopaedic table allows precise control of patient positioning, manipulation, and traction during mini-



mally invasive hip replacement surgery and provides better access to the hip joint for improved alignment and positioning of the implant. This can mean less damage to major muscles and a

faster recovery for those who need this surgery.

Thank you to all those who have supported the FHN Foundation endowment. Can't wait to see what you buy next year!

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



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. Plus, 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, kefir, 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
- 1/4 cup sherry or additional pasta water
- 3/4 teaspoon salt-free lemon-pepper seasoning
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1 cup fat-free evaporated milk
- 2/3 cup grated Parmesan cheese, divided
- 4 cups cubed cooked turkey breast
- 1/4 teaspoon paprika, optional

Directions

Preheat oven to 375°. Cook spaghetti according to package directions for al dente. Drain, reserving 2-1/2 cups pasta water; transfer spaghetti to a 13x9-in. baking dish coated with cooking spray. Dissolve bouillon in reserved pasta water.

In a large nonstick skillet, heat butter over medium-high heat; sauté mushrooms until tender. Stir in flour until blended. Gradually stir in sherry, reserved pasta water, and seasonings. Bring to a boil; cook and stir until thickened, about 2 minutes.

Reduce heat to low; stir in milk and 1/3 cup cheese until blended. Add turkey; heat through, stirring constantly. Pour over spaghetti; toss to combine. Sprinkle with remaining cheese and, if desired, paprika. Bake, covered, until bubbly, 25-30 minutes.

Pumpkin Pasta with Toasted Walnuts and Spinach

(bit.ly/spinachpumpkinpasta)

Ingredients

- 8 ounces shells or bowtie pasta
- 1 tbsp extra virgin olive oil
- 2 cloves fresh garlic, minced
- 1 cup pure pumpkin puree (you can use canned)
- 2 tbsp tomato paste
- 2 tbsp half and half (exclude for a vegan recipe)
- 1 cup vegetable broth
- pinch ground nutmeg
- Cracked black pepper and salt to taste
- 2 cups baby spinach, heaping
- 1/4 cup chopped toasted walnuts
- Parmesan cheese (optional; use crushed walnuts for a vegan recipe)

Directions

Cook the pasta according to package instructions. Drain and set aside but keep it warm.

While the pasta cooks, bring a large skillet to medium heat and add the olive oil and minced garlic. Cook just until fragrant. Whisk in the tomato paste, pumpkin, and half and half. Add the vegetable broth. Stir and let cook on low about 5 minutes.

Add the spinach. Cook until it lightly wilts.

Stir in pasta and toss to coat. Sprinkle with walnuts and Parmesan, if desired, and serve.

And for dessert ... turn the page!

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 **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.

Thanks for choosing MyFHN!

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!

(This information was correct at the time of publication. Please see FHN's online calendar at www.fhn.org for additions or changes.)

Blood Pressure Screenings¹

| Location | Time | Date | Details |
|------------------------------------------------|------------------|---------------------------------------|----------------------------------------------------------------|
| New Jerusalem Church of God | 11 a.m.–1 p.m. | Nov. 15 Dec. 20 Jan. 17 | 4 E. Iroquois Street, Freeport |
| Joseph's Pantry Faith Center | 4–6 p.m. | Nov. 20 Dec. 18 Jan. 15 | 203 W. Pleasant, Freeport |
| Mt. Calvary Church of God in Christ | 10 a.m.–noon | Nov. 24 Dec. 22 | 420 Challenge Street, Freeport |
| Pecatonica United Methodist Church Food Pantry | 10 a.m.–noon | Nov. 27 | 528 Washington Street, Pecatonica |
| Gospel Outreach Food Pantry | 9–11 a.m. | Dec. 1 Jan. 5 | 211 W. Spring Street, Freeport |
| Golden Meals | 10:30 a.m.–noon | Dec. 11, 14 ² Jan. 8, 15 | 524 W. Stephenson Street, rear entrance, lower level, Freeport |
| Liberty Village Estates | 10:30–11:30 a.m. | Dec. 12 Jan. 9 | 2140 Navajo Drive, Freeport |
| St. John's Lutheran Church | 12:30–1:30 p.m. | Dec. 12 | 625 Country Lane, Lena |
| Salvation Army | 9 a.m.–noon | Dec. 13 ² , 27 Jan. 24 | 106 W. Exchange Street, Freeport |
| Bocker Auto Group | 9 a.m.–noon | Dec. 15 | 801 E. South Street, Freeport, Part of the Bocker Blood Drive. |
| Pearl City Methodist Church | 9–11 a.m. | Dec. 22 | 411 S. Main, Pearl City |

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

| Location | Time | Date | Details |
|-----------------------|---------------------------|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FHN Memorial Hospital | 3–6 p.m. (by appointment) | Nov. 26 Dec. 10 Jan. 15 | Achy, tired legs can be a symptom of venous disease. Schedule a free screening at the FHN Vein Center to see if our experts can help. Non-cosmetic treatment options are covered by most insurance carriers, including Medicaid. For an appointment, call 815-599-VEIN (8346). |

(Continued from page 7)

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

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 38-44 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.

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

| Class | Time | Date | Details |
|--------------------------------------------|------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breastfeeding Class | 7–9 p.m. | December 4 | FHN Memorial Hospital, 1045 W. Stephenson Street—Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221. |
| Diabetes Education Class | 1–4 p.m. | Part 1—Dec. 12 Part 2—Dec. 13 | FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Series of two classes. Classes are available only through physician referral and there is a charge to participate; call 815-599-6253 for more information. |
| | 9 a.m.–Noon | Part 1—Nov. 14 Part 2—Nov. 15 | |
| Sibling Class | 6:30–7:30 p.m. | November 7 | 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 Wittig. Registration required; for more information or to register, call 815-599-6221. |
| Prenatal Class | 5–9 p.m. | November 20 | 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. |
| Heartsaver® Pediatric First Aid, CPR & AED | 8 a.m.–4:30 p.m. | December 1 | FHN Memorial Hospital Conference Dining Room, 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 specific to infants and children. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email coil@fhn.org for more information or to register. |

Flu Shot Clinics

| Location | Time | Date | Details |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|------------------------------|
| Adult-only clinic 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 (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. For more information, call 815-599-7437. | | | |
| Sullivan's Foods | 1–3 p.m. | November 14 | 101 E. Hwy 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.

Support Groups

| Group | Time | Date | Details |
|--------------------------------------|------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Living Through Grief* | 6–7:30 p.m. | November 12 December 10 December 24 January 14 January 28 | FHN Memorial Hospital Cafeteria Dining Rooms—Lower Level For more information, call 815-599-7240. |
| Perinatal Loss Support Group | 10–11:30 a.m. 6:30–8 p.m. | November 15 December 20 January 17 | FHN Memorial Hospital Globe Room—Lower Level A safe and supportive space for parents who have lost a child through miscarriage, stillbirth or shortly after birth to cope with and share their emotions. Call 815-599-6160 for more information or to register. |
| The First Steps Grief Support Group* | 10–11:30 a.m. | December 18 January 15 | FHN Memorial Hospital cafeteria meeting rooms—Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160. |
| Adult Diabetes Support Group* | 1–2 p.m. | January 7 | FHN Memorial Hospital Globe Room—Lower Level Topic is Dining Out. For more information, call 815-599-6253. |

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

Festival of Trees



| Program | Date | Time | Details |
|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FHN Festival of Trees Gala | Nov. 16 | 7 – 10 p.m. | 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! |
| Santa Visits | Nov. 18 | 1 – 4 p.m. | Freeport Public Library, 100 E. Douglas Street, Freeport No charge; visit with Santa and receive a holiday gift from FHN. |
| | Nov. 27 Nov. 29 Dec. 4 Dec. 6 Dec. 11 Dec. 13 Dec. 18 Dec. 20 | 5-7 p.m. | |
| | Dec. 1 Dec. 8 Dec. 15 Dec. 22 | 1-3 p.m. | |
| FHN Festival of Trees Community Holiday Tree Lighting | Nov. 18 | 5 p.m. | 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 www.fhn.org . |
| Holiday Book Drive | Dec. 1 through Dec. 15 | | 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. |
| FHN Community Festival of Trees Kickoff | Dec. 3 through Dec. 29 | 5:30 p.m. | Freeport Public Library, 100 E. Douglas Street, Freeport Celebrate the beginning of the Community Festival of Trees with a fun family night! We'll have holiday music from the Highland Youth Choir. No charge or reservation required. The Community Festival of Trees continues through December 29. People's Choice voting is open through Saturday, Dec. 15. Hosted by FHN and the Freeport Public Library. |
| FHN Festival of Trees: Singin' at the King | Dec. 6 | 5:30 – 7:30 p.m. | MLK 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 www.fhn.org . |
| Festival of Giving | Dec. 7 | 6 a.m. – 6 p.m. | HCC Student Conference Center, 2998 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. |
| FHN Community Festival of Trees – last day for People's Choice voting! | Dec. 15 | | 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 15. Hosted by FHN and the Freeport Public Library. |
| Freeport Community Luminaria Night | Dec. 16 | Dusk | Stephenson 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. |

| HOLIDAY MOVIES | The Grinch (PG) | Nov. 17 10 a.m. | FHN Festival of Trees Holiday Movie Series 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. |
|----------------|-------------------------------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Fantastic Beasts – The Crimes of Grindelwald (PG-13) | Nov. 24 10 a.m. | |
| | Home Alone (PG) FREE | Dec. 1 10 a.m. | |
| | Ralph Breaks the Internet (PG) | Dec. 8 10 a.m. | |
| | A Christmas Story (G) | Dec. 12 7:30 p.m. | Classic Cinemas Lindo Theatre, 115 S. Chicago Avenue, Freeport Hosted by FHN and Classic Cinemas Lindo Theatre. Enjoy this holiday classic on its 35th 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. |

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 events! 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!



Women's Health Nurse Practitioner Sara Smith and Dr. Keith Martin



Vein Center staff provided information about venous issues and treatments.



Assistant Vice President of Behavioral Health Gabe Gonzalez spoke about how to deal with stressful, busy schedules.

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!

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Insight



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