

# Health Matters

WITH ROCHELLE COMMUNITY HOSPITAL 



A New Meaning of  
Comfort Food

PG. 4



# LETTER FROM OUR CEO

MARK J. BATTY  
CHIEF EXECUTIVE OFFICER

## Dear Friends of Rochelle Community Hospital,

Welcome to the second issue of our newly re-designed hospital publication - **Health Matters** with Rochelle Community Hospital. This publication is our way of keeping you informed of what is taking place at your community hospital, while introducing new initiatives as they occur.

There's much to be excited about at RCH, which we are bringing to you in this current issue. Here is some of what you will be reading.

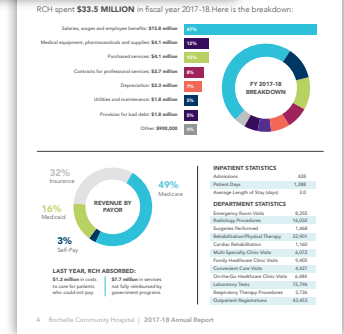
- We introduce two new valuable contributors to our operations. Jim Carle joined RCH in July as the Chief Ancillary Officer, overseeing key ancillary services, along with our Safety and Environment of Care programs. Jodi Ziegler became RCH's Clinic Manager overseeing RCH's Occupational Health Clinic at the Petro Travel Plaza and the Family Healthcare Clinic on the hospital's main campus. We welcomed Jodi to RCH on June 11 of this year.
- A new feature - "Save My Place" - is now offered in our Convenient Care Clinic. "Save My Place" allows individuals to register online with the Convenient Care Clinic.

- We are sharing the news of our acquisition of the MRI equipment that is located in the hospital, and encouraging individuals to let your provider know you want your MRI done at RCH.
- 45 is the new recommended age to begin colon cancer screenings. On page six, we share this news, and the providers to see about it.
- Our in-patient hospital food now rivals other dining in the community. Check out our interview with Ross Pullom, Food Services Manager, about our new menu. The RCH Cafeteria is not only known for providing good and nutritious options for our patients, but also for community members.

**Health Matters** with Rochelle Community Hospital will always feature important updates from RCH and the essential health news you need to know. Enjoy reading this issue and remember that it's our mission to help you get the most out of your healthcare and your life.

Sincerely yours,

Mark J. Batty,  
Chief Executive Officer



## OUR ANNUAL REPORT IS HERE! Discover the highlights of RCH

As part of our commitment to our community, Rochelle Community Hospital produces an annual report. This year, we are encouraging readers to go online and review the report. You'll find interesting statistics, recent upgrades, and other fascinating information about the health and wellbeing of our hospital. We take pride in providing the best care to our community.

We hope you will visit [www.rochellehospital.com/about-us/201718-annual-report/](http://www.rochellehospital.com/about-us/201718-annual-report/) to see for yourself the excellent strides we have made.

# RCH Welcomes New Talent

## Two new faces join our staff

At Rochelle Community Hospital, we are committed to bringing our patients and their families the best in quality, local care. As part of that commitment, we are always looking for the people who will help make our organization the best it can possibly be.

### Jim Carle | Chief Ancillary Officer

Jim Carle is no stranger to rural health—or rural life. He comes to RCH from a county hospital in Iowa and couldn't feel more at home here.

Jim has always been interested in rural health—for both its challenges and opportunities. "Rural health care needs to be lean and nimble," he says. "You get this way by eliminating waste, hardwiring efficiencies, empowering employees, and paying close attention to the changing healthcare environment."

As ancillary officer, Jim is looking forward to making a difference here at Rochelle. "I'm excited to make a positive impact in the organization," he says. "And I'm looking forward to the opportunity to learn from a great group of leaders."

In his spare time, Jim enjoys traveling, cooking, and spending as much time with his family—which includes 17 grandchildren, two dogs, and two cats—as possible.

Jim and his wife Robin were happy to relocate to Rochelle.

"Rochelle is very similar in population and available services like shopping and dining to what we're used to," he says. "We absolutely love it here."



### Jodi Ziegler | Clinic Manager

Things have come full circle for Jodi Ziegler, who began her nursing career 25 years ago at Rochelle Community Hospital.

"I am very excited to return to my roots," says Jodi. "Having lived in a neighboring community for the past few decades, I have watched RCH grow into the really dynamic organization that it is today. I feel very fortunate to have re-joined the outstanding team here, and to be a part of an organization so dedicated to our patients and community."

In her new role as Clinic Manager, Jodi will be responsible for a variety

of duties. "I wear a few different hats here as Clinic Operations Manager," she says. "I oversee the day-to-day functions in our Family Healthcare Clinic where our five providers and staff see patients on a daily basis. I also oversee our On the Go Clinic located at the Petro Travel Plaza." The On the Go Clinic provides for the occupational health needs of business in and around Rochelle. Jodi is also the Employee Health Nurse.

All of these so-called hats Jodi is happy to wear because of her belief in RCH. "I love the culture here," she says. "It is so refreshing to see an organization so true to its mission.

RCH is dedicated to this community, to the people we serve and to the people who work here. It's no wonder I am running into so many people I worked with 25 years ago who are still right here at RCH."

When she's not at work, Jodi spends time with her husband, Brian and their three children. The family has a hobby farm, loves showing horses and dogs, and loves to do anything outdoors, including camping and canoeing.





RCH DIETARY AIDE RACHEL TOTH DELIVERS A MEAL TO AN INPATIENT

# A New Meaning of "COMFORT FOOD"

Be our guest with new room service meals for in-patients

Rochelle Community Hospital is always looking for ways to improve the patient's experience. A major—but sometimes overlooked—part of this experience is what the patients eat while they are in the hospital. As we all know, good food can make a big difference when it comes to morale and well-being. This is true under any circumstance, and even more important when a patient is recovering from an injury or illness. Ross Pullom, Food Service Manager, and his team have revamped the in-patient room service menu to make in room dining feel more like a luxury hotel, with more to enjoy, and more to look forward to.



We want you to feel like you're getting room service at a nice hotel.

— ROSS PULLOM, FOOD SERVICE MANAGER

## Happy and healthy

"We wanted to create a menu that was healthy, appealing, and appetizing," says Ross. "We're offering more progressive style foods, innovative foods, and lots of healthy choices. We use the fresh vegetables and fresh meats concept when preparing meals for our patients."

Depending on your prescribed diet order by your physician," says Ross, you will have guidelines to choose from. "We have a big variety of choices," he says. "Our most popular entrée for regular diets are the bacon cheeseburgers with caramelized onions. In general, patients can order anytime from 6:30 a.m. until 6:30 p.m."

## Family dining

Family members of patients are allowed to order from the patient dining menu, or can visit the retail cafeteria for more food options.

## Full service

This patient-centered model of food service is trending across the country, says Ross. It has proven to increase patient satisfaction and, even more important, patient morale.

"We want you to feel like you're getting room service at a nice hotel," says Ross. "Sometimes when you're in the hospital, you need something to look forward to. Sometimes, you just want to close the door and have a nice meal. That's our mission and goal."

In room dining is available from 6:30 AM to 6:30 PM.



## Fall Recipe - Fall Harvest Soup

This soup serves two, but is easily doubled. It is a hearty and healthy addition to any fall table. Serve within three days or freeze for up to three months.

### INGREDIENTS

- 2 Tbsp extra virgin olive oil
- ½ onion, chopped
- ½ shallot, chopped
- 2 stalks celery, chopped
- 1 package frozen, cubed butternut squash (or 1 fresh, cubed)
- 4 cups vegetable stock
- 1 Tbsp fresh rosemary
- 2 cups cooked white beans
- 2 cups spinach, chopped
- Salt and pepper, to taste

### PREPARATION

Heat a large pot over medium heat; add olive oil. Sauté onion and shallot until translucent, approximately 4-5 minutes.

Add celery, squash, stock, and rosemary. Cover and simmer for 20 minutes.

Add beans and spinach; simmer for 5 more minutes.

Add salt and pepper to taste.

Serve provincial style or puree in batches with blender or immersion blender.

# Colon Cancer Screenings to Start Earlier



## Colonoscopies now recommended at 45

Recently, the American Cancer Society updated its guidelines for colon cancer screenings. Whereas the organization previously recommended people at average risk begin screening at age 50, the new recommendation is that they start at age 45.

### Why 45 is the new 50

An increased number of younger individuals have been diagnosed with colorectal cancer in recent years. While we don't yet know why this is, we do know that, as is the case with all cancers, outcomes are better when they are caught earlier. Lowering the recommended age will increase the chance of detecting colorectal cancer sooner rather than later.

### Who should get screened?

Average risk patients should start getting screened at age 45. High-risk patients, however, should get screened earlier or in accordance with their doctor's recommendation. According to the American Cancer Society, patients who are high risk include those with:

- A history of colorectal cancer or certain types of polyps
- Family members who have had colorectal cancer
- Inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A confirmed or suspected hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome (hereditary non-polyposis colon cancer or HNPCC)
- A history of getting radiation to the abdomen or pelvic area to treat a prior cancer

### Where do I start?

The best thing to do when preparing for colon cancer screening is to make an appointment with your primary care provider. He or she can evaluate your risk factors and, if necessary, help you schedule your colonoscopy.

### Who can do the procedure?

RCH is fortunate to have two providers who can perform colonoscopies. Michael Monfils, MD and Larry Prabhakar, MD, are both on hand to perform this potentially life-saving procedure. Dr. Monfils is a general surgeon who sees patients in his office and Dr. Prabhakar is a colorectal specialist who sees patients in the RCH Multi-Specialty Clinic.



MICHAEL MONFILS, MD



LARRY PRABHAKAR, MD

Call the Family Healthcare Clinic at **815-562-3784** to schedule an appointment with your primary care provider today.

# Get Your MRI Here

Tell your doctor you'd like to have your test *closer to home*



Rochelle Community Hospital is proud to bring the best care to our patients and families, right here in our community. Instead of having to drive a long distance for an essential test like an MRI, we are pleased to offer them right here, closer to home. Our experienced techs operate our onsite, state-of-the-art MRI technology that's as good as or better than any other nearby health system.

## The choice is yours

Did you know: If a doctor orders an MRI, where you have your MRI is up to you? You can request to have your MRI performed right here at RCH. This test can be stressful enough, so Rochelle Community Hospital is your best choice for minimizing stress, travel, and

wait times. Onsite MRI service is just another component of our commitment to excellence, and we are proud to bring it to you.

## A trial run

If you're feeling nervous about getting an MRI, the team at RCH has you covered. We invite you to come in beforehand to get acquainted with the equipment and the process. We also are pleased to offer new software that reduces machine noise, which helps with patient comfort.

Ask your provider about getting your MRI right here at RCH. Call **815-562-2181, ext. 1350** to make an appointment or go online at **[rochellehospital.com](http://rochellehospital.com)** today.



## Eighteen Holes and a Lot of Funds Raised

### Annual Golf Outing a success for all

The 18th Annual RCH Foundation Golf Outing was held on Monday, August 6th at Fairways Golf Course in Rochelle. **The Foundation raised \$23,100—all of which will be directed to help purchase a new Colonoscope for the Surgery Department.** It's the mission of the RCH Foundation to augment the efforts of the providers and staff here at RCH in as many ways as possible for the benefit of the community at large. With the event itself and the purchase of the new equipment, the Foundation hopes to highlight the importance of getting a colonoscopy. As we well know, everyone has reasons for not getting a colonoscopy. Those reasons are often based on misunderstandings—misunderstandings of both the procedure and of colon cancer. The fact of the matter is, however, that colon cancer is almost entirely preventable and a short, temporarily uncomfortable test could save your life.



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# Convenient Care Just Got *Even More Convenient!*

Extended hours plus *"Save My Place"* tool makes care even more accessible

Rochelle Community Hospital is proud to announce new features that make our Convenient Care better than ever. We know that accidents and unexpected illnesses don't exactly happen on your schedule, so we're introducing two new ways to serve you better.

## **Extended hours**

Compassionate, quality care is more accessible than ever! The skilled staff at RCH Convenient Care offers walk-in treatment during these times:

## **Monday-Friday**

11:00 a.m. to 7:00 p.m.

## **Saturday**

9:00 a.m. to 5:00 p.m.

*Closed on Sundays and holidays.*

## **Register online prior to coming in**

With our new *"Save My Place"* tool, you can reserve a place online and reserve a spot at Convenient Care before you even leave home. Get text updates as to when you will be able to be seen. Then when you arrive, simply check in at one of our kiosks and get the care you need.



For more information on our Convenient Care offerings, call **815-561-3100**. To reserve a place with *"Save My Place,"* visit [rochellehospital.com](http://rochellehospital.com).