

Health *Matters*

WITH ROCHELLE COMMUNITY HOSPITAL 



Growing with Rochelle
Community Hospital

PG. 4



LETTER FROM OUR CEO

MARK J. BATTY
CHIEF EXECUTIVE OFFICER

Dear Friend,

Welcome to the inaugural issue of **Health Matters** with Rochelle Community Hospital, the new version of our community magazine. With this magazine, we hope to achieve many things:

Each issue will spotlight notable achievements on the part of RCH staff members. This time, we feature two women whose careers took off at Rochelle Community Hospital.

We also strive to bring you suggestions and encouragement for living a healthy lifestyle. We will feature health tips and other ways to get the most out of your healthcare and your life.

Health Matters with Rochelle Community Hospital will feature important updates from RCH—whether it's a new service line, new technology, or the events that you can look forward to in the

upcoming months. We want you to be involved and truly recognize that this is not a community hospital, but your community hospital. We feel connected to our community as we bring you quality healthcare. We hope this will help you feel more connected to us.

Sincerely yours,



NEW BOARD OF TRUSTEES

Pictured left to right:

Noah Carmichael is a Principal at Fehr Graham, Engineering and Environmental. He has been with Fehr Graham for 14 years.

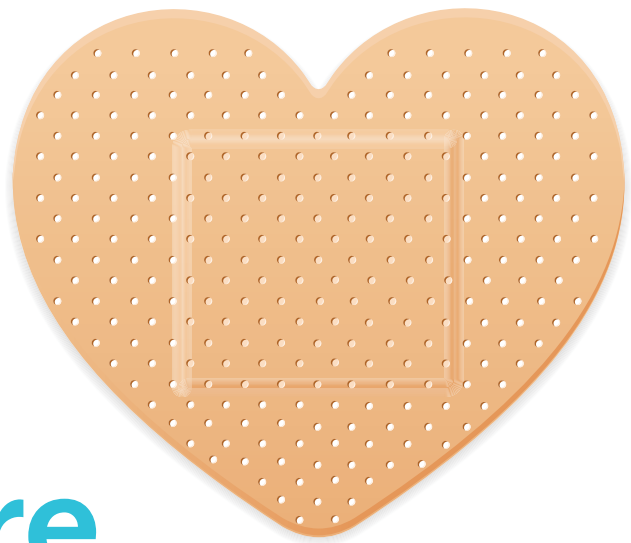
Diane Kenney taught students in the Rochelle Elementary School district for 33 years and is retired.

Adriana Milan is the Assistant Economic Development Director for the City of Rochelle where she has been employed for three years.

Phil Hasz has been with COUNTRY Financial for the past 28 years. He has been a Manager for the last 16 years.

Not pictured:

Christine Gorman, MD is the Chief of Medical Staff Elect at RCH. Dr. Gorman, a Primary Care Physician at the Family Healthcare Clinic, has been caring for families in the Rochelle area for 26 years.



Wound Care Now Available at RCH

The treatment that can make *all the difference* for patients

Our bodies have amazing abilities to heal and recover from injury, but sometimes healing needs extra assistance.

Wound care is offered at RCH every other Tuesday, and referrals aren't necessary.



Wounds can have trouble healing because of infection, circulation issues, or other factors.

— DR. LESLIE EDGCOMB

Dr. Leslie Edgcomb and the wound care team at Rochelle Community Hospital are here to help.

"Wounds are considered 'chronic' when they are more than a month old," says Dr. Edgcomb. "They can have trouble healing because of circulation issues, infection, or other factors."

"During the course of your treatment, your primary care provider may refer you to wound care, but it's not necessary that he or she do so. Patients can make their own call and make an appointment directly with us," says Dr. Edgcomb.

Treatment methods for wound care can include anything from simple dressing changes to debridement, hyperbaric oxygen treatments, and skin substitutes.

"Skin substitutes are for certain classes of patients who have bigger wounds," explains Dr. Edgcomb. "They are either bioengineered skin cells or skin cells grown in tissue culture." Dr. Edgcomb adds that seeing a wound care specialist may be a better financial choice in some cases. Insurances may be more likely to cover products ordered by a wound care provider.

RCH and Dr. Edgcomb encourage patients to make an appointment with wound care if they are experiencing chronic wounds. "All it takes is a telephone call," says Dr. Edgcomb. "We can see you within a few days and can help get wounds the care they need."

To make an appointment at Rochelle's multi-specialty clinic, call **815-484-7330**.

Growing with Rochelle Community Hospital

Finding your passion and career at RCH

The funny thing about life is, no matter what you have planned, it usually has something else in store. Two Rochelle Community Hospital employees thought their paths were set, but when advancement opportunities knocked, they opened the door.

Serving her community

Kelly Musselman always had an interest in becoming a nurse. "Since I was a child," she says. But before becoming a certified nursing assistant (CNA), Kelly was a waitress.

"It was great," she says. "I took care of people as a waitress and now I get to take care of them as a nurse."

Kelly was a CNA and in her first semester of nursing school, which she found to be an ideal—if busy—combination. "It was perfect for a nursing student," she says of her

on-the-job learning opportunities. "It's a pattern a lot of us followed: CNA to nursing student to RN to working in the hospital."

Kelly found herself among supportive bosses and teachers and upon receiving her RN degree, she decided to stay within the community and continue her career at RCH. She has been here for the past nine years.

"It's like a family," Kelly says. "Everyone supports one another."

I can't say enough good things about it here. It's a great hospital.

— KELLY MUSSELMAN

Currently, Kelly is a nurse in the medical/surgical department and shares time as a nursing supervisor and within the Emergency Room as needed.



I realized life was short and if there's anything else I wanted to do, I should do it.

— SHERI SANDERS

Changing sheets, changing careers

It's true RCH is like a family, but families don't always tell each other everything.

This was the case for Sheri Sanders, a housekeeper at RCH, who kept her decision to become a clinical laboratory specialist under the radar. "I didn't really let a lot of people in on it," she says.

"I loved being a housekeeper," she says. "I loved everyone I worked with as a housekeeper. And it was great exercise!"

But a neighbor soon set Sheri on a different path.

"My neighbor was ill and needed someone to take care of her," Sheri explains. "I took care of her for about a month before she passed away. After that, I realized life was short and if there's anything else I wanted to do, I should do it."

Phlebotomy—the act of taking blood for lab tests—had always been an interest of Sheri's.

"Years ago, someone mentioned it to me," she said. "It has always been in the back of my mind. When I mentioned this to my manager, she was wonderful about it."

The program to become a certified phlebotomist was about two and a half months. "My kids were grown, they didn't need me as much, so I could manage the schedule," says Sheri of her five children, two of them still teenagers.

Even so, Sheri put in a lot of time at RCH as a housekeeper and as a student. The hard work paid off, and Sheri was hired in the lab at RCH in 2016. "It was an easy transition," she says. "I'll be 44 this summer, so I joke that it took me a long time to figure out what I was going to be when I grew up, but finally, everything all came together."

Sheri says she would recommend phlebotomy to anyone: "There is always a need for people in my field. It's a great career."

Beyond that, Sheri says that the work—and the work at RCH in particular—is rewarding. "I really love being around people, and I love feeling like I'm really helping. This hospital is wonderful. We really are all one big family."

Come work and grow with us!

Rochelle Community Hospital is pleased to help our employees be their best. We promote from within and are always happy to assist you in taking that next step in your career. Visit rochellehospital.com/careers to learn more.

Greet the Heat—Safely!



With warmer weather comes more time outside, and as much as we in Illinois love our time outdoors, it's important to remember to stay safe when the mercury rises. Don't get burned by being ill prepared. With a few smart decisions and some planning ahead, you can make your time in the sun enjoyable and safe.



STAY HYDRATED

Whether you're out in direct sun, or just enduring prolonged periods of toasty temperatures, dehydration can sneak up on you. Keep a bottle of water handy and take sips throughout the day.



SIGN UP FOR SWIMMING LESSONS

Every child deserves to know how to stay safe in the water. And every parent deserves the peace of mind that comes with knowing their children are capable swimmers. Sign your kids up for swimming lessons: it's a fun and essential summer activity.



WATCH YOUR PHYSICAL ACTIVITY

As tempting as it might be to stay outside, try to take a break in the middle of the day, when the sun is at its most scorching. Save jogs for morning and evenings, and don't exert yourself without rehydrating.



CHECK IN

The elderly can especially have a hard time when it's hot out. Check in on older neighbors and loved ones to make sure they are staying cool.



SHUN THE SUN

You don't have to live like a vampire all summer, but be careful. The sun can do lasting damage to your skin. Wear sunscreen with a minimum of 30 SPF and reapply often. Hats and long-sleeved shirts are also keys to staying safe under the rays.



Aunt Jen's Breakfast

Try this easy to assemble breakfast that's high in protein and low on prep time!

INGREDIENTS

Plain Greek yogurt
Walnuts
Granola
Strawberries, sliced
Honey, to taste

PREPARATION

This yummy breakfast is a favorite of all ages. Create this tasty parfait by combining the ingredients in a cereal bowl. Test out different granolas, nuts, and berries till you find your favorite combinations. Give little ones a sense of ownership by putting out a variety of ingredient choices for them to assemble themselves.



New Providers

We're pleased to introduce new **Convenient Care** providers and Hospitalists...

Susan Mueller, APN, FNP-C

(pictured top left) is a Family Nurse Practitioner who received her Bachelor's Degree from Saint Anthony College of Nursing and Master's of Science Degree from Northern Illinois University. She is certified by the American Nurses Credentialing Center and previously served as an FNP at Kindred Hospital in Sycamore, IL for three years and an Emergency Room provider at Rush Oak Park Hospital, Oak Park, IL for five years.



Christina Powell, APN, FNP-C

(pictured bottom left) received her Bachelor's Degree and Master's Degree from Chamberlain College of Nursing, Addison, IL. She is certified by the American Academy of Nurse Practitioners and worked as an RN in the Emergency Department at RCH for 14 years. As a Family Nurse Practitioner, she most recently has provided care for patients at Mercy Health Convenient Care, Rockford, IL.

Convenient Care offers care without an appointment, so scheduling is never a problem.

Call **815-561-3100** or visit **rochellehospital.com/ConvenientCare**.

ROCHELLE COMMUNITY HOSPITAL FINANCIAL ASSISTANCE/COLLECTION POLICY SUMMARY

This notice will serve as a commitment of Rochelle Community Hospital to abide by federal, state and local laws, including section 501(r) of the Internal Revenue Code of 1986 as amended and the regulations there under. This document is available upon patient request.

Any patient or patient's responsible party who feels they are unable to pay for their services received, may request a copy of the Financial Aid Policy, and/or the Financial Aid Application Form to be mailed to them. RCH offers financial assistance to eligible individuals based on the hospital's financial assistance policy.

Federal Poverty Guidelines are established by the Department of Health and Human Services based on the number of family members. The matrix for patient discounts are based on federal poverty guidelines. For Example: individuals with income less than 200% of federal poverty guidelines may receive a 100% discount. The scale of discounts is available in the policy. Discounted charges, when approved, will be equal to amounts generally billed to all payers.


Financial Assistance policies and forms can also be obtained at the following locations:

1. RCH website under patient information: <http://www.rochellehospital.com/patients-visitors/billing-insurance/financial-assistance/>.
2. Applications can also be picked up at the Patient Financial Services Department (Entrance B) or the Registration entrance on North Third Street (Entrance E) at Rochelle Community Hospital. Completed applications with support documentation should be returned in person. Or, you can mail to: Rochelle Community Hospital, Attention: Patient Financial Services Department, 900 North Second Street, Rochelle, IL 61068.
3. You may also call the Patient Financial Services Department at 815-562-2181, extension 1600.

This summary is available for patients to read at all registration points within the hospital facility, hospital website and hospital payment window or by calling the Patient Financial Services Department at 815-562-2181, ext. 1600. Spanish policies may be obtained upon request.



900 N. Second St.
Rochelle, IL 61068

 www.rochellehospital.com

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ROCHELLE, IL

Hospital Hustle is Coming Up!

Register today for this annual community event

**SATURDAY, JUNE 2, 2018
8:00 A.M.
ROCHELLE TOWNSHIP
HIGH SCHOOL**

Join us for the 12th Annual RCH Foundation Hospital Hustle 5K Walk/Run. This event is a wonderful fundraiser for our foundation and a great way to get involved with our community. Participants of all ages will enjoy this fun day out, with chip timing available for our more competitive runners.



HOW TO REGISTER:

Online Registration is open through 3:00 p.m. June 1st, 2018.

rochellehospital.com/hustle

REGISTRATION FEE:

\$25 for adults | \$15 for 18 and under

Race day registration is available on June 2nd but will include a fee increase.



Contact Michelle LaPage at **mlapage@rcha.net** or **815-561-3110** with questions.

We'll see you at the Hustle!