

# Health *Matters*

WITH ROCHELLE COMMUNITY HOSPITAL 



A Relaxing Experience

INFUSION SERVICES AT RCH

PG. 4



## LETTER FROM OUR CEO

DAN SCHWANKE, INTERIM  
CHIEF EXECUTIVE OFFICER

### Dear Friends of Rochelle Community Hospital,

Welcome to the Spring 2019 issue of Health Matters with Rochelle Community Hospital. I'd like to take the time to introduce not only this next issue of our community publication, but myself as well.

As interim CEO, I'm here to help all of you keep things running smoothly until a new CEO is chosen. Since the choice of a new CEO is a big decision, it must be made carefully and thoughtfully. The Board has formed a CEO Search Committee with representatives from the Board, medical staff, and administration. Their job is to screen potential CEO candidates and make recommendations on the best person to fill this position. This means I will have the pleasure of staying in this wonderful community for a few more months.

I'm impressed daily by the work of our staff and the dedication of everyone to our mission of service to the community and our patients. The outstanding care that is being delivered here each day shows our employees are all genuine, dedicated, and exceed expectations. The hospital itself performs well above average on quality scores and patient safety. Rochelle Community Hospital is truly a gem, and I hope the providers and staff here are proud of their part in the hospital's service. I hope you will join me for this exciting time in RCH's history, a time that will position the hospital for generations of success in the future.

One of the goals for this newsletter is to make sure everyone knows the services that are provided here—from infusion therapy to a hospitalist program. I hope you enjoy reading about the services we provide to the community.

All the best,

Interim CEO



# RCH's High Performer of the Year

## Celebrating Sandra Schaab

Every day is a gift, and—according to her patients, friends, and coworkers—so is Sandra Schaab. “I just like helping people,” says Sandy. “I really like patient care in general.”

Sandy and her family moved to the area when she was in high school. She’s been part of the community ever since. She is now approaching twenty years of nursing. Sandy decided to become a nurse because of several factors: “I always liked the health fields and medical science. Those have always really interested me, along with healthcare in general. I like being helpful and I like the teaching that comes with nursing, too.”

Sandy works in same day surgery and has been consistently praised for her ability to put patients at ease, go above and beyond for both patients and coworkers, and for her diplomatic and honest approach to work.

“Same day surgery is basically getting people ready for their procedure, contacting them beforehand, giving them information on what to expect, answering their questions. Then, on the day of, you get them ready and stay with them as they recover,” explains Sandy.

Sandy isn’t convinced she is a “high performer,” even after receiving High Performer of the Year for 2018. “I guess I just do what I normally do,” she says.

### TAKE IT FROM A PATIENT

When Dennis Burkhart went in for his colonoscopy, he never expected the experience to be pleasant. But, thanks to Sandra Schaab, it was.

#### **Sandy went above and beyond:**

“She was constantly concerned with me, making sure I didn’t need anything,” says Dennis.

#### **A compassionate approach to care:**

There was no question, says Dennis, that Sandy is, “the most compassionate, caring, kind, and pleasant nurse I have ever had care for me.”

#### **Being a calming presence:**

“Sandy was so pleasant, she made it a lot easier to relax,” says Dennis.

#### **Sandy is a gift:**

“She’s a beautiful person,” says Dennis. “She is one of God’s blessings.”

“I believe in patient care and safety, and I try to do my best. It’s an awesome hospital to work at.”

Her best is more than recognized and appreciated, however, by the patients Sandy has touched and her admiring coworkers.

Sandy may be pleased by the distinction as High Performer of the Year, but she’s much more proud of her day-to-day work and what it takes to be a great nurse. “We are always learning, which is something I’m proud of. The profession changes enough to keep it interesting, and we have come a long way since I’ve been a nurse. We’ve seen many advancements that have helped a lot of people, and of course a whole new focus on prevention,” says Sandy.

Even more meaningful than her career, however, is Sandy’s personal life. “I have family and grandkids, that are awesome. Two grandkids are in South Carolina, one is in the Chicago area, and one is near here. They’re fun: Two are two, one is eight, and the oldest is ten. I travel as much as I can to see them,” she says. It’s safe to say everyone else around Sandy thinks she’s pretty awesome, too.





# A RELAXING **EXPERIENCE**

## Infusion services at Rochelle Community Hospital

Six months after Erin Rittschof had her baby boy, she found herself in the hospital again. "I was diagnosed with multiple sclerosis," she says. "My son is my little gift. The MS diagnosis that came after him was unexpected, to say the least."

That was 13 years ago. Erin quickly began self-treatment. "I was doing my own shots," she explains. "But everyone with MS is different. The treatment really depends on what your doctor says is best," she says.

Five years ago, Erin's MS went into remission and her doctor thought she should be treated with a drug called Tysabri. Erin was sent to Rochelle Community Hospital infusion services. There, she would get an infusion of the essential medicine every 28 days.

The experience has been wholly positive for Erin. "I've been doing it for five years now," she shared. "It's an eight minute drive from my house, it's easy to get to, and the nurses are fantastic."



Erin says the experience is like a mini retreat for the three hours a month she is there. "There are TVs, nice reclining chairs, and coffee machines," she says. "You can always order and get food and the nurses always ask us for requests. They have snacks, everything. I don't dread going there at all. It's part of my life."

Spending that much time with the nurses and staff in infusion has helped Erin feel right at home. "They've become like family," she stated. "The nurses and I know about each other's lives. It's really a community."

The nurses have gone above and beyond to look out for Erin, she says. "One noticed my veins were getting a little worn out and suggested I get a medical port, which has been wonderful," says Erin.

They've become like family. The nurses and I know about each other's lives. It's really a community.

— ERIN RITTSCHOF, RCH PATIENT

"I wouldn't want to go anywhere else, to be honest," admitted Erin. "I have nothing but positives to say about infusion services at Rochelle Community Hospital."

That said, as much as Erin enjoys the friendly, knowledgeable nurses and amenities at RCH, she occasionally uses her time there to take a break from her busy life.

"Sometimes, I'll take that corner recliner and just nap," she reveals. "It's a great place to be."

ERIN PICTURED WITH  
DENISE MCDERMOTT, RN



## Spend more time with us and less time traveling

Our chemotherapy and infusion services are located inside our Main Entrance on Second Street. Getting medications or other treatments intravenously can be done on an outpatient basis, allowing you to have your treatment and go home the same day. RCH boasts four Registered Nurses who are chemotherapy-certified. They include: Pauline Drews, Doralee Erickson, Denise McDermott, and Donna Williams.

Outpatient care includes, but is not limited to:

- Chemotherapy administration
- Disconnect chemotherapy pumps
- Blood and blood product transfusions
- Electrolyte replacement (Hydration)
- SQ/IM injections
- Procrit and Granix injections
- Tysabri and Ocrevus infusions
- Iron therapy
- Solu-Medrol
- Antibiotic therapy
- Thrombolytic therapy
- RhoGAM therapy
- Rabies vaccine series
- IV Immunoglobulin
- Prolastin (alpha-1-protein inhibitor) therapy
- Vancomycin dosing per inpatient Pharmacy
- Phlebotomy from Venous Access Devices
- Maintenance/management of Central Venous Access Devices
- Dressing changes of wound, central lines, PICCs and midlines
- Port-A-Cath access (for patients with long-term needs)
- Therapeutic phlebotomy

Visit [rochellehospital.com](http://rochellehospital.com) or call **815-562-2181, ext. 1052** to find out more about our infusion services.



## Services when—and where—they work for you

### ON-THE-GO HEALTHCARE SERVICES INCLUDE:

- Department of Transportation (DOT) Physicals and Re-Certification
- Employment Physicals including
  - Fitness of Duty
  - Hearing Screening
  - Vision Screening
  - Pulmonary Function Testing/ Clearance Evaluation
  - Qualitative and N95 Fit Testing
- Bus Driver Physicals
- Annual and Pre-Employment Fireman Physicals
- Drug Testing
- Breath Alcohol Testing
- Hair Drug Testing
- Random Drug and Alcohol Testing Program
- Sports Physicals
- TB Skin Testing and Vaccines for Employment

*All physicals require an appointment.*

### NURSE PRACTITIONERS:

Both Marilyn Balch and Lucinda Zoeller are Certified Medical Examiners who have been trained, tested and certified to perform medical examinations for commercial motor vehicle (CMV) drivers in interstate commerce. They fully understand the medical standards in the Federal Motor Carrier Safety Administration (FMCSA) regulations, related guidance and how they correlate to the medical demands of operating a commercial motor vehicle. Both Marilyn and Lucinda are listed on the National Registry of Certified Medical Examiners for the FMCSA. Our medical examiners maintain ongoing competency through training, testing, certification, and recertification.



MARILYN BALCH, APN, CNP



LUCINDA ZOELLER, APN, CNP

**LOCATED AT THE  
PETRO TRAVEL  
CENTER,  
JUST OFF I-39,  
EXIT 99**

### LOCATION

900 Petro Drive  
Rochelle, Illinois  
815-561-1283

### HOURS

Monday-Wednesday-Thursday-Friday: 7:30 a.m. - 5:00 p.m.  
Tuesday: 7:30 a.m.- 6:00 p.m.  
First Saturday of the month: 8:00 a.m. - 12:00 p.m., appointment only  
Closed Sundays and Holidays

# There's So Much Rochelle Community Hospital Has to Offer



## List of services:

### LABORATORY

- Full services available
- Will fax or mail results to physician
- Blood Bank

### DIAGNOSTIC IMAGING

- Bone Density
- CT Scan
- Diagnostics
- Fluoroscopy
- Digital Mammography
- MRI
- Nuclear Medicine
- Ultrasound Guided Breast Biopsy
- Ultrasound

### CARDIAC REHAB/FITNESS CENTER

- Customized Programs:  
Cardiac Rehab Phase II & III
- Fitness Center Memberships with individualized instruction

### COMMUNITY CARE

- Classes (CPR, CPR/AED/First Aid, Safe Sitter, Diabetic, Dietary and Congestive Heart Failure Education, & More)
- Support Groups (Diabetic, Grief, & More)
- Free Educational Healthcare Presentations

### INFUSION/CHEMOTHERAPY (OUTPATIENT)

- Chemotherapy
- Injections
- Blood Transfusions
- I.V. Medications & Fluids
- Specialty Infusions

### MULTI-SPECIALTY CLINIC

- Cardiology, Dermatology, General Surgery, Hematology/Oncology, Nephrology, Neurology, Orthopaedics, Podiatry, Urogynecology, Wound Care

### OCCUPATIONAL HEALTH/ ON-THE-GO HEALTHCARE CLINIC

- DOT & Bus Driver Physicals
- DOT Required Drug Testing Consortium
- Pre-Employment Physicals & Testing
- Respiratory Screening
- Drug & Alcohol Screening
- Industrial Back Care
- Industrial Audiology Services

### PHYSICIAN SERVICES

- Family Healthcare Clinic

### RESPIRATORY THERAPY

- Cardiac Stress Testing
- Pulmonary Function Testing
- Holter Monitors
- EEGs
- Pulmonary Rehab Phase II & III

### SURGERY

- Inpatient, Outpatient, Same-Day & Emergency (Orthopaedics, Spine, Laparoscopy, Gynecology, Breast, Urogynecology, General, Ophthalmology, Endoscopy, Podiatry)
- Pain Management

### REHABILITATION SERVICES

- Orthopaedic
- Acute/Post Surgical
- Neurological
- Balance and Vestibular
- Work Injury/Cumulative Trauma
- Strengthening /Core Stabilization
- IASTYM
- Sports Medicine
- Fall Prevention Education
- Fibromyalgia Program
- Osteoporosis Program
- Wound Care Therapy
- Upper Extremity and Hand
- Daily Activity Rehabilitation
- Industrial Rehabilitation (back education, ergonomic training, work conditioning)

### EMERGENCY ROOM

Physician on duty 24 hours  
a day/7 days a week

### CONVENIENT CARE

(minor illnesses & injuries)

**Monday - Friday** 11 a.m. - 7 p.m.

**Saturday** 9 a.m. - 5 p.m.

Closed Sundays and Holidays

**No appointment necessary.**

Walk in or "Save my Place" online  
at [rochellehospital.com](http://rochellehospital.com).





## The best thing to plant in the garden this season

It's safe to say that spring will indeed return this year. After a long winter of being cooped up inside, it's time to start thinking about how to embrace health this spring. We can think of no better way to get outside, get healthy, and stay active than by starting your own heart healthy garden. **Here are our tips for what to plant:**

### KALE



This leafy green isn't a super food for nothing. Kale is easy to grow and yields a lot for your effort. It's rich in fiber, antioxidants, vitamins K and C, calcium, and iron. Throw it in smoothies at breakfast and start the day off right.

### TOMATOES



This garden staple is your best source for lycopene, which is linked to a reduced risk of heart disease. Whether you eat them raw or put your tomatoes in a sauce, the heart friendly lycopene shines through.

### SWISS CHARD



Perhaps a tougher sell than kale, Swiss chard nevertheless deserves a place in your garden for its outstanding heart benefits. Like kale, it's full of fiber, antioxidants, and vitamin K.

### RHUBARB



We can't say for certain that the heart healthy benefits of rhubarb remain even after it's made into a delicious rhubarb crisp, but this plant is rich in calcium, vitamin K, and antioxidants. Eat it raw to maximize rhubarb's health benefits.

### GARLIC



Garlic is great for your heart—and great for your garden, too. It is a friend to fruit trees, as it repels pests such as borers, weevils, and fruit flies. Tomatoes and garlic can coexist, but check before you plant: Many kinds of vegetables aren't happy being planted next to garlic.

### BRUSSELS SPROUTS



Brussels sprouts have a well-deserved reputation for fighting cancer, but their heart benefits can't be overlooked. These little cabbages are great for fiber, antioxidants, and protein, and are becoming a popular staple among foodies and the health-conscious.

A garden doesn't have to be specifically heart healthy to do you good; gardens are inherently healthy! Anytime you grow your own food and can keep the trip from source to your table short, you're doing your body a favor. Plus, keeping a garden is great for getting you moving and out in the fresh air. If you're new to gardening, start small and don't be afraid to ask for advice.



## Black Bean Salsa Tortillas

This easy recipe is a sign that spring is on the way. Use low carb wraps as a healthier alternative to traditional tortilla shells.

### INGREDIENTS:

- 1 (15-ounce) can yellow whole kernel corn, drained
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup chopped red onion
- 2 cups seeded and chopped Roma tomatoes
- 1/3 cup seeded and chopped jalapeños
- 1/4 cup fresh chopped cilantro
- 1/4 cup lime juice
- 1/2 teaspoon cumin
- 2 tablespoons olive oil
- 1/2 teaspoon salt (more or less, to taste)
- 1/2 teaspoon pepper (more or less, to taste)
- 6 inch flour or corn tortilla shells (warmed up as desired)

### INSTRUCTIONS:

Combine all ingredients except tortillas in a large bowl. Store covered in fridge until it's time to serve. Distribute among the tortilla shells and serve open faced or as a wrap. Serves six.

# Keeping Your Care Coordinated

## The hospitalist program at Rochelle Community Hospital

A stay at the hospital can be confusing, even under the best of circumstances. With so many caregivers, social workers, and other staff coming and going, it can be hard to know which way is up. Add to that a new diagnosis or confused family members or loved ones, and you may be wishing for a guide to get you through the experience. A guide to focus on you, your care, and all the moving parts that accompany it is exactly what Rochelle Community Hospital had in mind when it started the hospitalist program.

A hospitalist is a medical provider who looks at “the big picture” when it comes to your care. He or she will meet with all your providers—from nurses to pharmacists to therapists—to ensure that everyone is on the same page when it comes to coordinating your care. He or she will also check your medications

to make sure that there are no interactions. The hospitalist will also be in contact with your primary care doctor to keep him or her updated on your progress while in the hospital.

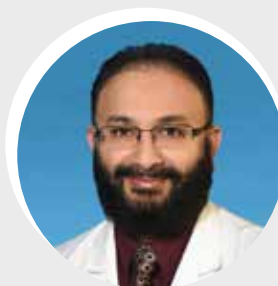
One of the best services that the hospitalist provides is taking the time to discuss your diagnosis and condition with you (and your family, if you so desire). You will always feel in the loop with your hospitalist, who will answer any and all questions you may have. When it's time to leave the hospital, the hospitalist will coordinate whatever services you need to succeed outside of the hospital, whether it be home care, social work, rehabilitation, or any other care deemed necessary.

Your next hospital stay just got a lot more manageable, thanks to the hospitalist program at Rochelle Community Hospital.

### MEET THE HOSPITALISTS:



DR. SATHISH CULLATH



DR. SYED GHANI



DR. SHADI MARINA



# Many Ways to Support Healthcare at Rochelle Community Hospital

The Rochelle Community Hospital Foundation plays an important role in the future of our community's healthcare, maintaining this vital city asset and preserving this community's gift.

Donor support allows RCHF to provide direct, impactful, and meaningful support for community health resources, patient care, and hospital campus improvements. Whether through annual gifts to the greatest need, designated gifts in support of the All About Me Cancer Resource fund, Estate Trusts or any other contribution to the Foundation, each gift allows Rochelle Community Hospital to make Rochelle and the surrounding areas healthier places to live.

Memorial gifts are a lasting remembrance of a special person who has touched you during his or her life. Rochelle Community Hospital Foundation will acknowledge your gift by sending an appropriate note to the family or friend in whose name the gift was made.



## All About Me

Our All About Me Cancer Resource fund continues to make an impact for many in our community. Scholarships are continually given out to patients who have found themselves facing the biggest challenge of fighting cancer. Recently this All About Me fund was able to help one of our younger community members take on his biggest battle after a diagnosis of a rare form of bone marrow cancer. After meeting the requirements and completing an on-line scholarship application, Tyler Lent and his family were awarded \$500.

**For more information about All About Me resources, go to [www.rochellehospital.com/foundation](http://www.rochellehospital.com/foundation).**



# Tree of Life

All of our donors past and present are part of the Rochelle Community Hospital Family. Our Tree of Life is a great example of this commitment to ensure quality and affordable healthcare in our community.

Recently, the RCH Foundation added a new stone to the Tree of Life as a bequest from the Estate of Nancy J. Babb. Nancy was a teacher in the Rochelle school systems for many years and a great community supporter. During her cancer journey, she received infusion at Rochelle Community Hospital. It was her desire to have a generous donation made to the hospital as she always felt she was treated like family and received excellent care at RCH. Nancy entrusted her friends Dianne Jenner and Sally Sawicki to make sure the donation reached the hospital as per her request.



SALLY SAWICKI AND DIANNE JENNER WITH THE TREE OF LIFE STONE HONORING NANCY J. BABB



**TO REGISTER, GO TO  
ROCHELLEHOSPITAL.COM/HUSTLE.**

Registration is \$25 for adults age 18 and over.

## Hospital Hustle 5K

Sign up now for the Hospital Hustle 5K Walk/Run on Saturday, June 1st. The course is 3.1 miles and starts at our NEW location – Rochelle Community Hospital Health & Wellness Center parking lot. The race will follow the Park District bike path northeast to the Route 251 bridge and back.



900 N. Second St.  
Rochelle, IL 61068

 [www.rochellehospital.com](http://www.rochellehospital.com)

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