

Wellness HUB

WINTER 2025

4

RCH EMPLOYEE
SPOTLIGHT: KELLY
MUSSELMAN



A LETTER FROM THE CEO



Winter greetings from your friends at Rochelle Community Hospital!

May you find time this holiday season and the following winter months to be with friends, family, and the community that is important to you.

At the hospital, we find ourselves in the midst of giving back to the community in tangible ways: the 2 Ton Turkey Drive, RCH Free Holiday Meals, and donations to local charities to name a few. We hope that we can provide joy for those in need and remind them that they are part of a community that cares for them.

Our current issue of Wellness Hub highlights a variety of specialized services that are available locally. Your community hospital is hard at work to meet the needs of citizens it serves. We take great pride in growing our business to stay relevant for your local healthcare needs. A community of our size is blessed to have a stable facility with dedicated professionals available 24/7.

The employee spotlight is a favorite section of this newsletter. Such a great opportunity to shine a light on an individual that takes great pride in their professional contributions and reflects that personal touch that we strive to be known for. Kelly Musselman is a wonderful example of community members caring for their community. She has the unique opportunity to serve her co-workers as the Employee Health nurse and provide professional services to local industry partners.

This issue also highlights new service lines that have been implemented to meet the needs of our community. Pelvic Floor Therapy is a dedicated program provided by trained physical therapy professionals to improve women's health and pelvic function in the comfort of your hometown hospital.

The second service line that is now available in the hospital is Behavioral Health Services. It is a huge asset to have safe, compassionate treatment in a welcoming environment, and it demonstrates our commitment to treating mental wellbeing.

Besides expanding services, the hospital continues to develop and plan for new expansion and renovations within the hospital. These updates will improve access to our services by expanding the physical space and creating modern, comfortable surroundings. Our team is dedicated to reinvesting in our facilities as part of our plan for future growth.

The last feature of the Wellness Hub highlights the community members that make up the hospital Board of Trustees. Our community hospital is blessed to have such a dedicated, caring, and thoughtful group of leaders to work with. Each one brings unique perspectives yet works together for the common good. They care deeply about keeping health services local while keeping the hospital financially independent. Their personal commitment to the hospital cannot be overstated and is appreciated by our leadership team.

I would like to take the opportunity to thank you for seeking care locally whenever you can. Our staff are dedicated to making you feel at home, with special attention to helping you navigate your healthcare needs. We will continue to live out our mission in service to you: To improve the health of our community by providing high-quality care with competence, excellence, and compassion.

Karen Tracy, RN
Chief Executive Officer

IN THIS ISSUE

4 RCH Employee Spotlight:
Kelly Musselman

6 Pelvic Floor Therapy: New
Service Helps
Women Regain Comfort
& Confidence

10 RCH in the Community:
RCH Campus Expansion
Updates

12 Behavioral Health Services:
Meeting Community Needs
Close to Home

16 Rochelle Hospital Board
of Trustees

19 Warm Up Winter with
These Soup Recipes



A portrait of Kelly Musselman, a woman with long blonde hair, smiling. She is wearing a dark blue V-neck top. The background is a blurred outdoor scene with pink flowers and mountains under a blue sky.

EMPLOYEE SPOTLIGHT:

KELLY MUSSELMAN

Early in life, Kelly Musselman, RN, Employee Health Nurse in Occupational Health Services at Rochelle Community Hospital, felt the call to service: “In first grade, we wrote little books about ourselves, and in that book, I wrote about how I was going to be a nurse when I grew up.”

Initially planning to pursue Labor and Delivery, Kelly became interested in RCH’s Occupational Health Clinic while working there as a student. After graduation, she began her career in the Medical-Surgical department, where she worked for several years. On slower Med-Surg days, she welcomed the fast-paced challenge of floating in the ER and cross-training as a House Supervisor Nurse, a role she eventually held full-time for about a year before starting her current position in 2022.

For Kelly, the chance to help people and make a difference is what keeps her motivated and passionate about her role: “The staff I work with are knowledgeable and have many years of experience. A fun fact is that combined, we have 115 years of service here at RCH. If there is an issue or illness that perplexes us, we discuss, research, and rely on our provider for guidance.”

Caring for Caregivers and the Community

As Kelly points out, there is never a dull day on the job in Occupational Health Services. A typical day may include drug and breath alcohol tests, physicals, vaccines, and workers’ comp as well as administrative work. Describing her position as a “dual role,” Kelly also helps out at the clinic when things get busy. She works hard to ensure that everyone has the tools and information they need to succeed.

While her office is in Rochelle Hospital’s main building, the Occupational Health Services Clinic is off-site at the Petro Travel Center on Route 38 in Rochelle. Referring to the clinic as a “hidden gem,” this location is a convenient stop for drivers traveling Interstates 39 and 88. Clinic staff offer DOT and pre-employment physicals, drug and alcohol testing, respirator fit checks, TB screenings, and vaccines like Hepatitis B, all of which helps drivers and companies stay compliant and safe.

“I get the best of both worlds,” Kelly shares. “I get to work with patients over at the Occupational Health Clinic while also serving our employees here at the

hospital. Caring for community members has always been something that has brought me so much satisfaction. I have made long-lasting relationships and met some incredible people. It really is full circle.”

Taking into consideration their busy schedules, Kelly helps colleagues by meeting them where they are at. For example, during flu shot season, she walks around the hospital to each department to administer the vaccine—and brings candy for people as a post-vaccine treat. She also serves on the hospital’s wellness team, made up of a group of RCH employees who meet monthly to plan activities that promote physical and mental wellbeing.

These are just a few of the many ways Kelly supports Rochelle Community Hospital: “I want employees to know that I truly care about their wellbeing. I want to be a person they trust and can rely on when they have a need or concern to address. I truly enjoy helping people and want to do everything in my power to make their day better, no matter how big or small.”

Community-Minded

Born and raised in Rochelle, Kelly and her family now live in Lindenwood but still spend much of their time in the community. “I take pride in being from Rochelle,” shares Kelly. “Prior to becoming a nurse, I waitressed

in Rochelle for many years, and I developed relationships with so many people in the community. When I became a nurse and started working at RCH, it was very rewarding to be able to care for those same community members in their time of need. I felt a sense of purpose.”

Kelly continues to live a purposeful life in the Rochelle community, attending her children’s sporting events (as well as her nieces’ and nephews’) and volunteering for RCH’s Mobile Food Pantry, National Night Out, and other local events. She often runs into RCH patients at these gatherings. When people can “put a friendly face with a place,” as Kelly explains, the bond between the hospital and local residents is strengthened.

Guided by Compassion & Empathy

Serving with compassion and effective communication is especially significant to Kelly, and she is proud to be part of a team committed to nurturing a supportive work environment and building relationships with patients, colleagues, and the community.

“My motto is: always treat people like they’re family,” Kelly shares. “Treat people how you want your family to be treated. And that’s how I always care for the patients. I truly enjoy helping others and feel honored to be a part of this calling.”



PELVIC FLOOR THERAPY: NEW SERVICE HELPS WOMEN REGAIN COMFORT & CONFIDENCE



Left to Right:

*Back row: Cindi Palmer, Amanda Arnold, Kari Murphy,
Evan Tracy, Victoria Schultheis, Ashley Knight, Sofia Berzosa*

*Front row: Tracy Richardson, Joan Koolidge, Mackinzie
Hamlink, Ashley Swanson, Olivia Buck*

We are excited to announce that Rochelle Community Hospital's Rehabilitation & Therapy Clinic now offers pelvic floor therapy!

What is Pelvic Floor Dysfunction?

Common pelvic floor dysfunction symptoms can include urinary issues (such as frequency, urgency, retention, or incontinence), bowel challenges, constipation, pelvic or lower back pain, pelvic organ prolapse, painful intercourse, and discomfort related to pregnancy or postpartum changes. Pelvic function therapy helps identify and address these often-overlooked concerns, leading to meaningful improvements in daily comfort and overall wellbeing.

Many women live with one or more of these symptoms, thinking it is simply a part of life, especially after childbirth or as they age. But it doesn't have to be this way! Rochelle Hospital's specialized pelvic function therapy services help women find relief, restore confidence, and feel more like themselves again.

Services & Benefits

Treatment at Rochelle Hospital's Rehabilitation & Therapy center may include:

- sports medicine
- exercises to strengthen and improve coordination of the pelvic floor
- core strengthening and stabilization exercises
- biofeedback techniques to enhance muscle contraction and relaxation
- soft tissue mobilization and myofascial release
- joint mobilization and stretching



- relaxation techniques
- bladder training
- individualized patient education

Biofeedback, in particular, is very beneficial for our therapists when they are developing a patient's therapy plan. This state-of-the-art technique uses sensors to provide real-time information about muscle activity, giving therapists precise insight to guide treatment.

Certified Therapy for Women

According to the National Association for Continence, more than half of women will experience bladder leaks or incontinence at some point in their lives, and it becomes more common as women get older. The Mayo Clinic Health System reports that about 75% of women over 65 deal with leaking. It's important to note that no amount of leaking is normal, whether you are postpartum or have experienced it for years. In addition to bladder leaks, our therapists treat vaginismus and vulvodynia.

Pregnancy & Postpartum

Our team specializes in pregnant and postpartum patients with therapies that reduce low back pain and support good posture to prevent chronic discomfort. This therapy also prepares expectant mothers for childbirth by teaching breathing techniques and reducing the risk of tearing.

After delivery, we provide comfort for effective postpartum rehabilitation. This includes help with diastasis recti, pelvic organ prolapse reduction, core strengthening, pelvic floor coordination, and postural support for breastfeeding. Patients also receive guidance for managing mastitis, relieving pain, regaining confidence, safely returning to exercise, and experiencing pain-free postpartum intercourse. As our therapy team continues their education, they hope to offer lactation counseling, giving them even more ways to support the community.

Providers

Our team of pelvic function therapists, certified by the renowned Herman and Wallace Pelvic Rehabilitation



Institute, create personalized therapy programs to help patients restore and improve their muscle function.

- Tracy Richardson PT, DPT
- Ashley Swanson PT, DPT
- Mackinzie Hamlink, PTA

Currently, our therapists focus on diagnoses related to women's health and pelvic function. "We have a number of women who have been asking for treatment for these personal issues. If a patient has the courage to ask for help, I want to be sure we can expertly treat them," Tracy shares. "The most rewarding part of working in this area is seeing the smile a patient has when they realize they can return to their normal routine without worrying about having an incontinence issue."

As Ashley explains, "symptoms can arise without a known explanation. Pelvic issues also can develop post operatively, specifically following abdominal or urogynecological procedures. We also work with patients who are pregnant and looking to find some pain relief with pelvic floor therapy. They reported improved comfort and ability to sleep better after just one appointment."

It can be uncomfortable to share personal health issues with others, acknowledges our therapy team, which is why they ensure comfort and privacy for each patient. As Mackinzie points out,

"We help educate and allow for safe spaces for patients to feel comfortable with their bodies. We approach patients with a sensitive touch and a listening ear. Consent is the most important to us. Our patients have complete control over the appointment as we want to be a safe space for them. We all have personal pelvic floor conditions that we have worked to overcome and improve."

Because pelvic floor therapy is a highly specialized area of care, our team is committed to extensive ongoing education and training. This dedication allows them to develop individualized programs that support each patient's overall health and wellbeing, notes Ashley, with care designed to improve function and quality of life. The therapists also place a strong focus on patient education, helping women better understand their own bodies. As Mackinzie notes, "Without the education that pelvic floor therapy provides, most women will not be informed about incredibly important information about their own bodies, especially after childbirth."

Patient Testimonial

For Carly Daugherty, a pelvic function therapy patient at the RCH, receiving pelvic function therapy at Rochelle Hospital made a difference in her overall wellbeing: "I've noticed a big improvement in my core and leg strength, and I'm having much less back and hip flexor pain. I feel more stable and balanced, and everyday movements like walking, sitting, and even getting up from the floor are easier and more comfortable."

Carly's personalized pelvic therapy sessions focused on improving her posture and breathing, learning proper muscle engagement for Kegels, and using her core and hips for stability instead of her back. These sessions centered on gentle exercises, breathing techniques, and simple daily adjustments to help her body work better. "The therapists are so professional, kind, and respectful," Carly expresses. "I'm grateful for their compassion and skilled approach. I felt completely comfortable and supported, and the results are worth it."

For patients who may feel hesitant to seek out pelvic therapy, Carly shares that it was worth the initial self-consciousness:

"My experience with the pelvic therapy team at RCH was outstanding. The therapists are incredibly knowledgeable and professional, handling such a delicate and personal therapy with care and expertise. I greatly appreciate their gentle sense of humor, which helped put me at ease during some of the most awkward moments in the early assessments. Having access to this type of therapy



in town makes it so much more convenient to fit the appointments into my schedule. It makes it easier to stay consistent and actually see progress. I'm grateful to have access to this kind of specialized care without having to travel far."

Better Pelvic Health Begins Here

Having pelvic function therapy available close to home—right here in the heart of Rochelle—makes it easier for patients to get the care they need without added stress or travel. Receiving this level of specialized care from local providers in your own community also allows you to maintain a regular, reliable physical therapy program.

As Tracy emphasizes, "Having pelvic floor therapy in rural communities allows for treatment and education of patients who would not normally have access to it. Patients do not always have transportation or time after working to travel to larger cities for treatment."

At this time, our therapists focus on women's pelvic health, but they can also provide education and guidance for men experiencing incontinence. Currently, we do not see patients under the age of 18.

If you're experiencing pelvic dysfunction, ask your doctor for a referral to Rochelle Community Hospital's Physical & Occupational Therapy Department or call us directly at (815) 561-1140 to schedule an appointment with a certified therapist.

We look forward to helping improve your quality of life!





RCH IN THE COMMUNITY: **RCH CAMPUS EXPANSION UPDATES**

RCH is undertaking an exciting, multi-year facilities improvement initiative focused on expanding and upgrading its Health & Wellness Building on the south side of campus. This project will centralize several therapy services—cardiac rehabilitation, pulmonary therapy, physical therapy, and occupational therapy—into one facility, improving coordination and accessibility for patients. The updates below outline key milestones in vehicle and pedestrian access changes as well as the physical construction of the new hub.



Fall Construction Updates



Week of September 11, 2025: Construction began on the Health & Wellness Building, starting with a new entrance facing 3rd Street north of the existing stairwell. This initial step sets the stage for re-orienting how patients and visitors enter the facility.



October 1, 2025: The entrance from 2nd Street to the Health & Wellness Center was officially closed by contractor Schmeling Construction Company, and from now on all patients and visitors must use the new 3rd Street entrance. Signage was installed to guide parking and access accordingly.



September 26, 2025: The process of relocating the Health & Wellness Building's doors was completed, providing an alternate entrance on 3rd Street. This move enhances accessibility and marks the transition in entry points for the facility.



Week of October 24, 2025: Steel was delivered and the expansion of the building began to take visible shape, with framing underway despite colder weather. The team was able to complete the roof before winter to allow interior work to continue.

Keep up to date on the expansion on our website:
rochellehospital.com/construction-updates or scan the QR code.





BEHAVIORAL HEALTH SERVICES: **MEETING COMMUNITY NEEDS CLOSE TO HOME**

In our ongoing commitment to expanding local care, Rochelle Community Hospital is proud to welcome a new department, Behavioral Health Services, located in our Multi-Specialty Clinic.

"The RCH Behavioral Health services is a new department that opened on April 30, 2025," shares Tracey Busby, Manager of Outpatient Services, who oversees the department. "We did a soft opening because we were really looking at our local patients that might need assistance with counseling or medication management. Our doctors are an integral part of that because they are tied into the community already and can refer those patients. Another driving force came out of the community needs assessment that showed the desire to have more behavioral/mental health services, which, as you know, is a pandemic in and of itself around the country – a high priority."

Since its opening, Behavioral Health Services has experienced steady growth. Whether addressing



mood disorders, anxiety, relationship challenges, or other concerns, the team promotes emotional and social wellbeing. Chiedza Nwakudu, DNP, ANP-BC, PMHNP-BC, our Psychiatric Provider, and Donica Reints, MSW, LCSW, our Licensed Clinical Social Worker, help community members ages 12 and older

through on-site counseling, behavioral evaluations, and telehealth medication management.

Areas of Care

Behavioral Health Services focuses specifically on the needs of the Rochelle community, as Tracey explains:

"In addition to patient and community input, RCH has always looked at several things such as primary care input and the number of patients we may see in the Emergency Department for behavioral health concerns. RCH regularly meets with community partners from police, fire, clergy, local mental health agencies, among others, to discuss how we can work together to provide needed services."

Behavioral Health Services offers comprehensive, compassionate treatment for the following conditions:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Anxiety Disorders
- Bipolar Disorder
- Borderline Personality Disorder
- Couples Counseling
- Depressive Disorder
- Grief Counseling
- Mood Disorder
- Obsessive Compulsive Disorder (OCD)
- Personality Disorder
- Post Traumatic Stress Disorder (PTSD)
- Substance Use Disorder
- Suicidal Thoughts or Ideation

With guidance and care, our providers help individuals and families work toward stability and resilience, and offering these services locally has made a strong, positive impact. "We have had several positive comments from the community simply stating that they are happy we are here," Tracey shares. "I have had the opportunity to speak to local service groups about behavioral health services at RCH, which I think strengthens the community commitment."

Equally important to us is maintaining your privacy. At our Multi-Specialty Clinic, patients wait alongside others in the general waiting area, but sessions with Donica and Chiedza take place in a private room, ensuring confidentiality. When they do collaborate with other providers, they share only the necessary information.

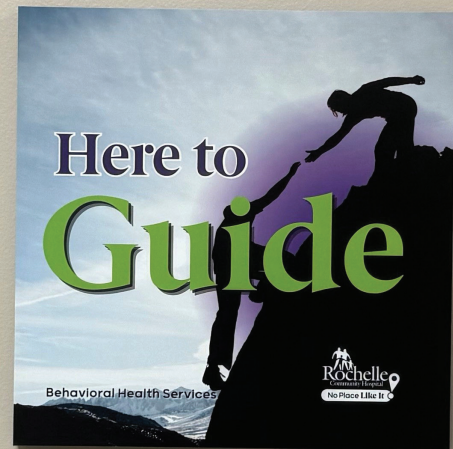
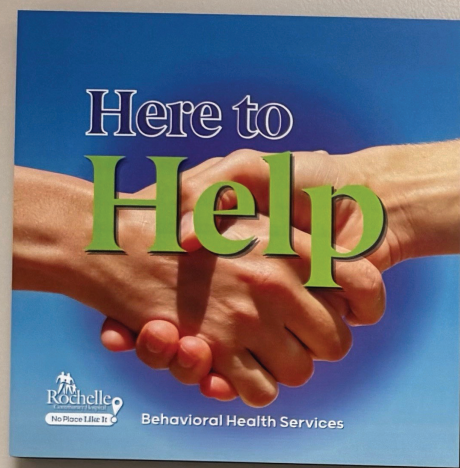


Donica Reints, MSW, LCSW, Licensed Clinical Social Worker (LCSW)

In-Person Counseling

Donica Reints, MSW, LCSW, is the Licensed Clinical Social Worker (LCSW) at Rochelle Community Hospital. She provides in-person counseling for individuals, couples, partners, and families. Donica has a background in managing group homes for adults, where she was inspired to become a social worker. Prior to joining RCH in April 2025, she worked as a telehealth care provider, giving her insight into the collaborative nature of in-person therapy and virtual medication management.

Observing that conversations about mental health care are becoming more common, Donica notes that people are receptive to therapy and the help that it offers: "If people feel that therapy is something they need or want to do, they should reach out. There is no downside to it."



She describes her client-first approach that encourages people to feel comfortable opening up and sharing during counseling:

"We will work together to meet the goals they have for themselves. I am a cheerleader for them and for what they need to live their lives to the fullest. I am upfront and honest and love to include humor. It is about meeting the clients where they are and challenging them to move towards their goals, encouraging them to be honest with themselves."

For Donica, providing local counseling plays an important role in helping community members get the help they need: "In-person therapy services make for more effective communication, being able to read and respond immediately to nonverbal cues. Meeting face-to-face helps build a deeper connection and stronger rapport. It also can offer a more private environment, reducing distractions in the therapeutic process." Each day, she is inspired by "light bulb moments" that occur when patients have a breakthrough during a session.



*Chiedza Nwakudu, DNP, ANP-BC, PMHNP-BC,
board-certified, licensed Psychiatric Mental
Health Nurse Practitioner*



Telehealth Medication Management

Chiedza Nwakudu, DNP, ANP-BC, PMHNP-BC, is a board-certified, licensed Psychiatric Mental Health Nurse Practitioner at Rochelle Community Hospital. She joined RCH in April 2025 and provides behavioral evaluations and medication management through telehealth sessions. As a nurse practitioner licensed to care for patients across the lifespan, Chiedza has worked in primary care as well as in both inpatient and outpatient psychiatric settings.

In her role as the Psychiatric Provider, Chiedza provides psychiatric evaluation, medication management, and brief counseling services. Medication management focuses on using medication to reduce symptoms and improve daily functioning. Sometimes patients aren't ready to start medication. If therapy alone doesn't help, patients may later decide they're ready to discuss medication options. Importantly, Chiedza emphasizes, "the patient is always the driver. Not every disorder requires medication. Sometimes if the symptoms are mild, you can be fine with counseling."

To determine whether medication is offered as an option, Chiedza works with Donica in what she calls a "therapeutic alliance" to help patients:

"With a patient's authorization, Donica and I can discuss their situation together. If someone is not making progress in therapy, she and I can talk about medication treatment plans. If I do not see improvements with medication, I reach out to Donica and see if she can do more in therapy. It's a very collaborative approach."

Dedicated to enhancing patients' overall wellbeing, Chiedza shares, "We meet the patient wherever they are at in their mental health journey. If we improve the quality of life for one person, then the community as a whole becomes healthier. I encourage people to not suffer alone."

Caring for Our Community

Rochelle Community Hospital now offers counseling and medication management services locally so that patients do not have to travel out of town to receive high-quality mental health care. Because our Behavioral Health Services team partners with your local primary and specialty care providers, it makes it easier for you to access coordinated care all in one place—and with shorter wait times. As Tracey shares,

"The RCH Behavioral Health Clinic serves to provide an additional site for community members to seek those critical services for counseling and medication management. As we all learn more about behavioral health and its impacts not only on individuals but also on our families and community, we can all agree that there is a need. I frequently hear patients worried when they hear that to get services, the wait time is months, or so far away, transportation becomes a barrier to care. RCH is committed to local care to diminish those barriers and provide a place for anyone to seek help."

Behavioral Health Services appointments are by appointment only (no walk-ins accepted). We see patients 12 years and older. For more information or to schedule an appointment with our providers, please call 815-561-1320.

ROCHELLE HOSPITAL BOARD OF TRUSTEES

The Rochelle Community Hospital Board of Trustees is made up of dedicated community members who volunteer their expertise and leadership to advance the mission of RCH. We deeply appreciate their thoughtful guidance and strong stewardship on behalf of the communities we serve.

Noah Carmichael

As a member of the Board of Trustees, Noah Carmichael is proudly continuing a family legacy: both his mother, a former nurse, and his grandfather previously served on the board. In



his career as a civil engineer at Fehr Graham, Noah partnered with local businesses and municipal leaders throughout the region RCH serves. These professional experiences, combined with his own care as an RCH patient, have given him a clear understanding of how the hospital supports the community's healthcare needs. Now recently retired, Noah enjoys golf, aviation, and helping on the family farm. He remains deeply involved in the community, sharing that Rochelle has been an important part of his life and he is dedicated to giving back. For Noah, Teddy Roosevelt's quotation "Do what you can, with what you have, where you are" is a motto he strives to follow.

Perspective

"I am proud to be a part of an organization that has continually improved on many fronts. With the ever-changing healthcare environment, I have confidence that the leadership at RCH, the hospital board, and the community will continue to lead, support, and steer RCH to a path of success."

Todd Prusator

Now retired, Todd Prusator worked in public education for 33 years, with 28 of those years in the Rochelle school systems: 14 years at Rochelle Township High School as a teacher and administrator, and



14 as Superintendent for the Elementary School District. By collaborating with dedicated teachers, administrators, support staff, and board members, he contributed to the community by providing quality education and valuable experiences for students. While Superintendent, he worked alongside employees and the school board to offer strong, financially responsible health insurance options, which gave him an awareness of the healthcare market. On the personal side, Todd has been an RCH patient for 35 years and feels deeply blessed to be a part of the Rochelle community and is grateful for the opportunity to give back. In retirement, Todd enjoys working on his golf game and visiting his son, daughter-in-law, and first grandchild in Phoenix, as well as his daughter in Denver.

Perspective

"Having quality and accessible healthcare is vital to the welfare of everyone and every community, especially for rural communities. Rochelle has been extremely blessed and fortunate to have RCH providing quality healthcare. With the ever and rapidly changing landscape and issues associated with healthcare, it is essential that RCH continues to provide consistency and a level of vested community support for Rochelle and the surrounding area."

Brent Ohlinger

Active in the Rochelle community, Brent Ohlinger has long served on local boards and volunteered with a variety of organizations. As Community President at First State Bank, he and his team invest in the community by supporting local businesses, advancing development, and assisting local residents. Recognizing that Rochelle is fortunate to have access to essential, high-quality care, he is committed to advocating for the future of Rochelle Community Hospital. Through his role on the RCH Board of Trustees, Brent helps to guide decisions that strengthen the hospital's services and meet the community's needs. During his time off, he likes to golf, hunt, and spend time with his family.



Perspective

"It is important that Rochelle Community Hospital continues to be a locally-owned hospital that provides quality care for our community. It serves as an anchor for our local community, supporting the financial wellbeing of our town and investing in public health with local partners."

Crystal Dyer

In her position as Executive Vice President / Chief Credit Officer at Holcomb Bank, Crystal Dyer is part of a team committed to reinvesting in and supporting the local community. A lifelong resident of Rochelle, she is proud to have witnessed the growth and expansion of health care and emergency services at RCH. Serving on the RCH Board of Trustees allows her to help guide long-term goals and plan for an even stronger future. Her niece, a Nurse Practitioner, provides valuable insights that deepen Crystal's understanding of health care. This principle is reflected in Crystal's favorite quotation: "What you do today can improve all your tomorrows" by Ralph Marston. When not working, she likes to attend sporting events, read, relax on a good beach, and spend time with family.



Perspective

"I feel that the sustainability and success of the hospital is a vital part of the community because it provides essential health care services, ensures access to critical services, and contributes to our local economy. We have a great hospital with tremendous resources; our community doesn't have to travel long distances for quality care."

Earl Fleming

Growing up in Rochelle, Earl Fleming is a lifelong patient at RCH and understands how having access to local healthcare strengthens a community's quality of life. He has been exposed to valuable insight and perspective in healthcare as his wife has been a nurse for 15 years. Before joining the Board of Trustees, he served as a Board member and past Treasurer of the Rochelle Community Hospital Foundation from 2017-2024. In his current role as Community Bank President at Central Bank Illinois, combined with a 33-year career in finance, Earl contributes significant fiscal expertise to his role to the Board. When he's not traveling with his wife and family, he coaches youth sports and volunteers with a youth group. Earl is driven by two things. One, is to honor his family by the way he lives his life as they have been both an anchor and a rudder to him. Two, is to live by Matthew 6:33, paraphrased as "seek first the kingdom of God and His righteousness..."



Perspective

"Our hospital staff and current Board of Trustees are incredible. I want to contribute what I have to offer to support the work they are doing."

AJ Querciagrossa

AJ Querciagrossa, CEO of the Western Region at OSF HealthCare, was appointed by the OSF Governing Board to serve as the liaison to the RCH Board of Trustees. Through OSF's multi-level partnership with Rochelle Community Hospital, he helps to ensure the highest level of health care is available in the local community. A former pharmacist with more than 30 years of experience in the healthcare industry, he is proud to collaborate with others who share his passion for strengthening critical care in rural areas. In his free time, AJ enjoys swimming, gardening, and spending time with his family.



Perspective

"Rural health care is so critically important to our community. RCH provides key services locally; without them, a person could have significant challenges to their health. It's important for RCH to build on the investments already made and to continue expanding new services as the community's needs grow."

Geri Dee Hayden

Geri Dee Hayden's connection to RCH is both deeply personal and professional. She and her family are all patients at the hospital, and in 2024, the healthcare team saved her daughter's life after a sudden cardiac arrest. This past summer, her daughter interned at RCH and plans to become a doctor herself. Geri's professional background as a banker—managing bond issuances and monitoring the financial performance of several hospitals—has given her a strong understanding of fiscal responsibility. As a local business owner and active community member, Geri draws inspiration from Mother Teresa's words: "Not all of us can do great things, but we can all do small things with great love." Having witnessed the financial challenges faced by hospitals in smaller communities, she values RCH's strong governance as a vital asset to the community.

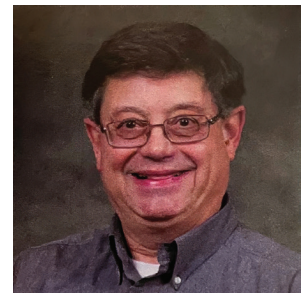


Perspective

"RCH has a great leadership team. They are forward-thinking, and the trustees really care about the overall health and success of the hospital, making sure that our mission aligns with the needs of the people we serve."

Al Duthie

In early 2025, Al Duthie retired from a 33-year career in management at Crest Foods in Ashton. Throughout his career, he developed strong skills in organization, budgeting, leadership, and problem-solving. Additionally, he serves on the Faith Lutheran Church council and brings his extensive management and technical skills to his role on the RCH Board of Trustees. He values the opportunity to contribute to important decisions that support the growth of Rochelle Hospital and the wellbeing of the wider community. Al approaches life with these principles at the forefront of his mind: change favors the prepared mind; there are two kinds of pain in life: the pain of discipline and the pain of disappointment; obstacles are what you see when you take your eyes off your goals; and the extra mile is never crowded.



Perspective

"Rochelle is blessed to have such a high-quality hospital, and I want to be part of continuing this. Without good health, none of us can enjoy life to the fullest extent. A hospital like RCH ensures this."

Additional members of the Rochelle Community Hospital Board include Maria VanHise, voting member representing the RCH Auxiliary; Dr. Jason Popp and Dr. Kendall Vogeler, medical staff representatives; and Karen Tracey, RCH CEO.

To view the entire 2025-2026 Board of Trustee list, visit our site: rochellehospital.com/about-us/

Warm Up Winter with These Soup Recipes

Creamy Red Lentil & Roasted Carrot Soup (serves 6)

Ingredients

- 4 cups chopped carrots
- 4 garlic cloves
- 5 tbsp. canola oil, divided
- ½ tsp. salt
- ¼ tsp. pepper
- 1 onion, diced
- 1 ¼ cups split red lentils
- 5 cups chicken or vegetable stock
- ¾ cup whipping cream
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F (200°C). Line baking sheet with parchment paper.
2. In a large bowl, toss carrots, garlic, 3 Tbsp (45 ml) canola oil, salt, and pepper. Dump onto prepared baking sheet and arrange in a single layer. Roast for 30 minutes. Stir occasionally until carrots are slightly caramelized and tender. Remove from oven.



3. In a large pot or Dutch oven, heat 2 Tbsp (30 ml) canola oil over medium-high heat. Add onions. Saute for 5 mins until translucent. Stir in carrots and garlic. Add lentils. Stir to coat. Add stock, cover, and bring to a boil. Reduce heat to medium-low. Simmer for 15 mins. Stir occasionally until lentils are soft. Remove pot from heat. Use an immersion blender to puree the soup. Stir in cream. If soup is too thick, thin with more stock or water. Season to taste with salt and pepper.

Adapted from: lentils.org/recipe/creamy-red-lentil-roasted-carrot-soup/

Pumpkin Chili with Canned Pumpkin

Ingredients

- 1 lb. lean ground beef
- ½ cup chopped onion
- 1 clove minced garlic
- 1 can 100% pumpkin puree
- 1 can crushed tomatoes
- 1 cup water
- 1 can kidney beans
- 1 tbsp. chili powder
- ½ tbsp. cumin
- Shredded cheese
- Sour cream

Directions

1. Add 1 pound of lean ground beef, ½ cup chopped onion, and 1 clove minced garlic to a large sauce pan. Cook until meat is brown and onion is soft. Drain excess fat.



2. Add 1 can 100% pumpkin puree, 1 can crushed tomatoes, 1 cup water, and 1 can kidney beans (drained) to pan.
3. Add 1 tablespoon chili powder and ½ tablespoon cumin to pan and stir.
4. Bring to a boil. Reduce heat and cover. Simmer for 30 minutes, stirring occasionally.
5. Top with cheese and sour cream, if desired, and serve.

Adapted from: extension.illinois.edu/diabetes/recipes/pumpkin-chili-canned-pumpkin



900 N. Second St.
Rochelle, IL 61068
rochellehospital.com

NON-PROFIT ORG
US POSTAGE
PAID
PERMIT NO.154
ROCHELLE, IL

Scheduling & Technology Advanced

No Place Like It



815-562-2181
rochellehospital.com