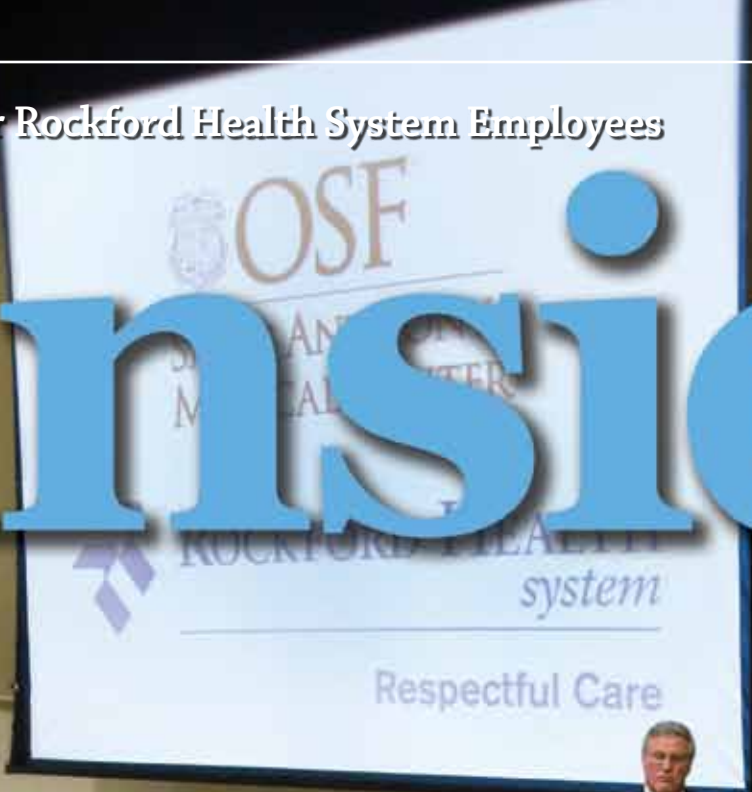


News for Rockford Health System Employees



# inside



December 2011

# More Work Ahead for Affiliation



# FTC Challenges Proposed Affiliation

The Federal Trade Commission is challenging the proposed affiliation between OSF Healthcare System and Rockford Health System. The boards of directors and leadership teams of both organizations are extremely disappointed with the Federal Trade Commission's decision. During the past eight months, we fully cooperated with the FTC and worked diligently to outline our case for the affiliation. We hoped that the partnership would move forward early in 2012 and that Rockford region health care consumers would begin to see the benefits of collaboration.



**Our initial  
goals for this  
affiliation have  
not changed.**

OSF Healthcare System and Rockford Health System are committed to pursuing all legal options available to us. We will contest the FTC's request for a preliminary injunction to stop the affiliation in federal court in the Northern District of Illinois and concurrently answer the administrative complaint filed with the FTC's Administrative Law Judge. We will reiterate our strong belief that the proposed affiliation is in the best interest of the community because it will enhance our collective efforts to provide a full-range of local, cost effective and high quality health care services to the region.

Despite the FTC's challenge, we do not believe that the affiliation is anti-competitive; in fact, we believe that by combining two of Rockford's three health care systems into one, we continue to promote healthy competition in the marketplace. That's why we are willing to vigorously pursue this case through the administrative and judicial process. We have no doubt that this affiliation will create a more viable, sustainable, high quality health care delivery system for the Rockford region. It is unfortunate that we must now proceed through an administrative and judicial review process that could take up to 24 months or more to complete and will divert substantial time and resources that could be devoted to strengthening the delivery of health care services to residents in the Rockford region.

Our initial goals for this affiliation have not changed. But, what continues to change is the health care environment in which we do business. The local economy also continues to struggle. Today, we feel even more strongly that this affiliation is the right thing to do for our community. By combining talents, resources, technology and facilities, we will recruit the best and brightest physicians and professionals, reduce costs, improve efficiencies and most importantly, significantly enhance our clinical offerings and quality outcomes for patients.

As this matter progresses through the legal processes, we will continue to keep you informed of this important matter. Thank you for your interest in this vital local health care initiative, which we know will ultimately benefit health care consumers in our community. ↗

**Have an idea for a story?** We want to know! Send it to Laura Maher in Marketing and Public Relations by e-mail or inter-office mail.



**Respectful Care**

[www.rockfordhealthsystem.org](http://www.rockfordhealthsystem.org)

## In the News

# RHS Welcomes New Physicians

Rockford Health System hosted a reception for physicians who joined the organization this year. Pictured are new physicians Julie Platt, M.D., Venkata Dontaraju, M.D., Jason Riesinger, M.D., Karen Gellada, M.D., Marisha Cook M.D., David Varland, D.D.S., Landon Pryor, M.D., and Magdalena Nowak, M.D. 🔄



# Rockford Memorial Development Foundation Named Outstanding Foundation

The hard work and dedication of the Rockford Memorial Development Foundation was recognized last month as it was named the recipient of the Outstanding Foundation Award by the Association of Fundraising Professionals (AFP).

The award was part of the 27th Annual National Philanthropy Day Awards presented by the Rockford AFP Chapter on November 8 at Forest Hills Country Club. National Philanthropy Day® is a special day set aside to recognize and pay tribute to the great contributions that philanthropy – and those people active in the philanthropic community – have made to our lives, our communities, and our world.

The Foundation, established in 1952, encourages and manages charitable giving for Rockford Health System, providing more than \$1 million annually back to the RHS “Superior Care” mission. These funds support facilities initiatives; purchase leading-edge equipment; provide for community health needs; or enhance the patient experience through care and comfort items.

In accepting the award, Foundation Executive Director Helen Brooks recognized the generosity of donors, board members,



*Paul Green, Jeff Smith, M.D., Helen Brooks, and Julie Bosma accept the Outstanding Foundation Award.*

volunteers, physicians and other caregivers at Rockford Health System whose generosity has made good things happen for our patients and families. Brooks cited the “joy of building relationships with the end goal of helping others” as the Foundation’s mission.

Also honored at the annual awards luncheon were the Nicholas Family for Outstanding Philanthropist, and Savant Capital Management for Outstanding Corporation. Coincidentally, both of those award recipients have also been long-time supporters of the Rockford Memorial Development Foundation. A very impressive 15-year-old, Taylor Staman, received the Presidential Youth Service Award, an award sponsored by the Rockford Memorial Development Foundation to encourage the next generation of philanthropists. 🔄

# One Minute

## with Gary Koteles, O.D.



**What was your “welcome to medicine” moment?** It was my first day as an intern performing exams on my own. The second patient I saw looked at me and said “I’m always confused about optometrists, ophthalmologists and opticians. You’re not the real doctors, right?” Optometry has come a long way since those words 31 years ago but they really help me to appreciate the support and trust exhibited by the physicians in our health system and I would like to thank all of them.

**If I weren’t a doctor, I wish I could be:** Researching and teaching at a university.

**Favorite movie and TV show:** I’d have to pick sci fi as a group and I’ve been a fan of Modern Family from day one.

**The last concert I attended:** Moody Blues.

**Favorite sports team:** Illini basketball and love going to the Big Ten tourney.

**My best vacation:** Hiking through the Grand Tetons. Pictures just can’t do the beauty justice and Clearwater Beach as a home away from home.

**I exercise by:** Spending a lot of time on the elliptical trainer and stationary upright and recumbent bikes but hope to get back to my true love, running, if I can get through an injury.

**My favorite book is:** *Dune* by Frank Herbert

**My favorite restaurants are:** Guppy’s or Frenchy’s, Clearwater Beach, Fla.

**Family:** The love of my life and best friend, Maureen, and we’re now up to five incredible kids: Michael (29) and his wife Amber; Lauren (26) and her husband of just over a month, Bob; and at 22, my youngest, Brittany. I am a very, very lucky man.

**Pets:** Our cat, Nugget, (maybe I’m not that lucky) and our white lab, Kya.

**Hobbies:** I’m a “do it yourselfer” so whether it’s finishing the basement, fixing the washer, or working in the yard, I keep pretty busy and enjoy the feeling of accomplishment.

*Gary Koteles, O.D., is an optometrist at Rockford Health Physicians – Perryville.* ↗

## WELCOME

### New Employees

**Merle Bergsten,**

Courier Services

**Jennifer Carlson,**

Pharmacy-Tech

**Candace Carson,** Sleep Lab

**Ashley Cox,**

Neonatal Intensive Care

**Michael Cox,**

IMS-EPIC Analyst

**Benjamin Dodge,**

IMS-PC Networking

**Gerard Du Melle,**

IMS-Programming

**Michael Dyson,**

IMS-PC Networking

**Eldon Eash,**

IMS-Programming

**Teri Fischer,**

Internal Medicine-Perryville

**Brian Fuller,**

IMS-EPIC Analyst

**Jennifer Henrey,**

Progressive Care Unit

**Carlos Hunter,**

Environmental Services

**Marie Jensen,**

Environmental Services

**Brittany Jones,**

Food Service Administration

**Tonya Jones,** Registration

**Heather Kolk,**

Progressive Care Unit

**Richard Kunkel,**

Progressive Care Unit

**Noel La Madrid,**

Adult Critical Care

**James Laursen,**

IMS-Networking

**Alex Lawton,**

IMS-PC Networking

**Melissa Michel,**

Registration-Emergency Dept

**Karen Mitchell,**

Recovery Room

**Nancy Monroe,**

Behavioral Medicine Unit

**Tanysha Montana,**

Case Management

**Michael Parr,**

Outreach Rkfd Med Lab

**Michelle Smith,**

Convenient Care-Byron

**Kristen Stocker,**

Pharmacy-Tech

**Keegan Terry,** Security

**Amanda Wennmacher,**

Cardiac Telemetry

**Emily Winder,**

Pediatrics-Belvidere

**Allysha Young,**

Progressive Care Unit

# Vecera System Brings New Communication Options



**A** new person-to-person communications system should bring new efficiencies to clinical staff throughout Rockford Memorial Hospital.

The Vocera communication system was launched in the Emergency Department in late September. Vocera is a wireless, mobile, hands-free communication system. Clinical staff working in the ED wear a small and light communication device. The device is voice activated (for example—"Call Michelle Hintz") and can be sent and responded to between users wearing the device. In addition, phone calls can be initiated and answered through the system.

Some advantages in a fast-paced emergency department include less overhead paging; decreased time searching for

staff to provide important information; ("ambulance with trauma is incoming"), and more effective requests for assistance.

"Our staff members are finding Vocera very effective in their daily work," says ED Manager Michelle Hintz. "It's helping them communicate more efficiently and that translates into benefits for our patients."

Training is ongoing to expand the system throughout the hospital. Staff on C-4 and E-4 are scheduled to begin using Vocera in early December.

One unexpected benefit of Vocera was discovered during the implementation. It was found that since the device can be played out loud and the "call" is audible through the speaker, it can be utilized in the room with a patient and the interpreter service. Staff can say to Vocera – Call "Language Line" – and the interpreter will be on the line and the patient can hear the conversation through the Vocera device.

"Rolling out Vocera involved a lot of training and coordination," says Stephanie Herrmann, Manager of Telecommunications and Medical Transcription. "The ED staff members were incredibly positive in agreeing to pilot the project. We're excited to continue to implement the system in other areas of the hospital." ↗

## Surgical Family Waiting Area Renovations Complete

The Surgical Family Waiting Area in the hospital recently underwent a complete facelift. The renovations includes carpet; wall coverings and paint; a more functional desk area; lockers; a children's play area; and new artwork. The redesigned area also includes an added conference room for physicians to meet with families, bringing the total to three rooms instead of two. Funding for the renovation came from the Rockford Memorial Hospital Auxiliary. ↗







## A Moment **In Time**

RHS Ambassador Tour  
Monday, November 21, 6:45 p.m.  
Photography by Tom Holoubek

# SERVICE

## AWARDS

**THANKS** to the following employees who have shown their commitment to Rockford Health System for many years.

### 25 Years

**Kathleen Tevebaugh,**  
Cardiac Services

### 20 Years

**Michelle Beale,**  
Children's Learning Center

**Nicole Clark,**  
Health Information Services

**Dennis Cutler,** Biomed

**Dorian Deschepper,**  
Maternity

**Jennifer Dinges,**  
Family Practice, Winnebago

**Jennifer Evans,**  
Children's Learning Center

**Octaviano Garcia,**  
Plant Engineering

**Debra Hubert,**  
Children's Learning Center

**Chad Phippen,**  
Older Adult Care, VNA

**Dawn Warner,**  
Children's Learning Center

**Denice Zimmerman,**  
Children's Learning Center

### 15 Years

**Aleksandra Gorsuch,**  
Patient Pre-Access

### 10 Years

**Judy Effler,**  
Environmental Services

**Ellen Ryan,** Maternity

**Stacey Whitaker,**  
Medical-Telemetry

### 5 Years

**Phousavanh Aphay,**  
Surgical-Post Inpatient

**Dichelle Bowey,**  
Central Service

**MaryAnn Cooke,**  
Convenient Care, Perryville

**James Gardner,**  
Environmental Services

**Marian Garshva,**  
Environmental Services

**Susan Hickey,** Radiology, CT

**Maria Redington,**  
Peds Endocrinology, Main

**Karen Riley,**  
Guest Relations, VNA

**Monica Thompson,**  
Family Practice, RMB

**Dana Workman,**  
Labor and Delivery

## RHS Wellness Healthy Recipe

### Stuffed Cherry Tomatoes

**Makes:** 30 servings

**Prep:** 45 mins

#### Ingredients:

30 cherry tomatoes  
(1-inch diameter)  
1 cup firmly packed  
fresh basil leaves  
1/2 cup firmly packed  
fresh flat-leaf parsley  
leaves  
1/4 cup pine nuts, toasted  
1 large clove garlic, quartered  
1/8 teaspoon black pepper  
2 tablespoons olive oil  
4 ounces goat cheese (chevre),  
crumbled (1 cup)  
Fresh basil leaves (optional)

#### Directions:

**1.** Slice off the very top of each tomato. Cut a thin slice off the bottom of each tomato so they stand level. Scoop out tomatoes from the top using a very small, narrow spoon. Turn upside down on paper towels to drain.

**2.** For pesto, in a blender container or food processor bowl combine 1 cup basil, the parsley, nuts, garlic, and pepper. Cover and blend or process with several on/off turns until a paste forms, stopping machine several times and scraping the sides. With the machine running slowly, gradually add oil and blend or process to the consistency of soft butter. Transfer to a small bowl and stir in the goat cheese.

**3.** Spoon pesto mixture into a small self-sealing plastic bag. Snip a very small hole in one corner of the bag. Seal bag. Squeeze pesto into the tomato shells. Place filled tomatoes on a serving plate. If desired, garnish with small basil leaves. *Makes 30 tomatoes.*

• **Make Ahead Tip** Prepare as above through step 3. Cover and chill up to 4 hours.

**Nutrition Facts:** Servings Per Recipe 30, Calories 29, Protein (gm) 1, Carbohydrate (gm) 1, Fat, total (gm) 2, Cholesterol (mg) 2, Saturated fat (gm) 1, Monosaturated fat (gm) 1, Sodium (mg) 16, Potassium (mg) 59. ↗



## EMPLOYEE OF THE MONTH NOMINEES

**Michelle Bennett,** R.N., Internal Medicine

**Pat Bove,** Patient Registration Representative,  
Hospital Admitting

**Kirk Gleasman,** Janitor, Food & Nutrition Services

**Traci Melms,** Hospice Volunteer Coordinator

**Jan Southard,** R.N.C., Care Coordinator A-2

**Deb Zaccard,** REACT Flight Nurse

## Courier Service Earns Latest TORCH Award


Hospital Receiving Dock staff members chose the RHS Courier Service as the latest recipient of the traveling TORCH trophy. The award was presented to staff on Wednesday, November 23.

The nomination highlighted the dedication of the staff members and the important role they play in serving patients. “The couriers are pleasant to work with and have a positive attitude. They deliver to all RHS entities in a timely manner, helping units and departments do their jobs without interruption to patient care.”

The TORCH award allows various departments throughout the health system to recognize each other for the great work that is taking place within individual departments. The award is presented from one department to another to acknowledge those

departments that support an environment

of respectful care for our patients and peers. The goal is to increase the awareness of what other areas in the health system are implementing to promote respectful care.

The Courier Service staff will now have the opportunity to nominate two departments as potential candidates to receive the traveling TORCH trophy. Nominations will be evaluated by the Reward and Recognition Committee and the award will be presented next month. 



## Contemplative Care at RHS – A Wellness Committee Initiative

### **Did you know that our organization sent a number of employees to receive training in Contemplative Care?**

There are many facets and dimensions to this very ancient and yet contemporary discipline. In 2004, the World Health Organization defined health as a “complete state,” consisting of the presence of positive states of wellbeing, as well as the absence of disease or infirmity. Contemplative Studies is a cutting edge interdisciplinary and multicultural field that focuses on the possible uses of contemplative states and mental training practices to promote such “Complete Health.”

A great deal of research and study is currently being focused upon this area known as Contemplative Studies which includes areas of meditation disciplines, neuroscience, the development of pro-social qualities and values, and mindfulness based practices. These areas of research, study, and personal practice hold great promise for each of us as individuals in the area of self-care. Secondly they hold great benefit for those we serve. It is in this vein that the use of contemplative practices, such as mindfulness, is being addressed here today.


Jon Kabat-Zinn defines Mindfulness as “Paying attention on purpose, from moment to moment, non-judgmentally, as if your life depended upon it, which it does”.

How many of us spend inordinate amounts of time thinking about things, feelings, experiences, etc. that are either in the past or in the future? Worry, regrets, hopes, dreams, fears, etc? Or

maybe just running on auto-pilot through the routine of our day, maybe not even remembering our drive to work or what we had for breakfast, or what our child may have said because our mind was already at work? These are just a few easy ways for us to see that sometimes, maybe oftentimes, we may not be very “mindful”, and in fact can be very “mindless”.

With the ever increasing levels of stress that we live with, with this “pre-occupation” with the past and the future, the possibility and maybe even the probability, is that we are going through our days entirely missing the “present moment.” Mindfulness practice is about experiencing the present moment, each and every moment, on purpose, and non-judgmentally.

As an organization, we are just in the beginnings of introducing these concepts to the staff. Those who have undergone some of this training are working to find ways to bring this knowledge and skill into your world - both personal and professional. More information on where our Contemplative Care Team is headed will be coming your way. The availability of research articles, suggested books, websites, and practice opportunities will soon be available.

If you have an interest or questions, please express them to our team. The Contemplative Care Team members are: Carolyn Bengston, M.D., chair; Leslie Aalund; Sheryl Andreasen; Marcia Donaldson; Angie Hadie; Hugh McHugh, M.D.; Steve May; Pat McCarthy; Dottie Muskovin; Kathryn Pearce; Paula Stier and Darla Taylor. 



## SPOTLIGHT ON NURSING

# Nursing Quality Patient Care Council (NQPCC)



The NQPCC works on clinical issues that affect the patient and frontline health care staff. Here are some of the group's accomplishments this year:

- Researched, trialed and adopted new needleless blunt access tip to draw up medications and reduce accidental needle sticks.
- Researched, trialed and adopted new under pads for incontinent patients to help maintain skin integrity and reduce risk of pressure ulcers.
- Each member attended leadership and facilitation training for personal growth and enhance abilities at unit level.
- Began educating/training co-workers on AIDET to reduce call light usage and improve patient satisfaction.
- Implemented new ISBAR form house-wide to improve communication among caregivers.
- Adopted the CUSP safety tool for identifying and improving defects in care/patient safety.
- Adopted a new process for uniformly identifying bereaved patients/families in the units by placing an oak leaf on the outside of their room.
- Created a video for Nurse's Week describing relationship-based care and what NQPCC does. 📺

## IN BRIEF

• Congratulations to **Ethan Harris**, who works in SICU, for receiving a Skin Saver Award. Ethan's prompt initiation of appropriate pressure ulcer interventions played a key role in improving a patient's outcome. Ethan mentors new staff regarding pressure ulcer prevention and through work with his unit's based QPCC, has collaborated with WOC nurses & Skin Team to address pressure ulcer prevention in critical care.

The Skin Saver Award is issued by the skin team based on extraordinary cases, consistent excellence, incredible foresight and preventative measures, and reversal of wound progression through early and appropriate intervention. Staff may be nominated by managers, staff and skin team members.

• Van Matre HealthSouth Rehabilitation Hospital has earned certification for Disease-Specific Care in stroke rehabilitation. The Joint Commission's Gold Seal of Approval™ was awarded to the hospital for its compliance with the organization's national standards for healthcare quality and safety for stroke rehabilitation.

• The November issue of *Pharmacy Practice News* features a story on the Rockford Memorial Hospital and Swedish-American Hospital pharmacies and Patient Assistance programs. Curt Lesher, Director of Pharmacy, is quoted throughout the article. 📺

# VAN MATRE RANKED ONE OF TOP FIVE HEALTHSOUTH REHAB HOSPITALS IN COUNTRY

Van Matre HealthSouth Rehabilitation Hospital ranked number five in clinical quality for the third quarter of 2011 out of 97 HealthSouth rehabilitation hospitals nationwide. This is the 15th time Van Matre has achieved a clinical ranking placing them in the top ten including the twelve quarters they have been ranked in the top five.

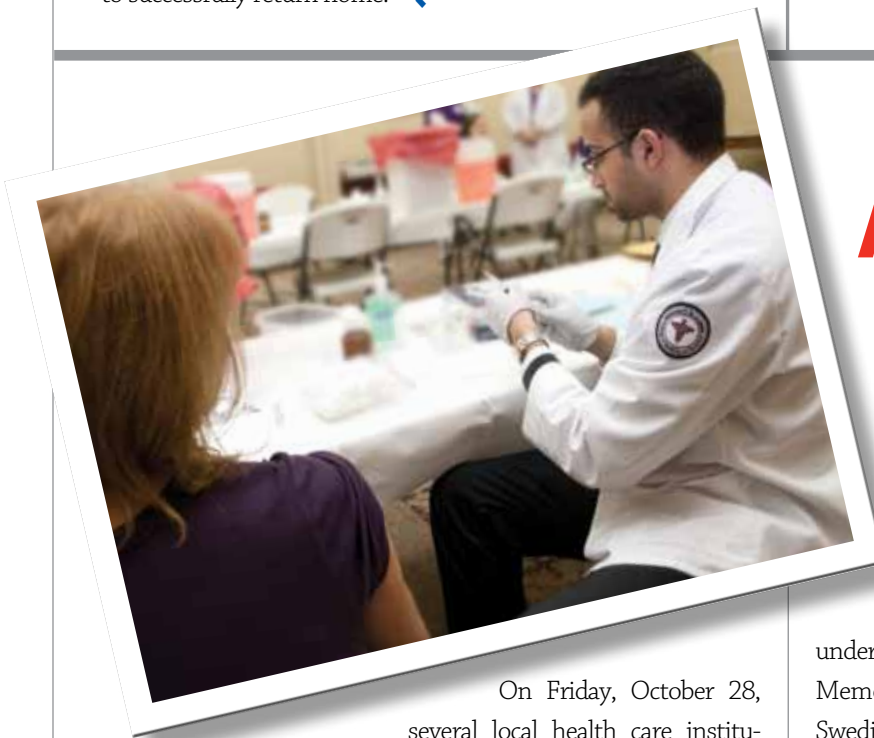
CEO Dan Woloszyn says, "Our clinical ranking reflects our ability to provide excellent outcomes to patients suffering from stroke, brain and spinal cord injury, trauma, and neurological impairments. The fact that we have consistently ranked in the top 10 of all HealthSouth rehabilitation hospitals is a testament to our ability to sustain high quality care to our patients to enable them to successfully return home." 🏠

## EAAC Thanks-for-Giving Food Drive Successful



Rockford Health System employees and volunteers have once again stepped up to help others. Thanks to your outstanding contributions to the EAAC Thanks-For-Giving Food Drive, a total of 63 boxes of food was collected along with monetary donations of \$1,213.85. All contributions go to the Northern Illinois Food Bank for distribution to the less fortunate in our community.

Thank you for helping our neighbors in need! 🏠



On Friday, October 28, several local health care institutions hosted a free flu shot clinic at the Rock River Valley Food Pantry. Students from the Rockford College School of Nursing, the University of Illinois College of Medicine at

## Health Care Agencies Come Together to Provide Free Flu Clinic

Rockford, and the University of Illinois College of Pharmacy at Rockford administered the shots under medical guidance. The vaccine was donated by Rockford Memorial Hospital, OSF Saint Anthony Medical Center, and SwedishAmerican Health System. The event, organized by the Winnebago County Health Department and Rockford Memorial Hospital's Disaster Program, targeted the at-risk population. Nearly 150 adults received the vaccine. 🏠



## Cathy Krusey, R.N.

### Pediatric Outpatient Surgery Department

**C**athy Krusey, a nurse in the Pediatric Outpatient Surgery Department, was recently named the November 2011 Employee of the Month. Cathy's peers say they frequently seek this long-term employee's clinical expertise and see her as a role model both as a skilled nurse and as a person. She cares for and thinks of her OPSU pediatric patients as if they are her very own children, even making treats for some of the recurrent IV therapy patients. Cathy is also cited as having a calming effect in the department and being a compassionate caregiver and co-worker.

**How long have you worked at RHS?**

33 years

**What do you like best about working at RHS?**

I enjoy giving the best care possible to patients. I want to leave them in the best possible state of health and mind.

**What's a typical day like for you?**

I take care of pediatric patients before and after surgery.

**What do you like best about your job?**

I enjoy reassuring patients and their families; teaching them; and making them feel better.

**Is there anything people would be**

**surprised to learn about your job or about your department?**

I think people would be surprised by the different surgeries we do. We have our own space just for kids in pre and post-op.

**Do you have any special memories from working at RHS?**

I will always cherish the great people I've worked with from the ICU for 17 years and now the OPSU.

**What do you enjoy outside of work?**

I enjoy horse riding, gardening, reading, church work and watching my kid's and husband's ball games. ↗