

Free! Please take one.

Spring 2015

# Hopedale Medical Complex Health Matters Chronicle

Your community health newsletter



## Introducing

*White Fence*  
E S T A T E

A Wellness Destination

HMC Welcomes New  
Executive Chef

Hospital Open House  
set for May 9

Employee Recognition and  
Holiday Celebration at HMC

Upcoming Events





**ON THE COVER:  
Entrance to White Fence Estate**

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Did you know YOU get to choose where you have

## **Aquatic** Physical Therapy?

**HOPEDALE  
REHABILITATION  
& *Sports* MEDICINE**

**The Area Leader in  
Aquatic Physical Therapy**

**Three Pools Available  
for Rehabilitation**

- 25 yd. Lap Pool
- Therapy Pool
- Spa Hot Tub



**So choose HMC!**

### **Why choose aquatic PT?**

- ✓ Low impact exercise reduces strain on inflamed joints.
- ✓ Warm water (86 degrees) soothes aching muscles and joints.
- ✓ Improved circulation from hydrostatic water pressure.
- ✓ Decreased weight bearing by 75%, allowing for earlier return to functional exercise following injury or surgery.
- ✓ Beneficial to all physical therapy including acute and chronic conditions.

**Please call the office for more information.**

**309-449-4501**





Hopedale Medical Complex (HMC) is pleased to offer the newest addition to its health and wellness facilities! White Fence Estate—the former home of HMC founder Dr. Lawrence Rossi, Sr.—is a beautiful historic home that has recently been remodeled into a wellness retreat center and is open to the public.

White Fence Estate is the perfect setting to achieve optimal wellness and health. A peaceful experience begins the moment you walk in the front door of this beautifully renovated country home.

Current Services at White Fence Estate include Massage Therapy, Hot Sauna, exercise equipment, personal training, and conference rooms. The beautiful, newly-created massage rooms provide a tranquil massage experience with benefits that last well beyond your visit.

A variety of massage options are available to meet your health needs at White Fence Estate, including cranial sacral, deep tissue, and Indian head massage. Our Licensed Massage Therapists are available for same day and walk-in appointments. Make massage a regular part of your lifestyle and experience the many benefits of massage therapy.

White Fence Estate also has two large, beautifully appointed rooms to accommodate special events and conferences with breathtaking views of the Hopedale countryside. An Easter

Brunch is planned for April 5 at White Fence Estate.

Massage Therapists are available:

- Monday through Thursday: 8:00 am – 8:00 pm
- Friday: 8:00am – 4:30pm
- Every other Saturday: 8:00am – 12:00pm and 8:00am – 3:00pm
- Every other Sunday: 1:00pm – 5:00pm

This spring, we will add outdoor gardens, outdoor exercises, cooking classes, dietetic counseling, and regular Sunday brunches.

Experience why Hopedale and the surrounding communities are making White Fence Estate their choice for total wellness and relaxation! Call (309) 449-3362 to schedule a massage or stop in at 104 Hittle Road in Hopedale for a free tour of the White Fence Estate facilities.



# HMC Welcomes Chef Kevin Roecker!

Kevin Roecker, Executive Chef, HMC's new Director of Food Services, is excited to bring his extensive experience in Food Service and passion for cooking to HMC's Food Service Department! Kevin will oversee the HMC kitchen, which serves the Hospital, Nursing Home, and Commons as well as special events at White Fence Estate. Here is our interview with Kevin:

## **Background and Education:**

Kevin began his journey in food service washing dishes at Country Kitchen in 1978. After leaving Country Kitchen, Kevin continued gaining experience in food service, coordinating events, and learning more about wine and spirits through a variety of other work opportunities at local restaurants. He is the former Dietary Supervisor at Apostolic Christian Restmor where his passion for cooking began.

From 1992 to 1994, Kevin attended the Culinary Institute of America, where he graduated with honors. Kevin worked at prestigious restaurants on the East Coast before coming home to Illinois to continue his career as a professional chef.

Most recently, Kevin was the Chef for Willet's Winery and Cellar and the Ironstone Restaurant in Manito where he was in charge of managing the Ironstone restaurant, planning menus for special events, and all of the cooking at the winery

and restaurant. Many of the items on the Ironstone Room menu were Kevin's own recipes.

## **Where did your passion for food and cooking come from?**

Cooking was always an interest to me from watching my mother and grandmother. Our family would have chili cook-offs for fun and I always enjoyed watching the cooking shows that would teach you how to cook from scratch.

## **What is your favorite thing about working in Food Service?**

I like to make people happy with food, and that means you have to be creative with your menu. People often get bored eating the same thing so it is fun to change it up.

I love to teach other people to cook and have done classes with From the Field Cooking in Morton. I hope to do that with the White Fence Estate.

## **What is your favorite type of food to cook?**

I come from a German family so German cuisine has always been something I enjoy cooking. I also enjoy mixing New Orleans flavors with Caribbean style to create unique flavors. I am always thinking of new combinations of ingredients and flavors.

## **When you are not busy in the kitchen what do you enjoy doing?**



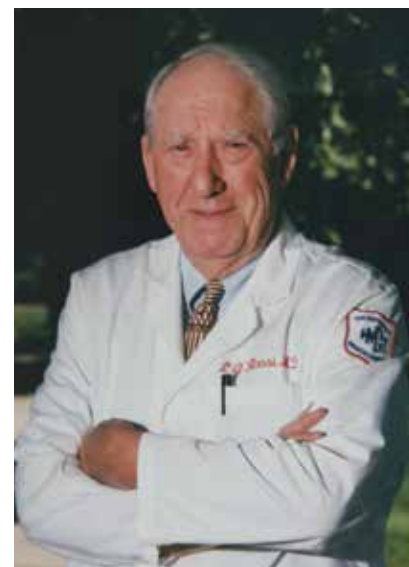
I enjoy being active, which includes hiking, cycling, and playing tennis. I also love to travel. Food is a passion of mine so in my spare time I can be found in my kitchen at home trying new ideas and new recipes.

## **What do you hope to bring to HMC's Food Service Department?**

I think the Food Service Department at HMC already provides excellent food and has a positive and friendly staff. I hope to expand the menu options and bring even more fresh, locally grown food into our kitchen. Special events and cooking classes are going to be great fun. I am very excited to join such a wonderful team and continue to provide fresh, delicious, and health conscious food options paired with great customer service!

To learn more about the Hopedale Medical Complex Café hours and menu visit [www.HopedaleMC.com](http://www.HopedaleMC.com).





## Open House For New Hospital Set For May 9!

On November 15, 2014, CORE Construction substantially completed the Phase I addition of the Hopedale Medical Complex's \$8 million renovation. We are very pleased that on January 21, 2015, HMC passed the Illinois Department of Public Health's life safety review. Then, on January 29, 2015, HMC moved its new furnishings into the renovated space. It looks beautiful.

At long last, patients can now use the new modern 3 room Emergency Department, 6 Ambulatory Surgery suites and four of the six new large hospital rooms. In addition to getting the ER moved back to its original location, the new lobby and main entrance on the Grove Street side is now available for outpatient

surgery. There is also a wonderful Mezzanine lobby waiting area on the second floor. Surgery and admitting patients now enter through our new North Entrance off Grove Street.

CORE Construction started the PHASE II remodeling on February 15 and the entire building should be opening around April 15. An Open House is planned for Saturday, May 9.

I would like to sincerely thank all those who have worked so very hard to complete the addition and especially the patients who have endured the inconvenience during the construction.

Please join us for our ribbon cutting on May 9th, 2015 from 10a.m.-1p.m.! – Mark Rossi



Photo at left, Darrell Caho, HMC Employee of the Year, with COO Mark Rossi. Photo at right, Tim Sondag (center), Department Head of the Year, with Dr. Al Rossi (right) and Mark Rossi

# Celebrating with spirit at HMC

HMC employees and their guests celebrated a wonderful year at the 2014 HMC Annual Christmas Party/Awards Ceremony on December 5th. The event was held in the new addition of Hopedale Hospital. Dr. Al Rossi (CEO), Mark Rossi (COO) and Dr. Larry Rossi thanked our dedicated employees and provided updates on HMC and the ongoing construction. The Catering Company of Mackinaw prepared the food.

HMC presented awards to the following Outstanding Employees:

- Employee of the Year – Darrell Caho, Patient Accounts
- Department Head of the Year – Tim Sondag, Director of Nursing
- CNA of the Year/Love Award – Katie Beer, CNA
- Meritorious Award – Diana Vannaken, Nursing Home Activities Director
- Quality Service Award – Greg Eberle, Assistant Director of Hopedale Rehabilitation & Sports Medicine
- Quality Service Award – Jerry Masching, Director of Plant Operations
- December Employee of the Month – Meagan Knight, RN
- Quality Service Award – David Rossi, Senior Director



Katie Beer



Diana Vannaken



Greg Eberle



Jerry Masching



Meagan Knight



David Rossi



# UPCOMING PROGRAMS & EVENTS:

## SilverSneakers Fitness Program

Hopedale Wellness Center

*Sign up NOW!!*

For info: 309.449.4500

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

## Swim Lessons (all ages)

Wellness Center Pool

March 31-April 23, &

April 28-May 21

For Info: 309.449.4516

## Stroke Clinic

Hopedale Wellness Center

April 14-May 7

For Info: 309.449.4516

## Lifeguard Review

Wellness Center Pool

April 12 & May 3rd

For Info: 309.449.4516

## Babysitting

Hopedale Wellness Center

April 19

For Info: 309.449.4516

## Blood Drives

Hopedale Wellness Center,

2nd Floor Conference Room

April 2 & May 27

3 p.m.-7 p.m.

## Easter Sunday Brunch

White Fence Estate

April 5th 11 a.m.-2 p.m.

Call 309.449.4284 by 3-30-15

## Hospital Grand Opening Ceremony

Hopedale Medical Complex

May 9, 10 a.m.-1 p.m.

Public Invited to celebration



## Almond-Crusted Chicken

*A Healthy Alternative to Fried Chicken!*



### Ingredients:

Canola oil cooking spray

1/2 cup sliced almonds

1/4 cup whole-wheat flour

1-1/2 teaspoons paprika

1/2 teaspoon garlic powder

1/2 teaspoon dry mustard

1/4 teaspoon salt

1/8 teaspoon freshly ground pepper

1-1/2 teaspoons extra-virgin olive oil

4 large egg whites

1 pound chicken tenders

### Instructions:

Preheat oven to 475°F.

Line a baking sheet with foil. Set on a wire rack on baking sheet and coat it with cooking spray.

Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor and process until the almonds are finely chopped and the paprika is mixed throughout.

With the motor running, slowly drizzle in olive oil; process until combined.

Transfer the mixture to a shallow dish.

Whisk egg whites in a second shallow dish.

Coat chicken tenders and transfer each tender to the almond mixture; turn to coat evenly.

Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.

Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.



Hopedale Medical Foundation  
107 Tremont Street  
Hopedale, Illinois 61747  
309-449-3321  
[www.HopedaleMC.com](http://www.HopedaleMC.com)



**Stay**  **Connected!**

Hopedale Medical Complex presents

## **Easter Brunch**

featuring HMC's executive chef

**Kevin Roecker**



**April 5, 2015**

**11 a.m. to 2 p.m.**

**Adults \$18**

**Children (12 and under) \$8**

**Limited Seating**

**309 449-4284**

**White Fence Estate**

**104 Hittle Road**

**Hopedale, Illinois**



Assorted Pastries  
Fresh Fruit Bowl  
Vegetable Salad and Lettuce

Biscuits and Gravy

Scrambled Eggs

Bacon and Sausage Links

Chicken A la King

Home Fries

Breakfast Potato Skins

Roasted and Sliced Butchers Tender

French Toast with Maple Syrup

Macaroni and Cheese

Dessert Table

Juices and Coffee

