

*Free! Please take one.*

Hopedale Medical Complex

Fall 2015

# Health Matters Chronicle

**CELEBRATING  
NATIONAL  
ASSISTED LIVING  
MONTH!**

**New Sleep Center Opens**

**Commons celebrates seniors**

**Breast Cancer Awareness**

**C.O.O. to Lead State Network**

**Upcoming Events**



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## Hopedale Commons Celebrates National Assisted Living Week!

We thank our wonderful residents for choosing

Hopedale Commons as your home.

We are grateful for your support!



Commons Wellness Coordinator

Hopedale Commons has been Central Illinois' premier choice for Independent and Assisted Living for 21 years!

Meet Melissa Burt, the Commons' new Senior Wellness Coordinator is dedicated solely to the Commons. Melissa provides daily activities and educational programs to help our residents achieve all aspects of wellness while remaining active in their daily lives. This includes trips to the new White Fence Estate! Melissa also teaches group fitness classes at the Hopedale Wellness Center. Welcome Aboard Melissa!



211 SW Railroad St.  
Hopedale, IL 61747  
(309) 449-6790

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

Keep up with us on Facebook!



As we celebrate Breast Cancer Awareness Month in October, we have some exciting things taking place in the Hopedale Medical Complex Diagnostic Services Department. In April, Amber Harper of the Radiology team passed her Mammography Certification and is currently completing the required number of procedures to become a Certified Mammography Technician. Amber is a valued member of the HMC family and delivers outstanding care for each patient served in the Radiology department.

Our Diagnostic services include: x-ray, MRI, CT, Mammography, DEXA Bone Scan, Fluoroscopy, Nuclear Medicine, Cardiovascular imaging, GI Series, Sonogram and Ultrasound, Cardiopulmonary services, Laboratory, and a new Sleep Center.

HMC is proud to provide state of the art technology and medical care close to home, so there is no need to drive to the city for your radiology or outpatient services.

For more information on services provided by the HMC Diagnostic Services Department, or to make an appointment, contact us at 309-449-4866.



# STP TV SHOP

*Breast Cancer Awareness Event*



**SUSAN G. KOMEN.**



*Join us for an incredible Girl's Night Out event as we promote Breast Cancer Awareness and hear stories from Breast Cancer Survivors. Enjoy sipping on local wines while shopping for great products from local vendors.*

*Enter to win one of the many raffle items available! All proceeds from the raffle will go directly to Susan G. Komen Memorial.*

***Tuesday, October 13th, 2015***

***6:00-8:00pm***

***White Fence Estate***

***104 Hittle Road, Hopedale Illinois 61747***

***Tickets are \$10 (includes complimentary wine glass).***

***For more information, contact Amber at 309.449.4284***



# There is Always "HOPE" at Hopedale Commons

By Amber Bernshausen, Marketing & Community Relations Director

For more than 21 years, The Hopedale Commons has proudly provided premier senior living options in Central Illinois. The Commons is the only Senior Living community located next to its own hospital! Commons residents also have access to a huge a state-of-the-art 34,000 square foot Wellness Center, Physician offices, dentist, and a pharmacy on-site that provides prescription delivery right to your door. The Wellness Center has recently assigned a full-time Wellness Coordinator to our residents.

Down the street is the beautifully remodeled White Fence Estate, a 7,000 square foot home which has been converted into a wellness retreat. Residents visiting White Fence Estate enjoy working in the large garden, getting a relaxing massage, meeting with their dietician, or enjoying a beverage on the large deck that overlooks the tranquil Hopedale countryside.

Residents of Hopedale Commons have the peace of mind knowing that there is round the clock care immediately available without having to travel elsewhere. Our staff helps reduce the stress of everyday activities by providing residents over 40 personalized services!

Since the Commons opened in 1994, residents have come to know us as "Home Sweet Hopedale." The Commons is always striving to improve the lives of those that choose to live with us and keep them as independent as possible. Residents enjoy participating in daily fitness, social, religious, and educational programs offered on the HMC campus and group outings outside of Hopedale. Many residents enjoy video chatting online with family and exploring Facebook regularly.



The Commons is very thankful for the volunteers who help make our wide variety of programming possible. Volunteers assist with activities as well as leading bible studies, helping with craft projects and gardening, and providing transportation for residents. If you are interested in becoming a volunteer at the Hopedale Commons or if you would like more information on making the Commons your home, please contact Commons Director, Cynthia Noreuil, at 309-449-6790.



**The Hopedale  
Commons**  
Premier Independent  
& Assisted Living



# FITNESS COACHING

*With Hannah or Eddie*

## We Take Your Fitness Personally

Group and one on one sessions available.



# 309.449.4500



## C.O.O. named President of State Hospital Network

Mark F. Rossi, 57, was named President of the Illinois Critical Access Hospital Network (ICAHN) on July 23, 2015. Mr. Rossi will support the statewide organization and its mission to strengthen and provide assistance and resources to its 53 member hospitals. Pat Schou, Executive Director of ICAHN said, "I am really excited about Mark serving as president of our network. He has a good understanding of rural hospitals and will provide excellent leadership for the organization."



Rossi, a licensed attorney and resident of Hopedale the past two years, was recently named the President/COO of the Hopedale Medical Complex where he has served as COO/General Counsel since 2000. He is a graduate of Illinois Wesleyan University in Bloomington and DePaul College of Law in Chicago. He has been proactive in both state and federal legislative matters involving rural hospitals, and has served on the Illinois Hospital Association's Small and Rural Committee.

Mr. Rossi practiced business and municipal law in Tazewell County for 13 years before joining HMC. He is a past member of the Pekin Community High School Board of Education, Pekin Area Chamber of Commerce, Pekin Main Street, Tazewell County Bar Association, and the Kickapoo Council of the Girl Scouts of America. He and his wife Marla, a retired postmaster, have three children including two nurses and a physical therapist and one grandchild.



# HMC HOLDS Grand Opening

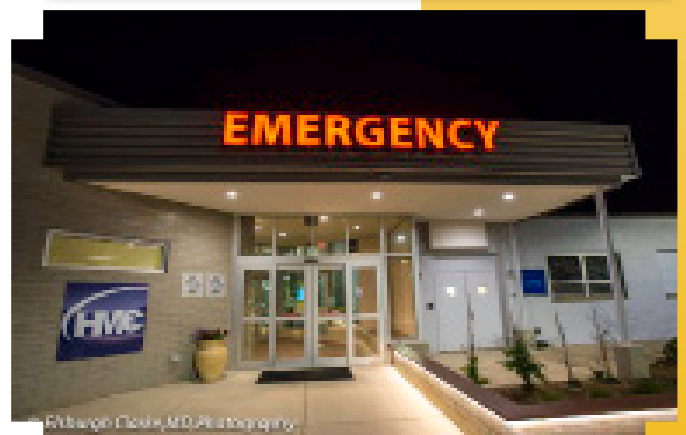
On Saturday, May 9, 2015 a “picture perfect” sunny day, Dr. Alfred Rossi, CEO of Hopedale Medical Foundation, proudly cut the ribbon on the long anticipated \$8 million addition to the Hopedale Medical Complex. A crowd of approximately 350 guests, including dignitaries from the Central Illinois area, heard Dr. Rossi and guest speakers, Senators Darin LaHood, Bill Brady, the Village Mayor Ace Eilts, Dr. Casey Graybeal, and Mrs. Lorayne Rossi, marvel at the accomplishment of the Hopedale Medical Complex on its 60th anniversary. Msgr. Tim Nolan gave the invocation and C.O.O., Mark Rossi thanked everyone for their hard work and dedication that made the beautiful 35,000-square foot addition a reality. The new addition includes a modern three-suite emergency department, a six-suite outpatient surgery addition, six beautiful super-sized hospital rooms, a helipad, and a bright and spacious lobby with a second floor mezzanine surgical waiting area. Construction costs came in at just over \$8 million with an additional \$2 million spent on equipment, including an upgrade of a \$1 million angiography suite in the operating room. Groundbreaking was in October, 2012, but construction did not begin until October, 2013 which was the start of one of the fiercest winters in Illinois history. The harsh weather set back the construction schedule over two months, but it was largely made up in the summer of 2014. Core Construction built the building with the help of architectural firm SPACE from St. Louis. Over \$1 million was raised in the Capital Campaign of 2010, and approximately 60% of that money was utilized during the construction process. There are other items which are yet to be finished, including the chapel and a front entrance flagpole display with Veteran’s Memorial park.

I would like to thank all of our Capital Campaign donors, the architectural and design team, Core Construction and the assistance of our owner’s representatives, Benchmark Construction (Mike Pflederer) and Paul Hartwig of Commercial Construction Consulting. A special thanks also goes to our staff and patients for their understanding, and to Heartland Bank of Bloomington, Illinois, which financed this momentous project. Everyone involved agrees that Dr. Lawrence Rossi, Sr. is indeed smiling down at what Hopedale has been able to accomplish since his passing in 2001. We look forward to developing our strategic plan in the upcoming months and enjoying the new addition. HMC will ensure that the outstanding healthcare services continue to be available to our surrounding communities for many years to come.

Thank you for your continued support!

Sincerely,

Mark F. Rossi, COO  
President





# Tired of Waiting for A Sleep Test?

## Call Hopedale's New Sleep Center



# 309-449-4757

**FASTER TIMES**

**CONVENIENT LOCATION**

**10 minutes south of Morton off I-155(Exit 19)**



Visit [www.hopedalemccom/sleep](http://www.hopedalemccom/sleep) for more information!





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



Stay  Connected!

## Upcoming Events & Programs

Hopedale Medical Complex Golf Outing  
Wednesday, September 23rd, 2015  
Pine Lakes Golf Course  
1pm tee-off  
For Info: 309.449.4939

Swim Lessons  
Classes begin September 15-Feb 4  
Sign up NOW!!!  
For Info: 309.449.4500

Fall Lunch & Learn Series  
White Fence Estate  
Sign up NOW!!  
For Info: 309.449.4500

Blood Drive  
Hopedale Wellness Center Second Floor  
September 24 & December 10  
3:00pm to 7:00pm

Tumbling  
October 13-December 15  
8 week session/30 minutes per class  
For info: 309.449.4500

Free Cholesterol Screening  
Hopedale Wellness Center  
November 18th  
8:00am – 10:00am  
No Appointment needed

FREE Thanksgiving Day Meal  
Hopedale Hospital Cafe  
November 26, 2015

Personal Training  
New Programming and Special Rates!  
Hopedale Wellness Center or White Fence Estate  
For Info: 309.449.4500