

Health *Matters*

WITH ROCHELLE COMMUNITY HOSPITAL



RCH Orthopedic Services

MEET ORTHOPEDIC SURGEON DR. DELISCA

PG. 4



LETTER FROM CEO

GREGORY A. OLSON



Hello everyone,

Thank you so much for reading the latest edition of Health Matters, our community publication for Rochelle Community Hospital.

It's hard to believe we're already speeding through March. This year has still felt a bit uncertain—but also filled with so much hope. We can see light at the end of the tunnel, and I encourage everyone to continue to focus on what truly matters: health, happiness, and caring for others.

We're doing our best to provide the best care to our community by ensuring we have the most talented and dedicated staff, and in this issue, we're introducing many new members of the RCH family.

You'll get to meet our new orthopedic surgeon, Dr. Gadini Delisca, and his athletic trainer, Carter Gallick. Together they make an orthopedic dream team right here in Rochelle, so patients can get the highest level of care close to home. We are also thrilled to welcome cataract surgeon, Dr. Richard Miller, to our team.

The newest faces at RCH also include occupational therapist Jenna Schardt and our new Financial Services Manager

Zac Heward, who are both excited to start making their mark at the hospital.

This edition is rounded out by a COVID-19 vaccine update and a heartwarming story of a mother who was new to the area and made to feel right at home when bringing her daughter to her first appointment at RCH. We've made it our mission to provide the highest quality patient care and are honored she was willing to share her experience with all of you.

We hope you enjoy keeping up with what's new and exciting at RCH, and, as always, welcome any feedback or questions you might have.

While no one can say for sure what the future holds, we continue to look forward to brighter days ahead. And, I for one, am glad to be a part of such a strong, caring community.

Yours in good health,

GREGORY A. OLSON ✓

Gregory A. Olson
Chief Executive Officer

Zac Heward, New Financial Services Manager, Goes the Distance to Help Patients

Zac Heward has been working in healthcare finances for 16 years, so it's safe to say the team at RCH is thrilled to have him on board as the Financial Services Manager. His passion for his work, which includes patient registration and billing, helps keep everything at RCH running smoothly for patients.

"I had heard RCH was a wonderful place to work with an attractive culture, so when I saw they were hiring I applied—and am so glad I did," Zac shared. "I commute an hour each way to work every day and it's so worth it."

He spent the first 15 years of his career at another small hospital. While there he earned his Bachelor of Arts degree from Lincoln College and became a certified Six Sigma Black Belt, a distinction which demonstrates his ability to analyze and improve

processes—making him a tremendous asset in helping RCH stay efficient and on top of patient care.

For Zac, one of the most rewarding parts of his new position is the people he works with and those that they serve.

"My staff is really outstanding," he said. "And especially in this 'COVID' world, it's so rewarding to work for an organization that works so hard to take care of patients—from all the testing to rolling out vaccinations—it's wonderful to be a part of."

Outside of work, Zac enjoys spending time with his wife of four years, Kirby, and their daughter, Zoey.



Occupational Therapist Jenna Schardt Chooses RCH as Her New Professional Home

Occupational Therapist Jenna Schardt has been at RCH just six short months, but her positive impact on patients' lives has already been substantial. Thanks to experience in occupational therapy in school, inpatient and outpatient settings, she has the knowledge to provide patients the care they need to live fuller, more active lives.

"Occupational therapy helps people who have a diagnosis, disease, or injury that has prevented them from doing their everyday tasks such as dressing, grooming, eating, working, etc.," she explained. "The most rewarding experience is when a patient can once again perform a task like putting on their shoes that they couldn't before. Being able to get back to those everyday tasks are so valuable for every patient's self-efficacy and well-being."

It's a team effort at RCH, and Jenna has found the

collaborative approach to patient care helps them get the most out of their treatment.

"I love working with the team at RCH. Every department works together to ensure that each patient is receiving holistic care to provide the best health outcomes possible," she said. "Plus, it's great that we can provide this level of care right in our community."

Outside of work, Jenna loves spending time with her Jack-a-Poo, Paisley, and is enjoying preparing for her wedding this summer.

To make an appointment with Jenna or find out more about occupational services at RCH, call 815-562-2181 ext. 1140 or visit rochellehospital.com.





FOR OUR NEW ORTHOPEDIC SURGEON, **MAKING A DIFFERENCE** IS WHAT MATTERS

In January, RCH welcomed orthopedic surgeon Dr. Gadini Delisca to their Family Healthcare Clinic, and they couldn't be more excited for the passionate care he brings to the Rochelle community and beyond. Dr. Delisca is a well-rounded orthopedic surgeon who treats a wide variety of orthopedic conditions.

Dr. Delisca recently finished his training at the University of Michigan Ann Arbor and had hoped to fill a need for an orthopedic surgeon at a small-town general practice—and RCH was just the place!

"So far Rochelle has been a great fit," he shared. "I'm excited to see where we go together and how I can help take care of people in the community."

His Journey to Orthopedic Surgery

Becoming an orthopedic surgeon wasn't always something Dr. Delisca foresaw, but with some encouragement from his parents in high school, he grew to love the medical field and the opportunity it provided to help people in need.

"My mom is a medical assistant, and when I was in high school, she encouraged me to apply for the medical choice program. Once in the program,

I actually really enjoyed it," he explained. "Then, in college, at first I thought I would become a forensic pathologist, but when I got the chance to explore different options in medical school, I was drawn to surgery. Ultimately, the years I worked in my father's auto-mechanic shop came full circle as I found Orthopedic Surgery to be the best fit."

Patient Care for All

Now that he's officially up and running, Dr. Delisca is settling in and embracing each new patient as they come, so he can provide them with the personalized care they need.

"What I love most about patient care is that everybody has a story," he said, "It's a privilege to get to know these patients and learn about their individual stories. Furthermore, it is extremely gratifying to be able to help individuals overcome orthopedic ailments."

The addition of Dr. Delisca to RCH also means that patients won't need to travel as far for their orthopedic care. He is able to treat a variety of patient cases, so people can receive care close to home.

"As an Orthopedic Surgeon who has benefited from well-rounded training, I enjoy working with a variety of patients and conditions," he said. "I do have a special interest in joint replacement and enjoy how those surgeries can really improve a patient's quality of life."

While his time at RCH is just beginning, Dr. Delisca has some big plans for his new role.

"I want to help establish our orthopedic program as a pillar of the community. I want to be the familiar face on the sideline at local sports games when it's safe to do so. I want help our arthritis population navigate through treatment options. I want to serve the community."

Orthopedic Services Available at RCH:

- Fracture care: operative versus non-operative (splinting and casting)
- Carpal tunnel and trigger finger injections and/or surgery
- Sports Medicine
- Knee, hip, and shoulder joint replacement surgery

DYNAMIC DUO – Dr. Delisca & Athletic Trainer Carter Gallick



Dr. Delisca works closely with athletic trainer Carter Gallick to help provide top-notch orthopedic care.

Carter has been a Certified Athletic Trainer for two years and completed a clinical rotation at Rochelle Township High School, making the decision to work at RCH with Dr. Delisca an easy one. Now that they have both gotten settled in, he is looking ahead to their new adventure together.

"We both are looking forward to building this orthopedic practice and providing quality care for the community," Carter shared. "Dr. Delisca has already taught me a lot about orthopedic surgery, and I look forward to learning even more."

As an Athletic Trainer, Carter provides essential care alongside Dr. Delisca.

"I assist Dr. Delisca to allow the practice to be more efficient. I meet with patients and take a medical history and vitals to prepare them for the evaluation with Dr. Delisca," he explained. "I also cast, brace, and aid with procedures such as injections. In the operating room, I will prepare positioning of the patient for surgery, be extra hands for Dr. Delisca throughout the surgery, and apply dressings, braces, and splints for post operation. It is a different setting than what many athletic trainers are used to, but I have enjoyed expanding my knowledge in medicine and learning new skills."

RCH is incredibly excited to have such a passionate pair of medical professionals to take care of the community. Dr. Delisca and Carter will provide optimal orthopedic care to those who need it.

Dr. Delisca and Carter see patients at the Family Healthcare Clinic. To make an appointment, call **815-562-3784** or visit **rochellehospital.com** for more information.



NEW TO TOWN & NEEDED CARE

RCH Convenient Care Was There

When April Lewellan's daughter, Sarah, complained of a headache that was, in her words, "10 out of 10" pain, she didn't want to leave it up to chance. Instead, as a new resident of Monroe Center, she turned online to find a local healthcare provider and ended up at RCH—and she is so glad she did.

"All of the people we interacted with treated us like people, not a number," April shared gratefully. "It was exactly the kind of care you hope to find when you move somewhere new."

With Sarah's pain level so high, April initially considered the Emergency Room but found that the RCH Convenient Care Clinic would be able to provide them the care they needed. Starting with check-in, April and Sarah had a positive and comfortable experience.

"There was a lady at the desk that checked us in. I do not recall her name, but she was very kind. One thing I noticed when she was checking me in was that she made eye contact with me when speaking to me," April explained. "That means a lot."

They met with Convenient Care Family Nurse Practitioner Susan Mueller, whose knowledge and passion for patient care make her uniquely suited to provide the best course of action for immediate care.

"It is my education, experience and judgement that determines the plan of care for the patient, which I do my best to explain to them," Susan shared. "I like to

help patients find a resolution or a treatment plan for their problem and knowing that I make a difference in the lives of people in this community makes my job very rewarding."

When speaking of her experience with Susan, it was clear April felt that her daughter received the high-quality and compassionate care RCH strives to provide every day.

All of the people we interacted with treated us like people, not a number.

— APRIL LEWELLAN, SARAH'S MOTHER

"The nurse practitioner [Susan] took the time and asked questions about Sarah and her headache. She sat and spoke to us and actually listened," April said. "And she gave Sarah some medication to see if that would help. She continued to ask several more questions before it was all done to make sure she didn't miss anything. She did an amazing job."

Susan's expertise helps her provide excellent care to patients of all ages, and she has specific steps she takes to ensure pediatric patients are as comfortable as possible.

"I let the child sit in his/her parent's lap, hold my light or listen to mom's heart first to show them that it doesn't hurt," she explained. "If the child is old enough to understand, I let them know what I will be doing next to help ease their anxiety."

With the excellent care Susan provided for Sarah, April says that she wouldn't hesitate to come back to RCH for care in the future. "Your team did an amazing job. I had read some reviews online that were less than positive, but they could not be more wrong," she declared. "From the moment I walked through the doors with my daughter until I left, every employee I encountered was helpful and kind including the security officer I ran into that walked us down. It was the best care hands down. If I need a hospital again, I will return, and I will also keep it in mind as I pick new doctors to care for my family."



A Testament to RCH's Dedication to Patient Satisfaction

April's story is a wonderful example of the quality of care all patients can expect to receive at RCH. While previously patients didn't always report the highest level of satisfaction after their visits, Convenient Care now ranks above 90% for patient satisfaction—a significant improvement.

To make sure the RCH Team continues to provide exceptional patient experiences, they have now implemented a new Press Ganey survey option—texting! This will be a quick and easy way to provide feedback after an appointment. Other survey options include by mail or by phone. This information will allow the entire RCH staff to identify how to best meet the needs of all patients.

Please take the time to complete your survey! Your input does make a difference.



Convenient Care team from left: Lisa McCaffrey, LPN, Laura DeLaRosa, MA, Susan Mueller, APRN and Paulette Jurina, Receptionist

What is RCH Convenient Care?

RCH Convenient Care is ideal for non-life-threatening illnesses and injuries during extended service hours. Convenient Care visits offer:

- Quality care, no appointment necessary
- Healthcare for children and adults
- Treatment of minor injuries and illnesses
- Labs and other services
- Skilled, compassionate providers and staff

To get care as quickly as possible, utilize **Save My Place** online scheduling at RCH's website, **www.rochellehospital.com**, to ensure the shortest wait time when you arrive at the clinic.

RCH Convenient Care is available Monday through Friday from 11:00 a.m. to 7:00 p.m. and Saturdays from 9:00 a.m. to 5:00 p.m. Call **815-561-3100** for more information.



DOING MORE TO KEEP YOU SAFE: Ultraviolet (UV) Technology Takes Disinfection to a New Level at RCH

As part of our promise to keep patient health and safety our top priority, we are happy to announce that the RCH Environmental Services Team has added two new Diversey® MoonBeam™3 UV disinfection devices for use in patient rooms, operating rooms, waiting rooms or wherever there's a need for additional disinfection. With the addition of UV disinfection technology, we are able to provide an even safer experience for patients and staff at RCH.

The Diversey MoonBeam 3 System uses powerful ultraviolet (UV) technology to kill pathogens on high-touch surfaces in patient rooms, operating rooms, and bathrooms. Designed for use in conjunction with regular cleaning and disinfection, MoonBeam 3

provides a new angle in UVC disinfection that helps provide the safest experience possible.

With these new UV systems in place, we are able to build upon our already comprehensive cleaning protocol to ensure people can feel comfortable coming in for care. First, rooms are disinfected with traditional cleaning processes. Then Environmental Services Staff deploy MoonBeam 3, which eliminates any potentially remaining hard-to-kill pathogens such as C. diff, MRSA, VRE and more with effective and chemical-free UV light energy. This takes disinfection to the next level.

MoonBeam 3 also incorporates a number of safety features, including infrared motion sensors

and proximity sensors, so staff can use it safely and easily. It has a bright yellow cover that acts both as a safety cone to alert staff and visitors that it's in use and as a remote control to start the device from outside of the room and automatically stop the cycle if entry or motion is detected. It's a state-of-the-art device to help keep RCH safe and sanitary—a true win-win for the hospital!

With the addition of the new MoonBeam 3 System, RCH continues to find new ways to provide top quality patient care safely. To learn about all the ways we're working to keep you safe, visit [RochelleHospital.com](https://www.RochelleHospital.com).

Your health and safety is our priority now and into the future.

NEW PROVIDER ANNOUNCEMENT



Dr. Richard Miller, M.D. - Ophthalmologist

Dr. Miller is a board-certified ophthalmologist and fellowship-trained corneal specialist whose expertise includes surgery and treatment of complex eye diseases such as cataracts, corneal diseases, and glaucoma and refractive surgery to reduce dependency on glasses. He has performed over 20,000 cataract surgeries in his career and continues to learn and master the latest surgical techniques to benefit his patients.

To learn more or schedule your cataract surgery with Dr. Miller at RCH, please call **815-226-1500**.

No need to make the drive for these specialists right here in the Multi-Specialty Clinic!

Call the number listed to make an appointment to be seen in Rochelle.



CARDIOLOGY

815-398-3000

OSF HealthCare Cardiovascular Institute

Raksha Indorkar, MD
Shaun Kurien, MD
Amin O. Sharieff, MD
Xu Wang, MD, FACC

DERMATOLOGY

815-484-9900

MD SkinCenter

Lori Schultz, FNP-BC

DIETITIAN/DIABETES EDUCATION

815-561-0009

Rajni Sud, RD, CDE
Janelle Stein, RD

HEMATOLOGY/ONCOLOGY

815-227-2273

OSF HealthCare Saint Anthony Center for Cancer Care

Mete Korkmaz, MD

NEPHROLOGY

815-227-8300

Rockford Nephrology Associates

Syed Ahmed, MD
Bindu Pavithran, MD

NEUROLOGY

815-226-1906

Rockford Neuroscience Center

Mohammed S. Afzal, MD
Madhav K. Srivastava, MD

ORTHOPEDICS

815-562-3784

Gadini Delisca, MD
*Patients are seen in the
Family Healthcare Clinic*

PAIN MANAGEMENT

815-397-8400

Medical Pain

Management Services

Azhar M. Kothawala, MD
W. Stephen Minore, MD, FCCP
Patients are seen in Same Day Surgery

PODIATRY

815-285-5801

KSB Foot and Ankle Clinic

Kyle Swanson, DPM

SURGERY (GENERAL)

815-229-7580

OSF HealthCare Surgical Group

Lawrence Prabhakar, MD
Justin Rose, DO

SURGERY (EYE)

815-226-1500

Richard Miller, MD

Patients are seen in Same Day Surgery

URO-GYNECOLOGY

815-285-5427

KSB Obstetrics/Gynecology

Robb Rydzynski, DO

WOUND CARE

815-484-7330

OSF HealthCare

Wound Healing Center

Leslie Edgcomb, MD



815-561-0009

In the RCH Health & Wellness Center

Spring Chicken Soup

Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 2 zucchini, cut into half moons
- 2 cloves garlic, minced
- 1/2 lb. asparagus, trimmed and cut into 1" pieces
- 1 tsp. oregano
- Kosher salt
- Freshly ground black pepper
- 6 c. chicken broth
- 2 sprigs thyme
- 1 lb. boneless skinless chicken breast
- 1/4 c. lemon juice
- 1 c. frozen peas
- 1 c. frozen corn
- Lemon slices, for garnish
- Freshly chopped parsley, for garnish



Directions

- In a large pot over medium heat, heat olive oil. Add onion, carrots, celery, asparagus, and zucchini and cook until soft, 7 minutes. Add garlic and cook until fragrant, 1 minute, then season with oregano, salt, and pepper.
- Pour in chicken broth and thyme. Bring to a boil, then add chicken and lower heat. Let simmer until chicken is cooked through, 10 minutes.
- Remove chicken from pot and shred with two forks. Add chicken, lemon juice, peas, and corn to pot. Cook until warmed through, 5 minutes. Garnish with lemon slices and parsley.



COVID-19 VACCINATION Q&A

From the Centers for Disease Control and Prevention (CDC)

Rochelle Community Hospital is assisting the Ogle County Health Department with administration of the COVID-19 vaccinations to those currently in Phase 1B, age 65+. Pre-register online at health.oglecounty.org. There is a large number of people in this phase. We thank you for your patience while waiting to receive a call to schedule a vaccination appointment.

How long after the second COVID-19 vaccine are you immune?

Your body should start to develop some immunity 12 to 14 days after the first vaccine, but the clinical trials and data show that you won't hit the 90% to 95.6% protection range against the virus until a week or more after your second Moderna or Pfizer vaccine.

How long does protection from a COVID-19 vaccine last?

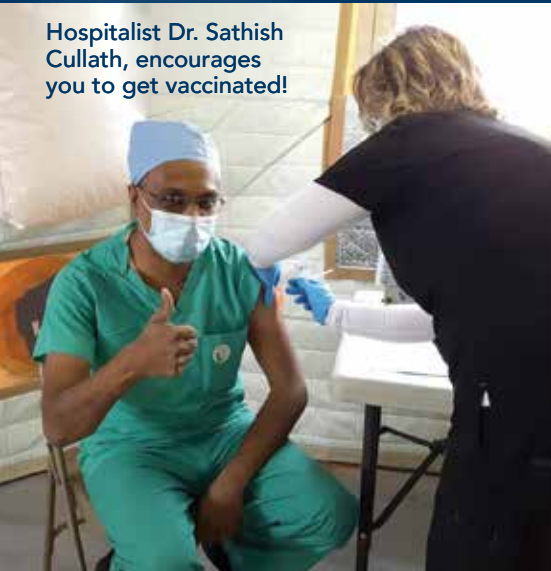
We don't know how long protection lasts for those who are vaccinated. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice.

Experts are working to learn more about both natural immunity and vaccine-induced immunity. CDC will keep the public informed as new evidence becomes available. We plan to keep you updated on this information.

COMPARE THE VACCINES

	Pfizer-BioNTech	Moderna	Johnson & Johnson
FDA authorized for emergency use	YES	YES	YES
Number of doses	2	2	1
Time between doses	-21 DAYS	-28 DAYS	---
Prevention of hospitalization & death	100%	100%	100%
Minimum-age approved for	16 YEARS	18 YEARS	18 YEARS

Hospitalist Dr. Sathish Cullath, encourages you to get vaccinated!



It is important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions:

- Cover your mouth and nose with a mask when around others;
- Stay at least six feet away from others;
- Avoid crowds;
- Avoid poorly ventilated spaces; and,
- Wash your hands often.



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Women's Health Services



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- **Birth control**
(including IUD, Nexplanon)
- **Menopause support**

For more information or questions speak to:



Kendall Vogeler, MD
PREGNANCY CARE



Christine Gorman, MD



Stephanie Crawford,
DNP, APRN



Jason Popp, MD

