

# Health *Matters*

WITH ROCHELLE COMMUNITY HOSPITAL







## LETTER FROM CEO

### GREGORY A. OLSON



### Hello and welcome to this issue of *Health Matters!*

The name of this publication reflects what we all believe here at Rochelle Community Hospital: Your health matters!

You'll see that common thread throughout this issue as you meet some of our highly skilled and compassionate staff, and read about the amazing new technology and treatments available to you close to home.

There's new hope for people suffering from chronic lower back pain. Find out about this cutting-edge procedure and other innovative pain management treatments offered at RCH by Dr. Azhar Kothawala.

In our last issue, you got to meet orthopedic surgeon, Dr. Gadini Delisca. Now you have a chance to find out more about him—from his patients' perspective!

Ema Bauer is a familiar face in the Radiology Department here at RCH. Find out how she goes the extra mile for her mammography patients.

Also, be sure to check out some important tips to help you stay healthy this winter.

Last but certainly not least, I'd like to take this opportunity to congratulate all of our staff who are celebrating milestone anniversaries with RCH. Their names are listed in this issue along with our heartfelt thanks for their dedication.

As you read this Fall edition, I hope you'll be reminded that your health truly does matter—to you, to your family—and to all of us at RCH, so please don't put off care. We're here to help you get back on track, and stay on track, to being your healthiest.

Have a very enjoyable holiday season! We look forward to serving you in 2022.

Yours in good health,

**GREGORY A. OLSON**

Gregory A. Olson  
Chief Executive Officer

## EMPLOYEE SPOTLIGHT

### Nurse Educator **Dana McKinney** combines her passion for nursing and teaching



A self-proclaimed "country girl," Dana McKinney worked as a certified nursing assistant (CNA) when she was in high school. It was the catalyst that led her to a career in healthcare. "I loved taking care of people," said Dana. "It just warmed my heart."

Dana became a registered nurse (RN) in 2006 and has worn many hats since then, including floor nurse in medical surgery and chief nursing officer at a hospital in Washington, D.C. Along the way, Dana realized she had a passion for teaching. "I really love helping people better themselves or find a different approach that can make the patient experience even better," said Dana.

When Dana saw the opening for a nurse educator at Rochelle Community Hospital (RCH), she thought it would be a perfect fit. She was right.

Since joining RCH in March 2021, Dana has been inspired by the skills and compassion of the staff. "This is a smaller hospital," says Dana. "But the staff here are better than some of the nurses I've worked with in huge trauma centers—and it's because they care. They care enough to continue learning and bend over backwards to make sure patients get great care."

When she's not at work, Dana enjoys spending time with her 8-year-old son, Jesse. "He's a bundle of energy," shared Dana. "So we're always doing something hands-on. He's my world!"

### Manager of Emergency Services **Janis Astle** Sees a Big Difference in a Small Hospital



Since becoming a nurse in 1989, Janis Astle, RN, MSN, CEN, has held several leadership positions in emergency services, including managing a 32-bed Emergency Department (ED). Having worked in hospitals of all sizes, Janis' career could have led her anywhere. So why did she recently join Rochelle Community Hospital (RCH) as manager of Emergency Services?

"The organization I was with had a very different culture than Rochelle," explained Janis. "Their administration wasn't supportive or employee-centered like they are here. It feels like Rochelle really lives its values."

Janis was also drawn to RCH because of the skilled team of nurses and technicians she is proud to lead.

"I always say that little EDs see the same things as the big EDs do. We just don't see them as often," explained Janis. "Rochelle may be small, but our staff still has to know how to do all of the things they do in big emergency departments—and all of our ER doctors are board-certified in emergency medicine. That's a huge benefit to the community."

With three adult children, twin grandchildren and a mix of four-legged family members, Janis and her husband enjoy family time and cabin time when she's not at work.





# PAIN, PAIN, GO AWAY

## RCH OFFERS CUTTING-EDGE INTERVENTIONS INCLUDING THE NEW INTRACEPT® PROCEDURE

Wynell Swinton knows all-too-well what it's like to suffer from chronic pain. She's lived with it for 20 years. "The muscles on both sides of my spine get real tense," she explained. "I have bone-on-bone in my spine, and now the pain is going down into my hips. It's not been a fun time."

It is estimated that nearly 20% of adults in the U.S. suffer from chronic pain (i.e., pain that lasts for six months or more), which can be linked to many conditions, from injury or illness to headaches, arthritis and lower back pain. While most treatment

plans begin with physical therapy (PT), there are times when PT alone, or in conjunction with pain medication, doesn't provide adequate relief. When conservative therapy options fail, many people simply give up hope.

But Dr. Azhar Kothawala, who offers innovative pain management options at Rochelle Community Hospital (RCH), says there are new ways to treat chronic pain that many people aren't aware of. "Medicine and technology are continually advancing," said Dr. Kothawala. "So even if a

patient hasn't had success with pain management in the past and feels there's nothing else they can do, there may be other options they're not aware of—or were previously not offered to them—that can help make their pain tolerable."

I had been to two or three doctors before Dr. Kothawala, but none of them talked about all of the options Rochelle has.

— WYNELL SWINTON, RCH PATIENT

More good news! Cutting-edge treatments, including vertebroplasty, spinal cord stimulator, epidural steroid and sacroiliac joint injection, electro thermal therapy, joint and nerve blocks, and kyphoplasty are all available at RCH. In fact, RCH is among the first in the region to offer the newest approach to providing relief from chronic lower back pain: the Intracept® Procedure.

### New hope for people with chronic low back pain

The minimally invasive Intracept Procedure targets a nerve located in the vertebrae in the spine. A special probe is used to transmit radiofrequency energy (heat) that disables the nerve so it can no longer transmit pain signals. The 60- to 90-minute outpatient procedure is implant-free and there are no major restrictions, so patients can resume their regular activities the next day. How quickly someone responds to the treatment, and to what extent, is based on the individual's situation.

According to Wynell, she began to feel enough relief to reduce the frequency of her pain medication about 10 days after the procedure. "I'd say I had about 30- to 40 percent relief at that point," she added. Another patient told Dr. Kothawala she had "zero out of 10" pain immediately after the procedure.

"Dr. Kothawala is just wonderful and so is everyone at Rochelle," said Wynell. "I'd tell anyone who has chronic pain to give them a try. Go to Dr. Kothawala, talk to him about your pain, and see what he recommends. I had been to two or three doctors before him, but none of them talked about all of the options Rochelle has. I didn't even know those therapies existed."

Dr. Kothawala encourages anyone with questions to call his office at 815-397-8400. "If you or someone you know has chronic pain, whether it's back pain, neck pain or some other type of pain, consider getting an evaluation. There are always new therapies coming out that we're able to offer here at Rochelle, and one or a combination of those options can potentially greatly alleviate your pain and improve your quality of life."

Wynell wholeheartedly agreed. "I've always been a doer, not a sitter," she said. "So when I heard about the different treatments at Rochelle, I thought I'd give them a try. Dr. Kothawala is very thorough and he explains everything to you, and he really wants you to have relief."



To learn more about the Intracept Procedure or any of the other pain management treatments offered, call **815-397-8400** or visit **rochellehospital.com**. A primary care referral is required.





**STEVE BRYANT**

Ankle fracture and surgical repair

"I broke my ankle after falling on the ice last winter which required surgery. I was lucky that Dr. Delisca was able to do the surgery here and I've made a complete recovery."



**RYLAN SVELA AND MOM, COURTNEY**

Arm fracture

"I was kind of worried at first, but by the end of the appointment, Rylan was calling Dr. Delisca the 'cool doctor'."



**COMPLETE ORTHOPEDIC CARE IS RIGHT AROUND THE CORNER**

Move freely with help from the orthopedic experts at Rochelle Community Hospital. Surgeon Dr. Gadini Delisca personalizes care to help patients of all ages regain movement, find relief from pain and return to the quality of life they enjoy.

**RCH Health and Wellness Center**

900 N. 2nd Street, Suite 200, Rochelle, IL 61068  
To schedule an appointment, please reach out to the Orthopedics Department at 815-562-3784.



We treat everyone from young pediatric patients with fractures to older senior patients with arthritis, fractures and everything in between. The hands-on nature of Orthopedics is very rewarding.

— GADINI O. DELISCA, M.D.



**DAWN BEARROWS**

Both hips replaced

"Over a period of time I've seen a couple other surgeons and being told I wasn't a candidate for hip surgery. Dr. Delisca felt confident he could help me. Not only did I have one hip replaced, but both! I have my life back—and I couldn't be happier. I'm very grateful to Dr. Delisca."



**LINNAE ANDERSON**

Vivian's daughter

"For me, it was just so easy in terms of time because we came to the hospital and just about every test my mom had to have was done in that one visit."

**VIVIAN CARLSON**

Hip replacement

"Dr. Delisca showed me exactly what they'd do and what to expect, and that's just the way it turned out. I'm very pleased. I might be 90 years old, but there's still a lot to see and do—and now I can!"





EMA BAUER,  
RADIOLOGY  
TECHNOLOGIST

# Getting compassionate care *Right*

## Quality care and cutting-edge imaging technology are right here at RCH

Early diagnosis and treatment start with state-of-the-art imaging technology. That's one important reason patients and referring physicians trust Rochelle Community Hospital (RCH) whenever an X-ray, mammogram, MRI, ultrasound, or a CT, CTA or nuclear cardiac scan is needed. Another reason? The radiology team at RCH understands the power of compassionate care. This is reflected in the way Ema Bauer, a bilingual Radiology technologist at RCH, goes the extra mile to put people at ease, particularly her Spanish-speaking patients.

"There's nothing scarier than not knowing what's going on," shared Ema. "I can translate and help someone navigate their care to make it a little easier for them." Cutting-edge technology is also critical when it comes to delivering exceptional care. Unlike many hospitals, RCH offers 3D digital mammography as a screening

option. With conventional 2D, or "traditional" mammography, small breast cancers are sometimes missed due to overlapping tissue. 3D imaging greatly reduces the tissue's overlap effect. In fact, it detects 41% more invasive breast cancers, and can detect cancer 15 months earlier than 2D mammography alone. But the "care" in healthcare doesn't stop there at RCH.

### WALK-IN WEDNESDAYS

Mammograms are vital to every woman's health and wellness. That's why RCH makes it convenient to get a breast health screening by offering multiple scheduling options, like Walk-in Wednesdays. Just as the name implies, women can walk in between 10 a.m. and 4 p.m. on Wednesdays to have a screening mammogram. No appointment is needed. No doctor's order is required. And just a quick reminder: Se habla Español!

Bottom line? Your health matters to everyone at Rochelle Community Hospital. We're here to deliver exceptional care you can count on with the modern technology you deserve.



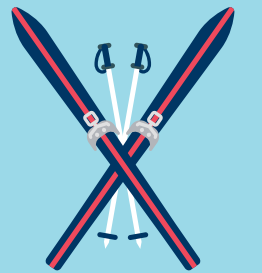
### ALL ABOUT ME

While early detection can—and does—help save lives, a cancer diagnosis can not only be physically and emotionally devastating, it can also be financially debilitating. That's where the Rochelle Community Hospital Foundation's All About Me fund may be able to help. The fund provides grants and resources to qualified cancer patients at RCH so they can better manage their road to recovery. To learn more, visit [www.rochellehospital.com/about-us/foundation](http://www.rochellehospital.com/about-us/foundation).



### 1. HIT THE WATER

It may not be summer, but it's important to follow the general guideline of drinking eight 8-oz. glasses of water a day. Staying hydrated helps regulate body temperature, keep joints lubricated, flushes out toxins...



### 2. MIND YOUR WEIGHT—DON'T HIBERNATE

Download an exercise app or follow strengthening, toning or aerobics videos on YouTube. Prefer the great outdoors? Snowshoeing and cross-country skiing are great for physical (and mental) health.

### 3. CHECK OFF AN IMPORTANT FLU "TO-DO"



Get your flu shot now! Schedule an appointment with your primary care provider to stay one step ahead of this season's most common sickness.



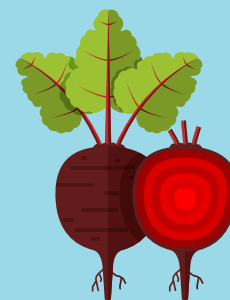
### 4.

### TURN SCREEN TIME INTO FUN TIME

Bundle up the family to bring out the inner kid in everyone. Take a walk, build a snow fort, hit the ski trails or crank up the cardio with ice skating!

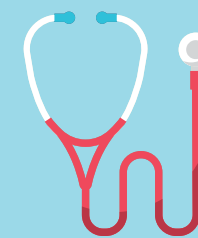
# 7steps TOWARD WELLNESS THIS WINTER

Here are some simple steps to stay active and healthy this winter—and have a little fun, too!



### 5. THRIVE WITH FIVE

Get the kids involved in picking out fruit and vegetables from the five main color groups to encourage good nutrition: green (e.g., broccoli, celery); blue/purple (e.g., blueberries, eggplant); white (e.g., cauliflower, bananas); orange/yellow (e.g., squash, oranges); red/pink (e.g., beets, red apples).



### 6.

### TAKE CARE

Schedule annual checkups and wellness appointments to get—and stay—on track with screenings that could save your life.

### 7. BE SAFE OUT THERE

Wash hands frequently. Social distance as recommended. Do what it takes to help stop the spread of COVID-19 (and it will also help stop the spread of cold and flu this winter).





# Cauliflower Mac and Cheese

## Ingredients

- 8 cups bite-size cauliflower florets (from 1-2 heads)
- 1¾ cups reduced-fat milk, divided
- 2 tablespoons cornstarch
- 2 cups shredded extra-sharp cheddar cheese
- 8 oz. reduced-fat cream cheese, cut into pieces
- 1/2 teaspoon salt
- 1/8 teaspoon ground pepper
- Chopped fresh chives or parsley for garnish



## Directions

- Cook cauliflower in a large pot of boiling water until just tender (about 4 to 6 minutes). Drain.
- Meanwhile, heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk the remaining 1/4 cup milk and cornstarch in a small bowl until smooth; add to the hot milk and cook, whisking constantly until the sauce simmers and thickens (about 2 to 3 minutes).
- Remove from heat and stir in cheddar and cream cheese until melted. Stir in salt and pepper. Add the cauliflower and stir to combine.
- Garnish with chives (or parsley), if desired.

**A HEALTHIER  
TWIST ON A  
COMFORT-FOOD  
CLASSIC**

## RCH EMPLOYEE SERVICE AWARDS

We are proud to recognize the following employees for reaching significant service milestones with Rochelle Community Hospital.

### 2020 (25 employees = 345 years)

#### 5 YEARS

**Sandra Cummings**  
Medical/Surgical  
**Cherie Hayes**  
Surgery  
**Linda Kulesa**  
Health Information Management  
**Erin Metzger**  
Family Healthcare Clinic  
**Christina Neale**  
Medical/Surgical  
**Melody Noon**  
Emergency  
**Michele Perez**  
Emergency  
**Daniel Pineda**  
Information Services

#### 10 YEARS

**Lori Gutierrez**  
Administration  
**Jewel Niedermeier**  
Medical/Surgical  
**Susan Stover**  
Patient Financial Services  
**Jacob Terry**  
Maintenance  
**15 YEARS**  
**Andrei Brzazgon**  
Emergency  
**Lisa Charboneau**  
Cardiac Rehabilitation  
**Merry Mathis**  
Food and Nutrition

**Margaret Villatoro**  
Patient Access

**Lucinda Zoeller**  
On the Go Healthcare Clinic

#### 20 YEARS

**Sharon Fore**  
Health Information Management  
**Carol Lapinski**  
Surgery  
**Angela Nelson**  
Patient Access  
**Sandra Schaab**  
Surgery  
**Scott Stewart**  
Information Services

#### 25 YEARS

**Janet Stewart**  
Marketing

#### 30 YEARS

**Penny Lamb**  
Information Services

#### 35 YEARS

**Pamela Needham-Volkert**  
Patient Financial Services

### 2021 (40 employees = 550 years)

#### 5 YEARS

**Crystal Carswell**  
Medical/Surgical  
**Drena Deets**  
Medical/Surgical  
**Megan Dempsey**  
Emergency  
**Doralee Erickson**  
Infusion Services  
**Christine Gorman, MD**  
Family Healthcare Clinic  
**Kelsey Koch**  
Radiology  
**Janet Olson**  
Medical/Surgical  
**Gabriela Ortiz**  
Laboratory  
**Schylar Peppers**  
Materials Management  
**Jennifer Pineda**  
Patient Access  
**Eric Van Hise**  
Materials Management

**Kara Van Hise**  
Medical/Surgical  
**Angela Villarreal**  
Staff Education  
**Debra Whitman**  
Environmental Services

#### 10 YEARS

**Ema Bauer**  
Radiology  
**Amy Hatfield**  
Case Management  
**Katlyn Long**  
Medical/Surgical  
**Kim Louis**  
Administration  
**Rhonda Marks**  
Administration  
**Jessica Price**  
Laboratory  
**Janelle Stein**  
Diabetic Education  
**Kathryn Tyner**  
Medical/Surgical

#### 15 YEARS

**Sarah Chisamore**  
Radiology  
**Lois Delhotal**  
Patient Financial Services  
**Lindsey Gambrel**  
Radiology  
**Debra Robinson**  
Health Information Management  
**Redzebije Velu**  
Environmental Services

#### 20 YEARS

**Marilyn Balch, APRN**  
Family Healthcare Clinic  
**Danielle Foster**  
Emergency  
**Greg Katsion**  
Pharmacy  
**Joy Miller**  
Radiology  
**Kathleen Poliska**  
Family Healthcare Clinic

**Jason Popp, MD**  
Family Healthcare Clinic  
**Suzanne Widick**  
Surgery

#### 25 YEARS

**Connie Christensen**  
Materials Management  
**Pauline Drews**  
Infusion Services

#### 30 YEARS

**Machelle Mathis-Hager**  
Radiology  
**Kathleen Stanbery**  
Medical/Surgical

#### 35 YEARS

**Judy Williams**  
Pastoral Care


#### 40 YEARS

**Sharen Thompson**  
Materials Management





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Rochelle, IL 61068

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

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## 21ST ANNUAL GOLF OUTING WAS A **HOLE IN ONE**

*Thank you for your support!*

Birdies, eagles and even an albatross or two were recently spotted in Rochelle!

This year, more than 80 golfers—including community members, local businesses and vendors—joined in fun and fundraising at Rochelle Community Hospital Foundations' 21st Annual Golf Outing. Rochelle Community Hospital's management team also lent their time to help make the day a great success.

Each year, the Foundation board reviews the hospital's essential needs and chooses an area to support through an annual fundraiser. "This year, we're going to be designating the money to be used towards a community screening," said Michelle LaPage, Foundation Coordinator.

"We'll be advertising that later through the hospital and working with our lab to be able to provide low-cost screenings for the community."

The RCH Foundation Golf Outing continues to be the Foundation's biggest fundraiser. Now in its 21st year, the event attracted about 15 more golfers than the previous year.

The Foundation and Rochelle Community Hospital staff extend a heartfelt "thank you!" to everyone who participated in the golf outing and offered their support in so many ways. Not only does the event raise funds for critical healthcare services and new technology, it brings the community together!

