

Healthy *Vibes*

ROCHELLE COMMUNITY HOSPITAL



FAST RESPONSE SAVES FIRST RESPONDER

Fire chief recalls stroke team's
expert care | PG. 4



From Our CEO

GREGORY A. OLSON

Hello and welcome to the revamped version of our quarterly newsletter — Healthy Vibes! This new name is reflective of the positive feelings we hope to convey through messages of healthy living.

For example, inside you'll read about our expert providers and their dedication to keeping you and your loved ones happy and healthy. We're extremely blessed to have these incredible individuals on our team!

You'll also learn about a familiar face in the Rochelle community — retired Fire Chief Brian Johnson — and the harrowing story of his stroke and the fast, expert care that saved his life.

Speaking of care, Rochelle Community Hospital is proud to roll out a brand-new way for patients to stay in touch with their healthcare providers — and it's as easy as tapping your phone's screen! Also, on the topic of stroke response, learn about what Rochelle Community Hospital is doing to provide acute stroke care to Rochelle and surrounding communities.

Dr. Gadini Delisca is spearheading some exciting new orthopedic initiatives here at the hospital. Learn more about XCEL Orthopedics and how Dr. Delisca and his team can help get you up and moving again!

Finally, check out some exciting community events we've got on the calendar, a tasty — and healthy! — seasonal recipe, and some important information on the vital services Rochelle Community Hospital offers at our On the Go Healthcare Clinic.

On behalf of the entire team at Rochelle Community Hospital, we hope you enjoy this spring newsletter and hope it helps motivate and inspire you and your family to make positive lifestyle choices as we head into the warmer months. As always, we're here for you to help keep you on the right track.

Have a wonderful spring!

Yours in good health,

GREGORY A. OLSON
CHIEF EXECUTIVE OFFICER



ERIN METZGER, RN

ERIN METZGER ASPIRES TO MAKE PATIENTS FEEL WELCOME

With 17 years of nursing experience, Family Healthcare Clinic Manager Erin Metzger, RN said her favorite part of her position

is interacting with her patients.

A lifelong Rochelle resident, Erin began her career as a cardiac nurse in a Progressive Care Unit before transferring to Rochelle Community Hospital, where she has worked in a clinic setting since. She said she hopes her work contributes to expanding healthcare in Rochelle and surrounding communities, as well as providing a sense of comfort for patients.

"I want to let the community know that we are dedicated to them. I also want the community to feel our drive for innovation, compassion, and excellence," Erin said. "I want the community to know they are welcome and important to us. My hope is that they feel this every time they visit us."

Erin is available at the Family Healthcare Clinic, 900 N. Second St., from 8 a.m. to 4:30 p.m. Monday through Friday. To schedule an appointment, call 815-562-3784.



JENNIFER COURTNEY, OTR/L

OCCUPATIONAL THERAPIST JENNIFER COURTNEY STRIVES FOR PATIENT INDEPENDENCE

Bringing 25 years of experience to Rochelle Community Hospital, Occupational Therapist

Jennifer Courtney, OTR/L says her most important goal is helping people achieve independence in their own homes.

"I love getting to know my patients and their families," Jennifer said. "The biggest reward is helping a person achieve their highest level of independence, step by step, so they can remain in their home."

With familiarity in a variety of healthcare settings — including inpatient, outpatient, pediatrics, skilled nursing facilities, and home health — Jennifer brings a wealth of experience and versatility to Rochelle Community Hospital. Jennifer focuses on providing supportive, practical, and essential care to all patients with an emphasis on independence and improved quality of life. To contact Jennifer, or to schedule an occupational therapy session, call 815-561-1140.



PITAMBER PERSAUD, MD

DR. PITAMBER PERSAUD PROVIDES CARE FOR THE WHOLE FAMILY

As a specialist in Internal Medicine and primary care, Dr. Pitamber Persaud boasts years of knowledge and experience when it comes to keeping your family happy and healthy. Practicing in Rochelle since 2000, Dr. Persaud has built a reputation for providing reliable, compassionate care for all his patients.

"I am excited to be fully back at Rochelle Community Hospital and continue caring for my patients. My mantra is to treat my patients as I would like someone to treat my family and myself," Dr. Persaud said.

After graduating from medical school in 1987 at the University of Rajasthan in Jaipur, India, Dr. Persaud completed his residency at Columbia University Harlem Hospital Center in New York City. Dr. Persaud is certified by the American Board of Internal Medicine and is accepting new patients. To schedule an appointment with Dr. Persaud, call 815-562-3784.



CARRI WHITE, RN and
stroke survivor
BRIAN JOHNSON

Fast Response *Saves* } First Responder

STROKE CARE TEAM PROVIDES SPEEDY, COMPASSIONATE CARE WHEN IT MATTERS MOST

When it comes to stroke care, time is of the essence. Healthcare providers must be quick-thinking and attentive in recognizing and diagnosing stroke symptoms — and providing much-needed care — but must also do so in a manner that's calming and comforting to patients.

Serving more than three decades as a first responder, lifelong Rochelle resident Brian Johnson understood the importance of both efficiency and compassion when it came to emergency care. But on a cold, winter night in 2013, he experienced firsthand just how important these qualities are.

Brian, a 34-year veteran and retired chief of the Rochelle Fire Department, doesn't remember much

about the events of January 31, 2013. In those early morning hours, his wife, Dawn, was awakened to the sound of Brian falling out of their bed. Unable to speak and with no motor function in his right side, Dawn immediately recognized he had suffered a stroke and called 911, after which he was transported by ambulance to the Rochelle Community Hospital Emergency Department.

"When I got there, the attitude was really good. They were taking care of me right away," Brian said. "Carri White, RN took care of me and she was next to my side most of the time during all the procedures. Dr. Christopher Berg was in the room right away, and of course, he knew what the stroke was. So, as soon

as Carri was done doing the vitals and all that, they took me to the CT scan right away to see what was going on in my brain.”

Imaging revealed Brian had suffered a stroke on the left side of his brain — by the time he arrived at Rochelle Community Hospital, the clot was gone.

Acting quickly, the stroke team transferred him to a hospital in Winfield after less than an hour, Brian said.

“I was probably there for like 40 minutes. They didn’t waste time getting me to the right place,” Brian said. “So, they’re pretty fast. Working as an EMT for 34 years, I took a lot of patients to the ER, so I knew the people — I was at ease. They were efficient. They didn’t waste time. They took care of me.”

Additionally, Brian said he was extremely grateful for the kind, empathetic care he received from Rochelle Community Hospital.

Brian said knowing he received compassionate care from people he knew helped put him at ease. “They knew me — that was one of the best things about it,” he said. “I wasn’t in a hospital where I didn’t know anybody, so I had the same feeling other people have when you’re at a smaller hospital like RCH. I just felt comfortable.”

After completing rehabilitation in Rockford, Brian returned to work at the fire department until his

retirement in 2015. Though his speech and motor functions aren’t quite at the level they were before the stroke, Brian said he’s now doing very well.



BRIAN JOHNSON (right) and his son **BEN** — 2012

Brian credits Rochelle Community Hospital and the efficient, compassionate emergency care with not only his personal wellness, but also the health, safety, and well-being of the community.

“During my shifts before as chief, when I came in there, the providers were taking care of critical patients right away,” Brian said. “I’d have people come in there with severe injuries and their staff is on the scene right away. They know what’s going on and they do the best they can. They know right away whether to keep the patient in Rochelle or transfer that person.”

As a father of two — including a second-generation firefighter — and grandfather of five, Brian calls Rochelle Community Hospital a vital community service that he entrusts to care for his entire family.

“We would never bypass that hospital for any reason,” Brian said. “They know what they’re doing. They’re vital to the community — no doubt about that.”



Introducing RCHMyChart, Our *New and Improved* Patient Portal

Beginning May 1, patients at Rochelle Community Hospital will have a brand-new way to communicate with their providers and track their healthcare history when Rochelle goes live with the MyChart patient portal from Epic Systems.

This software allows patients to communicate directly with doctors and other healthcare providers, as well as track their own patient history — such as test results, current medications, and allergies — and request appointments. By connecting to Rochelle Community Hospital on RCHMyChart, you effectively set up an on-demand communication tool between you and your provider.

Best of all, signing up is quick and simple! Download the MyChart app on the App Store or Google Play


Store. When prompted, choose Rochelle Community Hospital as your healthcare provider. If you received an activation code from your provider, enter the code along with the last four digits of your Social Security number and your date of birth, then create a username and password, confirm your email address, and read and accept terms and conditions.

If you have not received an activation code from your provider, visit MyChart.com, click “Access MyChart,” select Rochelle Community Hospital, click “Sign Up,” then follow the steps to verify your identity and set up your MyChart account.

Please note: The current portal is still available through summer 2022.

It's Quick & Simple

JUST FOLLOW THESE STEPS:

- 
1. **DOWNLOAD** the MyChart app on the App Store or Google Play Store.
 2. **CHOOSE** Rochelle Community Hospital as your healthcare provider.
 3. **ENTER** the activation code you received from your provider.
 4. **CREATE** a username and password and confirm your email address.

For more information or to sign up on our website, visit rochellehospital.com.

IDENTIFY A STROKE USING **The F.A.S.T. Test:**



F FACE
DROOPING



A ARM
WEAKNESS



S SPEECH
DIFFICULTIES



T TIME IS OF
THE ESSENCE

Call 9-1-1 immediately if you observe any of these signs!

Your *Trusted* Stroke Professionals

Rochelle Community Hospital is the most trusted stroke care facility for patients in Ogle County. As an Acute Stroke Ready Hospital, our team is well equipped to diagnose and treat stroke patients with utmost compassion and care.

According to the Illinois Department of Public Health (IDPH), a hospital is designated as an Acute Stroke Ready Hospital when it is found to be providing emergent stroke care as identified by several requirements including:

- Must have an accredited laboratory
- Able to always provide brain image tests, including 24/7 CT scans
- Able to administer thrombolytic therapy or “clot busters” to dissolve blood clots
- Able to transfer to a primary or comprehensive stroke center with needed neurological capabilities

IDPH recognizes Acute Stroke Ready Hospital-designated hospitals and directs EMS services to these facilities when transporting stroke patients.

“Our designation as an Acute Stroke Ready Hospital means we’re always prepared to provide top-notch care to stroke patients,” said Rochelle Community Hospital CEO Gregg Olson.

“We’re honored to be a provider of choice for stroke patients in the state of Illinois and recognize this designation is a result of the hard work and dedication from our incredible healthcare providers to grow Rochelle Community Hospital’s stroke readiness to all-new heights.”

Designation as an Acute Stroke Ready Hospital ensures all stroke patients — regardless of where they live — have access to rapid care within the narrow treatment window. Prior to receiving this designation, patients would have had to travel a long distance to receive assistance, losing precious time. Acute Stroke Ready designation for Rochelle Community Hospital allows local access to the care needed beginning the moment a patient enters the hospital to the time the lifesaving drug is administered within the recommended 60-minute treatment window.

Rochelle Community Hospital first received state recognition as a designated stroke center in 2014 when it was named an Emergent Stroke Ready Hospital (ESRH). Since 2017, RCH has been recognized as an Acute Stroke Ready Hospital by IDPH.



Rochelle Community Hospital

XCELent Patient *Care*

If you wonder what the goal of XCEL Orthopedics is, well, it's right in the name — helping patients excel at every aspect of care. Led by orthopedic surgeon Dr. Gadini Delisca, XCEL Orthopedics provides the same expert, compassionate orthopedic care patients at Rochelle Community Hospital have been accustomed to in the last year.

"Although we work closely with fantastic primary care providers in the Family Healthcare Clinic, we felt it was important to highlight the fact that we offer a separate and distinct service," Dr. Delisca said. "Our objective is to provide excellent orthopedic care while remaining at the forefront of cutting-edge technology."

From pediatrics to geriatrics, XCEL Orthopedics treats patients of all ages for a wide range of orthopedic conditions, both non-operative and operatively.

**CEMENTLESS HIP
IMPLANT IN PLACE**



GADINI O. DELISCA, MD

Services provided by Dr. Delisca and the XCEL Orthopedics team include the following:

- Knee replacement
- Shoulder replacement
- Hip replacement
- Sports medicine
- Injury diagnoses and treatment
- Fracture care
- In-office procedures

Dr. Delisca added the XCEL team's anterior hip replacement is the preferred surgical treatment for treating hip arthritis. Taking a less invasive approach means patients experience improved outcomes with fewer precautions that are common with similar procedures. The XCEL Orthopedics team's use of DePuy Synthes VELYST™ Hip Navigation allows for cutting-edge navigation and surgical flexibility, while the ACTISTM Total Hip System provides XCEL patients with increased stability and promises lower dislocation rates.

"The approach allows us to cut fewer muscles than that involved in other approaches."

"There have been multiple studies that have demonstrated improved outcome scores during the early phases of recovery," Dr. Delisca said.

"It allows patients to be subject to fewer post-operative hip precautions. We use navigation technology that allows us to execute our surgery with precision, being within millimeters of our preoperative templates."

Located at the Family Healthcare Clinic, 900 N. Second St., with operations performed at the hospital, XCEL Orthopedics promises quality, expert orthopedics care in a setting that's familiar and comfortable. Rather than drive out of town, patients can get the care they need close to home.

"Often when a specialty service is offered in a rural area, it still requires the patient to travel for some

phases of the care (therapy, surgery, post op, etc.). With XCEL Orthopedics and Rochelle Community Hospital, we can offer all phases of care in one rural location," Dr. Delisca said. "The small hospital size also allows for a more personalized experience for our surgical patients."

To learn more about XCEL Orthopedics and how Dr. Delisca and the orthopedics team can help you, visit rochellehospital.com/orthopedics.



**ACTIS™ STEM
HIP IMPLANT**

A Springtime Seasonal Recipe

Grilled Chicken with Strawberry and Pineapple Salsa



INGREDIENTS

Salsa:

- 2 sliced pineapples, each 1/2 inch thick, patted dry
- 1 cup strawberries, diced
- 1/4 cup finely chopped red onion
- 3 Tbsp. chopped, fresh mint leaves
- 1 tsp. sugar
- 1/8 tsp. crushed red pepper flakes
- 1/2 medium lemon

Chicken:

- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 2 tsp. salt-free steak seasoning blend
- 1/4 tsp. salt

DIRECTIONS

1. Preheat the grill on medium. Brush your grill pan or grill rack with oil. Heat the grill pan or rack on the grill for about two minutes, or until hot. Grill the pineapple for two minutes on both sides. Transfer to a cutting board and let cool for about two minutes, before dicing.
2. In a medium bowl, stir the remaining salsa ingredients except the lemon. Grate one teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture.
3. Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for five minutes on each side, until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Recipe and photograph courtesy of Nature's Bounty — naturesbounty.com/health-center

Meet Your *Convenient Care* Team!

DEDICATED TO CARING FOR YOU AND YOUR LOVED ONES

Getting sick is never convenient — but getting the care you need is with Rochelle Community Hospital Convenient Care! Our skilled, compassionate providers are prepared to treat minor injuries and illnesses for all ages — no appointment needed. Convenient Care is open Monday through Friday 11 a.m. to 7 p.m. and Saturday 9 a.m. to 5 p.m. No appointment necessary! Walk in or use "Save My Place" online at rochellehospital.com.



MAHUBAH ABDALLAH, APRN

Education: Masters of Science in Nursing, Chamberlain University, 2018

Post-Master's Family Nurse Practitioner, 2019

Certification: American Academy of Nurse Practitioners, 2019

Outside interests: An avid bird watcher, enjoys working in garden, likes murder mysteries.

SUZANNE HOLLAND, APRN

Education: Master's of Science in Nursing, University of Illinois-Chicago, 2011

Post-Master's Family Nurse Practitioner, 2011

Certification: American Nurses Credentialing Center, 2011

Outside interests: Likes to travel, read, go to brunch, and hang out with her daughters.

JESSICA OSLUND, APRN

Education: Master's of Science in Nursing, St. Anthony's College of Nursing, 2018

Post-Master's Family Nurse Practitioner, 2018

Certification: American Nurses Credentialing Center, 2018

Outside interests: A movie watcher, likes to hangout with the little kids in her life and friends.
Enjoys traveling.

CHRISTINE POLZ, APRN

Education: Master's of Science in Nursing, Northern Illinois University, 2015

Post-Master's Family Nurse Practitioner, 2015

Certification: American Nurses Credentialing Center, 2015

Outside interests: Hiking, running, hanging out with husband, three sons, and their dog. Loves to garden.

KISHA TURNER, APRN

Education: Master's of Science in Nursing, Northern Illinois University, 2013

Post-Master's Family Nurse Practitioner, 2013

Certification: American Nurses Credentialing Center, 2013

Outside interests: Traveling, gardening, spending time with family.



{ Community Events }

Tips for Safe Babysitting

WEDNESDAY, JUNE 22 & THURSDAY, JULY 28

Rochelle Community Hospital will host two Safe Sitter classes this summer from 9 a.m. to 3 p.m. Wednesday, June 22 and Thursday, July 28 in the Rochelle Community Hospital Training Room. This class will teach boys and girls ages 11-14 how to handle emergencies when caring for younger children. Deadline for registration for the June class is June 8, 2022 and July 14, 2022 for the July class.

The cost is \$35 and class size will be limited to 12. Students must bring their own sack lunch. Students will be required to wear a mask and will be screened when entering the hospital. For more information, call Donna at 815-561-2767.

Safe Sitter classes have been offered at Rochelle Community Hospital for 23 years, and our instructors are certified. Learn more at safesitter.org.



2nd Annual Kickin' It for a Cause Adult Kickball Tournament


SATURDAY, MAY 14

Teams will kick it with some friends in the park for a good cause! The second annual Kickin' It for a Cause Adult Kickball Tournament will be held Saturday, May 14, at 9:00 a.m. at VFW Park in Rochelle. Sponsored by XCEL Orthopedics, proceeds benefit the Rochelle Chamber Scholarship Program and the Rochelle Park District Engage Program.

The event will include food trucks, drinks, and prizes. Come out and help support vital community services. Dr. Delisca will start the tournament with the first pitch.





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www.rochellehospital.com 

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Stay on the Road with *On the Go*

Need to complete a Department of Transportation (DOT) physical or a random drug screening? On the Go Healthcare Clinic is here for you.

Conveniently located inside the Petro Travel Plaza at 900 Petro Drive in Rochelle, On the Go keeps drivers on the road with services such as DOT physicals and recertification, employment physicals, TB skin testing and vaccines for employment, hearing tests, respiratory fitness and clearance evaluation, and workers' compensation

care. DOT physicals are performed by certified medical examiners through the Federal Motor Carrier Safety Administration (FMCSA) who maintain ongoing competency with training, testing, certification, and recertification.

Appointments are needed for DOT physicals, though patients may be seen the same day. Most other services do not require an appointment. For more information or to schedule a DOT physical, call 815-561-1283.

