

Healthy Vibes

ROCHELLE COMMUNITY HOSPITAL



STEPPING UP FOR THE COMMUNITY

Dr. Swanson, RCH/KSB
Podiatry Program Provide
Local Care to Multiple
Communities | PG. 4



From Our CEO

GREGORY A. OLSON

Hello and welcome to another edition of Healthy Vibes. We hope you've all had a happy — and healthy — summer and are looking forward to another beautiful fall!

In this edition, you'll get to know a few of the dedicated providers on the Rochelle Community Hospital team. We're so thankful to have such incredible, patient-focused providers on staff ready to serve the community! At Rochelle Community Hospital, we want to be your healthcare provider of choice. Inside, you'll learn more about what we are doing to make that choice a little easier for you, from our state-of-the-art facilities to our outstanding medical services.

One of those services is our podiatry residency program with KSB Hospital in Dixon. Learn about what this program means from our on-staff podiatrist, Dr. Kyle Swanson, DPM, and why this service is so meaningful for Rochelle and the surrounding communities.

Did you know up to 90% of colon cancer deaths can be prevented with a screening? Find out why you should schedule a colonoscopy by the end of the year and how it can benefit your health.

In addition, the hospital has some educational community events coming up for families struggling with neurological diagnoses. Find out what we're doing and when — we'd love to see you there. Looking to start a career in healthcare? Find out what makes Rochelle Community Hospital an employer of choice. Don't just take my word for it — read what our employees are saying!

Finally, we were thrilled to launch RCHMyChart earlier this year — have you signed up yet? The previous patient portal will expire this fall, so be sure to sign up for RCH MyChart today!

On behalf of the entire team at Rochelle Community Hospital, we hope you enjoy this fall newsletter and hope it motivates you to make positive health choices as we head toward a brand-new season. We are always here to help keep you on the right track.

Enjoy the changes as we enter the fall season!

Yours in good health,

GREGORY A. OLSON
CHIEF EXECUTIVE OFFICER

Employee *Spotlight*



SUSAN K. MUELLER, APRN

SUSAN K. MUELLER, APRN HAS JOINED the Family Healthcare Clinic, 900 N. Second St., Suite 200, in Rochelle. She received a Bachelor of Science in Nursing in 1994 from Saint Anthony College of Nursing in Rockford and a Master of

Science in Nursing, Family Nurse Practitioner in 2009 from Northern Illinois University in DeKalb.

“The most gratifying part of my job is making a difference for individuals and the community,” Mueller said. “I would describe the community at Rochelle Community Hospital as an incredible team of truly caring individuals. I am excited to be a part of this culture and team because I trust that we will do what’s right for the patient... just like our own family member.”

Mueller is board certified as a family nurse practitioner and emergency nurse practitioner. To make an appointment, call **815-562-3784**.



MAHUBAH ABDALLAH, APRN

MAHUBAH ABDALLAH, APRN IS OUR MAIN PROVIDER in the Convenient Care Clinic at 900 N. Second St. in Rochelle. She received a Master of Science in Nursing in 2018 from Chamberlain University in Chicago and a post-master’s Family Nurse Practitioner in 2019.

“The most gratifying part of my job is the ability to care for patients in my community,” Abdallah said. “I am very excited to be part of a patient-focused hospital where everyone knows each other, and we all care for each other’s family members.”

Abdallah is certified by the American Academy of Nurse Practitioners. For more information about Convenient Care, visit rochellehospital.com.



EVAN TRACY

EVAN TRACY IS THE NEW MANAGER OF REHABILITATIVE SERVICES at Rochelle Community Hospital in addition to treating patients as a Physical Therapist Assistant. A Rochelle native, Tracy graduated with a bachelor’s degree in 2017 from Northern Illinois University in DeKalb and a PTA degree from Elgin Community College in 2020.

“I love to help others become more functional in life and return to the things they love to do. I enjoy working with people of all ages,” Tracy said. “Rochelle Community Hospital has always been an important part in my life, especially from growing up in Rochelle. I’m very excited to be in a position to make us the hospital of choice for our community.”

Tracy sees patients Monday through Friday. For an appointment, call **815-562-2181 ext. 1153**.



DR. KYLE SWANSON, DPM (center) examines Jennifer Busby with resident podiatrist **DR. ALEXIS MARTINEZ** (right)

Stepping Up

DR. SWANSON AND THE RCH/KSB PODIATRY PROGRAM

for the Community

Dealing with chronic foot and ankle problems? Conditions in your feet can have a devastating impact on your mobility, but the good news is specialized care is available in a comfortable, local environment.

Rochelle Community Hospital is proud to partner with Katherine Shaw Bethea Hospital in Dixon to provide a podiatry residency program between the two communities. Started in 2013 by Dr. Brandon R. Gumbiner, the three-year program accepts two residents per year with students and externs serving one-month rotations from all podiatric medical schools in the country. The program has allowed

physicians such as Dr. Kyle Swanson, DPM to provide specialized podiatric care to residents of Rochelle and other communities around Northern Illinois.

"With diabetes on the rise, it is important to take extra precautions and keep a focus on foot health."

"During the three years, we spend time with other services such as hospital medicine, primary care, cardiology, infectious disease, microbiology, pathology, orthopedics, physical therapy, behavioral

medicine, and radiology," Dr. Swanson said. "This helps residents in gaining holistic knowledge and experience. With diabetes on the rise, it is important to take extra precautions and keep a focus on foot health. We routinely see diabetic patients for at risk foot care, wounds, trauma, and any other concerns that may arise."

With clinics in both Rochelle and Dixon, Dr. Swanson said the podiatry residency program provides a valuable learning experience for residents as well as specialized foot and ankle care for residents who would otherwise have to travel out of town. The program is especially crucial in small towns where such specialized care may not be available despite increasing diagnoses involving foot and ankle health.

"The location that we are in allows us to serve the community and invest in Rochelle," Dr. Swanson said. "Keeping patients in Rochelle provides them the opportunity to stay closer to home — I feel this creates a comfortable atmosphere for them. Being a smaller, rural area, we are exposed to a variety of foot and ankle trauma. In our program, we're very fortunate to have a great relationship with our Orthopedics Departments. To be able to collaborate between departments is very beneficial for the care of our patients, especially those needing surgery."

" Keeping patients in Rochelle provides them the opportunity to stay closer to home — I feel this creates a comfortable atmosphere for them."

Dr. Swanson, who grew up in a small, Midwestern town, said the opportunity to serve both Dixon and Rochelle enables him and his team to impact more lives through patient-centered healthcare — a common goal shared by both Rochelle Community Hospital and KSB Hospital. Dr. Swanson added the chance to provide podiatric care in both communities allows him and our residents to serve outside the hospital as well through community outreach programs. Some of the programs include

sock drives, book drives, DVD drives for area nursing homes, and even providing care for high school sporting events.

"I really feel that with the smaller towns, we can really invest in our community," Dr. Swanson said. "Rochelle Community Hospital and KSB Hospital share the same values in regard to putting patients first and team-based approaches with patient treatments. Being able to give back to our community is rewarding to me and it's why I wanted to stay and continue living in a small town."

Dr. Swanson sees patients every Thursday at the Rochelle Community Hospital Multi-Specialty Clinic, 900 N. Second St., Suite 100, in Rochelle. To schedule an appointment, call 815-285-5801.



MEET DR. KYLE SWANSON, DPM

HOMETOWN: Ogden, IA

EDUCATION: Undergraduate, Minnesota State University, Mankato (Mankato, MN) and Briar Cliff University (Sioux City, IA); DPM, William M. Scholl College of Podiatric Medicine at Rosalind Franklin University (Chicago, IL)

RESIDENCY: Podiatric Medicine and Surgery, Katherine Shaw Bethea Hospital (Dixon, IL)

{ Join the *Rochelle Team!* }

Looking to join a team of expert providers and advance your career in healthcare? At Rochelle Community Hospital, you'll work alongside highly trained administrators and staff to improve the quality of healthcare in the communities we serve.

We believe investing in our employees means higher quality care for our patients. That's why we're proud to offer an incredible benefits package for all hires, which includes the following perks:

- Competitive pay
- Paid time off, holidays, and sick leave
- Shift premiums
- Health, vision, and dental insurance
- Life and disability insurance
- 401k plan
- Flexible spending account
- Employee assistance program
- Free fitness center membership
- Employee discounts
- Education and tuition reimbursement
- Career advancement
- Work/life balance
- Recognition and rewards
- Teamwork
- Community-based environment



A portion of our Surgery team. Front row: Stephanie Welsh, RN and Carol Lapinski, RN. Back row: Mary Beth Metzger, RN; Chloe Isley, CS; Courtney Herdzina, RN; Linda Brandt, RN; and Heather Zapatka, CS.

Don't just take our word for it — listen to what our employees are saying about working at Rochelle Community Hospital!

“I love helping the community. I enjoy working with my co-workers and they're like a second family. I can strongly say I put pride in my work because I want to be able to look back and say I did my best.”

Margaret Villatoro
Patient Access Representative

“I enjoy the small-town, friendly atmosphere where smiling, dedicated people compassionately care for our growing community.”

Paulette Jurina
Convenient Care Receptionist

“I've worked for big hospitals and at Rochelle Community Hospital, people knew my name when I got to their department. It's not about numbers — that's why I'll stay at Rochelle Community Hospital forever! We all have the same end goal — to help the patient.”

Felicia Miller
Clinical Laboratory Specialist

“I chose Rochelle Community Hospital because it's a close, family-like environment. I also enjoy working as a team to help people in need.”

Tim Morgan, RN
Emergency

“Rochelle Community Hospital is an awesome place to work. Great benefits, great staff, and of course, great food!”

Jennifer Finkboner
Food & Nutrition Coordinator

“I started working at Rochelle Community Hospital seven years ago because of the opportunities that are available to advance my career. All the departments work well with each other and are always helpful in every aspect of patient care, which makes Rochelle Community Hospital the best place I've ever been employed in my 20-plus years in the medical field.”

Tina Neale, RN
Medical/Surgical

“The reason I chose Rochelle Community Hospital is because of how friendly all my co-workers are.”

Jared Carey
Environmental Services

Working Together to Provide Convenient *Local Care*

A hospital functions much like the human body — numerous components performing unique and specific functions that work in tandem toward a common goal. When you choose Rochelle Community Hospital as your healthcare provider, you'll discover a wide range of departments and medical specialties working together to ensure you receive the expert care you and your family deserve in an environment close to your own home.



24/7 EMERGENCY ROOM

No matter what time of day, you can always count on our providers to deliver top-notch emergency care when you need it.



STATE-OF-THE-ART SERVICES

With a wide range of inpatient and outpatient services, Rochelle Community Hospital provides holistic and cutting-edge care for all patients, including: a best-in-the-region Radiology Department; surgical services such as colonoscopies, cataracts, and joint replacements; chemotherapy/infusion; and rehabilitation services to help you regain your everyday functions.



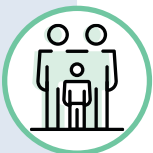
CONVENIENT LABORATORY HOURS

Drop off on your way to work, pick up on your way home. The Rochelle Community Hospital Laboratory is open 6 a.m. to 6 p.m. Monday–Friday and 7 a.m. to 1 p.m. Saturday, providing easy access that revolves around your schedule.



CONVENIENT CARE CLINIC

We can't talk about convenience without the Convenient Care Clinic. Offering quality healthcare with no appointment needed, the skilled providers at RCH Convenient Care are ready to provide treatment for minor injuries and illnesses when you need it.



FAMILY HEALTHCARE CLINIC AND XCEL ORTHOPEDICS

Caring for all ages — from newborns to seniors — the RCH Family Healthcare Clinic promises personalized, patient-centered healthcare for the entire family, including specialized medical care such as women's health. XCEL Orthopedics offers general orthopedic care, including surgery.



MULTI-SPECIALTY CLINIC

The RCH Multi-Specialty Clinic is dedicated to providing specialized healthcare services in a comfortable, local environment. Get the treatment you need from a wide range of medical specialists, including cardiology, dermatology, hematology and oncology, nephrology, neurology, podiatry, and surgery.



ON-THE-GO HEALTHCARE CLINIC

Getting back on the road is your top priority — thankfully, the RCH On-the-Go Healthcare Clinic is equipped to get you back in the driver's seat. Our expert healthcare providers are prepared to offer drug and alcohol screenings, DOT and bus driver physicals, random drug testing, industrial audiology services, pulmonary function testing, and flu shots.

A Seasonal Recipe

Lean-Beef Burger with Sweet Potato Fries

INGREDIENTS

Burger:

- 1 lb 93% Lean Beef
- 1 large egg
- 1/3 cup bread crumbs
- 1 onion, chopped
- 2 tsp garlic
- 2 tsp pepper
- ¼ cup Worcestershire sauce

Extras:

- 6 slices low-fat/fat-free cheese
- 6 whole-wheat buns
- 6 medium sweet potatoes (for French fries)
- Lettuce, tomatoes, onions, and other toppings

DIRECTIONS

1. Combine first 7 ingredients in a large bowl.
2. Form into 6 patties. Cook over medium heat on the grill for 6 to 7 minutes per side until cooked thoroughly.
3. Add rest of desired toppings and serve with a side salad or some sweet potato fries for a lower-fat version of your favorite BBQ meal.
4. For fries: lightly coat sliced sweet potatoes in olive oil, salt, and pepper. Place in the oven on 450 degrees for 20 minutes or until crispy!

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



Don't Wait – Schedule Your Colonoscopy

50+

Isn't knowing for sure better than just assuming everything is fine? You can tell yourself nothing is wrong with your health, but the truth is in the back of your mind, that lingering question will remain — “How do I know everything is OK?”

When it comes to our health, knowing for sure is always better than assuming. Thankfully, securing that peace of mind takes as little as a half-hour.

If you're age 50 or older, schedule your colonoscopy before the end of the year. Colorectal cancer is estimated to claim about 52,580 American lives in 2022, according to the American Cancer Society. However, up to 90% of cancer-related deaths can be prevented by a colonoscopy.

During a colonoscopy, a surgeon will examine the patient's colon lining and look for polyps and other abnormalities using a high-definition camera attached to a thin, flexible tube, also called an endoscope. Patients are sedated during the exam, so there's no pain. Any polyps found can be removed during the exam and sent for a biopsy. The entire exam only takes about 30 minutes, after which the physician and nurses will discuss the results with the patient.

Secure peace of mind today. Schedule an appointment with your primary healthcare provider to learn more about colonoscopies. Your provider can help you schedule your colonoscopy at Rochelle Community Hospital and ensure many more healthy years to come. For more information about our surgeons, visit rochellehospital.com/surgery.

Community *Health Needs* Assessment

Rochelle Community Hospital participated in a Community Health Needs Assessment (CHNA) with the National Rural Health Resource Center in Duluth, MN. In addition to the focus groups, this process included the assembly of a community steering committee of local leaders, who identified local healthcare needs and established healthcare priorities. This information is used for strategic planning, grant applications, new programs, and by community groups interested in addressing health issues.

Key issues and identified health priorities from our 2022 CHNA include the following:

- Improve access to Behavioral Health Services
 - Care coordination program for Behavioral Health
 - New mental health services offered at RCH
 - Development of a community crisis prevention team
 - Mental health training for providers
- Address barriers to accessing care
 - Decrease barriers to specialty care
 - Promote community-based education and screenings
 - Create a care coordination program
 - Improve dental care options

Accomplishments since the hospital's 2019 CHNA include the following:

- Working with the NW Illinois Preparedness and Response Coalition on food distribution
- Several bilingual employees completing medical interpretation training courses to better engage the Hispanic community
- Adding a local family practice provider into primary care clinic, recruiting additional family practice as well as adding a full-time orthopedic provider to our panel of available specialists

“Having healthcare services available locally is crucial to the safety, health, and economic well-being of our community,” said Gregg Olson, CEO at Rochelle Community Hospital. The community health needs assessment helps identify new services important to Ogle County residents while simultaneously providing services that have proven to be necessary and important to the patients Rochelle Community Hospital serves.

The National Rural Health Resource Center assisted Rochelle Community Hospital in analyzing local community healthcare needs, use of local healthcare services, and overall community health. This process was developed to maintain quality healthcare to serve the continuing and future needs of the community. Local organizations besides Rochelle Community Hospital that also participated in the CHNA include the Rochelle Fire Department, Rochelle Police Department, Ogle County Health Department, and Sinnissippi Centers.

Rochelle Community Hospital employs 313 workers, 228 full time. The hospital generates a total annual impact of \$79.3 million infused into local and state economies as reported by the Illinois Health and Hospital Association in 2022.



{ Community Events }

Learn from Our Alzheimer's & Dementia Programs

Rochelle Community Hospital will host a series of educational programs about Alzheimer's disease and dementia from August to October at the Rochelle Community Hospital Auxiliary Room, 900 N. Second St. in Rochelle. These free programs, presented by the Alzheimer's Association, are open to all ages and help attendees learn how to manage and cope with Alzheimer's and dementia.

DEMENTIA CONVERSATIONS — DRIVING, DOCTOR VISITS, LEGAL & FINANCIAL PLANNING

3-4 p.m. Thursday, Sept. 29

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.


EFFECTIVE COMMUNICATION STRATEGIES

3-4 p.m. Thursday, Oct. 27

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The Effective Communication Strategies program of the Alzheimer's Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

To register or for more information, call 815-561-3110 or email mlapage@rcha.net.



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www.rochellehospital.com 

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Sign Up for RCHMyChart

Have you signed up for the new Rochelle Community Hospital patient portal? In May, Rochelle went live with MyChart from Epic Systems, providing a brand-new way for 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.

The previous Rochelle patient portal will expire this fall. Download the MyChart app for RCH today!

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

Signing Up is *Quick & Simple*

- 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.