

# Healthy Vibes

ROCHELLE COMMUNITY HOSPITAL

## AN ENCORE PERFORMANCE

Rochelle Community Hospital updates MRI capabilities. | PG. 6





## From Our CEO

### GREGORY A. OLSON

Plunging temperatures may have driven everyone indoors, but we're still busy as ever ensuring the highest quality care imaginable.

To oversee that care, we've brought aboard Chief Ancillary Officer Kyle Auman, who previously helped guide us through the COVID-19 pandemic with the Ogle County Health Department. We can't wait to see how Kyle leverages the hospital's ancillary functions to improve the quality of care! Also joining us is Hank Swalla, MPAS, PA-C, a Physician Assistant at XCEL Orthopedics. Hank is enthusiastic about fostering a trusting relationship with his patients. Welcome to the team, Kyle and Hank!

Speaking of XCEL, the incredible team at XCEL is thrilled to provide quality, specialized care close to home. Check out the orthopedic services provided at XCEL and learn about some exciting new changes the team is making to expand its services. Of course, knowing where to go can be a helpful first step in your path to recovery. In this issue, you'll learn more about what conditions and illnesses warrant a visit to our Emergency Department and what conditions should be designated for RCH Convenient Care.

Naturally, an MRI exam requires a trip to the hospital, and now thanks to our upgraded MRI capabilities, our imaging and diagnostics teams can provide faster, clearer results than ever before. Find out about how this incredible technology can impact your diagnosis and treatment. Despite the many positive changes around the hospital, the winter months can bring a gloomy feeling — for many, this can turn into something more serious. Learn about seasonal

affective disorder and how winter can impact your mental health.

And while you're holed up for winter, why not warm yourself with a delicious meal? We've got an incredible turkey chili recipe that looks positively amazing and is sure to warm your bones. While you're inside, why not let the world know about your recent experiences with our providers? Learn more about how you can leave us a review on Google and impact the quality of care for the whole community!

Compassionate, quality care is paramount at Rochelle Community Hospital. As patients fight serious illnesses, we're privileged to provide the resources they need to make the battle more bearable. In this issue, learn how we're providing valuable aid to cancer patients and their families.

Finally, just as we rallied around one another during the pandemic, we're asking everyone's help in impacting lives. Check out our 2023 blood drive dates with Rock River Valley Blood Center.

On behalf of the entire Rochelle Community Hospital team, I hope this latest issue of Healthy Vibes once again inspires you and your family to make positive lifestyle choices. As always, we're here to keep your health on track.

Yours in good health,

*GREGORY A. OLSON*  
CHIEF EXECUTIVE OFFICER

# Employee *Spotlight*



KYLE AUMAN

## KYLE AUMAN PRIORITIZES PEOPLE THROUGH ANCILLARY SERVICES

Kyle Auman began his role of Chief Ancillary Officer at Rochelle Community Hospital on Dec. 1. Previously the Administrator of the Ogle County Health Department, Kyle was an integral partner to Rochelle Community Hospital in helping guide the hospital and providers through the COVID-19 pandemic.

"The partnership between the Ogle County Health Department and Rochelle Community Hospital was priceless. During the pandemic, we conducted weekly calls to ensure our organizations had the most updated information," Kyle said, adding the partnership was also beneficial in distributing information to the public, contact tracing, and vaccination rollouts. "In many areas of the state, local health departments did not have a relationship like we had here in Rochelle. I believe that relationship is a testament to the great people who work here.

"All the hospital's ancillary services are critical functions to the daily operations and aid in driving positive patient outcomes. Thankfully, I have strong managers and staff who ensure operations run smoothly. I also believe leadership and workforce development programs are key components to a successful organization. I hope to continue the great work and expand these programs with new ideas."

Kyle earned his bachelor's degree from Southern Illinois University in Carbondale and has spent the past 13 years in Public Health Administration, serving as the Ogle County Public Health Administrator for the last six years. He has earned numerous certifications in Emergency Management, Infection Control, and Food and Nutrition Management.



HANK SWALLA

## HANK SWALLA, MPAS , PA-C PROVIDES DEDICATED, SPECIALIZED CARE

Harrison J. "Hank" Swalla, MPAS, PA-C joined XCEL Orthopedics as a Physician Assistant alongside Dr. Gadini Delisca in late August. Even before he officially joined, Hank knew he belonged in Rochelle.

"I wanted a place that was rural and closer to my family and my girlfriend's family in Iowa, and I wanted to join a team who is dedicated to their craft and their patients," Hank said. "When I finally interviewed with Dr. Delisca in Rochelle, I knew it was a good fit from the start. The team was very welcoming and friendly, and Dr. Delisca made me feel like I could continue to learn and grow at XCEL."

Hank completed his Bachelor of Science in Kinesiology and Health in May 2020 at Iowa State University in Ames, IA, and Master of Physician Assistant Studies at Idaho State University in Pocatello, ID, in 2022. Additionally, Hank was a wrestler for the Iowa State wrestling team for four years and achieved All-Academic recognition. He resides in Oregon with his girlfriend, Evan, and his 11-year-old lab, Tilly.

Hank sees patients from Monday through Friday at the Family Healthcare Clinic at 900 N. Second St. in Rochelle. To schedule an appointment, [call 815-561-2774](tel:815-561-2774).





GADINI DELISCA, MD



### COMING SOON! XCEL EXPANDING TO SYCAMORE IN SPRING '23

We're thrilled to announce XCEL Orthopedics will open a new location at 2670 Dekalb Avenue in Sycamore. Providing the same specialized orthopedic care will be Orthopedic Surgeon Dr. Gadini Delisca and Physician Assistant Hank Swalla.



## We XCEL at *Patient Care*

### GET COMPASSIONATE, EXPERT CARE FROM THE XCEL ORTHOPEDICS TEAM!

Regaining your mobility doesn't mean taking a long trip out of town. Get the expert, specialized care you need from XCEL Orthopedics. Led by Orthopedic Surgeon Dr. Gadini Delisca and supported by Physician Assistant Harrison J. "Hank" Swalla, XCEL provides complete orthopedic care for all ages both operatively and non-operatively.

Patients are seen at the RCH Family Healthcare Clinic (900 N. Second St., Rochelle) with surgical procedures performed at the hospital. Services provided by XCEL Orthopedics include the following:

- Joint replacement (knee, hip, and shoulder)
- Sports medicine
- Injury diagnoses and treatment
- Fracture care
- General orthopedic care
- Carpal tunnel and trigger finger management

Live your life to the fullest and get back to the activities you love. To learn more about XCEL Orthopedics or to schedule an appointment, [call 815-561-2774](tel:815-561-2774).

# Convenient Care or Emergency Department?

## KNOW WHERE YOU NEED TO GO

Having numerous options for fast, immediate care is certainly convenient, but when the time comes to take advantage of that care, that wide range of choices can be confusing. How do you know when an illness or injury is severe enough to visit the emergency department? Or is your condition mild enough for a Convenient Care visit?

The skilled, compassionate providers at RCH Convenient Care are prepared to treat minor injuries and illnesses in patients of all ages. Conditions that can be treated at **Convenient Care** include the following:

- Abrasions
- Back pain
- Basic fractures
- Bronchitis
- Cold symptoms
- Coughs
- Ear infections, earaches, and wax removal
- Eye infections, pink eye, and styes
- Fever (over age 3 months)
- Foreign bodies and splinters
- Insect and bee stings with local reaction
- Migraines (with known history)
- Minor abdominal pain
- Minor animal bites
- Minor burns
- Minor hand or foot injuries
- Minor nosebleeds
- Muscle injuries
- Rashes, ringworm, and other skin conditions
- Seasonal allergies
- Sexually transmitted infections and vaginal yeast infections
- Sinus infections
- Sore throat and strep
- Sprains, strains, bumps, and bruises
- Upper respiratory infections
- Urinary tract infections
- Wound care for cuts and scrapes including simple sutures or tissue adhesive

More serious injuries and illnesses may require a visit to the Emergency Department. Seek medical treatment at the **RCH Emergency Department** for any of the following conditions:

- Abscesses
- Chest pain, tightness, heaviness, or burning
- Dizziness
- Domestic, sexual, and child abuse evaluations
- Fall from a height above ground level or if patient taking blood thinners
- Fast or slow heart rates
- GERD symptoms (burning sensation in chest, regurgitation of food or stomach acid, pain in upper abdomen or chest, trouble swallowing, or feeling of a lump in the throat)
- Head injuries
- Obvious fractures
- Open fractures
- Post-operative complications
- Pregnancy-related complaints
- Severe abdominal pain
- Severe shortness of breath
- Stroke symptoms
- Testicular pain
- Weakness
- Workers' comp injuries

RCH Convenient Care is located at 900 N. Second St. and is open from 11 a.m. to 7 p.m. Monday through Friday and 9 a.m. to 5 p.m. Saturday — no appointment is necessary. For more information, [call 815-561-3100](tel:815-561-3100). If you or a family member are suffering from a medical emergency, call 911 immediately.

## PARTNER WITH A PROVIDER

Our Family Healthcare Clinic consists of well-qualified, concerned healthcare providers offering personalized care for everyone in your family. Learn more at [rochellehospital.com](http://rochellehospital.com).



# An Encore

RCH UPGRADES IMAGING WITH  
CANON ENCORE VANTAGE ORIAN MRI

# Performance

The latest in imaging technology has a new home in Rochelle. The Rochelle Community Hospital Imaging Department recently upgraded its MRI capabilities with the addition of the Canon Encore Vantage Orian. According to Radiology Manager Joy Miller, this extensive upgrade will reduce patients' exam times and reduce noise by up to 99%. "Our patients will notice a significant change in the length of their MRI exams. Most exam times are reduced by 40%," Joy explained. "This has always been an issue when it comes to patient satisfaction, so we are anticipating this will make our patients much happier."

While speed is certainly a welcome benefit to the patient, Joy added the upgrade will also allow Rochelle Community Hospital to expand its imaging and diagnostic services in the future.

"Speed is the biggest advantage, but we've also added a power injector that will allow us to conduct additional studies. For example, we will add breast MRIs to our imaging services, allowing a more detailed view of the breast tissue and enabling our team to diagnose and treat potentially life-threatening conditions early on."

**This extensive upgrade will reduce patients' exam times and reduce noise by up to 99%.**

Using Advanced intelligent Clear-IQ Engine (AiCE) deep learning technology, the Vantage Orian provides clearer images than ever, reducing imaging noise and enabling 3T-like image quality at a patient-friendly

## HOW TO PREPARE FOR YOUR MRI

Feeling anxious about your upcoming MRI exam? Don't worry — this completely painless procedure requires just a few simple steps to prepare:

- Get pre-authorization from your insurance company (if necessary).
- Remove all jewelry or metal objects from your body, including wedding rings, earrings, and necklaces.
- Follow instructions from your doctor on fasting — some tests will require you to fast, others will not.
- Continue taking medications unless your doctor tells you otherwise.
- Prepare to discuss implant and surgical history with MRI staff.
- If you have a history of metal or welding work without safety precaution, X-rays of eyes may be required prior to MRI.

1.5T field strength. Additionally, the Vantage Orian promises faster scan times across the entire body in both 2D and 3D thanks to its Compressed SPEEDER acceleration technology.

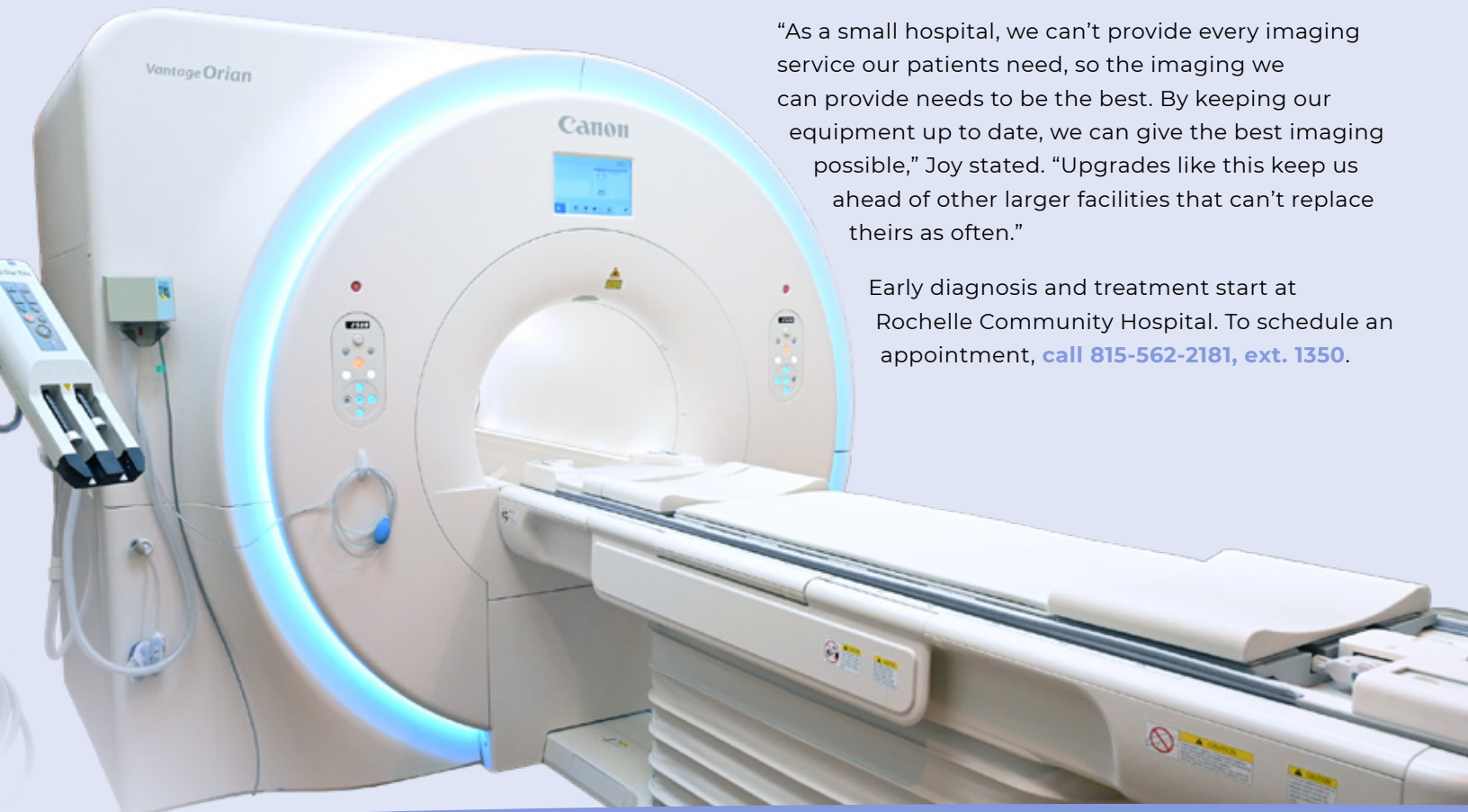
The Pianissimo technology of the Vantage Orian minimizes operating noise for quiet scanning, and the machine's short magnet and 71-centimeter bore provide an open scanning environment for the patient, ensuring a more relaxing, comfortable experience.

Joy explained this state-of-the-art technology allows our team to conduct more thorough, clearer scans, which allows small imaging departments to fill gaps in their imaging capabilities. Thanks to this upgrade, she said, Rochelle Community Hospital remains on the cutting edge compared to other area hospitals.

**“Speed is the biggest advantage, but we’ve also added a power injector that will allow us to conduct additional studies.”**

“As a small hospital, we can’t provide every imaging service our patients need, so the imaging we can provide needs to be the best. By keeping our equipment up to date, we can give the best imaging possible,” Joy stated. “Upgrades like this keep us ahead of other larger facilities that can’t replace theirs as often.”

Early diagnosis and treatment start at Rochelle Community Hospital. To schedule an appointment, [call 815-562-2181, ext. 1350](tel:815-562-2181).





# Prioritize *Mental Health* This Winter

Does your mood swing with the change of seasons? Do you experience the “after holiday blues”? Of course, no one likes bitter cold or darkness at 5 p.m., but how do you recognize when these feelings go from a mild distaste to something more serious?

According to the University of Texas Medical Branch, about 10 million Americans suffer from a condition called seasonal affective disorder, a condition that begins in late fall or early winter and can result in depressive episodes that may last until spring. The National Institute of Mental Health (NIMH) reports major symptoms of seasonal affective disorder can include the following:

- Feeling depressed most of the day nearly every day
- Losing interest in activities once enjoyed
- Changes in appetite or weight
- Trouble sleeping
- Feeling sluggish or agitated
- Lack of energy
- Feeling hopeless or worthless
- Trouble concentrating
- Frequent thoughts of death or suicide

According to NIMH, patients diagnosed with seasonal affective disorder must have symptoms of major depression or the more specific symptoms listed above, depressive episodes must occur in specific seasons for at least two years, and depressive episodes must be more frequent than other depressive episodes throughout the year. Seasonal affective disorder is more common in people with

major depressive disorder or bipolar disorder. Furthermore, patients diagnosed with seasonal affective disorder commonly have other mental disorders such as attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (ADHD), eating disorders, anxiety disorders, or panic disorders.

Thankfully, treatment options are available for those diagnosed with seasonal affective disorder. Though you should first consult your primary care provider to determine which treatment is right for you, common treatments can include the following:

- **LIGHT THERAPY** — A staple treatment since the 1980s, sitting in front of a bright light box for about 30-45 minutes a day has been shown to reduce symptoms of seasonal affective disorder.
- **PSYCHOTHERAPY** — Cognitive behavioral therapy, also known as talk therapy, can help patients identify ways to cope with symptoms and replace negative seasonal thoughts with happier ones.
- **MEDICATION** — Antidepressant medication prescribed by your provider such as selective serotonin reuptake inhibitors (SSRIs) can help mitigate symptoms as needed, though some side effects may occur.
- **VITAMIN D** — Over-the-counter vitamin D treatment can be an effective treatment method according to some researchers.

Help is always here — you’re never alone. If you or someone you love is suffering from seasonal affective disorder, contact your primary care provider today and enjoy a happier, more fulfilling winter.



# A *Winter* Seasonal Recipe

## Homemade Turkey Chili

### INGREDIENTS:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey (99%)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 28-oz can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 15-oz cans dark red kidney beans, rinsed and drained
- 1 15-oz can sweet corn, rinsed, and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

### DIRECTIONS:

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic, and red pepper. Sauté for 5-7 minutes, stirring frequently.
2. Add ground turkey and break up the meat, cooking until no longer pink. Add chili powder, cumin, oregano, cayenne pepper, and salt. Stir for about 20 seconds.
3. Add tomatoes, chicken broth, kidney beans, and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
4. Garnish with anything you'd like. Makes six servings, about 1 1/2 cups each.

*Recipe courtesy of Ambitious Kitchen — [ambitiouskitchen.com](http://ambitiouskitchen.com)*





## We Want to Hear from You!

### REVIEW ROCHELLE COMMUNITY HOSPITAL ON GOOGLE

Have you had a recent patient experience at Rochelle Community Hospital? We want to hear about it! Your feedback is crucial as we grow and explore how we can improve the quality of your healthcare.

Leaving a review is easy. You may receive a text or link via email when you visit us. Or search “Rochelle Community Hospital” on Google and tap “Reviews,” then rate us and tell us about your experience. Your feedback will help shape the future of healthcare in the Rochelle area.

Check out what people are saying about Rochelle Community Hospital on Google:

“I had a right total hip replacement surgery and was walking three hours later. How do you put into one review the fact that you have a new lease on life and that your quality of life has been recharged? Rochelle Community Hospital has the best care team, is the cleanest hospital I've ever been to, and treats their patients like family. **The community is blessed.**”

“Rochelle Community Hospital is doing a great job. The workers are very friendly and relate well with patients. **They are devoted to their duty, and they know their profession well.** The nurses even call at home to find out how their patients are doing. They treated me with respect and dignity, and I appreciate it. I will recommend people to this hospital because of the way they handle patients and their problems. ”

“I found Rochelle Community Hospital to be a very 'family-like' place — very welcoming, compassionate, and refreshing as a hospital overall. So many hospitals now seem to forget the human emotional side of their patients. When this happens, it's the patient and their family who suffer. They may feel as if they have no connection to any of the medical staff and no control over their care. This was not the case at Rochelle Community Hospital. All the personnel my wife and I encountered were kind, compassionate, caring, friendly, knowledgeable, and professional. Their concern and compassion were evident throughout my stay there. **The level of care I received was outstanding** — on a scale of 1-10, I would give them a 12. I would have no reservations recommending Rochelle Community Hospital and XCEL Orthopedics to anyone seeking medical care.”



## Relief in Time of Need

### ALL ABOUT ME PROVIDES RESOURCES FOR CANCER PATIENTS & FAMILIES

Cancer is a devastating experience for families. In addition to the physical and emotional toll wrought by a loved one's illness, many families will also experience financial hardship because of costly yet necessary treatments. Thankfully, qualified patients can better manage the financial strain with some help from Rochelle Community Hospital Foundation.


The All About Me fund provides grants and resources to patients and their families to help ease the burden and focus on their recovery. Cancer patients residing in Ogle County may receive a one-time grant of up to \$500 per year or as funds are available.

To learn more about how to receive a grant, call or email Foundation Coordinator at **815-561-3110** or [mlapage@rcha.net](mailto:mlapage@rcha.net).







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## *Donate Blood* & Save Lives

Rock River Valley Blood Center has four blood drives scheduled throughout 2023 at the Rochelle Community Hospital Health & Wellness Center, 900 N. Second St. Blood is in constant demand by our providers. You can help keep our supply full and impact patients' lives by donating blood through Rock River Valley Blood Center.

Supplying 13 hospitals throughout Northern Illinois and Southern Wisconsin, Rock River Valley Blood Center relies on donors from nine counties across both states to meet the needs of local providers, and in some cases, save patients' lives.

For more information or to schedule a donation, [visit \*\*rrvbc.org\*\*](http://visitrrvbc.org) or [call \*\*815-965-8751\*\*](tel:815-965-8751).

Donation dates include the following:

**THURSDAY, MARCH 2, 2023**

**WEDNESDAY, MAY 3, 2023**

**WEDNESDAY, JUNE 28, 2023**

**WEDNESDAY, AUG. 23, 2023**

