

Healthy Vibes

ROCHELLE COMMUNITY HOSPITAL

SUN & SKIN SAFETY

Enjoy the Sunshine
and Reduce the Risk
of Skin Cancer | PG. 6





From Our COO

KAREN TRACY

Greetings and happy summer! I trust you all are moving about and enjoying your new summer routine, a welcome change from the long winter. The hospital has a sense of renewal as we see the way forward after the Public Health Emergency for COVID-19 was ended May 11, 2023. Although we will continue with some precautions for respiratory illness, there has been a reduction in the use of masks as a general requirement.

In this issue of Healthy Vibes, we have many new things to highlight to the community. First, our newest addition to the staff, Infection Preventionist Janine Sobin, BSN, brings a wealth of knowledge and resources to the hospital and takes on the expansive responsibility of reporting infections to government agencies. Centralizing the responsibilities of infection prevention and control to one individual is a welcome addition!

Additionally, XCEL Orthopedics continues to touch lives in a powerful way. Dr. Delisca and his team help residents gain back their quality of life with mobility improving procedures, specializing in all types of orthopedic ailments (both nonsurgical and surgical). But don't just take our word for it! Learn about the life-changing reverse shoulder replacement that made a profound difference in the life of one area woman. This revolutionary procedure helped her regain her everyday function.

As your community hospital, we continue to offer and coordinate screenings that can save lives. Thanks to Teri Dickey, RN, blood pressure checks are made available to seniors on the third Thursday of each month at Lincoln Manor and the Hub City Senior Center. She also checks their pulse and blood oxygen

levels, and answers any questions they have. There is mutual satisfaction in partnering with our residents to manage their chronic health issues!

Other ways the hospital provides for community wellness is through our Multi-Specialty Center. Area specialists are available by appointment to ease the burden of traveling to other communities for care. With the summer sun ahead, now would be a good time for a dermatology checkup. Lori Schultz, FNP-BC of MD SkinCenter is available for appointments the last Tuesday and Wednesday of the month. With the intensity of summer sun and skin cancer prevention being in the forefront of summer activities, I urge you to take advantage of this great local service.

Finally, as summer winds down, there is a wonderful opportunity for local participation in the important work of the hospital foundation. Our 23rd Annual RCH Foundation Golf Play Day will be held Monday, Sept. 11, at the Fairways Golf Course in Rochelle. I personally encourage you to find a way to participate in this worthwhile event. Whether you support through a hole sponsorship or register a foursome to participate, you'll enjoy this fun competition while supporting your local hospital.

On behalf of the entire Rochelle Community Hospital team, I hope this latest issue of Healthy Vibes encourages you to reach out and let us help you make healthy choices for your family. We remain committed to that endeavor and will support you along your health journey.

Yours in good health,

KAREN TRACY, RN

Chief Operating Officer

Employee *Spotlight*

WHEN DID YOU BEGIN YOUR ROLE HERE AT ROCHELLE COMMUNITY HOSPITAL?

I began working at Rochelle Community Hospital in February 2023.

WHAT LED YOU TO YOUR CAREER?

When I began working in infection control, it was an area of nursing that I hadn't done before and I discovered it's very interesting and fulfilling.

WHAT CERTIFICATIONS DO YOU HOLD?

I received my associate degree in nursing 38 years ago and my BSN in 2018. I previously held certifications in ACLS and IV therapy (CRNI).

HOW LONG HAVE YOU WORKED IN HEALTHCARE?

I worked for Illinois Valley Community Hospital in Peru for the last 31 years in many different roles and began infection control in January 2018.

WHAT ARE YOUR RESPONSIBILITIES AT ROCHELLE COMMUNITY HOSPITAL?

I will be doing infection surveillance among patients and personnel. I will also assist in implementing control measures to prevent the spread of infection. This will include completion of risk assessments, goal setting, and planning for identified risks while watching for infectious diseases that are trending in the community. Additionally, I'm responsible for reporting infection control data to governing bodies, the administrative team, and the infection control committee. I will be involved in reviewing and updating policies pertaining to infection control and will assist with education and employee health as needed.



JANINE SOBIN, BSN
Infection Preventionist

"I want to do my best every day to make sure Rochelle Community Hospital has a very low infection rate and a solid infection control program. I also want to be a good infection control resource for hospital employees."





Rochelle Community Hospital



XCEL-ing at *Patient Care*

ROCHELLE RESIDENT BARBARA BRIELTZ THRILLED WITH XCEL ORTHOPEDICS

Think of the many ways your shoulders help you function in your daily life. Getting dressed, reaching high shelves, showering or bathing, cooking, cleaning... all seemingly mundane activities we take for granted. So, what would happen if chronic shoulder pain kept you from performing these simple tasks?

That's exactly what Rochelle resident Barbara Brieltz experienced when her shoulder began hurting a few years ago. While the pain radiated down her arm, Barbara said she wanted to avoid surgery and thought she could "tough it out," relying on her husband, Keith, to help with some of her usual tasks.

"He would help me get dressed, put my coat on, and other things I wasn't able to do because I didn't have very good motion," Barbara said. But after Keith passed away in 2021, Barbara had second thoughts about her decision. "I got to thinking, 'Maybe I should have that surgery, especially if I'm living alone.'"

Barbara scheduled a consultation with Dr. Gadini Delisca at XCEL Orthopedics, during which Dr. Delisca and his team pinpointed the source of the pain. "She did have arthritis, but our advanced imaging

demonstrated that she also had a rotator cuff tear," Dr. Delisca said.

Rather than undergo a total shoulder replacement, Dr. Delisca recommended a reverse shoulder replacement. While a total shoulder replacement fits a plastic cup inside the shoulder joint with a metal ball on the upper end of the humerus, a reverse shoulder replacement fits a ball into the joint with a cup at the end of the humerus.

"That works because it does not require a rotator cuff to keep the humerus in place," Dr. Delisca said. "It requires a functioning deltoid muscle, which Barbara did have, to power it. So, that's how we customized it for her."

After a brief surgery lasting just a couple hours, Barbara's new shoulder was complete — and best of all, there was no pain! "I felt great. I really had no pain — nothing," she exclaimed, adding the everyday tasks she was once unable to perform are now possible thanks to Dr. Delisca and his team. "It was really a good experience. I can reach up and put things on a high shelf. I can get myself dressed. I can do a lot of things I couldn't do before."

Regain your mobility today! Contact Dr. Delisca and XCEL Orthopedics at 815-561-2774.



Teaching the Future

HOSPITAL WELCOMES HIGH SCHOOL GROUPS FOR TOURS

At Rochelle Community Hospital, we're passionate about setting a positive example for a younger generation and encouraging them to pursue a career in healthcare through hands-on education. On May 3, the hospital hosted students from the Healthcare Career Pathways Program at La Moille High School and Spring Valley Hall High School.

Students were treated to tours through numerous departments around the hospital, where designated staffers gave a short presentation about their duties and how each department benefits the health and well-being of our residents. Following the tour, all students were treated to some hands-on training in occupational health, family healthcare, orthopedics, emergency, respiratory care and cardiac rehabilitation, financial services, and human resources.

We're thankful for our students who are enthusiastic about pursuing a career in medicine as well as the opportunity to teach the younger members of our community about the impact of rural healthcare in our communities. It's a privilege to help guide tomorrow's providers as they take the first steps in their careers!





Enjoy the *Sunshine* & *Reduce* the Risk of Skin Cancer

After a long winter, we're all craving some much-needed time in the warm sunshine! But before you head out to soak up some rays, are you taking the precautions needed to protect your skin?

According to Lori Schultz, FNP-BC of Rockford-based MD SkinCenter, overexposure to sunlight can carry numerous health risks, including premature aging of the skin such as wrinkling, pigment changes, and loss of elasticity. More alarming is the risk of skin cancer caused by the sun's ultraviolet rays. As the most common cancer, skin cancer can manifest in numerous forms, including the most common diseases, basal cell carcinoma and squamous cell carcinoma. However, the most concerning type of skin cancer is melanoma, which the American Cancer Society reports will claim an estimated 7,990 lives in 2023.



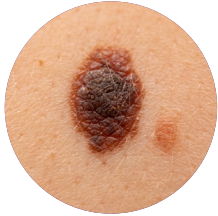
LORI SCHULTZ
FNP-BC

ABCDE's of Melanoma



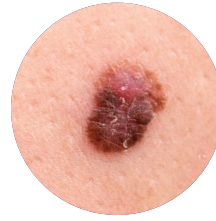
ASYMMETRY

"If you draw a line through the middle of the lesion, the two halves don't match."



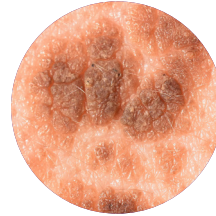
BORDER

"Borders are uneven or irregular."



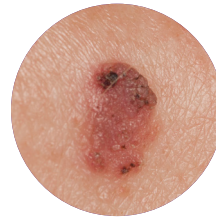
COLOR

"Lesions contain multiple colors or changing colors as they grow. Rare, amelanotic melanomas are colorless."



DIAMETER

"Lesion growths are larger than 6 millimeters — or the size of a pencil eraser."



EVOLVING

"Look for any change in size, shape, color, or elevation of a lesion. Moles bearing symptoms such as itching, crusting, or bleeding may also be of concern."

"Conducting monthly skin self-exams and observing the skin for new or changing moles is an important step in detecting and preventing melanoma," Lori said, adding patients should recognize the warning signs — or ABCDE's — of melanoma as they exam their skin. If you find lesions with these characteristics, you should have them examined by a dermatologist. Preventing skin cancer from developing in the first place is the most effective way to protect your health. Applying sunscreen when working or playing in direct sunlight can reduce your risk of skin cancer by about 40% and lower your melanoma risk by 50%, Lori said.

"When choosing a sunscreen, look for broad Spectrum that protects your skin from both UVA and UVB rays, SPF 30 or higher"

"When choosing a sunscreen, look for broad Spectrum that protects your skin from both UVA and UVB rays, SPF 30 or higher — which is necessary for extended outdoor activities — and water resistance, which is effective for up to 40 minutes of swimming," Lori explained. "Keep in mind sunscreen alone is not enough. Seek the shade whenever possible and wear sun-safe clothing like a wide-brimmed hat and UV-blocking sunglasses."

Lori Schultz practices at the RCH Multi-Specialty Clinic on the last Tuesday and Wednesday each month.

To schedule an appointment, call 815-484-9900.



Lifting Up Our Staff

ROCHELLE COMMUNITY HOSPITAL HONORS EMPLOYEES DURING HOSPITAL WEEK

Our amazing team deserves some recognition! From May 8-12, Rochelle Community Hospital honored its employees during National Hospital Week with a multi-day celebration organized by the Employer of Choice Team.

The hospital kicked off the celebration with donuts and Starbucks coffee on Monday, followed by a trail mix bar Tuesday afternoon. On Wednesday, staff members were treated to nachos from Oregon-based Ralfie's BBQ & Catering. Employees enjoyed a traveling spa cart on Thursday, as well as a delicious, complimentary lunch courtesy of Dietary services! Finally, all employees were treated to cookies on Friday in honor of Florence Nightingale's birthday.

Additionally, the hospital held daily gift card drawings for staff, who also participated in a weeklong scavenger hunt around the hospital.

Various departments were visited by Flat Stanley — an educational project that promotes childhood literacy — and a few employees were named grand-prize winners receiving car detailing, Amazon, and Shell gift certificates!

Beginning as just a single-day celebration in 1921, National Hospital Week is a chance to celebrate hospitals, health systems, and healthcare workers, according to the American Hospital Association. During this time, hospitals and providers recognize the achievements of their peers while educating the public about the latest medical services and technological advancements in their area.

As always, thanks so much to our incomparable staff for all their hard work. You are the ones who exemplify the compassionate, quality care our residents depend on, and you make this an incredible place to work every day. We can't wait to celebrate you again next year!





TERI DICKEY
Hospital Nurse



Staying Alive

NURSE TERI DICKEY SERVES COMMUNITY WITH BLOOD PRESSURE CHECKS

While hypertension — or high blood pressure — doesn't make itself obvious or visible, it can come with devastating and sometimes fatal consequences. Scheduling regular blood pressure screenings is the only sure way to detect high blood pressure, but getting this important test on the calendar can be a challenge for some members of the community. To Rochelle Community Hospital nurse Teri Dickey, this obstacle presents an opportunity to reach out to patients in need of assistance. Since fall 2022, Teri has conducted blood pressure checks on the third Thursday of each month at Lincoln Manor and the Hub City Senior Center, helping seniors keep track of their blood pressure and medications.

"High blood pressure is known as the silent killer. Blood pressure checks had been a service offered by the hospital in the past that they wanted to start back up and reached out to me to see if I would be interested," Teri explained, adding the visits provide a chance for seniors to track their health, address any other medical concerns, and simply be someone they can talk to. "In addition to their blood pressure, I also check their pulse and blood oxygen levels and record it for them. I answer questions they may have about their medication, health, or life's joys or concerns. Sometimes, I just listen to what they want to share. I try not to rush anyone and give them the time they need."

Blood pressure checks are conducted without sign-ups or registration — all residents who want to be checked are welcome, Teri said. While these screenings provide a valuable resource for seniors, Teri said she relishes the chance to visit with friends both old and new — so much so, in fact, it has become more of a passion than a job. "I sometimes get the added surprise and pleasure of connecting with former classmates, co-workers, friends, and neighbors during these visits. I get to enjoy 'good old day' memories and stories from new acquaintances," Teri said. "I believe I may be getting more benefit out of this service than those I serve. I have such joy going to 'work.' I don't think I stop smiling the entire time. The patients I serve are so interesting with varied life and health experiences."



Get Your Tee Time!

HIT THE LINKS DURING THE 2023 GOLF PLAY DAY

Grab your clubs and hit the links for a great, local cause! The 23rd Annual RCH Foundation Golf Play Day will be held Monday, Sept. 11, at Fairways Golf Course in Rochelle.

“Our annual Golf Outing brings together our vendors, community businesses, and leadership team every year for a great day,” said RCH Community & Organizational Development Manager Michelle LaPage. “The Golf Outing is our biggest and most successful fundraising event of the year. The Foundation counts on your assistance — we want to continue to help support the Right Care, Right Here in Rochelle.”

The Golf Outing will begin with registration and breakfast at 9 a.m. followed by a 10 a.m. shotgun scramble tee time, concluding around 3 p.m. Funds from this year’s Golf Outing will support the hospital’s second annual Back-to-School Wellness Kick-Off.

For more information or to donate to the RCH Foundation; email Michelle LaPage at mlapage@rcha.net



Sporting Rochelle purple out on the course!



Same *Great* Service — & Now We Can See Your *Smile!*

ROCHELLE COMMUNITY HOSPITAL DROPS MASKING MANDATE

Mandatory masking is a policy of the past at Rochelle Community Hospital! Beginning April 17, the hospital has officially removed its mandate requiring all staff, patients, and visitors to wear face masks while inside hospital facilities. The policy change reflects updated guidelines from the Centers for Disease Control (CDC) and requirements by the State of Illinois. Patients exhibiting COVID-19 symptoms should continue to wear masks at the hospital to protect at-risk patients. Common symptoms include:

- Fever or chills
- Headache
- Congested or runny nose
- Cough
- Nausea or vomiting
- Fatigue
- Sore throat
- New loss of taste or smell
- Trouble breathing or shortness of breath
- Muscle or body aches
- Diarrhea

If you have any questions about the masking policy at Rochelle Community Hospital or for more information, call 815-562-2181.



See our staff at Occupational Health Services Clinic show off their smiles!

A *Tasty* SEASONAL RECIPE

CAULIFLOWER FRIED RICE

1 bag frozen cauliflower or head of cauliflower, chopped
2 tablespoons sesame oil
1 small onion
1 cup frozen peas and carrots
¼ cup of broccoli
2 tablespoons soy sauce
1 egg
Salt and pepper
Garlic salt

*Recipe courtesy of
princesspinkygirl.com.*

INSTRUCTIONS:

1. Heat oil on medium-high heat. Sauté onions, then add peas, carrots, and broccoli.
2. Add cauliflower and mix with veggies.
3. Add soy sauce, mix.
4. Move rice to one side of the pan and scramble one egg on the now-empty other half.
5. Mix the scrambled egg with the rice.
6. Add salt, pepper, garlic salt, and soy sauce for taste.
7. Serve and enjoy!





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Donate Blood **& Save Lives**

Give the gift of life with Rochelle Community Hospital this summer! We're partnering with Rock River Valley Blood Center to host blood drives at the Rochelle Community Hospital Health & Wellness Center, 900 N. Second St. Blood is in constant demand by local healthcare providers, but you can help keep our supply full and impact the lives of patients and their families by donating.

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 or call **815-965-8751**.

Donation dates include the following:

JUNE 28 | AUGUST 23 | OCTOBER 23 | DECEMBER 27

