

Healthy Vibes

ROCHELLE COMMUNITY HOSPITAL

BUILDING ON OUR
FOUNDATION





We All Contribute to *Our Success*

CEO KAREN TRACY FOSTERS CULTURE OF TEAMWORK

WHAT LED YOU TO A CAREER IN HEALTHCARE?

I became interested in nursing after I spent five days in the hospital visiting my grandfather. I never had much experience in the hospital; watching the nurses, I became fascinated with their work and loved the whole atmosphere. After I had my first child, I knew I wanted to work in the hospital.

WHAT BROUGHT YOU TO ROCHELLE ?

By the time I completed my nursing degree, I had a 5-year-old and a 3-year-old and was expecting my third child. My husband and I lived in Rochelle and it was a logical choice to work at our local hospital — not to mention the fact that taking care of friends and family has always appealed to me.

WHAT IS IT LIKE NOW BEING CEO?

Since being promoted to CEO, I would say this position is the most forward-facing position I have held. I have been in administrative leadership for more than 20 years, but this role gives me the opportunity to promote and share the great things we are doing to a broader audience. I have great pride in representing my co-workers and giving them credit for the success of the hospital.

IN YOUR OPINION, WHAT ARE SOME OF THE HOSPITAL'S GREATEST STRENGTHS? HOW DO YOU HOPE TO BUILD ON THESE STRENGTHS?

Our employees are our greatest assets. We have had a philosophy for a long time that we hire for fit. It's important for us to have all staff working together for a common goal — to promote health and wellness in our

community. Our strategic plan relies on teamwork and we will utilize the skills and creativity of our managers to promote improved health services for our patients. We will hold employee forums to engage our staff in these improved processes — we all contribute to our success.

WHAT ARE YOUR GOALS?

As CEO, setting goals is a constant, strategic initiative for the improvement of the hospital. The initial goals set into motion were to get more face time in the departments and in front of staff. Employee forums have been held, senior leaders have been spending time in different departments, and the CNO and I have been rounding on patients. Our team has also been evaluating services in the hospital and prioritizing expansion to improve workflow. We have also been hard at work updating and optimizing patient care contracts. Lastly, an ongoing goal is to keep recruiting primary care physicians for our clinic. Providing family medicine to our community is a gateway to the growth of our other services.

WHAT DO YOU LIKE MOST ABOUT WORKING AT ROCHELLE COMMUNITY HOSPITAL?

I find it very rewarding to be part of the leadership team that is working hard to keep us an independent community hospital. I especially enjoy the people who work here. Every day I come in, I have a sense of belonging and see staff who share that same sentiment. In addition, I enjoy my long-term relationships with our providers. I appreciate their dedication to our patients and their support for leadership.

Kim Louis & Jeana Abbott

EXECUTIVE ASSISTANTS



Kim Louis
Executive Assistant

At Rochelle Community Hospital, our employees are instrumental in creating the comforting, compassionate culture upon which we pride ourselves. Highlighting the remarkable individuals whose positive attitudes shine through their work is just one of the many ways we recognize the dedication that goes into making us Your Local Healthcare Resource. This season, we're proud to shine the spotlight on **Executive Assistants Kim Louis and Jeana Abbott!**

"My favorite part of working at Rochelle Community Hospital is working for an organization that makes a difference in our community every day," Kim said. "I have also made some good friends along the way!"

A 25-year resident of Rochelle, Kim has worked as Executive Assistant to the CEO and CFO for the last 12 years, providing support to the administrative and management teams in numerous capacities. Some of her responsibilities include maintaining files and contracts, coordinating Annual Association member drives and meetings, and working as recording secretary for the Board of Trustees.

Kim added she's proud to be a part of an organization that impacts the lives of friends, family, and neighbors every day. "I believe in the staff and services offered here and enjoy sharing information about new staff members," she explained. "The skills and experience they bring to the hospital as well as new equipment make the patient experience more pleasant."

A Rochelle resident since 1993, Jeana serves as administrative assistant to the hospital's CNO, COO, and CAO. She records minutes for meetings and manages planning calendars for administrators and managers. Additionally, Jeana said she prioritizes being a point of contact for both patients and employees. "I try to be the go-to person when someone needs a question or concern answered. I basically wear many different hats as the needs arise," Jeana said.

Maintaining positive relationships with her co-workers is a personal highlight of Jeana's work — working like "a big family." Jeana said each employee works to help each other at every turn, adding each member brings a specific set of skills and experiences that help others learn and grow in their own careers.

"I trust my coworkers and am amazed at how smart they all are and how every one of them is an integral part of the organization," she explained. "From Dietary to Maintenance to Nursing and beyond, we are head and shoulders above the rest in how well we take care of our patients and how much our workforce is valued and appreciated!"

"I learn something new every day. No two days are the same at Rochelle Community Hospital and I love that!" said Jeana.



Jeana Abbott
Executive Assistant



Dr. Gadini Delisca



Providing XCELent *Care*

XCEL ORTHOPEDICS IS OPEN IN SYCAMORE AND ROCHELLE

Picture this scenario — the morning after your child's high school basketball game, they complain about a nagging pain in their knee, limiting their mobility. You try to get them an orthopedic appointment right away, but getting one scheduled on such short notice is a tall order. You could take the long road trip to Rockford for the specialized care your child needs — agonizing as it may be for them. However, another option is available locally from the same great providers you know in Rochelle. In May, XCEL Orthopedics opened its second location, the Sycamore Clinic, at 2670 DeKalb Ave., offering specialized orthopedic solutions in a local environment.

"At XCEL Orthopedics, our mission is to diagnose and treat orthopedic conditions in an engaging, empathetic, and efficient manner," said Orthopedic Surgeon Dr. Gadini Delisca. "The more people we treat, the better. The Sycamore Clinic expansion allows XCEL Orthopedics to help even more patients than before."

Joined by Physician Assistant Harrison Swalla, MPAS, PA-C, Dr. Delisca is committed to providing the same high-quality, customized orthopedic care patients have come to expect at the Rochelle Clinic, including injections, splinting, casting, durable medical equipment fitting for acute injuries, in-office reductions, and release surgery for carpal tunnel and trigger finger. Best of all, patients can begin their treatment at the Sycamore Clinic and continue back in Rochelle, assuring continuity of care.

"It's very exciting to expand our care to surrounding communities and to impact more lives," Dr. Delisca said. "We love taking care of orthopedic patients and we have the drive and team members to take on many more."

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

A Helping Hand in Healthcare



ROCHELLE COMMUNITY HOSPITAL STREAMLINES FINANCIAL ASSISTANCE WITH BREEZ HEALTH

Patients at Rochelle Community Hospital now have a new, streamlined way to apply for financial assistance. In August, the hospital announced a partnership with Breez Health, a healthcare technology company providing a simplified, online application process for patients to sign up for discounted or free care.

“At Rochelle Community Hospital, our mission thrives on healthcare inclusivity, regardless of one’s ability to pay. With an accessible and intuitive financial assistance program, we’re looking to break down financial barriers to care, fostering a healthier and thriving community in the process,” said Rochelle Community Hospital CEO Karen Tracy.

Patients with an income up to 200% of the local poverty line — an annual income of \$60,000 per year for a family of four — may qualify for free care, while patients with an income up to 300% of the local poverty line — \$90,000 per year for a family of four — may qualify for discounted care of up to 75%. By partnering with Breez, Rochelle Community Hospital is simplifying the application process and spreading greater awareness of its financial assistance programs to families in need.

“At Rochelle Community Hospital, care goes beyond helping people heal. By making financial assistance easy for patients, they’re raising the bar for healthcare accessibility — and the patient financial experience,” said Breez CEO Nick McLaughlin. “Most people don’t realize how high their household income can be without disqualifying them from financial assistance at their local nonprofit hospital. Eligibility for these programs extends well into the middle class.”

Based in Kalamazoo, MI, Breez is a technology and consulting company serving nonprofit hospitals across the country. Breez specializes in streamlining financial assistance programs — both patient-facing and internal — to ensure patients of all financial standing receive the quality healthcare services they need.

Find out if you qualify for financial assistance now — visit rochellehospital.com



Funding the *Future*

RCH FOUNDATION SUPPORTS A BRIGHT TOMORROW FOR OUR COMMUNITY

Continually growing and caring for our friends, family, and neighbors takes a community of donors, supporters, and volunteers to support our healthcare system. The Rochelle Community Hospital Foundation helps secure the high-quality healthcare our residents depend on through charitable donations. Of course, ensuring access to medical services for future generations takes a substantial effort from individuals committed to serving their community. Consisting of members from all walks of life, the Foundation Board is a group of individuals who share the same dedication to raising the standard of healthcare in our community.

For Foundation Board President Reed Harris, serving the Foundation is a personal matter. As a child growing up in Rochelle, he said, the Foundation had always helped support him and his mother, Lois Turkington. After retiring from BNSF Railway in Keller, TX, and moving back to Rochelle in 2009, Reed saw an opportunity to return the generosity he'd been shown decades before. Initially volunteering in the Rochelle Community Hospital Laboratory, he joined the Foundation Board in 2011.

"Everybody out there needs help. A community hospital is a necessity," he said. "It's so good to help out and keep our hospital running. It also means serving not only people in the community, but also the employees and staff. It means a lot to everybody."

Continued support of the hospital means ensuring providers can provide state-of-the-art care in a convenient, local environment. The Foundation makes this possible by providing funds that allow the hospital to obtain brand-new equipment or upgrade existing infrastructure. The hospital's CT scanner, for example, would have been a much more challenging purchase had it not been for the generosity of the Foundation. From high-tech imaging equipment to medical carts used by the nursing staff, all purchases made possible by the Foundation help physicians provide the

best quality care possible, further building upon the hospital's reputation.

"We try to invest in equipment the staff needs that is over and above their budget," Reed explained. "Newer equipment often benefits the procedure time, so patients really appreciate that. The employees that operate the equipment enjoy it too; they get more done quicker and with better information."

Quality healthcare matters in a small, community hospital, Reed said. After all, on a given day, a physician may treat their neighbor, a member of their church, or their kid's little league coach. With these personal connections, providing top-of-the-line care is paramount, but so is supporting families experiencing a medical crisis. Initiatives like the Above & Beyond fund help offset the costs of medical services for employees and their families.

The Foundation also helps the next generation of healthcare providers start their journey on the right foot with scholarships, and helps RCH employees continue

their education or career with scholarships to help support their goals. Community support helps keep programs like these alive — as does serving on the Foundation board. All it takes is just a little dedication, Reed said.

Doris Dickey is another community member passionate about serving Rochelle. A former employee of Rochelle Community Hospital, Doris has been involved with the Foundation for about a year. To her, continued support of the hospital after years of employment is a source of pride. "The hospital is one of the most valuable resources this community has. The donations made to the foundation help the organization maintain advanced care and goals for the community it serves," she explained. "I'm proud to continue to support the hospital in any way I am able."

As Foundation Board member, Doris said, securing a bright future for healthcare in Rochelle is a duty as much as it is a privilege. "The success of the community, schools, and local businesses depend on quality healthcare in the community," she said. "It is the responsibility of all involved with the hospital — whether as employees, trustees, or Foundation members — to ensure the continued viability and success of the hospital, and thereby serving the community and its healthcare needs."

"The greatest benefit to giving to the Foundation is the satisfaction in knowing you're making a difference not only for today and tomorrow but also for many generations to come," Doris said. "Those involved with the hospital operations serve with pride."

As pictured on cover, RCH Foundation Board L to R - Debbie Kersten - Secretary, Pat Zilm, Tonya Sarver, Will McLachlan - Vice President, Michelle LaPage - Coordinator, Earl Fleming - Treasurer, Doris Dickey, Darlyne Keller, Stephanie Crawford, DNP, APRN, and Dr. Nancy Williams. Not pictured, Reed Harris - President



Foundation President Reed Harris presents RCH employee Ellee Myers with a scholarship.

Donor Wall *Development*



Donor Wall Committee – Debbie Kersten,
Will McLachlan & Doris Dickey

RCH FOUNDATION TO REVEAL NEW DONOR WALL

Our Foundation Donor Wall Committee has been hard at work, planning, designing, and updating the soon to be revealed new Donor Wall. We are replacing the more than 15-year-old donor wall that used to be located by the Third Street entrance and relocating it to the alcove near the elevators.

The RCH Foundation is dedicated to honoring our local contributors on the hospital's Donor Wall. Newly redesigned for 2023, the Donor Wall will proudly display the names of all donors with cumulative totals of their financial contributions made to the Foundation since 2000, thereby aiding its mission and vision.

MISSION

Cultivate resources and a community of donors by acting as good stewards of all contributions to support Rochelle Community Hospital.

VISION

To be the charity of choice to financially support the Rochelle Community Hospital.

Do you have questions about bequests, IRA charitable rollovers or donor advised funds?

Visit our new Planned Giving section on the Foundation page of our website. There is some great information on how you can donate the gift of an investment like an IRA or designate a financial gift in your will or through your estate planning. All contributions are likely to save you money on taxes.

To learn more about the different ways you can give, consider sitting down with your financial advisor or attorney or reaching out to the Rochelle Community Hospital Foundation to give a gift that will last long into the future. For more information, visit [rchf.giftlegacy.com/](https://m-rchf.giftlegacy.com/)



Blood Driving

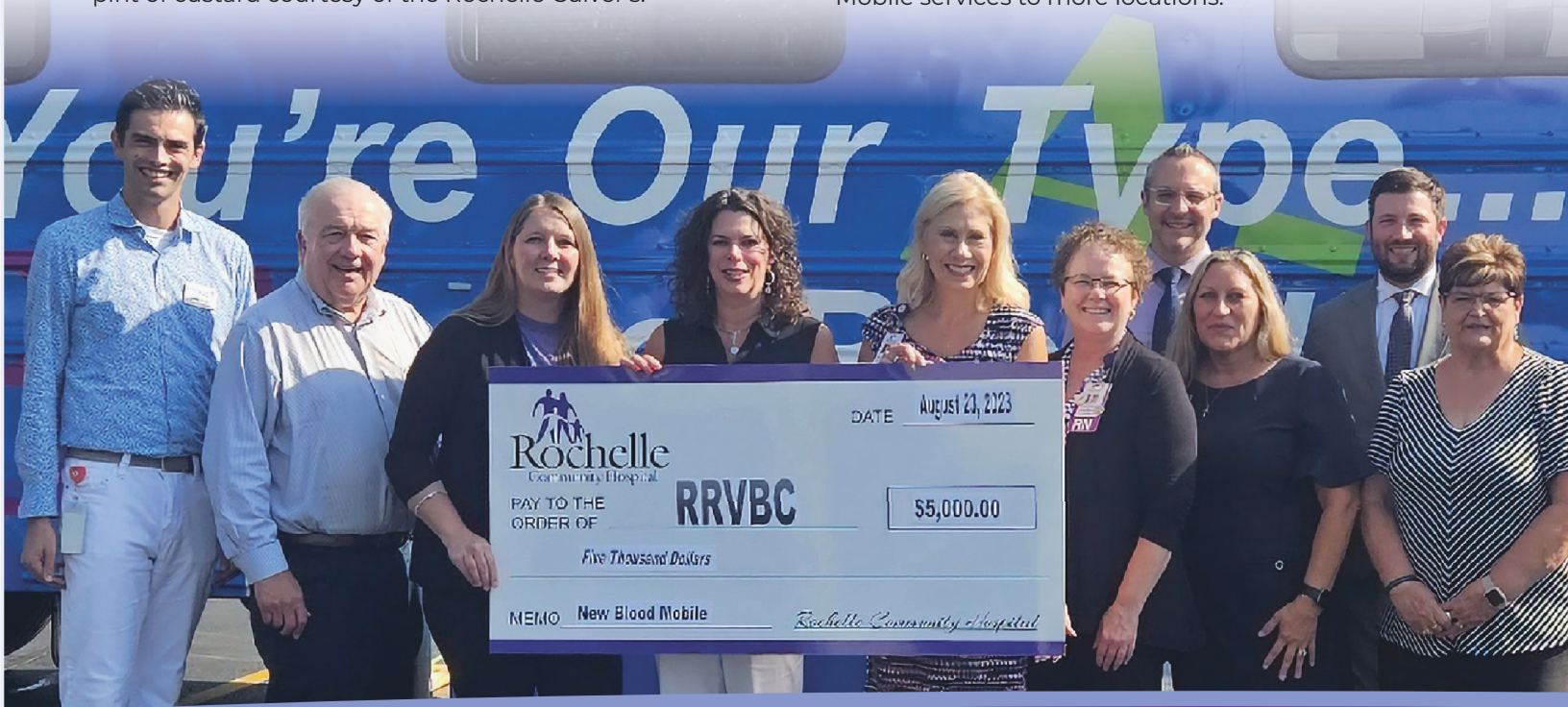
NEW RRVBC BLOOD MOBILE DEBUTS AT ROCHELLE COMMUNITY HOSPITAL

The Rock River Valley Blood Center's new Blood Mobile made its first stop Wednesday, Aug. 23, in the Health & Wellness parking lot at Rochelle Community Hospital. The new RRVBC Blood Mobile showcases cutting-edge mobile donation technology to enhance the convenience and efficiency of blood collection.

Hospital officials presented a check to RRVBC during the event, signifying the hospital's unwavering support and its dedication to the partnership with RRVBC, which ensures a steady supply of blood for the Rock River Valley. Donors also received a coupon for a free pint of custard courtesy of the Rochelle Culver's.

Since the purchase of their first Blood Mobile in 2000, RRVBC mobile drives have increased from 100 drives per year to more than 500 drives per year. With this new Blood Mobile, blood donations will be even more convenient and accessible, keeping Rochelle and surrounding communities immune to the blood shortages faced by many other communities.

Schedule your donation appointment at donor.rrvbc.org. By scheduling in advance, you can choose a time slot that fits your schedule and helps organizers manage the event smoothly — however, walk-ins will also be welcome. If you are unable to donate blood but would like to contribute, RRVBC will accept monetary donations, allowing the blood bank to extend its Blood Mobile services to more locations.





Heart-Healthy *Recipe*

OLD-FASHIONED VEGETABLE-BARLEY SOUP

Servings — 4

Serving Size — 1 1/4 cups

INGREDIENTS

- Cooking spray
- 1 teaspoon olive oil
- 1/2 medium onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 1/2 cups frozen mixed vegetables
- 1 1/2 cups low-sodium vegetable broth
- 1 cup chopped kale
- 1/2 cup water
- 1/4 cup uncooked quick-cooking barley
- 1/2 teaspoon dried basil, crumbled
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated parmesan cheese

INSTRUCTIONS

1. Lightly spray a large Dutch oven with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic and cook for 10 seconds. Stir in the remaining ingredients except the parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.
2. Ladle into soup bowls. Sprinkle with the parmesan.

Recipe courtesy of the American Heart Association. Discover more heart-healthy recipes at [recipes.heart.org](https://www.recipes.heart.org).

A black and white photograph of two hands, one larger and one smaller, holding each other in a supportive grip. The background is a solid purple color with a white wavy line separating it from the image area.

Giving with a *Grateful Heart*

HOW DONATING TO THE RCH FOUNDATION SPREADS JOY

Did you know just the simple act of giving can help improve your mental wellness?

The human brain is divided into two halves. The left half is commonly associated with analytical thought and problem solving, while the right is typically linked to more intuitive, emotional thought and creativity. Of course, mankind wouldn't have come so far without rational, problem-solving abilities — technology and architecture would have never progressed to the modern standards without them. However, rather than remaining focused on solving problems, the right side of our brain allows us to accept and be thankful for what we have and what we as a community have accomplished so far.

Generosity impacts more than just our short-term mental health — it can also benefit our physical well-being. In fact, according to PositivePsychology.com, studies have shown patients who regularly express feelings of gratitude report benefits such as pain relief, better quality of sleep, and reduced stress and anxiety. The American Psychological Association points out the psychological reward is much longer lasting than a typical dopamine release; Emiliana Simon-Thomas, PhD, science director of the Greater Good Science Center at UC-Berkeley, said the entire experience of giving — from the planning to delivering the gift and seeing the reaction from the recipient — is part of a sustained, positive psychological reaction.

So, what can you do to show your gratitude? To quote a famous saying, you reap what you sow — if you spread joy, you receive joy in return. Re-investing in your community through charitable donations and providing the means to expand community resources is an excellent way to propagate happiness among your friends, family, and neighbors. Experts agree volunteering or donating — especially when it benefits members of your own community — will help you appreciate your life's blessings while simultaneously improving the quality of life for those around you.

As we enter a season of giving, look inward to see how you can impact your community, whether through volunteering your time or giving financially. The joy you spread to friends, family, and neighbors through your selflessness will ultimately return to you, defining what this most wonderful time of year is really all about.

**Support community healthcare — give to the Rochelle Community Hospital Foundation! For more information, visit rochellehospital.com/about-us/foundation or send your donation to:
RCHF, 900 N. Second St., Rochelle, IL 61068**



900 N. Second St.
Rochelle, IL 61068
www.rochellehospital.com 

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Committed to **Rural Healthcare**

Rochelle Community Hospital Honored for 75 Years with AHA

Rochelle Community Hospital was recognized by the American Hospital Association (AHA) in September to commemorate the hospital's 75th year of membership. As a member, Rochelle Community Hospital is privileged with access to AHA resources, communications, and advocacy in the future of rural healthcare.

"This commitment, which you display day in and day out, was recognized more than ever over the past three years during the historic COVID-19 pandemic — where you were always there, ready to care — and our field was proven to be the most trusted partners in serving patients and protecting communities," wrote AHA Regional Executive Natalie Rudd, MA, BSN, RN.

The AHA serves as an advocate for hospitals, communities, and patients across the country, working with state, regional, and metropolitan associations to influence federal legislation and regulations that improve members' ability to deliver quality medical services.



RCH Administrators Denise Bauer, CHRO, Karen Tracy, CEO, Kyle Auman, CAO, and Rhonda Marks, CNO stand with plaque awarded to us by the AHA for our 75th Year Membership.