

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

better

The Hospital of Choice for Patients and Staff

A QUARTERLY PUBLICATION FROM LORING HOSPITAL **FALL 2019**

TOGETHER



Dennis Olhausen with Dr. Zoltan Pek, whom Olhausen credits for providing him with ongoing, tremendous care.

Big-City Care With That Small-Town Feel

Getting care for liver complications is daunting, but East Sac County Middle School Principal Dennis Olhausen said not having to leave his hometown for every doctor's visit sure made things easier.

He credits that to Loring Hospital, whose attentive staff have helped him through numerous visits and ER services over the years to treat his primary sclerosing cholangitis, a liver condition that has required him to have three liver transplants and a kidney transplant.

"It's a big-city hospital, as far as services are concerned, with a small-town feel," Olhausen said. "It's a great resource for Sac County residents to have here in Sac City."

Olhausen has been receiving care for his liver condition since he was diagnosed at 12 years old.

Though he alternates between Mayo Clinic and Loring Hospital for certain services, he said doctors from both locations frequently collaborate. Loring Hospital has always been accommodating and put him, as a patient, first.

"I recommend going to Loring Hospital because they have the skills, knowledge and wisdom to know what's going on with you and whether it's something they can treat or if

you need to move to the next level," he said.

"My needs are pretty extreme, and that's why they referred me to Mayo for certain things.

Many other things I could handle right here, which is great because if I don't have to travel elsewhere, I don't want to."

He added it was convenient for him and for his family to not have to drive far to get clinical services that are "extremely professional with a personal twist." He describes Loring staff as competent and comforting, making sure patients develop personal relationships with the doctors and nurses they interact with.

Olhausen said every service he's used has been professional and smooth, making him feel like a priority. And though he wouldn't wish his condition on anyone, he is grateful for the perspective it gave him on life.

"It's life-changing on so many levels," Olhausen said.

"[Organ donors] are changing lives. Not just one life ... you are changing so many lives by the gift you're giving."



Beloved Nurse, Kay Martin, Retires After 43 Years at Loring



Kay is pictured wearing her original nursing school hat from 1973 and is standing next to a plaque of Dr. Rodney Miller, whom Kay attributes to being one of her biggest mentors.

On October 22, Loring Hospital celebrated the retirement of longtime registered nurse Kay Martin. In her 43 years at Loring, Kay has touched nearly every department with her passion, knowledge and skills – including our ER, medical surgical areas, inpatient wing, outpatient clinics and birthing unit.

“The best part about the past 43 years has been learning from some of the greatest and most

talented mentors, providers and nurses,” Kay said. “I’ve been so lucky to work in a small hospital, which allowed me to learn and experience so many aspects of the medical field – from geriatrics to pediatrics, birthing and so much more. I really don’t know where those years went, but I feel so fortunate to have spent some of my best years working at Loring.”

Over the years, Kay has proved to be an outstanding nurse. Just last year, she was named to the prestigious annual 100 Great Iowa Nurses list. This award recognizes nurses who have made meaningful, lasting contributions to their patients and the nursing profession, and who are viewed as mentors to other nursing professionals.

After marking her last official day at Loring on September 25, Kay spent the next two weeks providing volunteer medical care for hurricane disaster efforts in the Bahamas.

Next up, Kay plans to travel across the U.S. with her husband, Dan. The couple plans to volunteer at several national parks.

“Though the decision to retire was anything but easy, I’m excited for my next chapter and what’s ahead,” Kay said.

We are honored Kay chose to spend her career at Loring Hospital and are grateful for her dedicated service, leadership and compassion for patients and all those around her. She will be sorely missed at Loring, but we wish her nothing but the absolute best.

Dedicated to Improving the Whole Self

Loring Hospital Launches Educational Sessions

When it comes to health, it takes a combination of exercise, healthy eating, sleep and many other factors to be our peak selves. One of the factors often overlooked?

“Mental health and its impact on our overall wellness,” said Aaron McHone, executive director of UnityPoint Health – Berryhill Center, a community mental health center in Fort Dodge. Though it is just as important as physical health, society doesn’t often emphasize seeking help for mental concerns – as you would, say, if you broke your leg.

McHone shared this presentation August 21 with folks at Loring Hospital’s first of four new community education programs, titled Loring’s Quarterly Health Beat. These health and wellness sessions are presented by healthcare professionals and Loring Hospital staff.

Of course, Loring Hospital wants to educate the community on other components that make up health as well. Each of the upcoming sessions aims to address those in the hopes of making the whole Sac County area healthier.



Aaron McHone, executive director of UnityPoint Health – Berryhill Center, addressed the impact of mental health on overall wellness at the first of Loring’s new free community education programs.

Loring’s Quarterly Health Beat: Upcoming Topics and Dates

- “Flu Prevention and Immunization Information 101” – November 20, 2019
- “Heart Health Facts and Information” – February 19, 2020
- “Summer Health Tips” – May 20, 2020
- These free events will take place from 4:00 pm to 5:00 pm in Loring Hospital’s West Conference Room. Attendees are welcome to enjoy light refreshments.

For questions or to RSVP, call 712-662-6419.

COMMUNITY CALENDAR



CLASS/EVENT	DATE	TIME	LOCATION	CONTACT
First Aid	Monthly, by appointment	6:00 pm to 8:00 pm	Loring Hospital	Kara Wellington, 712-662-6323
BLS	Every third Wednesday of the month	6:00 pm to 8:00 pm	Loring Hospital	Kara Wellington, 712-662-6323
ACLS	Third Wednesday of January, April and July	8:00 am to 5:00 pm	Loring Hospital	Kara Wellington, 712-662-6323
PALS	First Wednesday of February and May	8:00 am to 5:00 pm	Loring Hospital	Kara Wellington, 712-662-6323
Discounted Wellness Screening	Every Wednesday all year	7:00 am to 11:00 am	Loring Hospital Laboratory	Loring Laboratory, 712-662-6312
Medicare Open Enrollment Counseling	October 15 to December 7	By appointment	Loring Hospital	Jan Cessford, LeAnn Olhausen or Lori Mentzer, 712-662-6406
Flu Prevention and Immunization Information 101	November 20	4:00 pm to 5:00 pm	Loring Hospital	Teresa Wirtjers, 712-662-6419

Good Things Are Happening for Loring Hospital – and You!

As our hospital continues to get better, so do our patients and our entire community. We're highlighting just a few of Loring's many accomplishments in 2019 that support our mission to provide exceptional, compassionate healthcare. Thank you for choosing Loring Hospital, your family healthcare center in Sac City!

Top 100 Critical Access Hospital 3rd Year in a Row

For the third year in a row, Loring Hospital was designated as one of the Top 100 Critical Access Hospitals in the United States by The Chartis Center for Rural Health. The designation is considered one of the most significant indicators of performance excellence in the rural healthcare industry.



Stacy Johnson Among 70 "Hospital CEOs to Know"



Our very own Chief Executive Officer and Chief Financial Officer, Stacy Johnson, was named as one of 70 "Critical Access Hospital CEOs to Know" by Becker's Hospital Review. Each year, the publication recognizes prominent hospital leaders throughout the nation. Johnson – who assumed her dual role in

April – was one of only seven Iowa critical access hospital CEOs named to the list.

Three New Board Members

Russ Davis of Nemaha, Frank Richardson of Lake View and Kodi Brotherson of Breda joined the Loring Hospital Board of Directors. "Each brings a certain expertise and a fresh perspective that will provide important insight into Loring Hospital's ongoing commitment to provide quality healthcare in Sac City and the surrounding communities," said Loring Hospital Board Chairman Mike Green.



RUSS DAVIS



FRANK RICHARDSON



KODI BROTHERSON

Top 20 Critical Access Hospital List

Loring was named one of the Top 20 Critical Access Hospitals in the U.S. for best practices in quality. It was one of only two hospitals in Iowa to be recognized in this category.



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Community Involvement

Loring Hospital enjoys and takes pride in our year-round community outreach. In 2019, we were happy to give back in many different ways, including:

- Preparing and serving meals at the children's free lunch program at the Community Center.
- Offering shuttles for seniors at the Sac County Fair, along with providing fair attendees with information about nutrition, sleep disorders and rehab services.
- Participating in Sac County Relay for Life, area parades, the Chautauqua Days Color Run and much more!

