



Patti Collett with Kay Martin, RN

Swing Bed Care Enables Safe Return to Home



After Patti Collett had her hip replacement surgery, she wasn't quite ready to go back home. Luckily, her swing bed team at Loring Hospital was more than ready to help – right down to every important detail.

"They paid such close attention to everything, from staying on top of my pain at all times to communicating well with each other about my care and needs," Patti said. "The experience was as near to perfect as it could get."

Like many people, Patti wasn't previously all that familiar with Loring Hospital's swing bed unit. The term "swing bed" refers to the hospital's ability to use beds for acute or skilled care, thereby "swinging" patients from one level of care to another after a surgery, illness or injury. Instead of going to a nursing home setting, Patti was able to regain her strength at Loring Hospital with easy access to specialized services, including physical therapy.

"I felt more than comfortable with their level of knowledge at Loring," Patti said. "They all listened to what I had to say and worked with me to get me back on my feet. They were very compassionate."

It wasn't Patti's first experience with the quality care at Loring. Her husband, who suffered from Alzheimer's and was nonverbal, had been a patient at Loring years before, and Patti had been impressed with his care. For Patti, Loring's compassion and personal approach are what set them apart.

"My nurse, Kay, was absolutely perfect for me – her whole demeanor really fit my personality," Patti said. "She said things that encouraged me and offered me suggestions that made a difference in my walking and healing."

Patti also loved the fact that she could get her food when she felt hungry instead of on a predetermined schedule. Even when she couldn't pull herself up in bed, her nurses came to help call in her order. She found she could customize her choices to her preferences and truly enjoyed her meals – something she wouldn't have necessarily expected at a hospital.

"They had fantastic food there. I had the best hamburger I've ever had," Patti said. "Loring's quality of care translated across all aspects of my stay."

A Letter from Stacy Johnson, Loring Hospital's CEO/CFO



It is my sincere pleasure to be in a position in which I can help deliver quality healthcare in Sac City and the surrounding communities as Loring Hospital's CEO/CFO.

When I first accepted the position as CFO at Loring Hospital in July 2018, it was the hospital's overarching Midwest attitude of, "How can I help you?" that really enticed me. At

Loring, you can see and feel staff putting others' needs ahead of their own on a continual basis. I have visited many healthcare institutions, and I can truly say that I am blessed to be part of such a great facility in which the staff treat patients as if they are their own family members.

Loring Hospital provides services such as inpatient care, outpatient specialties, surgical services and emergency room care, just to name a few. Community education is also provided year-round in the areas of first aid, CPR, Parkinson's, discounted wellness and Medicare for beginners.

We strive to be top notch in every step of the healthcare process, from registration, prior-authorization, patient care, cleanliness, follow-up instructions, billing and more. Your feedback is very important to us, which is why every visit is followed up with a survey. You help us improve our quality of care and the overall patient experience.

In addition, every three years a Community Health Needs Assessment is completed, which allows us to gain insight into what the public feels are necessary or needed services to help the community. Some ongoing areas of concern include nutrition and obesity, as well as mental health services.

Gathering public feedback is instrumental in helping us shape and address these healthcare needs moving forward.

It is Loring's quality standard that aligns most with my personal and professional goals. I would not want anything less for my family, so top quality should be a requirement for every patient we serve. I also have a passion for small-town communities, as I was born and raised in Pomeroy, Iowa. My husband, Curt, and I reside on a farm and have three wonderful children, Dane, Brett and Jenna. They are very active, so our hobbies include their activities.

My past experiences include working as a plant controller for a manufacturer, a college accounting instructor and a bank CFO. My current role at Loring is a balance of serving others and "doing the work." Numbers tell a story, one that has been natural to me since I was very small, which encouraged me to focus my studies in that field. My undergraduate degree from the University of Northern Iowa is in finance with a minor in economics. I also have a Master of Business Administration degree with an accounting emphasis from Upper Iowa University, and I am a licensed CMA (Certified Management Accountant) and CPA (Certified Public Accountant).

Loring Hospital is an asset to the community and would not be a success or sustained without the work and dedication of so many, including patients, supporters, nurses, staff, members of the Loring Hospital board and the Loring Healthcare Foundation, Auxiliary members, volunteers and community members. A sincere thank you to all who help make Loring Hospital the place to go for quality healthcare and an overall great place to work. I am proud to say that I am part of the Loring team!



Thanks for a Successful Trivia Night *Nearly \$8,000 Raised for Loring Hospital*

In April, approximately 230 people attended the Loring Hospital Auxiliary's annual Trivia Night for an evening of fun. The event was a huge success again this year, with 65 silent auction donations from businesses and community members and a total of nearly \$8,000 raised!

Over the past ten years, the Auxiliary has purchased over \$40,000 of medical equipment and other healthcare items for Loring Hospital. Our sincere thanks to the many Auxiliary volunteers, event participants and other generous hearts who make these valuable gifts possible, now and in the future.



COMMUNITY CALENDAR



CLASS/EVENT	DATE	TIME	LOCATION	CONTACT
First Aid	Monthly, by appointment	6:00 pm to 8:00 pm	Loring Hospital	Ryan Kotz, 712-662-6449
BLS	Every third Wednesday of the month	6:00 pm to 8:00 pm	Loring Hospital	Ryan Kotz, 712-662-6449
ACLS	Third Wednesday of January, April and July	8:00 am to 5:00 pm	Loring Hospital	Ryan Kotz, 712-662-6449
PALS	First Wednesday of February and May	8:00 am to 5:00 pm	Loring Hospital	Ryan Kotz, 712-662-6449
Discounted Wellness Screening	Every Wednesday all year	7:00 am to 11:00 am	Loring Hospital Laboratory	Loring Laboratory, 712-662-6312
Welcome to Medicare Seminar	September 17	6:00 pm to 8:00 pm	Loring Hospital	Jan Cessford, LeAnn Olhausen or Lori Mentzer, 712-662-6406
Dementia and Its Impact	October 15	8:00 am to 12:00 pm and 1:00 pm to 5:00 pm	First Presbyterian Church, Sac City	LeAnn Olhausen, 712-662-6429
Medicare Open Enrollment Counseling	October 15 to December 7	By appointment	Loring Hospital	Jan Cessford, LeAnn Olhausen or Lori Mentzer, 712-662-6406

Fun Summer Days

Many people spend the cooler months eating comfort food and sitting inside. But now that summer is back, there are new opportunities to improve the health of your entire family by enjoying the great outdoors and seasonal fruits and vegetables. Here are some tips for a safe and healthy summer:

Be active

- Beat the sun and heat with an early morning or evening activity. Be aware that the body's ability to respond to summer heat can become less efficient as you get older.
- Aim to be active for at least two and a half hours a week and include activities that raise your breathing and heart rates as well as strengthen your muscles. Try brisk walking for 30 minutes a day, five days a week.
- Drink plenty of water before, during and after exercise. Don't wait until you're thirsty.

Eat healthy

- Try growing your own veggies or visit a farmer's market.
- Use one set of plates and utensils for raw foods and another for cooked foods to prevent cross-contamination.
- To avoid chemicals that may raise your cancer risk, line your grill with foil poked with holes, which allows fat to drip off without smoke reaching the meat.



- Wash fruit and vegetables before cutting, in case bacteria are on the rind or peel.
- Throw out leftovers that have been sitting out for more than two hours (or one hour if the temperature is over 90 degrees).

Soak up the sun – just not too much

- Apply sunscreen that blocks both UVA and UVB with an SPF of at least 15, preferably 30. Reapply frequently – at least every two hours, and after swimming or sweating.
- Limit time in the direct sun during peak UV exposure, between 10:00 am and 4:00 pm.
- If you use both sunscreen and insect repellent, apply sunscreen first.

Happy summer from all of us at Loring!

Sources:
<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm>
<https://www.cancer.org/latest-news/how-to-have-a-happy-healthy-summer.html>

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

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Sac City, IA 50583

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This spring, Oak Terrace Estates hosted a “Perky Positive People Purple Pizza Party.” Residents were encouraged to wear purple and bring a joke to share with others.