



better TOGETHER

The Hospital of Choice for Patients and Staff

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

Right at Home

Ruth Palmer (shown in her apartment) and her husband, Keith, are happy and comfortable in their Oak Terrace Estates home. The carefree, independent lifestyle offers many amenities, including a daily noon meal, exercise room, weekly light housekeeping, grocery and pharmacy delivery, barber and beauty shop, 24-hour Lifeline emergency assistance and more.



Comfort and Convenience at Oak Terrace Estates

When the Palmers decided it was time to move from their home to enjoy more carefree living, Ruth knew that a condo wasn't the answer.

"At a condo, my husband, Keith, wouldn't have to shovel, mow or do repairs, but I'd still have to do the cooking and cleaning," said Ruth. "Oak Terrace Estates offered advantages over other living options."

Ruth is happy to say she never gets out a vacuum anymore, due to the weekly cleaning service at Oak Terrace. And she doesn't have to cook much either, thanks to a generous meal provided daily that includes many of her favorites – from barbecue ribs with potato salad to glazed ham balls to Swiss steak, plus delicious desserts.

"The food is very good, and there's quite a variety," Ruth said. "It's such a big meal we often take containers down and bring some back to our apartment. It's convenient to have leftovers."

There are many conveniences of living at Oak Terrace, according to Ruth. Phone and cable rates are much lower than they paid before, and rent includes utilities. Each unit has its own heating and cooling system, allowing the Palmers to set it for their personal comfort. The main entrance is secured for resident safety, and there are plenty of activities available, including a community exercise room.

But most importantly, the Palmers feel at home at Oak Terrace. Ruth said a typical day in their home feels much like a day in their previous home. They still enjoy their normal routines and the things they love, with the added benefit that there is always someone around.

"Keith still works a little, so it's nice to have a neighbor close by across the hall," Ruth said. "We all enjoy each other's company

and get along well, which makes it feel like family."

Quite a few of the residents walk the hallways for exercise, which was a convenient way for Ruth to rehabilitate after her recent hip surgery. Ruth's favorite activity, playing bridge, is something she looks forward to every Monday night. And she and the other residents also enjoy the monthly birthday suppers and other seasonal celebrations and decorations provided by Barb and Brenda at Oak Terrace, which all add to its homey feel.

"We enjoy living here," Ruth said. "That's important to our family, too. They like that we're comfortable and safe."

Call Barb Feilmeier at 712-662-7173 with any questions or to set up a tour of Oak Terrace Estates.

Oak Terrace Estates
A Division of Loring Hospital
607 Highland Avenue
Sac City, Iowa 50583
712-662-7173



Please Join Us for Trivia Night



Hosted by Loring Hospital Auxiliary

Trivia Night is coming up again soon, and we hope you, your family and your friends will join in the fun! This entertaining and rewarding night out is hosted by the Loring Hospital Auxiliary, a volunteer organization committed to assisting Loring Hospital through fundraising efforts and other ongoing support.

Over the last 10 years, the Auxiliary has donated an incredible \$40,000+ of medical equipment and other healthcare items necessary for the well-being of our community members! 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.

Pre-Register for Trivia Night

Date: Friday, March 22

Time: 7:00 pm

Place: 4H Building at the Sac County Fairgrounds

Cost: \$150 per table (holds up to 10 people)

Pre-Registration: Call Karen Blass at 712-660-7624.
Hurry, space is limited!

**ENJOY APPETIZERS AND A SILENT AUCTION.
A CASH BAR WILL BE AVAILABLE.**

Auxiliary Gifts to Loring Hospital in 2018

\$570 Biohit™ electronic pipetter (Lab)
\$560 IV poles (Nursing)
\$900 medical transport chair (Nursing)
\$550 diabetes education supplies
\$500 patient monitoring system (Nursing)
\$500 space heaters for patient rooms (Nursing)
\$1,000 anti-fatigue mats (Lab)
\$1,290 Vocera units (Nursing)

And more – for a total of

\$7,915!

Thank you!

Help Loring Do Even More for Our Community

THERE'S STILL TIME TO GIVE!

While giving is often top of mind during the holidays, any time of year is a perfect time to support Loring's programs and services for the greater good of our community. We truly appreciate your donations, which are a direct gift to all of those who rely on us for everything from emergency care to improved quality of life. Just look at the tremendous difference your donations have already made at Loring Hospital over the years:

- Building campaign
- Telehealth
- Technology upgrade
- Vocera
- Cardiac equipment
- OTE handicap entrance
- Double oven for Dietary Department
- Canopy
- Nurse call system
- Plus, much more!

Loring Healthcare Foundation Donation Form

Thank you to our past, present and future donors for making Loring Hospital the hospital of choice for patients and staff. With your support, we are able to continue to offer you many healthcare services right here in Sac City and keep current with technology and equipment – all while providing you top-notch care from staff who truly care about you and our community.

Name _____

Address _____

City _____

State _____ ZIP _____

Phone _____

Email _____

☐ An enclosed gift

☐ A gift in memory/honor of someone

☐ A gift of grain – name of elevator/coop

☐ A gift from my/our estate

☐ Bequest in will or trust

☐ Stocks

☐ Other

Total gift amount \$ _____

Donor signature _____

☐ I/We give permission to recognize our gift on the donor wall
(gifts of \$1,000+) and in Loring publications.

Our name should read _____

☐ I/We prefer to be anonymous.

☐ I wish to be contacted by a representative from the Loring
Healthcare Foundation.

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
Stepping On	Tuesdays from April 2 – May 14	1:00 pm to 3:00 pm	Loring Hospital	Erin Forch or Missy Flynn, 712-662-6347
Discounted Wellness Screening	Every Wednesday all year	7:00 am to 11:00 am	Loring Hospital Laboratory	Loring Laboratory, 712-662-6312
Loring Healthcare Foundation Golf	June 3	11:00 am shotgun start	Sac City Country Club	Loring Healthcare Foundation, 712-662-6421
Auxiliary Annual Meeting and Luncheon	May 7	Noon to 1:00 pm	Sac City Presbyterian Church	Karen Blass, Auxiliary co-chair, 712-660-7624
Auxiliary Trivia Night	March 22	7:00 pm	Sac City Fairgrounds	Karen Blass, Auxiliary co-chair, 712-660-7624

Supporting Our Community's Well-Being in 2018 – and Beyond

Quality, compassionate healthcare is more than just treating illnesses and injuries – it's looking out for the overall well-being of our patients, their families and the community as a whole. At Loring Hospital, we pride ourselves not only on being highly capable and caring nurses, doctors and support staff, but also being active in the areas we serve.

Holiday Giving

Our departments at Loring Hospital organized food and clothing drives for local churches and the Outreach Center, as well as sponsored families through the Sac County Development Center to provide them with needed household items and Christmas gifts.

Ongoing Support for Community Programs

Loring Hospital is a proud supporter of the Sac County Relay for Life through our annual Pink Out Golf Tournament, along with staff donations for the privilege of wearing jeans on Fridays. Our staff also helps serve meals at the Sac Community Center during the free lunch program for students, with our Dietary Department aiding in planning meals and ordering supplies as needed.

Year-Round Commitment to Health and Well-Being

We give where we live all year long! Examples include our community CPR and first aid classes, wellness screenings, bereavement support activities, Lifeline system, automated external defibrillators for the Sac Community Center and local schools, educational Medicare seminars and assistance with Medicare enrollment, and more.

Thank you for choosing Loring Hospital, your family healthcare center in Sac City. We continually strive to provide exceptional care in an environment of trust and compassion and to proudly support the communities we serve.



New this fall, Loring staff "Raked the Town" – raking leaves for community members who needed a little extra help. Nine yards were raked in Sac City in November!

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

211 Highland Avenue, Sac City, IA 50583

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Look inside for your Loring Hospital newsletter and community survey.

Your response would be greatly appreciated by March 15, 2019.

LORINGHOSPITAL.ORG

Breathe Easier with Pulmonary Rehab

Loring Hospital's Pulmonary Rehabilitation Program is designed to reduce and control the symptoms and complications caused by moderate to severe pulmonary disease. Our goal is to stabilize the disease process through exercise and education.

How Pulmonary Rehab Can Help

While Pulmonary Rehab can't cure your lung disease or eliminate breathing problems, it is valuable in helping you:

- Get back to your highest functional capacity possible
- Improve your quality of life and your ability to exercise
- Decrease symptoms, as well as related frustrations and challenges
- Help you manage anxiety and depression

An Individually Tailored Program

Pulmonary Rehab meets two times a week, for 6 to 12 weeks. Our multidisciplinary team provides an individually tailored, outpatient program for each patient's needs. Your exercise program is based on:

- Your six-minute walk test
- Your pulmonary function test
- Your medical history
- Your personal needs or goals

Education, which is also a very important part of Pulmonary Rehab, covers the following:

- Breathing retraining and paced walking
- Lung diseases
- Safe exercise
- Medications
- Keeping your lungs clean and healthy
- Conserving energy
- Eating to feel better
- Managing stress

Ready to Get Started?

Seek a referral from your physician, then give us a call at **712-662-6355**.

