



Outlook Makes All the Difference

Barb Erickson meets with Jill Williams, who is Loring Hospital's registered dietitian and diabetes education coordinator.



Education Serves as Motivator to Succeed with Diabetes

Aside from a hip surgery five years ago, Barb Erickson says she hadn't had many health issues. But a routine doctor's appointment last year changed that, when Erickson got a call back saying she had been diagnosed with Type 2 diabetes.

"It was a blow, to say the least," Erickson says. "I was sitting in my car in a parking lot, and I said, 'Can I call you back? I need to think about this.'"

When she called back, she was referred to Loring Hospital's registered dietitian and diabetes education coordinator, Jill Williams.

Going through the diabetes program, Erickson says now, has made all the difference.

"One of Jill's first comments, I'll never forget, was that diabetes was nothing to be scared of," Erickson says. "That hit home with me. I was like, 'Maybe I can do this.'"

Erickson completed four sessions with Williams, who taught Erickson about managing her diet and blood sugar and how to read nutritional information. Williams provided a variety of handy materials, including a guide Erickson still keeps in her purse.

After talking to an out-of-town friend whose husband has diabetes, Erickson realized just how lucky she was. Her friend

said the diabetes program they were taking part in hadn't provided much information on managing diet.

"She didn't know how to help her husband, so I gave her some information from Jill," Erickson says. "I just wish everybody with diabetes had the opportunity to go through Loring's program because it really relieves your mind and gives you the 'I-can-do-this' feeling."

Looking back, however, Erickson says she was skeptical at first because she felt like she already knew "everything there was to know about nutrition."

But the program quickly opened her eyes to how much more there was to understand, and Williams' attitude and openness made the process less intimidating.

"She's just a very positive, upbeat person," Erickson says. "If I did have a question or comment that was concerning me, she could turn it into something positive."

Erickson has come a long way since that first phone call with the diagnosis, and she's much more confident now.

"After meeting with Jill and going through the classes, I don't fear diabetes anymore," she says. "If this is what I've got to live with, I can do it."



A Letter From Your Loring Hospital Auxiliary Co-Chairs

It has been quite a while since we have had the opportunity to chat with you about Auxiliary news. We have much to share! First off, we want to thank Kitty Drey and Mary Lou Engel for joining our Auxiliary Board of Directors. We are thrilled to have two such hard-working and experienced volunteers added to the mix to help our Auxiliary projects run efficiently.

We were pleased to have our Auxiliary sponsor a very informative program last fall featuring special guest speaker Lyn Hilgenberg. Lyn discussed dementia and its impact on those diagnosed and those who give care. She offered a morning and afternoon session focusing on effective care strategies for all involved.

We owe a big thank you to the Early United Methodist Church youth group, Sac combined Presbyterian/First Christian Church/Methodist youth group, Nemaha 4-H and Early 4-H for making special, cuddly keepsake blankets to ease the anxiety of Loring's young ER patients. We also owe a debt of gratitude to Joni Teifenthaler and Mary Brinkman of Early 4-H, who

sewed up dreamy, sweet pillowcases as another keepsake option.

We are eagerly looking forward to the Loring Hospital Auxiliary's Third Annual Trivia Night on Saturday, March 28! It is tons of fun and raises money for a wonderful cause, as you can see by the pictures of all the terrific items the Auxiliary recently purchased for the hospital. Tables are \$150, and teams may have up to 10 people. Call 515-366-3656 or 712-660-7624 to reserve a spot for your team today.

We also encourage you to circle Tuesday, May 5, on your calendar. That is the date of our annual May Luncheon. We have a terrific army of volunteers who make this happen in the most delicious way each spring.

Remember to check us out on Facebook! We post the latest Auxiliary goings-on there. We love our volunteers! Thank you for all that you do!

Sincerely,

Karen Blass

Shelly Crump

Loring Hospital Auxiliary Co-Chairs



Each year, the Auxiliary grants "wish list" items to Loring departments. Pictured here are some of the recent items purchased through Auxiliary funds, including a shoulder wheel for Rehab Services, a twin well warmer for Food Services, and a new drawing chair for the Laboratory; other items included fitness equipment for Respiratory Therapy, a laptop for Health Information Services, a Type 2 diabetes complications set and muscle replicas for Nutritional Services/Diabetes Education, and a new scale for Outpatient/Same Day Surgery.



Dr. Jason Dierking



Dr. John Armstrong

Loring recently welcomed Dr. Jason Dierking and Dr. John Armstrong – both of Buena Vista Regional Medical Center in Storm Lake – who began providing long-term general surgery coverage at the hospital in January.

The doctors offer a wide variety of surgical services, including EGD and colonoscopy, abdominal and laparoscopic hysterectomy, gallbladder removal, vasectomy, chemo ports, laparoscopic or non-laparoscopic hernia repair, laparoscopic tubal ligation, hemorrhoidectomy and much more.

Experienced General Surgeons Offer Consistent, Quality Services Close to Home

Dr. Dierking received his medical degree in 2002 from the University of Iowa College of Medicine in Iowa City. After completing his residency at Spartanburg Regional Medical Center in South Carolina in 2007, he returned to his hometown of Storm Lake to open a practice in general surgery. He is a board-certified general surgeon and Fellow of the American College of Surgeons. He lives in Storm Lake with his wife, Erika, and two children, Emma and Cooper.

Dr. Armstrong is a board-certified general surgeon who earned his medical degree from the University of Iowa College of Medicine in 2011. Following completion of his residency at the University of Iowa Hospitals and Clinics in 2017,

Dr. Armstrong accepted a position at BVRMC as a partner of Dr. Dierking. He and his wife, Lindsay, reside in Storm Lake with their three children, Will, Blair and Quinn.

Dr. Dierking performs surgeries at Loring Hospital every other Wednesday, while Dr. Armstrong performs surgeries every other Tuesday. The scheduling between the two surgeons ensures consistent surgical coverage at the hospital one day each week.

Please visit www.loringhospital.org for a full list of available surgeries. For additional information, please call the **Katie Youberg Outpatient Center** at Loring Hospital at **712-662-6379**.

COMMUNITY CALENDAR



CLASS/EVENT	DATE	TIME	LOCATION	CONTACT
First Aid	Monthly, by appointment	4:00 pm to 6:00 pm	Loring Hospital	Ashley Dahlberg, 712-662-6445
BLS	Every third Thursday of the month	4:00 pm to 6:00 pm	Loring Hospital	Ashley Dahlberg, 712-662-6445
ACLS	Third Thursday of April, July and October	Call for scheduling information		Ashley Dahlberg, 712-662-6445
PALS	First Thursday of May, September and November	Call for scheduling information		Ashley Dahlberg, 712-662-6445
Discounted Wellness Screening	Every Wednesday all year	7:30 am to 11:00 am	Loring Hospital Laboratory	Loring Laboratory, 712-662-6312
Stop the Bleed	Saturday, March 21	4:00 pm to 6:00 pm	Loring Hospital	Ashley Dahlberg, 712-662-6445
Auxiliary Trivia Night	Saturday, March 28	7:00 pm	Sac County Fairgrounds	Karen Blass, 712-660-7624, or Shelly Crump, 573-366-3656
Stepping On	Tuesdays, April 7 to May 19	1:00 pm to 3:00 pm	Loring Hospital	Erin Forch or Missy Flynn, 712-662-6347
Auxiliary Annual Meeting & Luncheon	Tuesday, May 5	Noon to 1:00 pm	Sac City Presbyterian Church	Mary Lou Engel, 712-660-9812, or Alice Zimmerman, 712-662-4360
Quarterly Health Beat: Tips for a Safe & Healthy Summer	Wednesday, May 20	4:00 pm to 5:00 pm	Loring Hospital	Teresa Wirtjers, 712-662-6419
Loring Healthcare Foundation Golf Tournament	Monday, June 1	11:00 am shotgun start	Sac City Country Club	Teresa Wirtjers, 712-662-6419
Strength & Conditioning Program	June 8 – 12	8:00 am to 9:00 am	Sac Community Center	Erin Forch, 712-662-6347

Employee Banquet Celebrates Loring Staff

In November, an employee appreciation banquet was held to celebrate the hospital's dedicated and caring staff. In addition to a night full of games, great food and prizes, employees were honored for reaching milestone work anniversaries in 2018 and 2019.

Employees honored for reaching milestones in 2018



Front row: Joy Mandernach (20 years), Nancy Meusburger (15 years), Sharon Badertscher (15 years), Kara Wellington (5 years), Nancy Peterson (5 years) and Jill Williams (5 years)

Middle row: Stacy Johnson (Loring CEO/CFO), Janet Austin (20 years), Sally Mason (35 years), Jill VonAhn (10 years) and Michele Dettmann (25 years)

Back row: Sherry Bailey (20 years) and Melissa Flynn (5 years)

Not pictured: Marcia Cady (25 years), Tracy Foote (25 years) and Crystal Remmick (20 years)

Employees honored for reaching milestones in 2019



Front row: Becky Pontious (25 years), Jan Wiseman (35 years) and LeAnn Olhausen (15 years)

Back row: Stacy Johnson (Loring CEO/CFO), Shawn Tjaden (5 years), Cathy Weldon (5 years), Kathy Winchester (10 years) and Jamie Ripley (15 years)

Not pictured: Jan Cessford (10 years), Erin Forch (5 years) and Trish Stanberg (5 years)

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

211 Highland Avenue
Sac City, IA 50583

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New Year's Message From Loring's CEO/CFO, Stacy Johnson

As we enter a new year and a new decade, I would like to take this opportunity to thank all who have chosen Loring Hospital to assist in your healthcare needs. I may be biased, but

visits. On top of that, the advanced equipment can actually facilitate a better and more thorough assessment.

The months ahead also bring about additional priorities. The results of our recent health needs assessment determined that mental health, substance abuse and nutrition are top concerns among community members. To address these issues, we are in the process of developing programs, educational resources and services based specifically on these results. While we will relay timely developments along the way, you may contact Jill Williams at jwilliams@loringhosp.org or Teresa Wirtjers at twirtjers@loringhosp.org with questions or if you are interested in receiving additional information.

Again, thank you for your part in supporting our mission to serve the Sac and surrounding communities with exceptional healthcare. I look forward to a successful 2020 and all of the opportunities that lie ahead, and I wish you and your family the absolute best in the coming year.

I feel we offer excellent care – so much so that I wholeheartedly trust my own family in the hands of the caregivers at Loring.

Along with the new year, we recently welcomed Dr. Jason Dierking and Dr. John Armstrong as Loring Hospital's new long-term general surgeons. Both are trusted and established local surgeons who will continue to provide the same surgical procedures and utmost quality care to all patients. The team is passionate about providing superior surgical care that is easily accessible – which aligns seamlessly with our goal of offering exceptional services that are close to home. While we continue to focus on delivering the best quality care through our current services, we will also add new specialty services as the opportunity arises. Though specialty services are determined by demand and can be difficult to bring into a rural community, there are other methods, such as telehealth remote services, that are making the process a bit easier, especially for routine