



3D Mammogram Made the Difference

“Being able to go here for a 3D mammogram, instead of having to drive to Sioux City, is wonderful. Loring staff is warm, kind, very compassionate.”

Beth Noethe with Kaitlin Duff, Certified Mammography Technician, pictured with Loring Hospital’s 3D Mammogram Machine. A 3D mammogram provides better visibility of fine details and abnormalities, and Noethe’s breast cancer was caught in its early stages.



Taking Pride in Quality and Community

A Message from Loring’s CEO, Brian Martin

Loring Hospital was recognized for a second consecutive year as a Top 100 Critical Access Hospital. Regardless of such external recognition, we can all be proud to have Loring in our community – knowing that the Loring staff is here doing what we do best, which is providing exceptional healthcare in an environment of trust and compassion.

As we head into the future, we continue our commitment to improving the overall health and wellness of our communities to be the Hospital of Choice for Patients and Staff, which includes bringing in specialists to Loring’s Katie Youberg Outpatient Center. Our goal is to keep as much high-quality healthcare as local as possible for our community. While much of our focus has shifted to outpatient services, we have not lost sight of the need to maintain and strengthen our inpatient services here at Loring, for which we continue to provide exceptional outcomes as well as an excellent experience to our patients and their families.

We will continue to make strategic and objective investments in technology, maximize the use of our physical layout, make the experience more patient friendly, and invest in our staff’s education and development – all focused on being better tomorrow than today. In 2018, we improved signage both inside and out. Many of you may have seen our new emergency room sign to ensure patients in need know where to go to get essential care when they need it most.

Loring continues to be an active participant in community activities, where we strive to serve both as leader and contributor alongside others to enhance our community together. Some recent activities included participating in the Summer Free Lunch Program and Sac County Relay for Life, hosting a Healthiest State Walk, holding a Pink Out golf tournament, and working with local schools/colleges to promote rural healthcare opportunities, just to name a few.



In closing, it continues to be an honor to serve as Loring’s CEO. Our staff of nearly 100 professionals has dedicated their time, energy and expertise to providing high-quality care every day. So along with our staff, an incredibly supportive Auxiliary and the Loring Board of Directors and Foundation Trustees, we are proud of what has been accomplished and look forward to an even better tomorrow for our community.

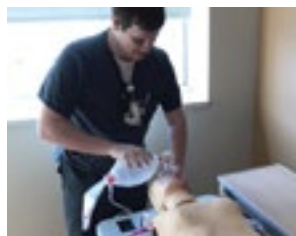
Good Things Are Happening for Loring Hospital – and You!

As our hospital continues to get better, so do our patients and our entire community. We're highlighting some of Loring Hospital's many accomplishments in 2018 that support our mission to provide exceptional, compassionate healthcare. Thank you for choosing Loring Hospital, your family healthcare center in Sac City!

Top-Notch Staff Who Care

Quality Award for Antibiotic Stewardship

Antibiotic resistance is one of the most serious and growing threats to public health, and our Loring staff is committed to measuring and improving how antibiotics are prescribed by clinicians and used by patients. In recognition of our efforts, Loring Hospital received a Quality Award for implementing the Center for Disease Control's (CDC) Core Elements of Outpatient Antibiotic Stewardship.



New CPR Training New "Heartcode" online training standardizes Loring's CPR Program to ensure we perform high-quality life support when it counts most. Many employees have already completed the training, which includes both an online cognitive test and a skills test on a computer-based manikin.

Outstanding Quality Professional Award

Congratulations to Michele Dettmann on receiving the 2018 Outstanding Quality Professional Award from the Iowa Associations for Healthcare Quality. This award honors Michele as a dynamic and passionate IHAQ member who has demonstrated enthusiasm and leadership with local, state and/or national healthcare associations and has made contributions to healthcare quality through consultation, publications and presentations.



"Top 100 Great Iowa Nurse" at Loring

We're proud that our own Kay Martin, registered nurse at Loring Hospital, was named to the prestigious annual 100 Great Iowa Nurses list for 2018. This award recognizes nurses who have made meaningful, lasting contributions to their patients, colleagues and the nursing profession and who are viewed as mentors to other nursing professionals. In her 41 years at Loring Hospital, 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 Latest Equipment For Your Needs

More Versatility in Rehabilitation

The new SCIFIT® Total Body Exerciser in our Rehab Department, which combines an upper body ergometer (UBE) and recumbent bike, offers both upper and lower body strengthening. Pictured below are Loring Hospital Physical Therapist Luisa Ching and PT Assistant Erin Forch with patient Makayla Miller.

High-Level Disinfection of Endoscopes

Loring's new Olympus OER-Pro saves staff time and steps during the cleaning of flexible endoscopes in our surgery department, standardizing the process and increasing patient safety.

Secure, Automated Medication Dispensing

Loring has added a PYXIS machine to our surgery area, which helps accurately dispense pre-op and post-op medication for increased drug security and patient safety. Medications are readily available when needed, even outside pharmacy hours.

Better Testing for Bacteria and Viruses

Loring's new BioFire® FilmArray® machine in our laboratory offers molecular testing for bacteria and viruses that is more sensitive than kit testing. This machine helps with Loring's antibiotic stewardship efforts by accurately diagnosing viruses that don't respond to antibiotics.



Community Involvement

Loring Hospital enjoys and takes pride in our year-round community outreach. In 2018, we were happy to give back in many different ways, including:

- Serving meals at the children's free lunch program at the Community Center
- Offering shuttles for seniors at the Sac County Fair, along with nutrition information and delicious, healthy snacks for fair attendees
- Providing a first aid and cooling tent at the Lake View Water Carnival
- Participating in Sac County Relay for Life, area parades, color run, student safety days and much more!



Other Service Enhancements

Kinesiology Taping to Promote Healing

While athletic tape is used to provide support and limit motion, kinesiology tape facilitates motion while addressing pain and spasming. This technique, which supports muscles and joints without restricting the body's range of motion, nurtures healing, increases circulation and helps fight infection. Our physical therapist, Luisa Ching, recently received training in kinesiology taping.

Technology Improvements

Important enhancements to our servers allowed us to improve the programs and services we offer you. The carefully planned upgrade was performed after normal business hours, minimizing inconvenience to our patients.

Foundation Donations Exceed 2 Million

TOTAL DONATIONS IN THE PAST 10 YEARS!

\$2,091,478.00

Total funding from the Loring Healthcare Foundation for enhancements at Loring Hospital in the past 10 years!

\$1,866,200.00

Thank you for your support. Your generous donations helped make many enhancements possible at Loring Hospital:

- 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 _____

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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 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.

Loring Hospital



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An Affiliate of  UnityPoint Health

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Early Cancer Detection Made Possible at Loring Hospital

After listening to her husband brag about his great bloodwork after a recent doctor's visit, Beth Noethe from Lake View, Iowa, realized she was four months overdue for her yearly physical and mammogram. She hopped on the phone that day and was able to schedule both appointments at Loring Hospital and UnityPoint Clinic.

Thankfully, Beth was able to get in for an appointment shortly after calling. Her mammogram prompted the need for further testing, including an ultrasound and biopsy. Her trusted nurse practitioner, Kay Blessington, broke the news to Beth that breast cancer had been detected. Her diagnosis was alarming, but the cancer had been caught in its early stages.

"I'm so thankful that the staff at Loring Hospital asked me to do a 3D mammogram," said Beth, **"because that's how my cancer was found."**

If it weren't for Loring Hospital's 3D mammogram machine and accommodating team of medical professionals, Beth believes her cancer wouldn't have been caught nearly as early as it was. And

even though Beth didn't receive treatment at Loring Hospital, Kay was with her every step of the way, and her local care team in Sac City was able to coordinate with specialists about treatment in Sioux City shortly after her cancer was detected.

"Loring Hospital is just wonderful to work with. The staff is wonderful – warm, kind, very compassionate," said Beth. "UnityPoint Clinic set everything up, and I was in [for treatment] that week. Kay's office did that, and I was very lucky."

After her diagnosis, Beth made it a priority to tell many women she knew about the importance of getting an annual mammogram. Because of her specific experience with early detection, she also urges women to consider a 3D mammogram.

"I cannot preach enough of how important it is to do a yearly mammogram," said Beth. "And do the 3D mammogram. Thank goodness our hospital has that machine."



Beth Noethe and Kaitlin Duff, Certified Mammography Technician, pictured with Loring Hospital's 3D Mammogram Machine.