



Patient Is Back to Walking His Dog After Pulmonary Rehab

Terry Miller had a simple goal. When he was done with pulmonary rehab at Loring Hospital, he wanted to be able to take his dog for a walk.

He first sought pulmonary therapy back in 2014 after a bout of pneumonia that landed him in a hospital for a month. After recovering, Miller still had difficulty breathing, so his primary doctor referred him to Loring's Pulmonary Rehabilitation program.

Pulmonary Rehab therapists work with patients – especially those with chronic lung diseases like emphysema, chronic bronchitis, and asthma – to regain their lung strength so they can return to more active lives.

During his first session, Terry could only walk on a treadmill for 5 minutes with the aid of an oxygen mask. And by the time he finished 36 sessions, he was able to walk on the treadmill for an hour unaided – and take his dog for walks around the neighborhood.

Miller's therapy was simple but effective. He worked with his therapists doing light exercise on an elliptical, bicycle, and treadmill – as well as using a handheld breathing device. For the first several sessions, he was skeptical about the treatment. It didn't seem like it would work. But he kept going and doing his exercises at home.

"After my eighth or ninth trip, I started feeling better, and I enjoyed coming to my sessions," Miller says. "I had someone to motivate me to do my exercises and to shoot the breeze with. The therapists are fun to talk to and joke with. That made it fun."



Since 2014, Miller has returned several times for tune-ups, to get his lungs back in shape. He loves working with the respiratory therapists. Beyond being thorough about explaining why his exercises are helping and how he should approach nutrition, they crack jokes with him and have become friends, of sorts.

Miller is impressed with Loring Hospital in general. It's a smaller hospital – a major upside, Miller says, because wait times are shorter and the providers are more attentive. All the staff are kind and go out of their way to check in on him.

"They do care about you," he says. "They ask you questions, and if you ask them something, they'll explain it to you. You come here with an injury or something, and the next day, they'll call you to see how you're doing."

Today, Miller is doing really well. He keeps active on his at-home exercise bike and walks outside when he's able to. He says he'll keep coming back to Loring for his medical needs. Everyone knows him, and they treat him like family.



Terry Miller with Loring's Pulmonary Rehab staff

New Equipment in Nursing Services



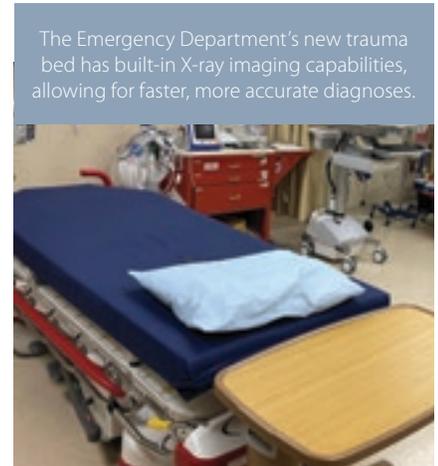
The color-coded drawers on this pediatric crash cart enable our medical staff to quickly identify critical supplies while responding to pediatric emergencies.



Pictured here is a Vapotherm machine, which is a non-invasive high-flow respiratory support system that staff use to treat patients who are experiencing respiratory distress.



The inpatient wing recently upgraded a number of couches and beds, including the addition of a bariatric bed.



The Emergency Department's new trauma bed has built-in X-ray imaging capabilities, allowing for faster, more accurate diagnoses.



Congrats to Our Employee of the Quarter!

Tina Williams, a ward clerk in Loring's Nursing Services Department and a Lifeline coordinator, was recently named as Loring's Employee of the Quarter. Williams was recognized for going above and beyond by assisting co-workers and patients on a busy day to ensure all nursing staff had a chance to eat lunch. Williams has worked at Loring Hospital for 24 years and says one of the things she enjoys most about her job is providing Lifeline services to those who need personal alert services.

Planning for the Future: Loring Hospital's Master Plan

As you may know, Loring Hospital is embarking on what we're referring to as the hospital's "master plan" – a long-term plan that involves strategically exploring ways to optimize the space and overall flow of the hospital to ensure the best patient experience for years to come.

As part of this exciting venture, certain spaces that were not part of the hospital's last renovation have been identified as key areas for growth and enhancement. Our goal is to create an optimal environment of healthcare that will serve our community well into the future.

For questions, or to share suggestions about how you feel the patient experience could be optimized, please contact Teresa Wirtjers at twirtjers@loringhosp.org. We value and appreciate your feedback, and we thank you for choosing Loring Hospital as your local hospital of choice!

Now you can make a difference by donating to the Loring Healthcare Foundation online!



Visit loringhospital.org/foundation/donate-now for more information. Your donations – big or small – are a direct gift to all of those who rely on us for everything from emergency care to improved quality of life. With your support, we are able to continue offering diverse healthcare services right here in Sac City and keep current with technology and equipment – all while providing top-notch care from staff who truly care about you and our community. We appreciate your generosity and ongoing support.

March Is National Nutrition Month

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Loring's Nutrition and Diabetes Departments are excited to share a couple new services!

Healthy Eating Active Lifestyle (H.E.A.L.) Program

Based on a team approach, this intensive behavior therapy for weight management program allows you to be an active member of your weight loss journey. Together with your primary care provider and registered dietitian, you will receive nutrition education, insight into your resting metabolic rate, and coaching as we work toward meeting your goals. The program includes an initial consultation with your provider, reoccurring visits with our registered dietitian, and visits with a mental health provider to increase awareness of how psychological issues affect physical health, as needed. Visits start out every two weeks and transition to monthly as appropriate, over the course of a year. This program does require a referral from your provider and for participants to have a BMI greater than 30. The program may be covered by your insurance. Contact your primary care provider to schedule your initial consult today.

Continuous Glucose Monitoring

Living with diabetes may be challenging, but you don't have to go it alone. Loring Hospital is committed to helping you live well with diabetes by providing coordinated care through education, coaching, and support. One new advanced treatment option offered at Loring Hospital is continuous glucose monitoring (CGM). CGM devices detect the sugar in the fluid between your body cells instead of in the blood. Sugar is detected continuously and reported to the receiver frequently. The main benefit of using a sensor is that it reports your current reading, as well as whether your sugar levels are going up or down and how fast. If you know how your sugar levels are fluctuating, you can take action. Talk to your physician or diabetes educator today to see if this service is right for you.

➔ **For more information on either of these services, call 712-662-7105 today.**



COMMUNITY CALENDAR

Please continue to check our website, loringhospital.org, for event updates and information.

CLASS/EVENT	DATE	TIME	LOCATION	CONTACT
First Aid, BLS, ACLS and PALS	Quarterly	Call for scheduling information	Loring Hospital	Kalyn Johnson, 712-662-6445
Better Choices, Better Health	Dates pending interest	Call for scheduling information	Loring Hospital	712-662-7105
Auxiliary Trivia Night	Friday, April 1	7:00 pm	Sac County Fairgrounds	Karen Blass, 712-660-7624, or Shelly Crump, 573-366-3656
Auxiliary Fundraiser Grab & Go Biscuits and Gravy	Tuesday, May 3	11:00 am to 1:00 pm	The Unity Church (former Presbyterian Church)	Alice Zimmerman, 712-662-4360
Stepping On	Tuesdays, April 5 – May 17	1:00 pm to 3:00 pm	Loring Hospital	Erin Forch or Missy Flynn, 712-662-6347
Parkinson's Exercise Class	Wednesdays, June 1 – July 20	11:00 am to noon	Loring Hospital	Colleen Auen, 712-662-6347
Loring Healthcare Foundation Golf Tournament	Monday, June 6	11:00 am shotgun start	Sac City Country Club	Teresa Wirtjers, 712-662-6419

Other Happenings



In December, an employee recognition event was held to celebrate Loring Hospital's caring and dedicated staff. In addition to prizes and delicious food, several employees were honored for reaching milestone work anniversaries in 2021.



In November, Loring Hospital and Sac County Veterans Affairs hosted a "Grab and Go" breakfast to thank our local veterans for their service.



Last fall, Loring Hospital staff participated in a HAZMAT (hazardous material) training course to review how to handle or respond to a hazmat leak, spread, spill or accident.



Loring Hospital's Annual Winter Clothing Drive accumulated over 95 children's clothing items. Donations included jackets, hats, mittens, scarves and more.

Back row (L to R): Peggy Simpson (25 years), Tamy Galbraith (20 years), Jess Neville (5 years), Amy Scheffler (15 years) and Katie Hatch (15 years).

Front row (L to R): Amy von Glan (10 years), Laura Vauble (10 years), Joani Boger (5 years), Crystal Hartsell (15 years) and Leslie Wilson (25 years).

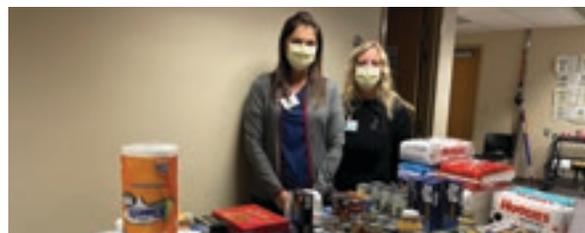
Not pictured: Kim Buschmann (25 years), Barb Feilmeier (25 years), Julia Box (10 years), Nicole Simpson (10 years), Leah Snyder (10 years), Liz Dunbar (5 years), Ryan Kotz (5 years), Mindy Steinkamp (5 years) and Fallon Vauble (5 years).



Tenants at Oak Terrace Estates celebrated Valentine's Day by crafting and enjoying homemade pizza and cupcakes.



This past October, Loring's Radiology Department honored National Breast Cancer Awareness Month by organizing a T-shirt fundraiser, which raised more than \$380 for Sac County Relay for Life.



Loring's Respiratory Therapy Department collected 150 non-perishable food items throughout the month of November. All items were donated to Sac County's New Opportunities, Inc.

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

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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 April 30, 2022.

Prefer to fill out a digital survey?
Scan the QR code!

LORINGHOSPITAL.ORG

Loring Hospital Announces New Board Chair



Loring Hospital in Sac City has named Dr. Frank Richardson as its new Board Chairman.

Richardson joined Loring's Board of Directors in 2019. He is an experienced pharmaceutical development professional with more than 30 years of experience in areas including precision medicine, toxicology, and anti-cancer and anti-viral drug development. He currently serves as an independent consultant for the healthcare industry and a nonprofit organization devoted to helping academic investigators develop leading-edge therapeutics. Richardson holds a Bachelor of Science degree in Biology from the Massachusetts Institute of Technology, a Doctor of Veterinary Medicine degree from Iowa State University, and a Ph.D. in Experimental Pathology from Duke University.

"I've very much enjoyed my time on the Board over the past three years, and I am honored to take on the role of Board Chair," says Richardson, who grew up in Sac City. "It is a transformational time in rural healthcare, with tremendous opportunities ahead to improve and expand healthcare for all. It is because of the dedicated efforts of those who serve today, and those who have served before, that Loring Hospital finds itself in a particularly good position to explore new opportunities. I look forward to exploring these opportunities with the Board, staff, and our community while helping do my part to ensure Loring continues to provide the outstanding patient care for which it's known. The patient comes first."

The news comes after Loring Hospital's long-time Board Chairman, Mike Green, announced he was stepping down, though he will remain on as a key member of the Board. Green joined the Board of Directors in 1989 and served more than 20 of those 33 years as Board Chair.

"It has been a real pleasure and honor to be a part of the Loring Hospital family as a Board member and Board Chair for the past several years," says Green. "I want to sincerely thank the Loring staff and providers for allowing me to be a part of the Board and all that we've accomplished. I look forward to continuing to be a part of the Loring Hospital family as a member of the Board."

Though there have certainly been some difficult decisions that the Board has had to make over the years, such as closing Loring's long-term care and obstetrics units, as well as not being able to continue the hospital's own home health and hospice service – though Loring does continue to work with UnityPoint Home Health and has several hospice options available to meet patient needs – Green says those difficult decisions ultimately led to other opportunities to serve the Sac and bordering communities.

"Hospital medicine and services have changed a lot over the years," says Green. "It was painful to have to close our long-term care unit; however, it was replaced with the addition of our outpatient center. The major renovation proved to be a great improvement to serve the healthcare needs of our patients. We have certainly seen more and more specialists provide services at our facility, and our aim is to continue to expand even more services locally."

Commenting on the current Board, Green says, "Everyone brings a different dimension to the table. When I decided to pass the Chairman torch, my plan was to retire from the Board. Upon greater thought and knowing what a great Board we have, along with our Trustees and staff, I wanted to stay on as a Board member. We have some exciting things to look forward to."