



Loring Eases Fears After COVID-19 Diagnosis

When the symptoms first appeared the Sunday after Thanksgiving, Jim Dowling thought it was the flu. As things progressively worsened, he began to worry.

So, as he's done for any health concern for as long as he can remember, Dowling headed to his trusted healthcare provider, Loring Hospital.

He went in that Tuesday, he recalls, to see Dr. Zoltan Pek and received a rapid COVID-19 test, which came back positive.

"He got right on it," Dowling says of Pek. "Dr. Pek prescribed that first antibody, and we started immediately."

Dr. Pek prescribed the monoclonal antibody therapy bamlanivimab, a treatment the FDA has given emergency authorization to use on patients with mild to moderate COVID-19 and who are at risk for progressing to severe COVID-19 and/or hospitalization.

Dowling also received a computed tomography (CT) scan of the chest, which diagnosed him with pneumonia. The dual diagnosis, he says, was "kind of a double whammy."

It was a scary time, he recalls, but he never lost confidence in the Loring Hospital staff.

"I didn't have a minute of doubt that they were going to do everything they could," Dowling says. "I felt that way when I walked in, and I was even more confident of that when I left."

Dowling received eight days' worth of steroid and antibiotic infusions as an outpatient. He recalls being "real weak and tired," but slowly began to see improvement.

He has since fully recovered and has a whole new level of appreciation for the Loring staff. Each nurse he saw was attentive, kind and "eager to help."

"They know what they're doing, and they didn't mess around, yet they were friendly and courteous," he recalls. "Everybody was there to help and make me feel better, and that's what they did."

Dowling is grateful, but not surprised. He says he and his wife are "lifelong patients" of Loring Hospital "since day one" – indeed, both of their sons were born there.

For all his health concerns, big and small, he's turned to Loring, and he is confident in them because of the quality of care he's always received. Even though he was alarmed by the COVID-19 diagnosis, he knew he was in the best care he could ask for.



"I have nothing but good things to say," he says. "There's no reason not to look at Loring Hospital for healthcare."

As far as COVID-19 goes, he's using his firsthand experience to tell others about the very real risks and dangers of the virus.

"It's like Dr. Pek said, 'We're playing a game with no rules,'" Dowling says. "It's different for everybody, and the only things we know are to wear a mask, wash your hands and maintain social distancing."

With the federal rollout of vaccines, Dowling says there is reason to be optimistic, but still a ways to go.

Until then, he suggests, listen to the advice of trusted healthcare providers, such as those at Loring Hospital and Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases and a trusted COVID-19 adviser.



Choose Cardiac Rehab at Loring Hospital

Cardiac rehabilitation is designed to help people with cardiovascular disease improve their health and quality of living. The emphasis is on aerobic activity to improve cardiovascular fitness and may also include muscle strengthening and flexibility. Cardiac rehab is for men and women of all ages. You can benefit from cardiac rehab if you have, or had, a:



- Stable angina
- Heart attack
- Bypass/valve surgery
- Balloon catheter (PTCA)
- Stent placement
- Heart transplant
- Congestive heart failure

How do I participate?

Being part of cardiac rehab is simple. Your physician will sign a doctor's order for you to participate. The cardiac rehab staff will then contact you to schedule your initial

appointment. The sessions are approximately one hour, meeting either two or three days per week. The program usually lasts for four to twelve weeks, depending on the participant's activity level.

For questions, please contact our Cardiac Rehab Department at 712-662-6367 or 712-662-7105.

In Honor of American Heart Month: 5 Tips for a Healthy Heart



- 1. Stay active.** Aim for 30 minutes of exercise, such as walking, biking or swimming, five days a week.
- 2. Don't smoke.** Cigarette smokers are two to four times more likely to get heart disease (hopkinsmedicine.org).
- 3. Watch your cholesterol and blood pressure.** Focus on limiting sodium, sugar and processed foods. Choose fruits and veggies, lean poultry and fish, and whole grains.
- 4. Lose extra weight.** Go to heart.org for articles on lifestyle changes you can make to attain a healthy weight.
- 5. Understand the importance.** About 655,000 Americans die from heart disease each year – that's one in four deaths (cdc.gov).

COVID-19 Update: Loring Staff Receive Vaccinations

No time was wasted in late December in beginning the COVID-19 vaccination process for our staff and providers. We are incredibly fortunate to have such amazing employees who have shown immense courage and resilience over the past several months. It has certainly been a challenging year, but we're inching closer to the end of the pandemic.

When Will I Get a COVID-19 Vaccination?

Many people are anxiously awaiting the day when they will be eligible to receive the COVID-19 vaccine. At this time, Iowa is currently vaccinating individuals who fall under Phase 1B, which was updated to include all those ages 65 and over. The graphic below outlines the Iowa Department of Public Health's restructured prioritization of Phase 1B as of January 21, 2021. In the meantime, until you have the opportunity to get vaccinated, please remember to continue taking precautions and stay informed. Wear a mask, social distance and avoid crowds to protect yourself!



TIER 1 First responders (e.g., firefighters, police officers and child welfare social workers), PK-12 school staff, early childhood education and childcare workers



TIER 2 Food, agriculture, distribution and manufacturing workers who work in or live in congregate settings that do not allow for social distancing as well as individuals with disabilities living in home settings and their direct care staff



TIER 3 Staff of, and individuals living in, congregate settings (does not include college dormitories) as well as government officials, to ensure continuity of government, including staff engaged in state business at the Iowa Capitol during the legislative session

TIER 4 Inspectors responsible for hospital, long-term care and child safety

TIER 5 Correctional facility staff and individuals incarcerated

PERSONS AGES 65 AND OLDER ARE ELIGIBLE FOR THE VACCINE DURING ANY TIER.



COMMUNITY CALENDAR



Please note, events may be cancelled or rescheduled due to the status of COVID-19. 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 | Throughout the year | Call for scheduling information | Loring Hospital | 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 | March 6, 2021, and June 12, 2021 | 10:00 am to noon | Loring Hospital | Ashley Dahlberg, 712-662-6445 |
| Quarterly Health Beat: Personalize Your Plate | March 10, 2021 | 4:00 pm to 5:00 pm | Virtual | Ashley Dahlberg, 712-662-6445 |
| Stepping On | Tuesdays, June 1 – July 20 | 1:00 pm to 3:00 pm | Loring Hospital | Erin Forch or Missy Flynn, 712-662-6347 |
| Loring Healthcare Foundation Golf Tournament | June 7, 2021 | 11:00 am shotgun start | Sac City Country Club | Teresa Wirtjers, 712-662-6419 |



Though things looked a bit different this year due to COVID-19 precautions, everyone at Loring Hospital and Oak Terrace Estates was still able to safely partake in holiday festivities!

Loring Hospital's new portable X-ray machine can be moved easily from place to place, allowing our technologists to take images of patients in a number of care settings. This is especially important when it is not safe or practical to move a patient to the Radiology Department for imaging procedures. The state-of-the-art device provides fast, high-definition digital images that significantly aid in providing fast and accurate diagnoses.

Iowa State Bank recently presented the Loring Healthcare Foundation with a generous \$20,000 donation to assist Loring Hospital with equipment upgrades. A sincere thank you to our past, present and future donors for making Loring Hospital the hospital of choice for patients and staff.

Tax deductible donations can be mailed to:
The Loring Healthcare Foundation
211 Highland Avenue
Sac City, IA 50583

Loring Hospital Welcomes Podiatrist Eric Jensen

In December, Loring Hospital welcomed McFarland physician Eric Jensen, DPM (Doctor of Podiatric Medicine), to the hospital's group of specialty clinic providers.

Dr. Jensen specializes in palliative foot care and foot and ankle surgery. Procedures include debridement, amputation, arthrodesis, plantar fasciotomy and Achilles tendon lengthening. Other specialties include treating disorders of the foot, ankle and lower legs, including diabetic foot care, bunions, corns, calluses, hammertoes, toenail care and more.

Dr. Jensen has been practicing for 22 years as a McFarland physician in Carroll. He earned his Bachelor of Science degree from Iowa State University in 1989. In 1993, he earned his podiatry degree from the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa. He completed his residency in Podiatric Surgery in 1994 at the J.L. Pettis VA Memorial Hospital in Loma Linda, California.

Dr. Jensen is board certified by the American Board of Lower Extremity Surgery. He is also a member of the American Podiatric

Medical Association and the Iowa Podiatric Medical Association, and he is an Examining Board Member on the Iowa Board of Podiatric Examiners.

Dr. Jensen sees patients at Loring Hospital on the first Wednesday afternoon of each month. For more information about services, or to schedule an appointment at Loring Hospital, please call 712-792-1500. No referrals are necessary.

Outpatient Services at Loring Hospital:

- Cardiology
- Dermatology
- General surgery
- Orthopedics
- Palliative care
- Podiatry
- Urology
- Wound care



For additional information, please visit loringhospital.org or call Loring Hospital's Katie Youberg Outpatient Center at 712-662-6379.

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

211 Highland Avenue
Sac City, IA 50583

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Looking Back and Looking Ahead

A note from Loring's CEO/CFO, Stacy Johnson

Last year at this time, it is doubtful any of us would have readily agreed to all the challenges that 2020 would present. Though it was certainly a year marked by hardship and unforeseen changes, it was also a year of learning for all of us, either at the team or individual level. Its lessons are many, and I feel incredibly blessed to lead such a resilient team of individuals.

Soon after the COVID-19 pandemic started gaining traction in early March, Loring Hospital's Incident Command team sprang into action to anticipate all possible scenarios related to the pandemic. We adopted alternative entrances, adapted workflows, implemented a universal masking requirement and attended daily meetings to keep up with the ever-changing information, just to name a few. Though we didn't see a surge in COVID-19 cases until November 2020, we feel fortunate to have spent countless hours proactively planning for what was to come.

As you can imagine, the pandemic had a significant financial impact on Loring Hospital. Following state guidelines, the hospital temporarily halted all non-essential and elective surgical procedures and treatments in mid-March and was unable to resume these services until June. We're thankful for the funding that was provided through the Coronavirus Aid, Relief, and Economic Security (CARES) Act, which allowed us to purchase upgraded equipment and sustain 100 percent employment – something we remain truly grateful for.

Though we've all been confronted with adapting to new ways of learning, working and living our lives amid stressors that we have never experienced

before, the past several months have united our Loring team like never before. It's been nothing short of amazing to witness real teamwork and resiliency at play among all employees, who, as always, have an unwavering commitment to providing exceptional patient care.



For all the hardship 2020 ushered in, the year ended on a very high and promising note when members of our staff received the first dose of the Moderna COVID-19 vaccine. The state of Iowa is currently in Phase 1B of its vaccine distribution plan, and I think I speak for many when I say the rollout of the vaccine symbolizes hope and brighter days ahead for all.

Despite the obstacles, there are some great processes that arose during the pandemic and will remain. Adapting our practices allowed us to identify what it would take to achieve a better and more efficient flow within the hospital. This led us to begin work on what we are referring to as the hospital's "master plan" – a major construction plan that includes bringing all outpatient services to the forefront of the hospital in an effort to make it easier for patients to get where they need to go for healthcare services. While we will relay timely developments as the plan evolves, you may certainly share suggestions or learn more about ways to donate to the project by contacting Teresa Wirtjers at twirtjers@loringhosp.org.

Also looking into 2021, it should be noted that we are continuously looking to add more specialty clinic providers to reduce the amount of time our patients have to travel out of the county. Our commitment to delivering outstanding and convenient care is what drives us each and every day, and your continued support allows us to continue to provide these services.

On behalf of all of us at Loring Hospital, we thank each of you for your ongoing trust and the outpouring of kindness and support you've shown us over the past several months. We wish you the absolute best in the coming year.