



Sharon Thompson Shares Why She's a Firm Believer in Loring Hospital's Diabetes Education Program

When Sharon Thompson was diagnosed with diabetes, she had just celebrated a birthday. Little did she know things were about to change. "It came as quite a shock when I received a phone call with my Type 2 diabetes diagnosis," says Thompson.

Though the news was certainly unsettling, Thompson was quickly put at ease after her physician, Dr. Bernadette Gyano, recommended that she see Jill Williams, Loring Hospital's registered dietitian and diabetes education coordinator.

Loring Hospital's Diabetes Education Program

Thompson has been a longtime participant in Loring Hospital's Diabetes Education Program. She first began participating in the program back in 2017, and continues to meet with Williams once every three months as a way to keep her "health top of mind and maintain a measure of accountability."

With Williams' help, Thompson has been able to establish maintainable goals to better manage her diabetes. For her, Williams' optimism shines through above all else. Thompson says about Williams, "She is so cheerful. She is so reassuring."

Having participated in the program for four years, Thompson is a firm believer in the program's effectiveness. Through the Diabetes Education Program, she's learned how to become an active self-manager of her diabetes and how to take responsibility for her day.

"When I get up in the morning, I need to have a plan," says Thompson. "I need to make a checklist to make sure I exercise, test my blood sugar, play the piano to relieve stress, as well as weigh the pros and cons of snacking and eating healthy."

"Better Choices, Better Health"

A large part of Thompson's healthy-eating mindset is due to a class she took last spring taught by Williams and Julie Gerdes, registered nurse at Loring Hospital. The class, entitled "Better Choices, Better Health," is a seven-week course that focuses on managing good health – including identifying ways in which healthy eating can directly impact a person's health – an important topic for individuals with diabetes.

"The class taught me to eat healthy and in moderation and to diligently pursue daily walking in an active attempt to lower my A1C numbers and my weight," explains Thompson.

And it worked! "Dr. Gyano is thrilled with my A1C numbers," says Thompson. "I'm always so happy when Dr. Gyano is happy."

Interested in More Info?

For those interested in taking Loring Hospital's "Better Choices, Better Health" class, another will be offered on Mondays beginning February 7 – March 21 from 12:30 pm – 3:00 pm. Please call 712-662-6379 for more information regarding the class or about Loring Hospital's Diabetes Education Program.



Jill Williams, Loring Hospital's registered dietitian and diabetes education coordinator, with Sharon Thompson.



Please join us in welcoming the newest member of Loring Hospital's diabetes education team, Kalyn Johnson! Johnson is a clinical education registered nurse and has worked at Loring Hospital for four years.

Planning for the Future

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. For example, Loring's Rehab Services Department has grown substantially over the years and needs additional space and improved flow. Another example is our Cardiac Rehabilitation/Respiratory Therapy Department, which is currently located on the lower level of the hospital, making it inconvenient to access – especially for those with heart or respiratory concerns. 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!

Make Your New Year's Resolutions a Reality With These 5 Tips

- 1. Hold yourself accountable.** It can be easy to fall off the wagon. Consider confiding in someone or something – tell a trusted friend about your resolutions or write them down in a notebook or journal. When you actively put your resolutions out into the world, you're more likely to follow through.
- 2. Don't try to accomplish too much at once.** Choose one or two goals and remember that progress takes time. You may not notice results immediately. Trust the process.
- 3. Keep a positive attitude.** Easier said than done, right? When you're tempted to become discouraged, remember that mindset is everything. Think back to a situation when you persevered through a challenge: the joy, pride and exhilaration. Let that motivate you to do it again!
- 4. Document your progress.** This allows you to take a step back and look at the whole picture. You'll see how far you've come, and that can encourage you to continue. Just because you haven't noticed a difference recently doesn't mean nothing's changed.
- 5. Don't compare yourself to others.** Not everything is as it seems, whether on social media or in conversation, so don't let other people's apparent progress downplay your own. Your journey has its own obstacles and achievements. Celebrate how far you've come and stay focused on your goals!

Teamwork at Its Best: RAGBRAI 2021

When Sac City was chosen as the first overnight town of the 2021 RAGBRAI ride, Loring Hospital staff spurred into planning mode after being named as the RAGBRAI committee's medical chair. Our volunteer efforts included stationing three first aid locations throughout the community that were staffed by Loring Hospital employees and community volunteers. Transportation services were also provided throughout the day and night for riders seeking medical care. The teamwork displayed amongst our staff and community volunteers was remarkable. More than 13,000 RAGBRAI riders and participants stayed overnight in Sac City on July 25, and 59 of those were seen for minor injuries at the stations and in Loring's Emergency Department. Here's what a few of our RAGBRAI patients had to say:



Loring RAGBRAI volunteers Pam Currie and Tiffany Cress.

"I was overwhelmed at the entire staff and their concern for me. I have never experienced such service at a medical facility. I'd like to thank all those that cared for me during my visit. The nurses from the overnight shift, the nurses from the day shift, the registration staff and the doctor. I felt I was in a safe place once I stepped inside the facility."

"Everyone was helpful, and I was cared for in a very timely fashion. Being 'forgotten' and waiting long hours to be seen and treated is miserable when you don't feel well. We were seen immediately, and care given was very timely."

"Loring treated me for heat exhaustion at the end of RAGBRAI day one. They did the most amazing job! Very organized, clean, polite and efficient!"



Staff wearing their "Make it OK" T-shirts.

Olhausen Advocates for Mental Health Awareness

Loring Hospital's social worker, LeAnn Olhausen, recently participated in a training course to become an ambassador for the Healthiest State Initiative's "Make it OK" campaign, which is a community campaign intended to reduce stigma by starting conversations and increasing understanding about mental illness. Over the past several months, Olhausen has organized a number of activities and initiatives at Loring Hospital as a way to connect people and promote mental health awareness. For example, staff can choose to wear a green (the color most commonly used for awareness in mental health) "Make it OK" T-shirt on the 20th day of each month as a simple way to advocate for mental health. Olhausen also recognized



LeAnn Olhausen providing cookies to staff on National Sugar Cookie Day.

"National Sugar Cookie Day" in July by providing cookies to staff as a gesture to thank them for all they do each and every day. She also regularly passes along flyers, webinar opportunities, and articles addressing different aspects of mental health as a way for staff to learn more about the facts, myths, misunderstandings, and misconceptions about mental health and illnesses.



Congrats to our Employee of the Quarter!

Crystal Hartsell, registered nurse for Loring's Outpatient/Surgery Department, was recently named as Loring Hospital's first-ever Employee of the Quarter. Hartsell was recognized by a peer for helping a patient schedule a follow-up appointment for a condition that may have worsened without her assistance. Hartsell has worked at Loring hospital for 15 years and says what she enjoys most about her job is getting to know patients and building a bond with them.



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
Discounted Wellness Screening	Every Wednesday all year	7:30 am to 11:00 am	Loring Hospital Laboratory	Loring Laboratory, 712-662-6312
Better Choices, Better Health	Mondays, February 7 – March 21	12:30 pm to 3:00 pm	Loring Hospital	712-662-6379
Auxiliary Trivia Night	Friday, April 1	7:00 pm	Sac County Fairgrounds	Karen Blass, 712-660-7624, or Shelly Crump, 573-366-3656
Auxiliary Annual Luncheon	Tuesday, May 3	noon 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

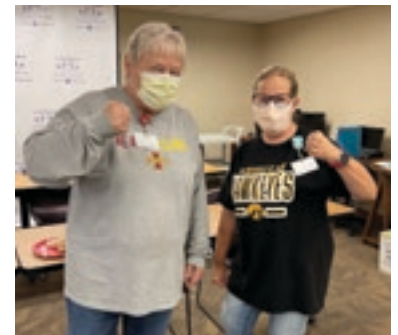
Other Happenings



Loring Hospital's Rehab Services Department recently organized its annual T-shirt fundraiser for local causes and organizations. This year, more than \$800 was raised and gifted to the Sac County Sheriff Office's K-9 program and the Sac Community Center.



Oak Terrace Estates hosted a coffee hour each Thursday in October, when guests enjoyed great conversation and learned more about what makes Oak Terrace such a special independent senior living community.



Loring Hospital employees celebrated teamwork in September throughout "Spirit Week." The week included themed days, snacks, games and activities, as well as a football-themed tailgate party.



Staff volunteered each Friday throughout the summer to prepare and distribute nutritious meals as part of the community's Summer Lunch Program for area students. Loring's Food Service Department also assists in developing the menus for the program, which served approximately 200 students each weekday throughout the summer.



Each summer, Loring's occupational therapist, Colleen Auen, holds a Parkinson's exercise class, where participants learn exercises that are tailored to work on the challenges of those with Parkinson's.



As always, Loring Hospital staff had fun celebrating Halloween by dressing up and taking part in the Annual Pumpkin Decorating Contest. This year's winner was our Health Information Services Department, which entered a "Toy Story" themed pumpkin (pictured third from left).

Loring Hospital



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Loring Hospital Welcomes Podiatrist Abby Williams

In October, Loring Hospital welcomed McFarland Clinic Physician Abby Williams, DPM (Doctor of Podiatric Medicine), to the hospital's group of specialty clinic providers.

Dr. Williams specializes in comprehensive foot care and foot and ankle surgery. Procedures include surgical repair of fractures or tendon injuries, surgical reconstruction of foot deformities and palliative care for corns, calluses and nail debridement. Other specialties include diabetic foot care, ulcer and wound healing, biomechanical assessment and treatment with orthotics and bracing, and more.

Dr. Williams has been practicing as a physician in Carroll, IA, since 2015. She earned her Bachelor of Science degree in biology from the University of Iowa in 2008. In 2012, Dr. Williams earned a degree in podiatric medicine and surgery from Des Moines University. She went on to complete her residency in podiatric medicine and surgery in 2015 at St. Luke's University Hospital in Fountain Hill, PA. Dr. Williams is board certified by the American Board of Podiatric Medicine.

Dr. Williams sees patients at Loring Hospital every other Friday of each month and is accepting new patients. For more information, or to schedule an appointment with Dr. Williams at Loring Hospital, please call 712-792-1500. No referral is necessary.

Outpatient Services at Loring Hospital:

- Cardiology
- Dermatology
- General Surgery
- Orthopedics
- Podiatry
- Urology
- Wound care

