

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

better

The Hospital of Choice for Patients and Staff

A QUARTERLY PUBLICATION FROM LORING HOSPITAL FALL 2018

TOGETHER

Passionate People, Compassionate Care Your Loring Hospital Skilled Nursing Services Team

"The Loring nurses were always so kind and right there when you needed them."

"Every person at Loring did an excellent job of taking care of me, no matter if it was aides, cleaning ladies, nurses, doctors, all staff in general, they all did a good job."

Recent patient comments



Skilled Care at Loring Hospital

A Personalized Journey Back to Health

When you're discharged from the hospital or ER, we know there's nothing you want more than to get back to the life you love. Not everyone has the ability and strength to return to everyday living right after a surgery, illness or injury – but the Post-Acute Provider Team at Loring Hospital is here to help make that happen as quickly as possible. Through our Skilled Nursing Services, our goal is to continue your quality care and facilitate a smoother transition back to your health and your home.

Our Post-Acute Provider Team puts you in the best of hands – those of board-certified physicians and licensed therapists, nurses, dietitians and other medical specialists at Loring. You'll have

access to 24-hour skilled nursing care, along with onsite occupational therapy, physical therapy and speech therapy services and more.

An individualized care plan

Our team, coordinated by a Loring RN, personalizes your treatment plan and approach to recovery according to your unique needs and goals. Working closely with both you and your family members, we will:

- Manage your day-to-day medical needs.
- Continue your plan of care through communication and coordination with the Skilled Nursing Facility's team of physicians, nurses and therapists, who have different training and skills to help you recover.
- Teach you about your condition, including the medications you need and the steps needed for recovery.

Everyone heals best in a compassionate, attentive environment, and you can count on us to nurture your emotional well-being as well as your physical needs. If you or a family member is looking for top-notch rehabilitation services you can trust, you don't have to look far! The Post-Acute Provider Team, right here at Loring Hospital, is ready to help you live life to the fullest, the healthiest and the happiest.

Did you know that, if you qualify, you can receive Skilled Care right here at Loring Hospital or at your nursing home of choice?

Patients must have had a three-night acute patient stay and qualify for Skilled Care according to Loring Hospital Skilled Care Guidelines.



Take an Active Role in Your Care

Many people go to the hospital ready to just listen and let the doctor take the lead. But the best patient-doctor relationships are partnerships. You and your doctor can work together to address your medical issues as a team – one that also includes nurses, pharmacists and other healthcare providers, as well as your family members.

Below are some tips on how to take an active role in your healthcare to ensure the best experience and recovery, whether you're an inpatient at Loring Hospital or receiving services through Loring's outpatient clinic or surgery.

During Your Stay

Good communication is key to good healthcare. Although you will likely be asked about how you want to be cared for and communicated with in the hospital, it's important that you make your needs and preferences clear:

Name an advocate. Ask a spouse, family member or friend – anyone who makes you comfortable and is good about asking questions – to take notes or speak up on your behalf. Your advocate should write down important information from your doctor, as well as keep a daily log of the medications you took, meals you ate, tests you had done and any symptoms or concerns you had. Your advocate can remind you what you planned to discuss with the nurse or doctor if you forget.

Speak up. Do you need an interpreter to help with vision, hearing or language barriers? Do you have specific dietary needs or allergies? Talk to your nurse or a patient liaison about these needs early on, and voice any concerns you may have about pain management, nausea, anxiety, etc.

Before You Go Home

Our staff will work closely with you and your family to set the stage for continued improvement when you go home. However, research shows that at discharge time, doctors think their patients understand more than they do about what they should or should not do, or when to take medications. Don't be afraid to ask questions for clarification and enlist the help of loved ones! Everyone wants to see you get better.

- Ask your doctor or nurse to explain the treatment plan you will use at home, including medications.
- Write down instructions for medications, including dosages and how often to take them.
- Make sure you understand (and stick to) your list of instructions to follow at home. These may include diet, exercise, changes to school or work, changing of dressings and follow-up visits.
- Home care consults may be scheduled. For more information, ask your nurse.

Many healthcare professionals will attend to your healthcare needs at Loring, working as a team to provide excellent care. If you have questions, please ask any of your caregivers. If they don't know the answer, they will find someone who does! Our expert and caring staff is here to exceed your expectations.

11th Fore Health Golf Fundraiser Was a Hit

The Loring Healthcare Foundation held its 11th Fore Health Golf Fundraiser on Monday, June 4, 2018. Over 80 golfers, including 10 major sponsors, enjoyed a beautiful day of golf, along with raising over \$13,000 for the Loring Healthcare Foundation to directly benefit our patients. Projects the Foundation has supported in the last few years include a new nurse call system; cardiac rehabilitation equipment; TeleHealth equipment; Vocera hands-free communication system for clinical staff, which provides quicker and safer care for our patients; a new front entrance canopy; a new handicap-accessible front entrance at Oak Terrace; and technology and software updates.

Team Sponsors

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COMMUNITY CALENDAR



| CLASS/EVENT | DATES | TIME | LOCATION | CONTACT |
|--------------------------------------|------------------------------------|---------------------|----------------------------|--|
| First Aid | Monthly, by appointment | 6:00 pm to 8:00 pm | Loring Hospital | Ryan Kotz, 712-662-6449 |
| BLS | Every third Wednesday of the month | 6:00 pm to 8:00 pm | Loring Hospital | Ryan Kotz, 712-662-6449 |
| ACLS | Third Wednesday of October | 8:00 am to 5:00 pm | Loring Hospital | Ryan Kotz, 712-662-6449 |
| PALS | First Wednesday of November | 8:00 am to 5:00 pm | Loring Hospital | Ryan Kotz, 712-662-6449 |
| Discounted Wellness Screening | Every Wednesday all year | 7:00 am to 11:00 am | Loring Hospital Laboratory | Loring Laboratory, 712-662-6312 |
| Welcome to Medicare Seminar | September 18, 2018 | 6:00 pm to 8:00 pm | Loring Hospital | Jan Cessford, LeAnn Olhausen or Lori Mentzer, 712-662-6406 |
| Pink Out | September 6, 2018 | 4:00 pm | Sac City Country Club | April Peterson, 712-662-6343, apeterson@loringhosp.org |

Welcome to Medicare

A free seminar offered by the State of Iowa's Senior Health Insurance Information Program (SHIIP) and Loring Hospital

"Welcome to Medicare" will cover:

- Medicare Parts A & B Benefits
- Prescription Drug Benefits (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance

When: Tuesday, September 18, 2018, 6:00 pm to 8:00 pm

Where: Loring Hospital – West Conference Room

211 Highland Avenue, Sac City

*Registration required by September 7, 2018!
Call 712-662-6406 (leave a message).*

Be Aware of Medicare Scams



Medicare representatives will never call you to request or verify your Medicare number or other confidential information. If you get a call like this, hang up right away and report it to the Federal Trade Commission online.



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211 Highland Avenue
Sac City, IA 50583

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Use the **ER** Entrance for Fast**ER**, Bett**ER** Emergency Care

In the face of an emergency, every second counts. Our ER staff at Loring Hospital wants to make sure you get the medical attention you need as quickly as possible. By using the ER entrance for your emergency visit instead of the main lobby entrance, you will be met by our ER staff for faster care. Even if your visit is after hours, a doorbell and intercom system at the ER entrance alerts staff of your arrival.

Although our main lobby staff works hard to register patients quickly, outpatient clinics are especially busy during daytime hours, and staff may not be aware you are an ER patient in need of immediate assistance. The main lobby also does not have the doorbell and intercom system that is featured at the ER entrance.



Please help us help you when you need us most! Remember to use the ER entrance – not the front entrance – for any emergency visit during both daytime and evening hours.