



Quality Care, Right Here

"I first came to Loring Hospital for cardiac rehab because it was close and convenient. The staff was very friendly and I received excellent care here, so the next time I needed rehab I chose to come back. You don't need to go to the big city to get quality healthcare."

– **Bob Mohr, Lake View, Iowa**

Read more about Bob and his recovery on page 4.



Take Your Health to Heart

Valentine's Day and the Heart Health Month of February may be behind us, but it's still important to show your heart some love year-round! While heart disease is a leading cause of death for both men and women, you can control many risk factors by taking these measures:

- » Limit sodium, saturated fats, trans fats and cholesterol in your diet.
- » Find a fun way to exercise to maintain a healthy weight, as well as lower cholesterol and blood pressure.
- » Give up tobacco – your risk of a heart attack drops by more than half just one year after you stop smoking.
- » Monitor your blood pressure regularly and limit your intake of alcohol, which can increase blood pressure.
- » Watch your blood sugar levels, especially if you have diabetes.
- » Know your family health history and risk factors for heart disease.
- » Be alert to symptoms such as pain (chest, shoulders, arms, neck, jaw or back), shortness of breath and irregular heartbeat.

Have you already experienced heart problems or had heart surgery?

The key to improving your cardiovascular health and reducing future risk is getting the information and support you need. Loring Hospital can help through Cardiac Rehabilitation, a program of individualized exercise training and education for heart-healthy living. You'll partner with doctors, cardiac



therapists, nurses, pharmacists, family and friends – a team who truly cares about you and wants to see you succeed.

Talk to us about starting your cardiac rehab at 712-662-6355 or 712-662-7105. And make 2018 the year you take your health to heart!

Live Life to the Fullest with Loring Rehabilitation

The after-effects of injury, illness, surgery or other health challenges can sometimes get in the way of your daily lifestyle. That's why the expert physical, occupational and speech therapists are here in our Rehabilitation Department – to offer you the latest treatment techniques and put your life back in your hands.

Each treatment plan is customized to your needs with the goal of helping you develop, maintain and restore maximum movement and functional ability. Specialized care is available for every age and every condition, including:

- » Orthopedics
- » Post-operative care
- » Spinal injuries
- » Joint replacement
- » Balance and fall rehabilitation
- » Work-related injuries
- » Speech and cognitive disorders
- » Sports injuries
- » And more

Check our class calendar

Our therapy isn't just about recovery, but also prevention through education opportunities (see the class calendar on page 3). For example, our eight-week Stepping On program keeps seniors safer from falls by addressing common hazards, balance and strength exercises, and other preventative strategies. We also offer an exercise class for patients with Parkinson's to slow the progression of symptoms.

For more information about our classes or rehabilitative services, contact us at 712-662-7105.



Loring Rehab Services patient, Makayla Miller, of Sac City, works with Loring physical therapist, Luisa Ching, and physical therapy assistant, Erin Forch, after her recent sports injury.



New Medicare Cards Coming Soon

Between this April and next, anyone enrolled in Medicare will receive a new Medicare card. Keep an eye out for yours, but note that they are being mailed randomly – which means you may not get your card at the same time as your friends or family members.

What do you need to know about your new card?

- » It will not change your Medicare benefits.
- » It will be sent at no cost to you.
- » It will reduce your risk for identity theft by no longer including your Social Security number.
- » It will have a new Medicare number.

What do you need to do?

Make sure your mailing address is current with Social Security. Then, once you receive your new card, burn or shred your old card and start using the new one right away.

Medicare Supplement, Medicare Part D or Medicare Advantage cards are not changing. If you have questions, call the Senior Health Insurance Information Program (SHIIP), or one of our SHIIP counselors, LeAnn Olhausen, Lori Mentzer or Jan Cessford, at Loring Hospital, 712-662-7105.

Please bring your card the next time you come to Loring Hospital.

Save the Dates:

Auxiliary Trivia Night – April 6, 2018

Auxiliary Annual Meeting & Luncheon – May 1, 2018

Loring Healthcare Foundation Golf Tournament – June 4, 2018



CLASS/EVENT	DATES	TIME	LOCATION	CONTACT
First Aid	Monthly, by appointment	6:00 pm to 8:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
BLS	Every 3rd Wednesday of the month	6:00 pm to 8:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
ACLS	3rd Wednesday of January, April, July and October	8:00 am to 5:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
PALS	1st Wednesday of February, May, August and November	8:00 am to 5:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
Discounted Wellness Screening	Every Wednesday all year	7:00 am to 11:00 am	Loring Hospital Laboratory	Loring Laboratory, 712-662-6312
Stepping On	Every Tuesday, April 3 - May 15, 2018	1:00 pm to 3:00 pm	Loring Hospital	Loring Rehab Services, Erin Forch, Missy Flynn, 712-662-6347
Parkinson's Exercise Class	Every Thursday, March 1 - April 26, 2018	1:00 pm to 2:00 pm	Loring Hospital	Loring Rehab Services, Colleen Auen, 712-662-6347
Core Performance Training	Every day from June 11 - 15, 2018	8:00 am to 9:00 am	Location to be determined	Loring Rehab Services, Erin Forch, 712-662-6347



Are You a Candidate for Lung Cancer Screening?

A CT Low Dose Lung Cancer Screening at Loring Hospital is the newest technology to detect lung cancer at its earliest, most treatable state. This fast, painless screening could save your life!

Lung Cancer Screening is recommended if you are between 55 and 80 years old and you are:

- » A current smoker averaging one pack of cigarettes per day
- » A former smoker who quit smoking within the last 15 years

The screening is a self-pay service (\$99, no insurance billed) and requires a doctor's order. To schedule your screening, call 712-662-6343.

Lung cancer is the second most common cancer in men and women and accounts for about 14% of new cancers.

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

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Sac City, IA 50583

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ON THE ROAD TO RECOVERY



When it comes to healthcare, patients often look for three qualities – expert care, convenience and friendly staff. After suffering from several cardiac events, Bob Mohr of Lake View was glad to find all three in the Loring Hospital Cardiac Rehabilitation Department.

“I first came to Loring Hospital for cardiac rehab because it was close and convenient,” recalls Bob. “The staff was very friendly and I received excellent care here, so the next time I needed rehab I chose to come back.”

Bob, a truck driver, started cardiac rehabilitation after having quadruple bypass surgery a few years ago to improve the blood flow to his heart. “They were very professional and very friendly to work with. The staff even made it fun to come up here,” says Bob of his first experience.

Cardiac rehabilitation helps patients with heart disease recover more quickly and return to their optimum level of health.

Patients receive individualized exercise training to safely strengthen their muscles as well as education on disease management.

Bob returned to Loring Hospital when he needed additional cardiac rehab after having another stent put in last summer.

“I feel good after working out,” says Bob. “I can tell a difference in how I feel. I don’t get out of breath like I used to.”

Bob is happy to already be back on the road while continuing his rehab both at Loring Hospital and at home. He credits his recovery to the staff and great care he’s received.

“I receive excellent care here, and it’s very convenient,” says Bob. “You don’t need to go to the big city to get quality healthcare.”

**Learn more about Cardiac Rehabilitation:
loringhospital.org or by calling
712-662-6355 or 712-662-7105.**