



## Quality Care, Right Here

Melinda Strief, pictured in the middle, is with some of her care team at Loring Hospital: Kara Wellington, nurse manager; Lori Mentzer, patient account representative; Becky Leonard-Shull, lab; Luisa Ching, physical therapist; Tracy Foote, RN; and Amy Von Glan, rehabilitation services.



## Local Care That Goes Above and Beyond

Since her battle with stage 3 chondrosarcoma cancer began in her hip in 2014, Melinda Strief has made countless visits to nearly every department in Loring Hospital – getting monthly blood draws, receiving bi-weekly physical therapy, having her chemo port cleaned, monitoring her chemo-induced fevers and getting chest X-rays in the ER, and more. But she's also made a lot of close friendships.

"There's such comfort and familiarity here – they really know me, and I know all of them," said Melinda. "Their faces light up when they see me, and we always have something to laugh about together. It's been incredible support for me and my husband, Bob, through this journey, even today as I still visit."

Laughing has not been the easiest thing to do in the face of her illness. After suffering extreme back pain for over a year that was impeding her love of volleyball and other activities, Melinda got the devastating news that she was 1 in 1,400 people in the U.S. to have chondrosarcoma cancer. She underwent major surgery on her hip as well as chemotherapy in Iowa City, a long and often painful 3.5-hour ride from her home outside of Sac City.

As Melinda had been a very active and adventurous wife, mom and middle school teacher, it came as a frustration to have to rebuild stability, balance and strength and get back to walking without crutches. But receiving intensive physical therapy and so many other ongoing outpatient treatments right here at Loring Hospital, instead of traveling back and forth to Iowa City, made all the difference.

"Loring Hospital is such an asset to our community, not only for so many easily accessible services but also for how dedicated the people are," said Melinda. "With every department and person I've encountered, there's been consistent quality care, professionalism and compassion. They go above and beyond to treat me like they would a family member, and it's those little personal touches that I remember most."

## Meet Dr. Tofilon

Dr. Tofilon is a board-certified medical oncologist who received her medical degree and fellowship in medical oncology at the University of Iowa. She completed her internal medicine residency at McGaw Medical Center through Northwestern University.



Dr. Tofilon offers not only clinical expertise and a variety of treatment options for all types of cancer, but also a personable, compassionate approach. She sees oncology patients at Loring Hospital the first Thursday of every month.

**To schedule your appointment with Dr. Tofilon, call 515-574-8302.**

## Loring Hospital Named Top 100 Critical Access Hospital 2nd Year in a Row

For the second year in a row, Loring Hospital was named one of the Top 100 Critical Access Hospitals in the United States by The Chartis Center for Rural Health.

Scoring is based on iVantage Health Analytics' Hospital Strength INDEX®, the industry's most comprehensive and objective assessment of rural provider performance. Over 50 areas of performance were used to compile the listing, including quality of care, health outcomes after hospitalization, patient satisfaction, affordability, financial stability and market share.

"Everything we do here – from improving the patient experience to providing the best clinical outcomes – revolves around what is best for those in our care and our community," said Nancy Houska, Loring Public Relations Director. "This award recognizes all aspects of our work and is a testament to the dedication of every staff member at Loring Hospital."



## Loring Hospital Offers Cancer Care Close to Home

Through the new Oncology Clinic in our Outpatient Center, Loring Hospital offers the expertise of Dr. Sarah Tofilon right here in Sac City – providing convenience and comfort when our patients need it most.

Dr. Tofilon accommodates each patient's individual needs with premier care and personalized treatment plans. This specialized care is an important part of a larger, coordinated effort at Loring Hospital to battle cancer in our community, which includes the following:

- » **Infusion Center** – to provide intravenous infusions, blood transfusions, port insertion and care, antibiotics and symptom management in an open, family-style environment with a registered nurse
- » **Radiology** – to offer radiological imaging, nuclear medicine, ultrasounds, CT scans, MRIs, mammography and stereotactic breast biopsies
- » **Surgery** – to perform a variety of tests and help patients determine the best treatment options for their needs
- » **Pathology services** – to interpret a full range of tests, including fine needle aspirations
- » **Screening and education** – to help prevent cancer or detect it at its earliest, most treatable stages



## Outpatient Clinics at Loring Hospital

Oncology is just one of many outpatient clinics we offer through The Katie Youberg Outpatient Center. See below for the variety of satellite clinics that bring specialists to Sac City for your convenience. **For more information on any of these clinics, call 712-662-6379.**

<b>Cardiology</b>	Iowa Heart CVA	First and third Monday of the month (varies) Second Tuesday of the month
<b>Dermatology</b>	Radiant Complexions Dermatology	Second Thursday of the month
<b>General Surgery</b>	Dr. Ronald Cheney	Consult each Tuesday; surgery every Tuesday and Thursday
<b>Nephrology</b>	Dr. M. Chow	Last Thursday of the month, every three months
<b>Orthopedics</b>	Dr. Steven Meyer Dr. Benjamin Bissell	Wednesdays Every other Monday
<b>Oncology</b>	Dr. Sarah Tofilon	First Thursday of the month
<b>Urology</b>	Dr. Timothy Kneib	First Tuesday of the month
<b>Wound Care</b>	Dr. Zoltan Pek & Healogics	Every Friday

# COMMUNITY CALENDAR



CLASS/EVENT	DATES	TIME	LOCATION	CONTACT
<b>First Aid</b>	Monthly, by appointment	6:00 pm to 8:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
<b>BLS</b>	Every third Wednesday of the month	6:00 pm to 8:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
<b>ACLS</b>	Third Wednesday of July and October	8:00 am to 5:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
<b>PALS</b>	First Wednesday of August and November	8:00 am to 5:00 pm	Loring Hospital	Kara Wellington, 712-662-6442
<b>Discounted Wellness Screening</b>	Every Wednesday all year	7:00 am to 11:00 am	Loring Hospital Laboratory	Loring Laboratory, 712-662-6312
<b>Loring Healthcare Foundation Golf Tournament</b>	June 4, 2018	11:00 am shotgun start	Sac City Country Club	Loring Public Relations, Nancy Houska, 712-662-6419
<b>Core Performance Training</b>	Every day from June 11-15, 2018	8:00 am to 9:00 am	Oak Terrace Estates grass lot (just south of Loring Hospital)	Loring Rehab Services, Erin Forch, 712-662-6347
<b>Welcome to Medicare Seminar</b>	September 18, 2018	6:00 pm to 8:00 pm	Loring Hospital	Jan Cessford, LeAnn Olhausen or Lori Mentzer, 712-662-6406

## Do More with a Strong Core

As a high school athlete, you love the sport you play – and you probably love to play well. It's true that practice makes perfect, but a stronger core may be the real key to getting stronger, faster and better.

### Benefits of a strong core:

- » Better balance and stability
- » Less fatigue and greater endurance
- » Less risk of injury (a weak core can cause pain, breaks or tears due to overuse of your arms, legs and back)

Loring Hospital offers Core Performance Training this summer to help you strengthen your core and achieve your goals – whether you're in football, basketball, softball, swimming, golf, track or another activity. **See our class schedule on the calendar above, and reserve your spot today at 712-662-6347.**



*Our summer Core Performance Training teaches athletes the proper form and technique for best results.*

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

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Sac City, IA 50583

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## Therapy for Lymphedema Relief

Our lymphatic system helps our immune system fight infections and removes excess waste (including fluids) from our bodies. If the lymphatic system breaks down, or otherwise becomes damaged or inefficient, our bodies may retain excess fluid. This excessive swelling is called lymphedema.



### How is lymphedema treated?

Lymphedema is treated with the assistance of a certified lymphedema physical or occupational therapist. Your Loring Hospital therapist can help you by:

- » Rerouting fluid from affected to unaffected areas through manual or self lymphatic therapy
- » Prescribing exercises to reach the deeper lymphatic tissues
- » Using short-stretch compression bandages to maintain limb sizes between treatments
- » Identifying appropriate long-term compression garments to maintain limb sizes after treatment is completed

For more information, contact Colleen Auen, occupational therapist and certified lymphedema therapist, at 712-662-6347.

## Watch for Your New Medicare Card

Just a reminder that anyone enrolled in Medicare will receive a new Medicare card sometime between this April and next. The new card will not change your benefits! Once you receive your new card, burn or shred your old card and use only the new one. Questions? **Call 712-662-7105.**

Bring your new card to Loring Hospital at your next appointment.

