

“Thanks to Ottumwa Regional I can walk, do my laundry and dishes, and get around my house that I spent a lifetime building memories in.”

– Doris

90 year old Doris loves life! She loves to cook from the cookbooks she collects, enjoys visiting with friends, and is passionate about her garden.

Life changed one evening, when she fell in her bedroom and couldn't get up. Her phone was unreachable on the other side of the room. After lying on the floor, and being in and out of consciousness all night, she finally crawled to her phone the next morning and dialed 911. ORMICS arrived, and took her to the ER. “The ambulance crew saved my life! I was so happy to see them,” Doris explained.

Doris had broken her wrist and her femur up into her hip socket when she fell. Her wrist was placed in a cast, and Dr. Scott performed a hip replacement. “The staff called and talked to me on the phone on my way to the hospital. They were wonderful at keeping me informed,” said Katie, Doris' daughter.

After surgery she recovered in the Medical-Surgical unit. Doris then spent six weeks in the Acute Rehab Unit (ARU). “It felt like we did rehab all day long,” Doris chuckled. In rehab she would practice activities she would need to do daily living at

home and she had to relearn how to walk. “The nurses and physical therapists were so good, and they take their job seriously. They want you to be able to do things on your own, so they push you to do so,” Doris said.

“A staff member came out to her house just to make sure things were safe,” explained Katie. “They showed her how to get into bed, go to the bathroom, sit up and down, and get in and out of the shower.”

Once home, Doris continued outpatient rehab for six weeks. “They always made it personal and asked about my day. They were friendly and made it fun. We practiced practical movements like how to stir food that I enjoyed cooking,” Doris shared.

“I didn't think I was going to live, but thanks to Ottumwa Regional I can walk, do my laundry and dishes, and get around my house that I spent a lifetime building memories in.”

