

VISITING HOURS

Occupational Therapy: Living Life To The Fullest

April Is Occupational Therapy Month

BY BERYL OLSON

Avera Sacred Heart Hospital

Occupational therapy enables people of all ages to live life to its fullest by helping them promote health, prevent or live better with-injury, illness or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience and "best practices" that have been developed and proven over time.

Occupational therapists and occupational therapy assistants focus on "doing" whatever occupations or activities are meaningful to the individual. It

is occupational therapy's purpose to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings or helping individuals to alter their own behaviors.

When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve problems, improve function and support everyday living activities. The goal is to maximize potential. Through these therapeutic



Olson

approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, school, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account — a person's psychological, physical, emotional and social makeup as well as his/her environment — occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level;
- Concentrate on what matters most to them;
- Maintain or rebuild their independence;
- Participate in daily activities that they need or want to do.

they need or want to do.

Founded in 1917, the American Occupational Therapy Association (AOTA) represents the interests and concerns of more than 140,000 occupational therapists, assistants and students nationwide. The Association educates the public and advances the profession of occupational therapy by providing resources, setting standards including accreditations and serving as an advocate to improve health care. Based in Bethesda, Md., AOTA's major programs and activities are directed toward promoting the professional development of its members and assuring consumer access to quality services so patients can maximize their individual potential. For more information, go to www.aota.org.

If you feel that your ability to participate in the occupations that matter to you has been affected by an illness or injury, talk to your doctor about a referral to occupational therapy. You may also contact Avera Sacred Heart Hospital's Occupational Therapy Department at (605) 668-8268 for more information.

Beryl Olson, MOT, OTR/L, LANA-CLT, is physical medicine supervisor at Avera Sacred Heart Hospital, Yankton.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Will Your Farm Survive Into The Next Generation?

BY VAL FARMER

Will your farm survive into the next generation? If it does, it will happen for two reasons.

The first reason will be your lifelong ability to build a financially viable farming operation. This will insure enough assets to sustain your retirement, be fair to your non-farming offspring and to transfer your farming assets to your successor(s).

The second reason is your willingness to groom your successors to be good operators in their own right. The succession and eventual agriculture success of the next generation depends on personal relationships within the family and astute farm management.

Love of the land. By early adolescence, teens have formed their feelings about farming. This is based on their attachments to the land, close working relationships within the farm family, and the independence of farming as a profession and prospects for the future.

Financial strain on the parents affects the attitude of the children. If the parents see no future in agriculture and/or are angry and bitter over their farming experience, their children are not likely to choose farming as their intended career.

Young men are more likely to enter farming or develop a strong preference for living in a rural area if they come from highly productive farms. Parental help is necessary to get them started. This process is easier when there aren't as many male children competing for family resources.

Ninety-five percent of all farms pass into the hands of male children. Daughters who become full time operators generally do so when there are no male children and when they have a close personal and working relationship with their fathers.

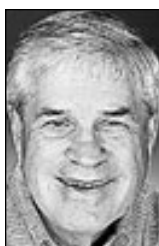
Full time farming. Sons who watch their fathers combine farming with off-farm employment aren't as apt to identify with the lifestyle or the profession. They don't like the stress it puts on their parents, their parent's marriage and on family life.

Children of full time farmers and landowners are taught more, given more opportunity to learn farming skills, are imbued in the work ethic, and have more parental encouragement for their aspirations to farm.

Warm and supportive fathers versus harsh and critical fathers. Young men are more likely to prefer farming when they identify with and enjoy a close supportive relationship with their father in a family atmosphere of minimal conflict. Their relationship with their mother isn't a dominant factor in this life choice.

Young men who choose to leave agriculture have the same work history and involvement on the farm as the ones who stay. The difference is the type of relationship they had with their father. Sons develop a strong attachment for farming when their fathers are kind teachers. These fathers give plenty of "hands on" experience, teach skills, delegate well and tolerate mistakes.

Fathers who are harsh or punitive in their parenting or who are poor husbands turn their sons off to farming. They are also more likely to have adult sons who are also harsh and hostile in their parenting



VAL FARMER

style. Fathers are role models for how their sons may be someday. If one generation doesn't turn off the next one to farming, chances are the next one will.

There is another time when the continuity of the farm is disrupted. If the history of the father and son relationship has been antagonistic, their relationship dissolves during times of financial stress. The children with a positive relationship choose to stay even when economic prospects carry a lot of risk.

Relationship skills continue to matter. Parents who are generous in their sacrifices cushion the entry of the next generation into agriculture. They also sacrifice by sharing management opportunities when they are in control and are still responsible for the result. They develop a track record for getting along as a family. They establish congenial and respectful ways of working out their differences.

Parents encourage experiences away from the farm as a part of their child's preparation and commitment to come back and be a part of a family operation. When the child returns to join the farm, there is mutual trust, respect and appreciation shown for each other's knowledge and contributions. There is fairness and genuine give-and-take about how problems are solved.

Part of the farm's survival depends on family harmony outside the actual work of farming. Clear boundaries and cordial relations between the generations, especially including the daughter-in-law as a full partner, is a huge factor in inter-generational cooperation.

Attitudes now, decisions to farm later. The willingness to enter an occupation of high risk and stress depends just as much on the human relationship skills a family has cultivated over the generations as their successful and proven farming practices.

The reality of the next generation's ability to farm will depend on economic conditions 10 or 15 years from now. However, the motivation to farm is being formed by pre and early teens right now.

What are they seeing and feeling? Will you be successful in passing down your farm?

This column was based on research by Dr. Glen Elder at the University of North Carolina at Chapel Hill.

For more information on family farming, visit Val Farmer's website at www.valfarmer.com. Val Farmer's book, "Honey, I Shrunk the Farm," can be purchased by sending a check or money order to The Preston Connection for \$7.50, to: Honey, I Shrunk the Farm, The Preston Connection, PO Box 1135, Orem UT 84059.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

This column is sponsored by Lewis & Clark Behavioral Health.

COUNTS

From Page 1

The arrival of the newcomers may create the need for changes in the county, Henderson said.

"How is society going to accommodate these immigrants? Will they assimilate quickly or not as fast?" he asked. "If not as fast, there may be a need for bilingual services. You may need interpreters and teachers for English as a Second Language (ESL). You are already seeing bilingual signs and food packaging."

The number of American Indians grew in Yankton County from 354 in 2000 to 572 in 2010, a 61.6 percent increase, according to the census.

American Indians tend to be much younger than the general population, which affects education issues, workforce development and careers, he said.

"I think the tribes may be under-counted. I don't think the true numbers have been identified," he said. "The number of Native Americans is still growing, but not as fast as we thought it would be."

The census will affect Yankton County politically, Henderson said. The Legislature will decide whether Yankton County remains intact as one legislative district or becomes divided into parts, he said.

"I think we will see some tweaking (of districts)," he said. "In this part of the state, you will see more legislators for Minnehaha and

Lincoln counties (comprising the Sioux Falls area). That means other districts will get larger in size."

Regional centers like Yankton are feeling the impact of Sioux Falls, Henderson said.

"We are seeing a leak or even a large drain," he said. "Smaller towns have lost people to Yankton and Mitchell, and those towns are holding steady against or losing to the metro areas. The growth of Sioux Falls and Lincoln County has been phenomenal."

Despite such competition, Yankton County offers a number of advantages that draw and retain both resident and visitors, Henderson said.

"We have a quality of life that is attractive to a lot of people. Our parks and recreation are attractive," he said. "People are looking for a place that's clean and safe, with access to amenities that are important to people, like high-speed Internet."

Jobs and housing remain challenges for communities of all sizes, but Yankton County benefits from a diverse economy, Henderson said. The county offers a strong visitor industry and can host "green energy" jobs, he said.

Yankton enjoys workforce training with Mount Marty College (MMC) and the Regional Technical Education Center (RTEC). The University of South Dakota in Vermillion also offers resources, he said.

"If you don't have the workforce, it's hard to get businesses to come here or to expand," he said. "That's where Yankton is well positioned with RTEC, which is light on its feet and adjusts pro-

grams to people's needs. RTEC and Mount Marty work together on programs and complement each other."

Yankton County's rural areas are benefiting from the growing ag economy, which helps maintain population, Henderson said.

"You are seeing more productivity with ag land. There are high prices for grain and livestock," he said. "You have a stable ag economy, and counties and communities are building on it."

In order to keep their population, Yankton County towns are setting up local foundations and working with the Horizons community leadership program through the South Dakota Cooperative Extension Service, Henderson said. District III also provides services that many entities couldn't afford, he said.

In the end, the census figures show that communities must take control of their own destiny, Henderson said. Those towns must develop new leaders at the local level, he said.

"You need to bring more people into the fold. Otherwise, there is burnout," he said. "There is a genuine need to expand. It varies by community. It's not necessarily elected leadership. (More people) need to step up and make the effort."

Area residents show the ability to withstand adversity, Henderson said.

"There is the survival part of people's character," he said. "Nobody will come in from the outside to solve your problems. You need to develop more creativity and self-reliance."

Vermillion Students Win State Auto Skills Title

SIoux FALLS — Two Vermillion High School students were crowned South Dakota's top high school auto technicians after winning the Ford/AAA Student Auto Skills State Finals on April 14.

Ben Kozak and Joey Muller led by their instructor Mark Pier, will represent South Dakota in the National Finals against teams from all 50 states. They will compete for additional scholarship dollars and the chance to kick start their automotive careers with a job shadow experience with premier racing team Roush Fenway Racing.

Through an online exam earlier this year, the Vermillion High School students beat out numerous other South Dakota teams to become one of 6 pairs of students whose high scores qualified them to advance to the State Finals. At the State Finals, held at the Southeast Technical Institute in Sioux Falls, the students represent-

ed their school in a race to correctly diagnosis and repair intentionally installed "bugs" on vehicles. Each pair was judged on speed, accuracy and workmanship.

"By providing hands on experience, scholarships for higher education and job shadow opportunities, Ford/AAA Student Auto Skills energizes young people about the amazing futures that are possible for automotive professionals and encourages participants to seek out the best possible training," said Mark Madeja, adding, "The automotive industry is constantly changing and relies heavily on advances in vehicular technology. For those reasons and many others, we need bright young minds to step up to help keep drivers safe and our vehicles efficient and propel our technologies even further into the future. The Ford/AAA Student Auto Skills competition gives motivated students the

chance to become the next automotive superstars."

Ben Kozak and Joey Muller and their instructor will travel to Dearborn, Mich., to compete in the Ford/AAA Student Auto Skills National Finals, June 12-14. During the National Finals, pairs of students representing all 50 states will compete in a written test of their automotive knowledge and a hands-on competition, similar to the April 14 State Finals, held on the front lawn of Ford World Headquarters.



BEEN BUMPED?

Bring your car to us for expert collision repair and service!

Complete Collision Services
Frame straightening • Pre-accident restoration
• Dents, dings & rust removed

Auto Painting Specialists
Color match • Premium Finishes • Thousands of colors

Insurance Specialists
Free Written Estimates • All Work Guaranteed

It's not just a body shop, it's...
Justin's Body Shop

2806 Fox Run Parkway
Yankton, SD 57405
665-3929

ORECK Vacuums

Starting at \$169

Available at...



Larry's APPLIANCE
920 Broadway • 665-9461



LOOK WHO'S WINNING!



\$195,603
DAKOTA CASH

JOHNNY CHRISTON
Lennox

Each matched all five numbers to split
\$391,206



\$195,603
DAKOTA CASH

MARCIA HOHN
Beresford

MORE WINNERS ADDED EVERY DAY!

Ron Tiesen Baltic \$30,000 Just Plain Bingo	Amy Streeter Crooks \$20,000 Money Roll	Gayle Schartz Sioux Falls \$10,000 Powerball
Katarina Wells Sioux Falls \$1,000 Cash Stash	Max Church Sioux Falls \$1,000 Super Monopoly	Justin Ruhlman Valley Springs \$501 Wild Card
Nathan Ivarsen Beresford \$1,000 EZ Money	Kayleigh Berkelo Sioux Falls \$1,000 EZ Money	Tami Heiden Hartford \$501 Wild Card
Zackari Debruin Alcester \$6,000 6x the Money	Seth Whiting Norway, IA \$1,000 EZ Money	Kelly Denning Grimes, IA \$501 Wild Card
Lori Hunt Sioux Falls \$3,000 Hot Line Slingo	Jonathan Hall Hartford \$1,000 EZ Money	Deb Erickson Tabor \$500 Hot Lotto
Tyler Larsen Yankton \$1,000 EZ Money	Pam Tielke Elk Point \$1,000 Cash Stash	Robert Rabine Sioux Falls \$500 Wild Card
Moises Vasquez Yankton \$1,000 EZ Money	Hour Bun Sioux Falls \$10,000 Powerball	Shelli Jacobson Sioux Falls \$500 Hot Lotto
Shannon DeFries Springfield \$1,000 Cash Spectacular	Shannon Larson Brandon \$1,000 Super Monopoly	Matthew Diede Sioux Falls \$500 5X the Money
Brandon Baldwin Sioux Falls \$1,000 Money Jar	Dorothy Kneebone Flandreau \$600 Megaplier	Jordan Rand Sioux Falls \$500 Holiday Wishes



See more winners online at
www.sdlottery.org
Must be 18 years or older to play. Please play responsibly.