life/healthlines

С OMMUNITY CALENDA

The COMMUNITY CALENDAR appears each Monday and Thursday. Contributions to this list of upcoming events are welcome and should be sub-mitted two weeks before the event. Submissions **MUST** be typewritten or legibly printed and include the name and phone number of a contact person. Send items to P&D Calendar, 319 Walnut, Yankton, SD 57078, or email to news@yankton.net.

MONDAY

Cribbage, 1 p.m., The Center, 605-665-4685 Pinochle, 12:45 p.m., The Center, 605-665-4685 Whist, 12:45 p.m., The Center, 605-665-4685 Hand & Foot Cards, 1 p.m., The Center, 605-665-4685 River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162 Divorce Care, 7 p.m., Calvary Baptist Church Divorce Care For Kids, 7 p.m., Calvary Baptist Church

Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

FIRST MONDAY

Yankton Republican Party Executive Meeting, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605 Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-

4694 Heartland Humane Society Board Meeting, 6:30 p.m., 601 1/2 Burleigh Yankton Parks Advisory Board Meeting, 5:30 p.m., RTEC, 1200 W. 21st Street

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685 Yankton Community Forum, 8:30 a.m. coffee, 9 a.m. meeting at Hillcrest. 605-664-5832

Billiards, 10 a.m., The Center, 605-665-4685

Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.

Yankton Alanon, noon, non-smoking session, 1019 W 9th Street Nurse, 12:30-3:30 p.m., The Center, 605-665-4685 Pinochle, 12:45 p.m., The Center, 605-665-4685 Wii Bowling, 1 p.m., The Center, 605-665-4685

Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)

Open Billiards, 7-9 p.m., The Center, 605-665-4685 Yankton Alcoholics Anonymous STEP Sessions, 7 p.m. and 8:30 p.m.. 1019 W. 9th St

Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed session, Trinity Lutheran Church at 816 E Clark St. Vermillion.

Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion

FIRST TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685 Nurse, 10 a.m.-noon, The Center, 605-665-4685 Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685 Exercise, 11 a.m., The Center, 605-665-4685 Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St. Whist, 12:45 p.m., The Center, 605-665-4685 Partnership Bridge, 1 p.m., The Center, 605-665-4685 SHIINE, 1-4 p.m., The Center, 605-665-4685 Yankton Alcoholics Anonymous, 7:30 p.m., non-smoking session, 1019 W 9th St

Springfield Footprints, 7:30 p.m., non-smoking open session, Catholic church, Springfield

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685 Wii Bowling, 9:30 a.m., The Center, 605-665-4685 Billiards, 10 a.m., The Center, 605-665-4685 Yankton Sertoma, noon, Pizza Ranch, 605-661-7159 Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street. Avera Sacred Heart Hospital Toastmasters, noon, Benedictine Center; open session 605-665-6776 Pinochle, 12:45 p.m., The Center, 605-665-4685 Dominos, 1 p.m., The Center, 605-665-4685 Weight Watchers, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.

Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour be-

fore. Take Off Pounds Sensibly (TOPS #SD 45), Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30. RTEC building, 1200 W. 21st St. For more information call

605-665-3738 or 667-9274.

How To Break Out Of A Bad Mood

BY MICHAEL ROIZEN. M.D.. AND MEHMET OZ. M.D. King Features Syndicate

What do you do when you're in a funk? Overeat? Sleep too much, or not enough? Snap at your loved ones? Mess up at work? Well, at least you're not alone with your blues: A whop-ping 49 percent of people report feeling cranky and glum at least once a week. But did you know down-in-the-dumps feelings stimulate health-threatening inflammation and trigger brain changes that make high-fat, high-sugar foods look extra-tempting?

Great reasons to take bad moods seriously - and to have a rescue plan ready the next time a tough commute, nasty boss or a piece of unwelcome news dampens your day. The goal: Lift your spirits before you skip your lunchtime walk and head to a nasty vending machine instead. Dealing with negative moods in a healthy way can help you sidestep weight gain and increased stress, avoid heart disease, high blood pressure, diabetes and more. You have control, so take it.

Here are a couple of steps to get you on your way to laying a good foundation for sound emotional health: Cultivate and cherish good friends; make sure you eat a healthy diet (fruit, veggies and good fats like fish and nuts boost your mood); take a 30-minute daily walk proven to reduce depression; get a good night's sleep; and practice daily stress relief such as meditation and yoga (any quiet, calming, repetitive activity). Even vigorous weekly tennis match with a good buddy can help clear your brain and relieve stress. It's also important to get professional help if you notice signs of depression.

Forum On Politics And Nursing Slated

"The Influence of Political Action and Nursing" will be the topic of a forum set for 6:30 p.m. Tuesday, April 2, at the Avera Physicians Office Pavilion Auditorium on the Avera Sacred Heart Hospital campus in Yankton.

The open forum will be sponsored by the District 11 South Dakota Nurses Association with Jean Hunhoff, RN, and South Dakota District 18 representative for 13 years.

Hunhoff is a Fellow of the American College of Health Care Executive and has been an Administrator at Avera Sacred Heart Hospital for about 32 years. She is a member of the **District 11 Nurses Association** and was awarded the District 11 Nurse of Year Award in 2012. She is an advocate for nurses and the health needs of the Yankton/Vermillion community. She has worked to promote quality health care within the political arena.

The 2013 legislative session will be presented in relation to health care and how those decisions could influence nurses and medical care in this region.

All nurses and student nurses are encouraged to attend.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

But for a quick pick-you-up, here's how to put a smile on your face and some bounce in your step.

Turn on the music. Cue up your favorite tunes, then tell yourself, "I'm planning to feel better, and this music will help." Keep that good intention in mind while the tunes play. One new study says that positive intention is an even more powerful mood-lifter than music alone.

Write down your negative thoughts - then rip them up and throw them away. There's something powerful about the physical act of tossing aside gloomy thoughts. It seems to signal your brain in a dramatic way that you're getting past the bad stuff. In contrast, putting glum thoughts on paper and keeping them around -such as in a journal — seems to tell your brain that you want to hold on to them and that means you're more likely to replay them.

Pet a pet. Stroking Fido's fur or Kitty's silky

should be double-spaced and

use correct grammar and

spelling. The student must

demonstrate a knowledge of

to explaining why he or she

want to become a nurse.

nurses' work and an understand-

Prizes will be awarded to the

top two participants — \$100 for

the first and \$75 for second. The

prizewinners will also receive a

College of Nursing T-shirt and a

"Nursing is a challenging ca-reer which provides many differ-

ent career opportunities. The

nity for students to begin

email to

need for nursing continues to grow. The SDSU College of Nurs-

ing wants to provide an opportu-

thinking about a career in nurs-

ing," said Dean Roberta Olson.

5 p.m. Friday, April 5, either via

faxed to 605-688-6073. Any ques-

Laurie.rohlck@sdstate.edu or

tions regarding the contest should be directed to 605-688-4106 or 1-888-216-9806, ext. 4.

Essays must be submitted by

certificate of participation.

ing of nurses' roles in addition

coat boosts oxytocin, the cuddle hormone, as well as levels of the feel-good brain chemical serotonin. It also can lower blood pressure by an impressive 10 percent. (Fido's blood pressure falls, too.) Don't have a dog or cat? Spend some quality time with your neighbor's pet.

Monday, 4.1.13

ON THE WEB: www.yankton.net

NEWS DEPARTMENT: news@yankton.net

Gaze at your favorite painting. Monet's Water Lilies? A sensual Georgia O'Keefe flower? Whatever you favor, taking it in for a few minutes could increase blood flow in your brain by an energizing 10 percent — a boost on par with what happens when you look at someone you love. (Real flowers work too.) Try bookmarking your favorite visuals online. Make them your computer's desktop image or keep postcards of them by your desk.

Bust a yoga move and laugh a little. Plenty of yoga practices slash stress and help you feel calmer, but if the yoga studio in your neighborhood isn't yet offering laughter yoga, try this trend on your own. Think about something funny, then produce a laugh while you do a simple routine. (You'll find an easy yoga routine at realage.com.) Just 20 minutes can boost your mood and improve heart rate, a sign of a healthy nervous system.

Unleash your inner rock-and-roll drummer. Beat out a rhythm on your desk, a kitchen pot or those old bongo drums you've had in the closet since 1978. Studies show that drumming lifts spirits fast. For even more fun, try it with another person.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, visit sharecare.com.

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YMC Audiologist Attends Continuing Education

Yankton Medical Clinic, P.C. Audiologist, Jason R. Howe, MS, FAAA, CCC-A, recently attended the American Auditory Society Scientific and Technical Meeting in Scottsdale, AZ. The meeting is designed for audiologists, neurologists, neurotologists, otolaryngologists, oto-neurologists, scientists, and students in these respected areas interested in hearing, hearing loss, dizziness, tinnitus, and hearing aids.

Topics included Music perception and cochlear implants; The effect of static vestibular schwannomas on hearing; Clinical applications and effectiveness of wideband acoustic immittance; Hearing, cognition, and reha-

bilitation in aging; Individual differences in sensorineural hearing loss and speech intelligibility; Transducer size in hearing aids—limitations on size and effectiveness; Advantages of using amplification for early age-related hearing loss; Training effects in older adults-neural mechanisms; Reliability of 80Hz auditory evoked potentials with simultaneous contralateral stimulation; Functional MRI study of emotion processing in tinnitus patients; The global burden of hearing loss; US Hearing im-pairment prevalence and years lost due to disability; Hearing impairment association with depression and dementia in US adults; Bilogic bases of human auditory processing and tinnitus; Evaluating middle ear muscle reflexes in infants; and Clinical application of quantitative mechanical measurements of the ear.

Howe offers audiology evaluations and services for pediatric through adult patients. Appointments may be scheduled at Yankton Medical Clinic, P.C. by calling (605) 665-1722 or Vermillion Medical Clinic by calling (605) 624-8643.



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Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut Celebrate Recovery, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594

Freeman Alcoholics Anonymous, 8 p.m., non-smoking closed meeting, City Hall, 3rd and Poplar, Freeman.

Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th St. Yankton Alanon, 8:30 p.m., 1019 W 9th Street

BIRTHS

DANNIKA VAN ESSEN

Dustin and Joni (Jorgensen) Van Essen of Edgerton, Minn., announce the birth of Dannika Lynn Van Essen, born March 19, 2013, at the Sanford Luverne Medical Center. She weighed 6 pounds, 14 ounces.

She joins a brother, Dawson, 1. Grandparents are Todd and Kim Jorgensen of Yankton and Dar and Sue Van Essen, Edgerton, Minn.

Great-grandparents are Norma DeJong of Volin; Don Jorgensen of Yankton; Le and Elaine Tinklenberg and Alice Van Essen of Edgerton.

ELLIE HAMBERGER

Adam and Autumn Hamberger of Yankton announce the birth of their daughter Ellie Lynn, born on March 19, 2013, at 2:01 p.m. She weighed 7 pounds, 7 ounces and was 20 inches long.

Ellie joins a sister, Bristol, ag 2.

Grandparents are Larry and

BIRTHDAYS

MARY (ANDERSON) WALLOCH

A 75th Birthday



Walloch Crofton. If you

cannot make the Open House, cards may be sent to Mary at 2205 Burleigh St., #307, Yankton, SD 57078.

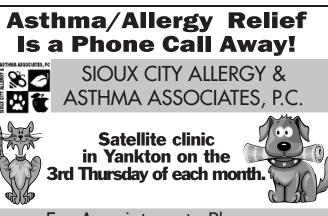
LOARINE HECKENLAIBLE

Loarine Heckenlaible's 90th birthday is March 25. The family is requesting a card shower. Please mail greetings to her at 510 E. 8th St., Oakview Terrace, Freeman, SD 57029.

Peg Hamberger, Terry and Vicky Eaves, and Coletta Eaves all from Yankton. Her great-grandmother is Erna Stoebner of Yankton.

SDSU Nursing College Essay Contest

BROOKINGS - South Dakota's fifth grade students are being called to answer a question — why do you want to be a nurse? This 12th annual essay contest is sponsored by the South Dakota State University College of Nursing. The 100-125 word essay



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Cough & Sinus Problems

It's Spring Time Again! The sounds of spring are all around.

For many, the world just seems more muted than in the past. Have you or a loved one noticed any of the Classic symptoms of a hearing problem?

Have difficulty hearing in crowds Often ask people to repeat themselves People sound like they are mumbling Others complain that you listen to the TV loudly Hear but don't understand clearly

Then it's time for a hearing evaluation at ProCenter Hearing downtown Yankton. During the month of April ProCenter is offering FREE - No Obligation hearing evaluations with FREE demonstration of the newest technology available with wireless capabilities.

Bring this ad with you and recieve a significant savings on any make or model Unitron Hearing Instrument during April.

Please call or walk-in today. Daniel Smith, BC-HIS, cordially invites you to have your hearing evaluated.



1-800-246-1045 or 605-665-1045 Downtown Yankton · 112 West 3rd Street

BRINGING YOU EACE

AVERA MEDICAL GROUP BEHAVIORAL HEALTH YANKTON IS NOW OPEN!

Avera Medical Group Behavioral Health Yankton is prepared to serve the Yankton community area with exceptional behavioral health care through a state-of-the-art facility backed by a team of health experts and caregivers.

> For more information, call (605) 655-1240 or (888) 668-8700.



Look no further.

www.AveraSacredHeart.org