

COMMUNITY CALENDAR

The COMMUNITY CALENDAR appears each Monday and Thursday. Contributions to this list of upcoming events are welcome and should be submitted two weeks before the event.

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open 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.

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.

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.

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.

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.

BIRTHDAYS

MARY (ANDERSON) WALLOCH

A 75th Birthday Open House will be held on Saturday, April 6 from 1:30-4 p.m. for Mary (Anderson) Walloch. The Open House will be held at Wiebelhaus Recreation, 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.

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 whopping 49 percent of people report feeling cranky and glum at least once a week.

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.

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).



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.

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.

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

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.

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.

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.

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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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.

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.

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.

YMC Audiologist Attends Continuing Education



Howe

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.

Topics included Music perception and cochlear implants; The effect of static vestibular schwannomas on hearing; Clinical applications and effectiveness of wide-band acoustic immittance; Hearing, cognition, and rehabilitation in aging; Individual differences in sensorineural hearing loss and speech intelligibility.

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.

BRINGING YOU PEACE of MIND

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

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SIoux CITY ALLERGY & ASTHMA ASSOCIATES, P.C.
Satellite clinic in Yankton on the 3rd Thursday of each month.
For Appointments Phone: (712) 274-6884

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?
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 receive 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.
PROCENTER HEARING
1-800-246-1045 or 605-665-1045
Downtown Yankton • 112 West 3rd Street