

Visiting Hours

The Advantages Of Occupational Therapy

BY BERYL OLSON, MOT, OTR/L, LANA-CLT

Physical Medicine Supervisor Avera Sacred Heart Hospital

April is Occupational Therapy Month.

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 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

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.

NAMI 'Family To Family' Class Being Offered

NAMI South Dakota is sponsoring a "Family to Family" six-week educational course for families touched by mental illness. The course is free. Course will be offered Tuesday and Thursday nights for six weeks beginning April 23 Course hours are 6:30- 9 p.m. The course will be offered at the Yankton Chamber of Commerce Building located at 803 E. Fourth St.

This course is for parents or guardians who have a mentally ill family member. The two presenters have been trained to teach this course.

Students who complete the course will receive a notebook of very informative materials.

Deadline for class registration is April 15 so organizers have time to order your manual.

For further information call 605-661-4434 or e-mail mamals@iw.net

Yankton Antique Auto Assoc. Guest Speaker

Joan Neubauer will be guest speaker at the April meeting of the Yankton Antique Auto Association, set for 7:30 p.m. Wednesday, April 10, at The Center, 900 Whiting Drive. The meeting will take place immediately following The Center's pancake supper.

Her topic will be the life story of John Timbrell Milward Pierce, Yankton area pioneer and promoter.

The public is welcome to attend. For more information, call Wilbur Goehring at 665-1717.



Sieler - Doerr

Matthew Bradley Doerr and Michaela Ann Sieler along with their parents, Deb

and Brad Doerr of Yankton, SD and Jennifer Barry of Huron, SD announce their engagement and upcoming marriage.

Michaela is pursuing a Bachelor of Science degree in Special Education and Matt is pursuing a Bachelor of Science in Business Administration with degrees in Accounting and Business Management at Missouri Southern State University, Joplin, MO.

The couple is planning an April 27, 2013 wedding in Joplin, MO.

Fishing And Farming With Women

BY DR. MIKE ROSMANN

Some of my experiences involving fishing and farming activities with the opposite sex have been — "ahem" — good for my character development.

Many people probably aren't aware that two-fifths of the world's farmers are female. While about fifteen percent of the primary farm operators in the United States are women, in many third world countries women feed their populations.

Like many farm boys who were involved in 4-H, I lost my share of first place finishes to girls in the cattle show ring. And a cute girl always seemed to win the showmanship contests!

I also hate to admit that when females accompanied me fishing, they out-fished me. The first occasion when a girl accompanied us guys on a fishing excursion occurred in Utah when my roommate, Bob, and I went fishing with Kathy.

I knew Kathy from my earlier University of Colorado days when Kathy and I took undergraduate psychology courses and played guitar together. We became friends but we were never romantically linked.

Kathy and I continued to keep in touch while she went to Alaska to teach special education students and I pursued my graduate education in clinical psychology at the University of Utah. She came back to the lower 48 states for a June fishing trip on the Duchesne River in eastern Utah with Bob and me.

I had already met Marilyn, who would later become my wife. I wasn't interested in Kathy as a marriage prospect, but Bob was.

Kathy, Bob and I set out to explore the Duchesne River where it flowed south out of the Uinta Mountains in eastern Utah. Marilyn couldn't join us, for she had to work.

We took our tents and established a campsite on a flat stretch of national forest land



Dr. Mike ROSMANN

dropped my hand-tied artificial flies into roiling waters that crashed over boulders. I caught a fourteen-inch brown trout. Bob stayed farther below in calmer waters and hooked three twelve-inch rainbow trout.

As the sun was descending over the western slopes, Bob and I hiked back to our campsite. Kathy sat where we had left her, still reading a novel while her fishing line with a worm on the hook dangled in the water of the Duchesne River some sixty feet downstream.

"Did you catch anything?" Bob ventured to Kathy, hoping to show off his fish. Kathy hauled in a stringer of six hefty trout, the smallest of which was fourteen inches long.

Bob didn't catch Kathy either, but he eventually ended up with a wonderful wife.

My most recent occasion fishing with women occurred last summer.

In celebration of our 40th wedding anniversary, our son and daughter-in-law invited Marilyn and me to Canada, along with her parents, for a fly-in fishing trip. We guys had convinced our mates that this was an opportunity to explore the Canadian wilderness while staying with accomplished fishermen,

alongside the river. We were in search of big trout.

Bob and I hiked up the Duchesne River to find likely spots where husky brown and rainbow trout might lurk. Kathy said that she preferred to stay in the sagebrush-covered flat land along the stream. She wanted to read a novel while she drifted garden worms on a fish hook into the river.

I followed the river upstream and crawled on precipitously poised rocks as I

3. The city purchased 35 acres of Human Services Center ground last May at a cost of approximately \$1.95 million. Do you think enough is being done to market the property and find a good use for it?

The City has talked to developers in an effort to market the Human Services Center property. While we do not have any offers, it is a prime location and eventually will sell. The commission's vision is to find an anchor retail store and not to parcel out pieces of the property until we have signed the anchor.

Ideally, the developer will take the whole parcel and find any additional tenants for the property.

4. The Joint Vermillion/Yankton Solid Waste System is examining its recycling program. A majority of city commissioners have indicated they would like the organization to adopt a single-stream recycling program. Do

you agree with this, and is it important enough to contemplate raising the cost of service?

The majority of the City Commission is moving in the direction of single-stream recycling. At this point in time, we do not have solid numbers to work with, just estimates. This is for me a tough question. I am torn between wanting to increase participation in our recycling program, and the cost to do so. We have estimated that only 35 percent to 38 percent of the households currently recycle. To induce the rest of the community to participate, we either mandate recycling or go to single stream and raise the solid waste fees accordingly. In the face of water and sewer increases, I am reluctant to raise solid waste fees, even though it will extend the life of the landfill. Until we see cost figures, I am undecided.

5. The City Commission is working on a partnership with

other organizations to conduct a housing study for Yankton. Do you think this is a good idea? Why or why not?

The contractors and the Realtors are telling the City Commission that there is a shortage of buildable lots in Yankton. At the present time, there is also a shortage of "affordable" houses for sale. The housing study, which may involve Yankton Area Progressive Growth and the Economic Development Council, will update the City's 2003 Comprehensive Plan and address the need for additional housing. As the community has exceeded the 2003 estimated needs, it is very necessary to proceed with the housing study, as housing also impacts economic development .

6. Any closing thoughts?

It has been an honor to serve the citizens of Yankton, and I would appreciate your continued support as we move Yankton forward.



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DEADLINE: Noon, April 26th

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