

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. 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

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
Whist, 12:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Cribbage, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Sweet Adelines, First United Methodist Church, 207 W. 11th, Yankton. Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.

FOURTH MONDAY

Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Explore the Bible, 10:30 a.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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
AA, Alano Group 7 p.m., step meeting, 1019 W. 9th St, Yankton.
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
Weight Watchers, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Whist, 12:30 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Rummikub, 1 p.m., The Center, 605-665-4685
Penny Bingo, 1 p.m., The Center, 605-665-4685
Chair Massage, 1:40-3:50 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
AA, Alano Group, 7 p.m., discussion, 1019 W. 9th St, Yankton.

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
ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton. 605-760-5307.
AA, Alano Group, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
Weight Watchers, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
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 605-665-8442
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

Golden Age Game Athletes Sought

The VA is currently accepting applications from veterans who are interested in competing in the 2015 National Veterans Golden Age Games. Applications can be completed online at www.veteransgoldenagegames.va.gov and will be accepted through May 15.

Veterans ages 55 and older who are enrolled for VA care are eligible to participate. These games will take place in Omaha Aug. 8-12, and nearly 800 athletes are expected to complete.

The event encourages participants to make physical activity a central part of their lives and supports VA's comprehensive recreation and rehabilitation therapy programs. Competitive events include air rifle, badminton, bowling, cycling, dominoes, field, golf, horseshoes, nine ball, shuffleboard, swimming, table tennis and track.

BIRTHDAYS

ALYCE WELBY

Alyce Welby of Yankton will celebrate her 90th birthday on May 2, 2015.

She has nine grandchildren, 24 great-grandchildren and three great-great-grandchildren.

There will be a card



Welby

shower and you can send your cards to 901 Memory Lane #2, Yankton, SD 57078.

Oz And Roizen

Find Your Sense Of Purpose

BY MICHAEL ROIZEN, M.D.,
AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

Got a great reason to jump out of bed in the morning? Only 37 percent of North Americans say they do, according to a recent Gallup Poll. But a new study might motivate you to find your sense of purpose: Turns out having a mission in life can help you become healthier and live longer.

When researchers from Mount Sinai Health System in New York City reviewed the results of 10 studies involving more than 137,000 people, they found that those with "a sense of meaning and direction, and a feeling that life is worth living" were 19 percent less likely to have a heart attack or stroke, or to need a cardiac bypass or stents to open up clogged arteries. And overall, those leading purpose-driven lives were 23 percent less likely to die prematurely.

Why does a sense of purpose make you healthier?

If you're fired up with a passion for living – whether it comes from coaching Little League baseball, volunteering at your local soup kitchen, playing your tuba for community groups or being a good parent – you're more likely to keep up with health screenings, eat healthily and get exercise. Plus, you get these additional health benefits, according to the Mount Sinai study:

Less inflammation: Recent research has shown that people with a strong sense of purpose also had lower levels of inflammatory chemicals and stress hormones. The reason goes deep: Scientists at the University of California, Los Angeles and the University of North Carolina at Chapel Hill found that



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

having a sense of purpose switches on healthier genes. Blood tests of 80 people revealed that those who felt happy when doing good for others had less activity in genes that boost inflammation. Those who were less generous, more shortsighted and concerned with their own pleasure had more activity in pro-inflammatory genes, as well as lower activity in antiviral and antibody genes, which help protect against viral infections. As one of the researchers noted, "We can make ourselves happy through simple pleasures, but ... at the cellular level, our bodies appear to respond better to a different kind of well-being, one based on a sense of connectedness and purpose."

Sharper mental powers: A strong sense of purpose could keep your brain sharper, longer. Scientists from Chicago's Rush University Medical Center autopsied the brains of 246 older adults. They found the plaques and tangles associated with Alzheimer's disease in both those who had lived with a sense of purpose and those who didn't, but when they looked back at thinking tests

performed while the volunteers were living, they discovered a profound difference: People with a strong sense of purpose had a 30 percent lower rate of decline in thinking skills and memory.

Greater independence as you age: A sense of purpose may have a bonus for your encore years, especially if you've got big plans for retirement. In the ongoing Rush University study, older people with a strong sense of purpose were 30 percent less likely to have trouble with basic necessities like getting dressed and taking a shower, 44 percent less likely to have trouble with managing their money, shopping, taking care of their home and getting around town and 39 percent less likely to have difficulty walking distances, going up and down stairs and doing heavy housework.

So how's your sense of purpose? Do you feel driven by passion and meaning? If not, make time to explore the world, try new things, experiment, get together with friends and family to see what makes you feel like a million bucks. Spend some time thinking about what really matters to you, what you'd like most to contribute to the world because you think it's important, and that you'd love to do. You'll make the world – and your own mind and body – a better place.

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, tune into "The Dr. Oz Show" or visit www.sharecare.com.

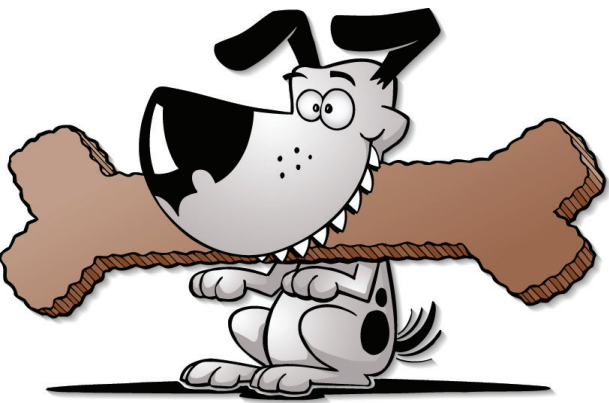
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and Mehmet Oz, M.D.

Meet HHS Dogs And Puppies May 2

Heartland Humane Society (HHS) welcomes the community to meet its dogs and puppies available for adoption on Saturday, May 2, from 1-5 p.m. at the Missouri River Festival, Cleanup & Rendezvous.

The event will take place at Riverside Park in Yankton. HHS will have different sizes, ages and breeds of dogs available for the general public to meet and possibly adopt. There will be a booth with information for those considering adopting or volunteering.

"Meet and Greet allow our dogs waiting for adoption to get out into the public and make new friends. Since they



METRO GRAPHICS

are placed in foster homes, this is a great way for the public to meet them," says

Christa Kranig, shelter coordinator at Heartland Humane Society.

USDA Rural Development Invests \$463.8 Million In South Dakota's Economy In Fiscal Year 2014

HURON — USDA Rural Development Acting State Director Bruce Jones announced today that \$463.8 million was invested in rural South Dakota communities from Oct. 1, 2013, through Sept. 30, 2014.

As outlined in South Dakota's 2014 Progress Report, the program funds assist housing, business and community development, water and waste water, energy, distance learning and telemedicine, electric companies and telecommunications. Water and waste water funds are limited to communities of less than 10,000 population. Community facility funding is available to towns of 20,000 population or less. Businesses and industries in communities with up to 50,000 residents can obtain funding through the business programs.

"USDA Rural Development is pleased to assist rural com-

munities with their infrastructure needs and support efforts to improve the quality of life for rural residents living in South Dakota's rural communities," said Jones. "We look forward to continuing to meet the needs of rural residents in Fiscal Year 2015."

Rural Development's investment include \$7 million in South Dakota rural businesses, supporting 37 projects; \$196.8 million in loans and grants to build, repair, rehabilitate, and purchase homes — the agency obligated 71 direct loans and 1,465 guaranteed loans; \$6.9 million in community facilities loans and grants — the 26 projects included funding for schools, fire and safety equipment to benefit 6,378 rural South Dakota residents; and \$238 million through 32 infrastructure projects to provide reliable and clean drinking water, waste treatment systems,

electric power, and telecommunications services in about 40 rural communities in South Dakota.

For example the Deuel Area Development, Inc. (DADI) received a USDA Rural Development Rural Business Enterprise Grant (RBEG), now known as Rural Business Development Grants, and leveraged it with other funding to provide technical assistance to small businesses in eastern South Dakota; the Mni Waste' Water Company will soon have a new water treatment plant connected to an abundant water supply — the Missouri River — thanks to USDA Rural Development Water and Waste Disposal funding and other funding from the Indian Health Service and Cheyenne River Sioux Tribe; and the Joe and Danielle Donnell family are living in their new home thanks to a USDA Rural Devel-

opment direct loan <<http://www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans/sd-0>> that was leveraged with a Homes Are Possible, Inc. (HAPI) silent mortgage, a GROW SD Silent Mortgage for repairs, a GROW SD Silent Mortgage for closing costs, and a NAHI grant for down payment and closings costs.

Since 2009, \$2.4 billion has been invested in South Dakota's economy and of that total, \$229.4 million has been secured for projects on reservations. For more information on reservation projects, see the Rural Development Report on Tribal Projects in South Dakota 2009-2014.

Additional information on Rural Development programs can be found at www.rd.usda.gov/sd or contact a USDA Rural Development office nearest you.



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