NEWSROOM: News@yankton.net

ASH Staff Share

Methods At

Conference

Due to the high quality of Avera Sacred Heart Hospital's

(ASHH) surgical services, two

team members were recently

Breakthroughs Conference and Exhibition to present in-

formation to health care pro-fessionals. Kathi Bietz, MLS,

ASCP, quality improvement

Weeks, director of pre- and

post-surgical services, led a

session on evidence-based

San Antonio, Texas.

care at the June event held in

A focus on compliance

with surgical evidence-based

care measures has paid off for

ASHH, and the organization

has an award-winning initia-

provements related to the

Centers for Medicare and

tive to identify and sustain im-

Medicaid Services' (CMS) sur-

gical care improvement proj-

ect (SCIP) standards. SCIP

diately before surgery to

measures include ensuring

that patients receive the cor-

rect type of antibiotics imme-

prevent infection; administer-

ing safe medications before

undergoing anesthesia; pro-

viding the correct type and

duration of antibiotics after

serving specific standards for

temperature control and in-

fection prevention strategies

in the operating room.

surgery, if needed; and ob-

coordinator, and Tiffany

invited to Premier's 2014

Scarlet Nourishment

Tomatoes Are A **Great Component** In Healthy Eating

BY LORETTA SORENSEN

P&D Correspondent

As I planted my tomatoes this past May, I could already envision clusters of ripe, red globes weighing down the plants. However, my anticipation of harvesting many pounds of home grown tomatoes has slowly faded as I watched my poor plants succumb to either blight or bacterial disease which thrived in our cool, humid weather.

I am deeply grateful that I'll have some tomatoes and I'm making the most of them. No one has ever had to encourage me to eat tomatoes. I would gladly dine on them every day. They've been heralded in health food circles for their rich concentration of lycopene, which researchers recently have found boosts bone health (whfoods.org).

Some specific tomato varieties recommended by health food researchers, because they have a higher capacity for antioxidants, include New Girl, Jet Star, Fantastic and First Lady. I have never paid much attention to variety when I purchase tomatoes as plants or in the store. Might be time to look more closely at what I'm choosing.

Because fresh tomatoes and tomato extracts have been shown to help lower cholesterol (whfoods.org), they also support heart health. Tomato extracts help prevent unwanted clumping of platelet cells in the blood, which means a lower risk of heart concerns such as atherosclerosis. Recent research has identified unusual phytonutrients in tomatoes that result in even greater heart-protective benefits.

A one-cup serving of tomatoes provides vitamins A, C, K, folate and potassium. They are naturally low in sodium, saturated fat, cholesterol and calories and provide thiamin, niacin, vitamin B6, magnesium, phosphorus and copper. That same serving contains 2 grams of fiber, 7% of the daily recommended

Because tomatoes have relatively high water content, they're filling. Betacarotene in tomatoes provides skin protection from sunburn. Their lycopene content reduces risk of several types of cancer and their antioxidants fight free radicals in the body.



PHOTO: LORETTA SORENSEN

TOMATO SOUP

2 cups tomatoes (fresh, frozen or

canned) 1/2 to 1 teaspoon dried basil

1/2 to 1 teaspoon salt 1/2 to 1 teaspoon veggie seasoning

(such as Spike) 1/2 to 1 cup water (more water for thin

1/2 teaspoon black pepper (optional) 1/2 cup of milk or cream (optional) Additional herbs/spices can be added

Add all ingredients to blender and mix well. Use herbs and seasonings according to individual tastes. Heat in small saucepan or in microwave. Using the least amount of heat will help preserve vitamin, mineral and enzyme content. For lower calorie soup, omit the milk/cream.

integrate checklists and reference tools into surgical processes to ensure the delivery of evidencebased surgical care. They also discussed methods to reduce error associated with

human fac-

Bietz and Weeks shared

strategies to

Weeks

tors and improve overall performance through use of technology and the electronic medical record. Bietz and Weeks commended the ASHH medical staff, and its nursing and anesthesia staff, for their commitment to the SCIP standards. ASHH has consistently ranked among the top 10 percent of hospitals in the nation for achieving SCIP standards.

Other sessions at the Premier conference featured NBC medical correspondent Nancy Snyderman, MD; former Utah governor Jon Huntsman; presidential advisor David Axelrod; and Harvard professor Nicholas Christakis, MD, PhD.

Team HOPE Poker Run Set

The third annual Team HOPE Benefit Poker Run will be held Saturday, Aug. 30, with registration set for noon-1 p.m. at Kozy's (Highway 50 west of Yankton).

The route continues ot Joe's Substation south of Lesterville, Keg in Tabor, Bottle Shop in Tyndall, Menno and ending at Trev's Corner in Lesterville. Any and all vehicles are welcome

A BBQ meal will be from 6:30-8 p.m. with a street dance following in Lesterville. It is open to the public.

Proceeds will be used to fulfill the Team HOPE mission: To continue supporting area individuals and families affected by cancer.

Donations can be made to the Team HOPE Fund set up at the Services Center Credit Union, 609 W. 21st, Yankton. S.D. 57078 or to Karen Edler, 3018 N. Francis St., Yankton, S.D. 57078

Coach Rozy

Training For Anticipation In Your Performance

BY MARK ROOZEN

M.Ed., CSCS*D, NSCA-CPT,*D,

I want you to take a few minutes and think about the following question before you answer it. Can you train for the unexpected?

No — of course not, that's why it's called "unexpected," because we don't know something is going to happen. But with that being said, WE CAN TRAIN OURSELVES TO BE BETTER AT ANTICIPATING EVENTS AND SITUATIONS.

Let me give you an example. The other day I had a coach who was telling me that a particular defender on his soccer team was slow. When we tested her, we found she was one of the fastest players on the team in terms of the agility, shuttles, runs and other drills. After much discussion with the coach on how she was getting beat and the fact that she was fast and had great footwork in training sessions, we came to the conclusion that she had mental lapses where her anticipation skills were nowhere to be found. She had trouble "seeing the game." In training, she could run around cones with the best of them. In a game situation, with people moving, the ball in play and so much happening around her, she was unable to use those PHYS-ICAL SKILLS to be the best athlete she could be.



Mark **ROOZEN**

on with player, we might have spent months on ladder drills (training

out the

Because they're a good source of

blood sugar and their vitamin A can im-

blindness. The vitamin A can also help

make hair strong and shiny.
This is hardly a comprehensive list

of the health benefits of tomatoes, but

This quick and easy tomato soup

minutes to help you enjoy all the health

benefits of tomatoes. It's just the right

amount for one two-cup serving but is

hopefully it inspires you to include

recipe can be prepared in just a few

them in your menus.

easily doubled.

chromium, tomatoes help regulate

prove vision and help prevent night

footwork), plyos (jumping drills), agility cone runs, etc. To improve her speed on the field (which is really anticipation skills) she needs to be coached as these situations are happening. Then she needs reps, doing the skill over and over again — in training, in practice and in game situations or scrimmages, where she can learn to feel what is going on around

Do you do the same thing with your training? Are you taking your training and able to APPLY it to what you do. Maybe it's not even sports, but your leisure activity or even your job. We talk all the time about training with a purpose. One purpose of training is to be able to live a healthier, injury free and more fit way of life. By using training to help with how we move and how

In the example of our soc-

cer player, she needs to watch the opponent's movements and see if she can anticipate what is going to happen next, or put herself in that situation. correctly, and gets positive, proactive coaching to set the situation for her, combined with live action drill work so she can workout the situation in her head, she will be able to shorten the thought process between seeing and reacting. TRAINING FOR THE UNEX-PECTED! All of this is happening before a decision to move or react is made. Anticipation is the set up moment for speed. As we make the transition from Awareness to Recog-

nition, we start to see a players "Game Intelligence" begin to show up. When we put ourselves into situations that happen when we work and play, the anticipation stage and enter the recognition stage. When this happens, we can get our mind playing out potential outcomes and get our body prepared to react, which makes us better athletes, live injury and pain free, do what we want to do instead of holding back because we don't know if our body can handle what we'll be asking it to do.

So how I you do this in your training program. Work to train MOVEMENT and not

just muscle. If you are braced in a machine, on your bottom and sitting or building your workout around moving in one direction, you might need to We will in a chaotic environment in life, so we need to train in that same type of environment, under some guidelines, when we workout. Use balance training in your program. Pretty simple — want to still do dumbbell arm curls do it on one leg! You might have to lower the weight to start, but you'll be moving the

arms, but the core, legs and other parts of the body will get activated. There are a number of things you can do TODAY to improve your PECTED. Start today, and expect great results.

 For more information on how to implement some of these ideas into your training program, go to www.coachrozy.com or call him at 817-219-2811.



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