

Things I Wish Farm Families Understood

BY VAL FARMER

MANAGING PERSONAL AND FAMILY LIFE

- It is important to share the emotions, struggles and triumphs of daily life with each other. Too many farmers and their wives grow apart by not talking enough. The lack of a shared life causes marriages to wither and emotions to be withdrawn from a lifestyle that is too hard without mutual goals and commitment.

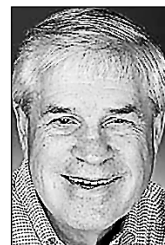
- In relationships, it is important to take the time to really listen and understand each other before reflexively giving one's own opinion. Listening seems to be a lost art and poor listening leads to misunderstandings and poor relationships.

- Anger and temper problems are destructive in relationships and need to be nipped in the bud through disengagement, self-control, patience, and choosing more thoughtful ways to express frustrations.

Too many farmers haven't learned to control their tempers and damage their relationships through angry outbursts.

- It is important to nurture and meet the emotional needs of one's spouse and family as well as managing and working in farming.

Too many farmers put the farm ahead of the needs of their spouse and



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children and drive a wedge between themselves and their family.

- It is important to learn to manage personal stress rather than have stress spill over on to family members and non-family employees.

Too many farmers are unaware of how their negative emotions and poor emotional control affect people around them.

- Rural couples need to learn to say "no" and establish their own set of personal and family priorities when confronted with too many demands in their rural communities.

Too many farm families feel consumed by all the demands of the community and worry about their image while neglecting self-care and family concerns. By being clear about goals and priorities, families can stay in control of their lives.

- It is important to seek help for marital difficulties before problems become magnified and too much damage has been done.

Too many farmers don't take their wives' unhappiness and complaints seriously enough and don't go for help until their wife's motivation for change has been sapped and she wants out of the marriage.

APPROACHES TO FARMING.

- It is important to live a balanced lifestyle where farm work is offset by positive relationships, leisure, reflection, spirituality, service to others, and deep communications.

Too many farmers invest their time, attention and energy into farming and neglect their own needs and the needs of other family members. The farm and farm work become too important - an end in itself instead of a means to an end.

- Fathers need to be patient, gentle teachers who put feelings and excitement of children working with them ahead of doing things right.

Too many farmers alienate their young children by being too critical, explosive, or impatient when mistakes are made. A farm family needs an atmosphere where fun, light-hearted humor and play are a regular part of family living.

- When farming with adult children, it is important to be open to ideas, delegate meaningful responsibility and share decisions in the spirit of true partnership.

Too many farmers have a top down style of management that robs their operations of motivation, commitment and ideas that would make for better farming and happier people. They stunt the growth and motivation of their farming partners by being too much in control.

- Many problems in multi-family farming operations can be solved by having well-organized and well-run family business meetings.

Too many farmers attempt to run a complex business without a systematic way of bringing up and resolving conflict, coordinating activities, and discussing short and long range goals. Unresolved conflicts take a toll on family relationships and limit business success. The most important work on the farm is grooming and preparing the next generation of successors - whether it is in the operation itself or for life in general.

- Record-keeping, financial management, and fiscal review of farm and family living expenses are an important part of farming success.

Too many farmers neglect bookwork in favor of the more satisfying and compelling "hands on" work.

COPING WITH ADVERSITY.

- When faced with financial and emotional pressures, it is important to share one's dilemma with a confidant.

Too many farmers internalize their problems and withdraw emotionally in order to avoid dealing with it or to protect their loved ones. They don't realize that by expressing their concerns, they start themselves on a problem-solving process and allow their loved ones to care about them and to share their own ideas and concerns.

- During a time of crisis, a couple

needs to go through adversity together and communicate well, minimize conflict and be mutually supportive. Too many women feel isolated and helpless when their husbands refuse to communicate or lash out with anger and blame during times of stress.

- If debt looms as an emerging concern, farmers need to seek financial and emotional advice a lot sooner in the process of gaining control and confidence in their plans.

Too many farmers wait too long to get help when they are in financial trouble. Their debts spiral downward and out of control. Their personal coping and family relationships suffer in the process. Unrecognized and untreated depression can take a toll on marriage and also results in social withdrawal and poor financial decisions.

Dr. Farmer's book, "Honey I Shrank the Farm" is on sale for \$9.00. Free shipping. Order through www.vallfarmer.com.

Val Farmer is a clinical psychologist with MeritCare in Fargo, North Dakota. He specializes in rural mental health and family business consultation.

This column is sponsored by Lewis & Clark Behavioral Health.

VISITING HOURS:

Building A Strong Heart: Cardiac Rehab

BY CATHY K. LARSON, MS

Cardiac Rehab Coordinator
Avera Sacred Heart Hospital

Inside the Cardiac Rehabilitation area, you're likely to hear the hum of treadmills and recumbent bicycles. You're also likely to hear the sounds of life and laughter.

Each year, the Avera Sacred Heart Cardiac Rehab facility is responsible for helping patients pedal their way back to good health. The 4 to 12-week program is a critical process for recovering heart patients.

We average 1000 patient visits per year to our cardiac rehabilitation program.

The American Heart Association reports that coronary heart disease kills 500,000 each year. In 2010, it is estimated that 785,000 will have their first heart attack and 470,000 will have a recurrent heart attack. Every minute someone will die of a heart attack.

The good news is that the prognosis for many of those patients is promising. In fact, with proper exercise and nutrition, many heart attack patients resume full and active lives.

Heart trouble changes everything. Diet, exercise, activities, old habits - nearly every corner of one's life is touched by the

sobering experience of a heart attack or a diagnosis of heart disease. Then come the questions: "How bad am I?"; "What can I do to get better?"; "How can I make sure this doesn't happen again?"

Cardiac rehab can make a change for the better. Cardiac rehabilitation is a program concerned with the full development of each cardiac patient's physical, mental, social, spiritual and vocational potential. It is a heart monitored exercise and education program designed to be a positive experience. If you have had a heart attack, open heart surgery, angioplasty, stenting or have a diagnosis of heart disease, you are a candidate.

No one can make you change your ways - it's completely up to you. But, with self-determination in place, Avera Sacred Heart Hospital's Cardiac Rehabilitation Program provides all the other tools you'll need to rebuild your health.

What is cardiac rehab all about?

The overall goal of the program is to assist individuals in returning to a more healthful, productive lifestyle and prevent further progression of cardiac disease. Before you are enrolled in the program you will need a referral from your physician.

Avera Cardiac Rehabilitation has patients ranging in age from 28 to 92. The exercise class runs for approximately 60 minutes, three times a week. Patients are given an individualized exercise prescription and have their heart rate, heart rhythm and blood pressure monitored throughout the program. Exercise equipment is utilized to improve cardiovascular strength and endurance. Education focuses on controlling cardiac risk factors highlighting nutrition, exercise guidelines, smoking cessation, stress management and blood pressure control, blood sugar control and medications. Patients are also instructed on the signs and symptoms of heart disease, and when to seek medical attention. We also provide a user-friendly CPR class.

Program benefits include:

- Increased energy and enhanced self-awareness and confidence
- Meeting other heart patients in a friendly, supportive environment
- Strengthens heart muscles and improves blood flow to the heart
- Lowers blood pressure and cholesterol
- Promotes weight loss and reduces stress
- Diabetic prevention and

management

- Increased muscle tone and flexibility

Our program became certified this year through the American Association of Cardiovascular and Pulmonary Rehabilitation. This national association sets forth rigorous standards to ensure top quality patient care.

Cardiac Rehabilitation week is Feb. 14-20. The theme this year is "Building a Strong Heart. You can do it. We can help."

The American Association offers a wealth of information. Heart360.org is a great tool to track and manage heart health.

If you have been through our program and feel yourself slipping in your exercise habits, ask about our Phase III and Phase IV maintenance programs.

For more information about cardiac rehabilitation, don't hesitate to call at 668-8037. We are located in the Wellness Center which is on the second floor of the Avera Surgery Center Building.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Stewart Has Successful Reflections Program

Eighty-three students participated with 126 projects submitted at Stewart Elementary School in the 2009-2010 National PTA Reflections Program. This was the fourteenth year that the Stewart PTA has sponsored this program. Students created works in Literature, Musical Composition, Photography, Visual Arts, and Dance Choreography in response to this year's theme, "Beauty Is..." The local business that contributed to the Reflections Program was Monta's Framing and Design. Ribbons and trophies were awarded at a special ceremony. First and second place works will advance to the state level for further judging.

The following students placed in the program. Primary Division (K-2) - Literature: First place-Isaac Nedved; Second place-Kinzie Decker; Visual Arts: First Place-Isaac Nedved; Second place-Molly Savey; Third place-Brody Burgeson; Photography: First place-Sara Carr; Second place-

Gabby Pietila; Third place-Cole Rumsey; Dance Choreography: First place-Sara Carr.

Intermediate Division (3-5) - Literature: First place-Makenzie Delozier; Second place-Mckenzi Kruger; Third place-Samanta Simonsen; Visual Arts: First Place-Carly Turner; Second place-Abbigale Rehurek; Third place-Kayli Esser; Honorable mention-Piper Mikkelsen; Photography: First place-Josh Carr; Second place-Baylee Kenney; Third place-Abbigale Rehurek; Honorable mention-Madison Styles; Music Composition: First place-Benna Becker; Second place-Josh Carr; Dance Choreography: First place-Hannah Vetter; Second place-Olivia Larson.

Congratulations to all the winners and the participants of Stewart Elementary School. Next year's theme is "Together We Can..." Stewart Reflections Committee is Chasity Feser-Chairperson, Beth Pietila, Kari Rumsey, Peggy Marquardt, and Marcia Withrow.

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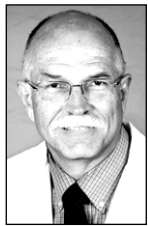
Kemp Named S.D. Family Physician Of The Year

VERMILLION — Earl Kemp, M.D., was awarded the 2010 South Dakota Family Doctor of the Year by the South Dakota Academy of Family Physicians.

Kemp is an associate professor of family medicine with the Sanford School of Medicine of The University of South Dakota.

Kemp is the director of the Sioux Falls Family Medicine Residency Program at the Center for Family Medicine. He has been associated with the medical school for more than 30 years. Kemp serves as a tuberculosis consultant and clinician for the South Dakota Department of Health. His professional interests include smoking cessation, patient education, disease prevention and maternity care.

He received his medical degree in 1972 from the University of Iowa and interned at McKennan Hospital. The Sioux Falls Family Medicine Residency was created in 1973 and has 300 graduates. The program is sponsored by Avera McKennan and Sanford Health Hospitals and is affiliated with the medical school.



Kemp

MOMS, DON'T WORRY. IF THOSE CHEST PAINS ARE JUST INDIGESTION,
EVERYONE WILL BE GLAD TO EAT OUT LATER.

No matter how busy you are taking care of your family, don't ever ignore the signs of a heart attack. Drop everything, dial 911 and go straight to the Avera Sacred Heart emergency department. Women experience different symptoms than men. Visit Minervas during February to learn more, see the Avera Sacred Heart display and register for prizes. No purchase necessary.

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