

Visiting Hours

Showing Appreciation For Nurse Anesthetists

BY BETTY BISGARD, CRNA
 Avera Sacred Heart Hospital

In recognition of their profession's long history and enduring record of patient safety, Certified Registered Nurse Anesthetists (CRNAs) in Yankton, SD, and across the country are celebrating the 14th annual National Nurse Anesthetists Week, January 20-26, 2013, with this year's theme of "Promoting a Noble Profession."

Established by the American Association of Nurse Anesthetists (AANA), National Nurse Anesthetists Week was created to encourage CRNAs to take the opportunity to educate the public about anesthesia safety, questions to ask prior to undergoing surgery and the benefits of receiving anesthesia care from nurse anesthetists.

One of the many rewards of being a nurse anesthetist is providing patients with the comfort of knowing that we will be by their side monitoring their vital signs and adjusting their anesthetics to ensure a pain free and safe anesthesia experience. National Nurse Anesthetists Week serves as an opportunity to inform the public exactly what CRNAs do and who we are.

Nurse anesthetists are advanced practice registered nurses who administer approximately 32 million anesthetics in the United States each year. CRNAs practice in every setting where anesthesia is available and deliver anesthetics to the vast majority of rural hospitals while offering obstetri-

cal, surgical and trauma stabilization services to these underserved areas. CRNAs have been the main provider of anesthesia care to U.S. service men and women on the front lines since World War I.

The South Dakota Association of Nurse Anesthetists is a statewide professional organization of CRNAs dedicated to providing quality anesthesia care to patients and promoting the profession of nurse anesthesia. CRNAs in South Dakota are the sole anesthesia providers in 76% of South Dakota's hospitals and are the sole providers in 100% of South Dakotas rural hospitals.

We take pride in belonging to a profession that has been at the forefront of anesthesia patient safety for over 150 years. CRNAs play a key role in developing trends related to monitoring technology, anesthetic drugs and standards of care. In fact, due to continuing research and education, anesthesia today is nearly 50 times safer than it was 20 to 30 years ago.

Founded in 1931 and located in Park Ridge, Ill., the AANA is the professional organization for more than 90 percent of the nation's CRNAs and student registered nurse anesthetists. To learn more about National Nurse Anesthetists Week or the AANA, visit www.aana.com.

At Avera Sacred Heart Hospital, nine full-time and two part-time CRNAs provide anesthesia in collaboration with two anesthesiologists.

What Lincoln Taught Us About Health

BY DR. MIKE ROSMANN

Most historians believe Lincoln struggled throughout his life with bouts of melancholia, the term used for depression during his time. He had to find behavioral remedies because there were no antidepressant medications.

Lincoln's upcoming birthday on February 12 reminded me to offer my perspective about how he coped with his depression and his wife's bipolar tendencies.

Among the many books and articles I've read about Lincoln, Doris Kearns Goodwin's 2005 book, *Team of Rivals: The Political Genius of Abraham Lincoln*, was a particular inspiration, as was Steven Spielberg's recent movie, *Lincoln*.

Both Goodwin and Joshua Shenk, in his 2006 book, *Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness*, indicate Lincoln's first serious episode of depression likely occurred in 1835 when he was 26 years old. The woman he was courting, Ann Rutledge, died, probably of typhoid fever.

Lincoln had lost the three women to whom he had become closest during his young life: his mother, his sister, and now Ann. Goodwin reports in her book that neighbors of Lincoln noticed he became desperately sad during dark gloomy days; they feared he might become deranged if he didn't pull himself together.

Some 20 months later Lincoln moved to Springfield, to practice law in the town that became the Illinois capital; his mood was brightening.

According to Goodwin and Shenk, Lincoln's second serious bout of depression occurred in 1840-41. Lincoln earlier had met Mary Todd, a vivacious, intelligent socialite some nine years younger than him. They were attracted to each other despite their opposite personalities, or perhaps because of that.

Mary and Abraham became engaged after several months of courtship and set their wedding date. The winter before they were to be



Dr. Mike
ROSMANN

married, Lincoln became deeply troubled; the couple broke off their engagement.

It isn't clear what precipitated the break-up, but Lincoln's best friend, Joshua Speed, wrote years later that probably Lincoln felt he didn't deserve Mary. Was Lincoln affected by the previous losses of women to whom he became close and determined to not put himself into a situation where he could get hurt again?

Joshua was Lincoln's landlord; they shared the same double bed. It was not unusual for men to bunk together because living and sleeping accommodations were few in that era. They lived in a room above Speed's general store. Customers often gathered for conversation at the store and to enjoy Abe's stories.

Sharing long nights together, whether in front of the fireplace or in bed, enabled the men to become fast friends who knew each other's intimate thoughts. There is nothing of record that indicates Lincoln and Speed engaged in anything other than friendship.

According to Shenk's book, after ending plans to marry, Lincoln became despondent to the point he could not work, ate little and spent days and nights listless and brooding. Worried about Lincoln taking his own life, Speed removed knives and other sharp instruments from their home.

Retreat from social interactions, loss of interest and pleasure, little desire to eat, feelings that one does not deserve something good, crying spells, utter hopelessness and thoughts of suicide—these behaviors are symptoms of depression.

With the encouragement of his best friend, Lincoln forced himself to engage in opposite behaviors. As the weather warmed, Lincoln took the walks outside that his roommate encouraged. The two men talked frequently and

told jokes again, although Lincoln's humor was probably self deprecating.

Both Goodwin and Shenk wrote that Lincoln drove himself to affiliate with people, even when he felt more like sinking into despair in his room. Lincoln wrote letters and talked to his acquaintances when he didn't feel like it.

Lincoln made himself work. He prayed intensely to use these experiences to make himself a better person.

Gradually the future president's spirits lifted. He began to think more clearly and asked Mary some 18 months later to marry him.

What Lincoln had gone through shaped his personal life and presidency. As the movie, *Lincoln*, portrays, the 16th president gently but firmly urged his wife to curb her excessive purchases during manic episodes. He conveyed understanding to Mary when their son, Willie, died and explained how their oldest son, Robert, needed to make his own decision about joining the Union Army.

Most importantly for the welfare of our nation, Lincoln forgave the slavery and insistence upon independence demanded by the southern states that temporarily formed the Confederacy. He modeled appreciation for diversity, compassion for those suffering, and the need to undertake reconciliation, which probably contributed to his own assassination but enabled the United States to get through its greatest rupture.

Coping with depression gave Lincoln fortitude and skills to deal with our nation's problems. President Abraham Lincoln provided us not only humane political leadership through an era of utmost civil turmoil, but he also taught us about managing our behavioral health. I often use his example to teach farm people whom I counsel about coping with depression.

Dr. Rosmann lives at Harlan, Iowa. He may be contacted at: www.agbehavioralhealth.com.

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SCHOLASTICS

YANKTON MIDDLE SCHOOL

Perfect Attendance 1st Quarter 2012-2013

8th Grade — Haden Adam, Mason Ballard, Kylie Bohy-Duhachek, Jeremiah Braxton, David Brown, Ian Burder, Levi Dangel, Lincoln Dangel, Joseph Delvaux, Haleigh Diede, Ethan Emmerich, Lindsey Hale, Nathan Hein, Elle Hiltunen, Daniel Hoffman, Kelsey Hudson, Chance Janda, Thaya Jensen, Austen Jerke, Chris Kinsley, Kyle Kleinschmit, Makayla Mahowald, Robert Marlow, Travis Munyer, David Myers, Shaun Pinkelman, Katina Schaeffer, Isaac Schulz, Gabriel Stone, Tyler Strahl, Madason Tessier, Dilyn Tramp, Hailey Vaillancourt, Gabriel Wenzlaff, Jesse White

7th Grade — Dylan Ainsworth, Kobe Bowker, Tecla Braxton, Wyatt Duncan, Ethan Eide, Jaxson Erickson, Destiney Fejfar, Ethel Flores, Tessa Folkers, Jazmyn Gunderson, Taylor E. Hamilton, Danielle Herlein, Brady Jaquith, Gabrielle Keiser, Cooper Kuchta, Lily Lammers, Nicole Langdon, Calvin Marsh, Madison McClure, Kendall Megard, Ryan Moderegger, Jacob Nelson, Garek Novak, Tyler Odens, Tate O'Hara, Karley Olson, Emily Oswald, Aurora Papstein, Alix Peterka, Bailey Peterka, Darin Pinkelman, Eleanor Rhoades, Kylie Rodig, Ian Russaw, Anna Savey, Robyn Schramm, Ashlynn Schwarz, Bailey Sejnoha, Abigail Van Osdal, Dalton VanBuren, Ben Wold, Riley Zimmerman

6th Grade — Halie Adam, Rylie Andrus, Hunter Antrobus, Justice Appgar, Taten Bahm, Dakota Barnes, Rylee Berndt, Jaycie Biel, Braden Boyd, Haylee Breen, Conner Brown, Layne Bunnis, Justin Cap, Miles Carda, Rory Comstock, Cody Crisman, Connor Davenport, Steven Dempsey, Cole Dolejsi, Lexi Eatherton, Madison Eggen, Kasey Erickson, Leola Felton, David Friedenbach, Brianna Haki, Brooklynn Haki, Trevor Hanson, Paxton Heinz, Marissa Heydon, Lauren Hill, Joshua Hofer, Jane Hoffman, Jade Houck, Arion Huntley, Jackson Husman, Price Jensen, McKenzie Johannsen, Jerah Johns, Alexa Johnson, Jacob Johnson, Elijah Jones, Chloe Koletzky, Tyler Kraft, Nicholas Kurtenbach, Dean Magnuson, Dalton Maibaum, Lane Mauch, Cole Miller, Olivia Miller, Peyton Mueller, Ashley Muller, Jacob Paulson, Owen Phillips, Logan Pinkelman, Jackson Raab, Bruce Roach, Zachary Rohde, Audrey Ruda, Rex Ryken, Nathan Sawtell, Brady Schaefer, Kaitlyn Steffen, Calissa Steinberg, Eric Styles, Dalton Swenson, Grace Tolliver, Tia Vlasman, Morgan Warnock, Katie White, Blake Wieseler, Cole Withrow, Kyle Withrow, Erica Wurtz

2nd Quarter Honor Roll 2012-2013 MERIT ROLL OF EXCELLENCE

Student's Grade Point Average (GPA) is 4.0 and UP

8th Grade

Anderberg, Jacey
Bratberg, Kaitlyn
Cowman, Linze
Diede, Haleigh
Emmerich, Ethan
Fedde, Lilyanna
Frank, Turner
Goeden, Brock
Jerke, Austin
Kinsley, Christopher
Lammers, Lucas
Lippert, Hunter
McKee, Sophie
Mines-Alver, Devan
Moser, Rebecca
Munyer, Travis
Perk, Lauren
Rehurek, Abbigale
Rust, Benjamin
Saylor, Josie
Schaeffer, Katina
Schulz, Isaac
Simonsen, Samantha
Steffen, Mason
Tessier, Madason
Tramp, Dilyn
Trezzo, Mathew
Westerman, Kelsey

7th Grade

Delvaux, Jennica
Haas, Amanda
Herlein, Danielle
Krejci, Cameron
Kruger, McKenzi
Lammers, Victoria
Langdon, Nicole
Lange, Adam
Lopez, Javier
Maldonado, Brooklyn
Megard, Kendall
Mikkelsen, Piper
Oswald, Emily
Palecek, Alexander
Palmer, Oakley
Rodig, Kylie
Savey, Anna
Schild, Lauren
Schmidt, Mary
Sejnoha, Bailey
Somsen, Jackson

6th Grade

Adam, Halie
Ahrens, Dharian
Boyd, Braden
Brazil, Jazmyn
Bunnis, Layne
Cap, Justin
Carda, Miles
Eggen, Madison
Erickson, Kasey
Feser, Owen
Frick, Michael
Haki, Brooklynn
Jones, Elijah
Kenney, Baylee
Kurtenbach, Nicholas
Lange, Grayson
Marcotte, Zoie Lee
McCorkell, Megan
Mueller, Peyton
Muller, Ashley
Neu, John
Paulson, Jacob
Riley, Elizabeth
Rodig, Morgan
Rohde, Zachary
Roth, Case
Ruda, Audrey
Ryken, Rex
Sawatzke, Cole
Wishon, Ethan
Withrow, Cole
Withrow, Kyle
Zimmerman, Nathan

ROLL OF EXCELLENCE

Student's Grade Point Average (GPA) is 3.5 to 3.99

8th Grade

Adam, Haden
Ballard, Mason
Bertsch, Zoey
Binde, Jace
Borstad, Zachary
Bradwisch, Britney
Braxton, Jeremiah
Crisman, Cheyanne
Erickson, Chase
Eskins, Ashley
Hale, Lindsey
Heinemeyer, Haylee
Henrickson, Madelynn

Hento, Allyson
Janda, Chance
Johnson, Isyck
Keller, Austin
Ketter, Alexander
Kokesh, Katrianna
Kuipers, Jordan
Lacey, Victor
LaFave, Matthew
Larson, Kade
Lynde, Dylan
Marlow, Robert
McGhee, Shayla
Nooney, Madeline
Olson, Erin
Radack, Shelby
Rausch, Dylan
Sasse, Allurah
Sawtell, Dalton
Skillingstad, Brady
Slate, Treyson
Stanga, Riley
Stone, Gabriel
Strahl, Tyler
Swensen, Kalie
Vaillancourt, Hailey
Vogt, Chase
Wagner, Hailey
Wenzlaff, Gabriel

7th Grade

Ahlers, Austin
Albrecht, Kristyn
Becker, Brenna
Bowker, Kobe
Braxton, Tecla
DeLozier, Mackenzie
Flores, Ethel
Folkers, Tessa
Gunderson, Jazmyn
Haak, Lance
Harris, Emma
Harris, Nicholas
Keiser, Gabrielle
Knouse, Emily
Kotschegarow, Taylor
Kraft, Ryan
Krejci, Casey
Kuchta, Cooper
LaBarge, Andrew
Larson, Haley
Magana, Heriberto
McClure, Madison
Moderegger, Ryan
Nockels, Sky
O'Hara, Tate
Papstein, Aurora
Pesek, Destiny
Peterka, Alix
Peterka, Bailey
Purzol, Lillian
Rhoades, Eleanor
Ryken, Addison
Saborit, Gabriel
Scoblic, Guthrie
Smurthwaite, Aaron
Upton, Peter
Vetter, Hannah
Weinandt, Cassidy
Wold, Benjamin
Zimmerman, Riley

6th Grade

Anderson, Noah
Andrus, Rylie
Antrobus, Hunter

Bain, Donovan
Barnes, Dakota
Biel, Jaycie
Bowker, Laila
Canady, Saige
Chavez, Perla
Comstock, Rory
Cooke, Jady
Crisman, Cody
Davenport, Connor
Dempsey, Steven
Felton, Leola
Fitch, Trinity
Friedenbach, David
Goeden, Sydney
Haki, Brianna
Rausch, Rachel
Heinz, Paxton
Hill, Lauren
Hofer, Joshua
Holman, Jacqueline
Houck, Jade
Huntley, Arion
Husman, Jackson
Jefferson, Calida * 1st & 2nd Qtr.
Jensen, Price
Johannsen, McKenzie
Johnson, Alexa
Johnson, Caleb
Kafka, Lauren
King, Zayne
Klimisch, Isaac
Koletzky, Caid
Koletzky, Chloe
Kozak, Tyler
Kraft, Tyler
List, Caleb
Lyman, Anna
Magnuson, Dean
Maibaum, Dalton
Marquardt, Elsie
Mauch, Lane
Miller, Cole
Mooney, Samuel
Muehlbeier, Isaac
Neumann, Cole
Noz, Bridget
Pacheco, Daniel
Phillips, Owen
Pierce, Amy
Roose, Jackson
Sawtell, Nathan
Schaefer, Madison
Sejnoha, Brianna
Shepherd, Matthew
Smith, Kaycee
Steinberg, Calissa
Talcott, Gentry
Tolliver, Grace
Tramp, Max
Vlasman, Tia
White, Katie
Wieseler, Blake

HONOR ROLL

Student's Grade Point Average (GPA) is 3.0 to 3.499

Anderson, Stephanie
Auch, Zoey
Bak, Jordan
Bohy Duhachek, Kylie
Brausey, Adrian
Bruckner, Shaelyn
Carroll, Destiny
Cornemann, Kami
Eilers, Nichole

Everson, Ashley
Fernandez, AJ
Frazier, Nicholas
Friedenbach, Camille
Gilbery, Jeremy
Guthmiller, Kaitlin
Hauger, Jessica
Hein, Nathan
Hill, Shanna
Hiltunen, Elle
Jansen, Samuel
Jensen, Thaya
Kleinschmit, Kyle
Knox, Nikole
Kotalik, Oliver
LaCroix, Katie
Lewno, Cole
Logue, Marielle
Mahowald, Makayla
Mason, Merlye
Mason, Morgan
McCorkell, Lexie
McDonald, Sarah
Nelson, Nathan
Novak, Mason
Odenbach, Brandy
Pinkelman, Shaun
Privett, Wesley
Sanders, Desirae
Sangster, Nathan
Santiago, Mathew
Schaa, Karly
Schlaefli, Cole
Schmidt, Kyle
Steffen, Savannah
Stewart, Emma
Sylvester, Lyndsay
Thomas, Casey
Tramp, Darian
Turner, Carly
White, Jesse
Wick, Gavin

7th Grade

Anderson, Reese
Bakke, Treyton
Bos, Eli
Brinkerhoff, Lucas
Brummer, Cole
Carr, Joshua
Cuka, Abigail
Diedrichsen, Cole
Duncan, Wyatt
Dykstra, Gerrit
Eide, Hanna
Erickson, Jaxson
Fejfar, Destiney
Franzen, Kellen
Gale, Taten
Galvan-Hofer, Joshua
Hamilton, Taylor
Hawkins, Amanda
Hohbach, Devan
Hussein, Khalid
Jaquith, Brady
Knight, Ryan
Kuchta, Lacinda
Lammers, Lily
Lane, Lanna
McQuin, Tanner
McKinney, Tanner
McNatt, Alexa
Monteith, Kiara
Morkve, Amelia
Muhammad, Laila
Odens, Tyler
Olson, Karley

Ordaz, Sara
Padron, Carmen
Paulsen, Emily
Roberts, Devin
Roy, Grace
Sasek, Jack
Schramm, Robyn
Schwarz, Ashlynn
Strub, Cagie Daniel
Trenhaile, Allyson
Van Osdal, Abigail
VanBuren, Dalton
Wagner, Kaylyn
Wermers, Raymond
Woods, Isiah
Wootton, Austin
Zimmerman, Levi
Zoeller, Joseph

6th Grade

Alver, Dylan
Appgar, Justice
Bahm, Taten
Barnett, Tamiah
Beil, Courtney
Beltran, Rhett
Beltz, Weston
Binder, Jodi
Blake, Hunter
Brandt, Alexus
Brazil, Brayden
Carda, Jack
Dolejsi, Cole
Dooley, Bailey
Drotzmann, Michael
Hamilton, Taylor
Hausman, Alyxxus
Hejna, Payton
Heydon, Marissa
Hoffman, Jane
Jensen, Jasmine
Job, Coebien
Johns, Jerah
Johnson, Jacob
Juhl, Jaicia
Kapla, Jace
Kolberg, Reagan
Kralicek, Quinn
Miller, Olivia
Morrison, Fernando
Nelson, Logan
Plath, Gabriel
Raab, Jackson
Reyes, Thalia
Roach, Bruce
Rock, Jason
Rueb, Jaret
Ryken, Lilly
Schoenfelder, Lucas
Schultz, Ty
Schweitzer, Hannah
Snoozy, Phillip
Stahlecker, Destanie
Stanga, Isiah
Steffen, Kaitlyn
Tokarick, Tyler
Tramp, Aydon
Tramp, Noah
Vellek, Payton
Warnock, Morgan
Williams, Jocelyn
Zoss, Tina Jordan

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Advancing Our Commitment In Creighton

TRUST

Dr. Daniel Johnson will now see patients in Creighton

Dr. Daniel Johnson, an orthopedic surgeon with Orthopedic Institute in Yankton, will now see patients in Creighton at Avera Creighton Hospital. Dr. Johnson received his medical degree from the University of South Dakota School of Medicine. He completed his orthopedic residency at the McLaren General Hospital in Flint, MI. Dr. Johnson specializes in general orthopedics, especially sports injuries, fractures, total knee replacements and upper extremity problems.

Orthopedic Institute has gained a reputation as the region's most trusted name in comprehensive orthopedic care. We're happy to regularly serve the Creighton area.

Dr. Johnson will see patients at Avera Creighton Hospital beginning January 24, and then will see patients the second Thursday of the month. To make an appointment, please call **605-665-0077** or toll free **1-888-331-5890**.

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