

Visiting Hours

The Best Options For Senior Fitness

BY ANGIE O'CONNOR

Avera Sacred Heart Hospital

Do you hope to maintain quality of life as you grow older? Is it important that you're able to perform your daily tasks, enjoy your recreational activities and care for yourself? You probably would like to stay fit, trim, strong and mobile for as long as possible. You can do more than just hope for these qualities as you age since many of the symptoms of old age are actually symptoms of inactivity. For example, muscle weakness, balance problems, bone loss and sluggish metabolism are changes that are associated with aging, but are not exclusively caused by it. Making exercise a part of your regular daily routine can help improve your physical and mental well-being.

What kinds of exercise improve health and ability? There are four different types of exercises that help older adults improve overall health conditions. Strength exercises are geared to make your muscles stronger. Having stronger muscles means having more strength to do things on your own. Even very small strength gains can make a big difference in day-to-day abilities. Strength exercises also increase your metabolism, helping to keep your weight and blood sugar in check. That is especially important since obesity and diabetes are major health concerns for older adults. Also, studies suggest that strength exercises may help reduce the risk of osteoporosis.

Strength exercises can be done through lifting weights and/or working with resistance bands.

Cardiovascular exercise is a type of exercise that will increase your breathing and heart rate. This type of exercise will help improve the health of your lungs and heart. It will give you more energy for the tasks you need to do to live and do things on your own, such as climbing steps and grocery shopping. Some examples of cardiovascular exercises are walking, biking, rowing, or any other activity that raises and sustains the heart rate for a period of time. Activities such as these not only aid in weight loss, but also may delay or prevent many diseases associated with aging, such as diabetes, colon cancer, heart disease and stroke.

Balance exercises help prevent falls, a common problem in older adults. Falling can cause broken hips and other injuries that often lead to loss of independence. Some balance exercises build up your leg muscles, while others require simple activities such as briefly standing on one leg.

Flexibility exercises help keep the muscles and joints in your body limber through stretching activities. The more flexible you keep your body, the less prone to injuries you are.

No time is a better time than now to get your body in better physical shape. Start by choosing an activity that you will enjoy doing, and maybe find a friend to exercise

with you. When beginning, ease into a program, have fun and let the benefits of exercise keep you going strong.

Avera Sacred Heart Wellness center offers over 150 group exercise classes per month. Many of these are specifically for seniors including our SilverSneakers® and Senior Toning classes. Water aerobics, and gentle yoga are great options as well. Call 605-668-8357 to see if you're eligible for a free Wellness Center Membership through the SilverSneakers® program.

Avera Sacred Heart Wellness Center is now a Silver&Fit® participating fitness facility!

Silver&Fit® is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit® provides eligible members with no-cost or low cost fitness memberships through arrangements with certain health plans. Silver&Fit® is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.

If your health plan offers Silver&Fit® and you would like more information about Avera Sacred Heart Wellness Center, please contact Avera Sacred Heart Wellness Center at 501 Summit Street, Yankton, SD 57078 or 605-668-8357. You may also visit Silver&Fit® at www.SilverandFit.com. Silver&Fit® is a federally registered trademark of American Specialty Health Incorporated.

Loan

From Page 1

month extension of the loan commitment on April 12, 2011.

Benda previously supervised the department under which the board operates.

Benda and two Northern Beef officials, David Palmer and Carl Wagner, met with the board on June 27, 2011. The board granted a six-month extension for the loan commitment.

Then on Feb. 12, 2013, the board granted the latest extension to March 1, 2014.

In March 2013, Gov. Dennis Daugaard's office received a subpoena from a federal grand jury seeking eight sets of information.

One dealt with Benda's travel while he was secretary. The other seven haven't been revealed.

That led to Daugaard's legal counsel requesting that state Attorney General Marty Jackley investigate Benda's travel records.

Jackley's probe confirmed Benda had double-billed for two trips to China and found a third instance where a trip to Las Vegas, Nevada, was double-billed.

Jackley said he also found that \$550,000 was redirected from a \$1 million grant that Gov. Mike Rounds approved for Northern Beef during his last month in office in December 2010.

Northern Beef attorney Rory King said the \$550,000 was placed in an escrow account under previous agreement with SDRC.

The agreement called for the money to be used to pay

a \$225,000 annual salary to a loan monitor, who turned out to be Benda.

The Daugaard administration terminated its EB5 management contract with SDRC in September.

Benda's body was found Oct. 22. He died of a shotgun wound to the abdomen on Oct. 20, according to the subsequent investigation overseen by Jackley.

Unknown at this time is what prompted the state board to formally withdraw the loan commitment some six weeks before it would have automatically expired on March 1, 2014.

The board's credit committee considered the matter at a meeting on Jan. 2 of this year. The recommendation was withdrawal, according to official minutes from that meeting.

The full board considered the recommendation in closed session Tuesday. When the meeting resumed in open session, the members voted unanimously to withdraw the financing package.

They didn't give any public explanation for the decision, other than a brief statement from chairman Jeff Erickson of Sioux Falls.

"Per our discussion," he said.

Before the roll call vote began, board member Greg Heinemann of Sioux Falls asked whether the decision could simply be unanimous. Erickson said the roll call was necessary because the meeting was held by teleconference. Heineman explained he was joking.

Daugaard administration officials didn't respond Tuesday afternoon to a reporter's questions about the timing and reasons for the withdrawal.

The state board administers the Revolving Economic Development Initiative loan program. It uses public funds from a 1987 sales-tax increase to make low-interest loans to job-creation projects.

Northern Beef's lawyer didn't respond Tuesday afternoon about how the packing plant would be affected by the withdrawal.

The \$5 million loan was one part of a substantial package of state government assistance for the project.

According to Tony Venhuizen, a spokesman for Gov. Daugaard:

Another state board known as the Economic Development Finance Authority made a \$20 million loan commitment in February of 2010.

Sixty percent was to be guaranteed by the United States Department of Agriculture-Rural Development's Business & Industry Guaranteed Loan Program.

The EDFEA loan commitment was most recently extended at the board meeting on Feb. 21, 2013. The extension was until March 1, 2014, but the EDGA board decided in September to withdraw that commitment.

Northern Beef also received major financial help directly and indirectly through the Future Funds grant program which is exclusively under control of the governor.

There was the \$1 million grant approved by Rounds in December 2010. That same day he approved a \$150,000 grant to the Aberdeen Development Corporation to conduct an economic impact study and perform marketing services with regard to NBP and South Dakota Certified Beef.

The Aberdeen Development Corporation expended \$52,159 from this grant.

There was a \$67,600 grant to the Mentor Group on Nov. 24, 2010, for the appraisal of the plant required for financing package.

A \$200,000 grant to Brown County was made on Dec. 29, 2010, for costs associated with road construction.

While still governor on Jan. 1, 2011, Rounds approved a \$300,000 grant to the South Dakota Department of Agriculture for the South Dakota Certified Beef Program.

Northern Beef was intended to be the packing plant for the high-grade beef produced from the certified program that Rounds had championed as governor.

Another grant of \$843,000 was made on Jan. 1, 2011, to NBP to train up to 562 FTEs, not to exceed \$1,500 per FTE. NBP has drawn \$582,000 from this grant to train 427 employees to date.

Rounds also made a \$1,200,000 grant to the South Dakota Development Corporation, a quasi-state agency, on June 1, 2010, to provide a conditional loan to NBP for construction costs and employment recruiting. The loan wasn't made, however.

Daugaard approved a \$2,000,000 grant to the SDDC on Dec. 30, 2011, to assist the SDDC in providing a \$3,000,000 bridge loan to NBP for operating costs. The loan was paid in full on Sept. 26, 2012.

State Department of Revenue records show Northern Beef also received state construction-tax refunds totaling \$844,994.30.

lar pace)," Garrity said. "I think we're going to see more of a shift toward what we call vacation homes, where people come in and do a \$90,000-\$130,000 home."

As work is done on the Highway 52 corridor plan, he said groundwork is being done for such developments in the lake area.

"It looks like we're going to see more and more multi-family units, too," Garrity added.

While construction of grain bins slowed in 2013, he said the value of ag structures built was still up 8 percent over the previous year.

"The ag economy remains strong," Garrity stated.

You can follow Nathan Johnson on Twitter at twitter.com/AnInlandVoyage. Discuss this story at www.yankton.net/.

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Childhood Traumas Affect Later Lives

BY DR. MIKE ROSMANN

One of the ways my wife, Marilyn, and I like to help

our adult children is by providing childcare for their infants so the parents can return to their professions. We spent several weeks during the past holidays with our newest grandchild, four-month-old Michael, as well as his two-year-old sister, Alexandra, who live in Utah.

While Marilyn stayed in Utah, I returned to Iowa the day after Christmas so I could take care of things at home and look after Layla in Polk City, Iowa until Marilyn returned to Iowa. Both sets of her grandparents take turns caring for sociable little Layla, who turns six months old on January 29.

What fun it was to hear Alex call out "Where's Papa?" (Alex called me either Grandpa or Papa) when she arose in the morning or from a nap. Equally pleasant were ready smiles from Mikey and Layla while I played with them or changed their diapers.

Providing safe, consistent nurturing care to infants is an important investment in their emotional well-being later on. How babies, both human and animal, are nurtured in their infancy affects their later development both psychologically and physically.

Persons who raise pets and livestock know when animals are terrorized as babies, such as by predators or mistreated by caretakers, they usually fear the source of their terror afterwards. They tend to grow slower and are more prone to health issues.

Four main factors are predictive of the degree of later maladjustment: the severity, frequency and type of trauma, and the age at which it occurred. Dr. Lenore Terr, a San Francisco child psychiatrist, undertook much important work in the 1990s to describe the effects of early childhood trauma.

The more severe the trauma and the more times the trauma is repeated, usually the more lasting and severe the maladjustment. Often the harm cannot be fully undone by therapy.

Terr identified two main types of trauma. Type I traumas are unanticipated but single events that trigger terror, such as a car crash, the death of a parent or a major illness. Usually children respond well to treatment or good care that protects them after the single event.

Type II traumas are repeated serious events that become anticipated before their recurrence, such as periodic beatings by a drunken perpetrator. The victim anticipates physical abuse whenever the victim detects the perpetrator as behaving drunk or smelling of alcohol.

Type II events can trigger extreme coping tactics, such as becoming emotionally numb or developing amnesia. Type II events usually result

in major maladjustment such as dissociative identity disorder (formerly called multiple personality disorder) or

other severe dysfunctions that might not be completely rectified even with extensive treatment.

Childhood reactions are not only post-traumatic stress responses but they pervasively influence the formation of behavior patterns. Children who are victims of repeated severe trauma may seem indifferent to

pain, show little empathy to others, experience episodes of uncontrollable rage or exhibit a variety of other indicators of serious maladjustment.

Yet some children who are victims of massive mistreatment have enormous resilience to develop more or less normally. They are the exceptions.

How does the age at which trauma occurs factor into later adjustment? As a general rule, the earlier in life the trauma occurs, the more pervasive its effects.

However, the role that memory serves in recording trauma is not fully understood. It is not clear to what extent very young humans can remember experiences; recent research shows children as young as two weeks remember much.

My impression from working professionally with children and from observing my grandchildren is that the ability to remember is significant at a very young age. At just seven months little Alex would cry when her mother was at work and if I sang a children's verse that reminded Alexandra of her mother's absence. I provided childcare to Alex for almost four weeks when she was two months old and again when she was seven months of age.

I know Alex recognized me as a familiar person four months later, for she immediately reached her arms out to me when Marilyn and I met her and her parents at the airport. Those experiences are precious to her and to me.

Children don't get to choose the kind of parenting and other experiences they will encounter after they enter the world. Children didn't start the wars that are occurring currently in half the countries of Africa and one third of the countries of Asia.

The United Nations estimates that almost a sixth of all children in the world experience malnutrition, including about 13 million children in the U.S. who lack adequate food. Too many children experience other maltreatments.

It is gratifying that Marilyn and I can do something to help make the lives of our grandchildren stable, healthy and safe. And it is gratifying that our children want our help with their children.

Dr. Rosmann is a Harlan, Iowa, farmer and psychologist, available at: www.agbehavioralhealth.com.

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Dr. Mike
ROSMANN

Building

From Page 1

Avera Sacred Heart Hospital.

"The other thing that kind of grinded to a halt in 2013 was residential shingling," he added. "We had some hail storm damage on two different occasions in the last several years that led to a lot of home renovations."

The value of permits issued for residential additions, remodels, garages and shingling plummeted from \$8.8 million in 2012 to \$1.9 million in 2013.

The value of new commercial building was up in 2013. It rose from \$1.9 million to \$2.6 million. At the same time, commercial additions and remodels fell from \$14.9 million in 2012 to \$4.1 million. In 2012, the Northern Lights project accounted for \$11.7 million of the value under commercial additions and remodels.

Among the larger projects permitted in 2013 were a

Mount Marty College cafeteria remodel, the AutoZone retail tenant finish, the Hy-Vee customer service area remodel, the GNC retail tenant finish, the South Dakota Magazine addition, the Mount Marty College science complex renovation, a 59-unit motel, the Yankton County EMT storage building, the Yogurt City tenant finish, the Shur-Co office renovation, the Avera Sacred Heart dental office finish and the Yankton Area Progressive Growth spec building.

One bright spot in the annual building permit report was the number of single-family houses built, according to Morrow.

"We built 20 single-family homes during 2013 versus 12 in 2012," he said.

It's the highest number of single-family homes built since 2009, when 28 homes were built.

The 10-year average for the number of single-family homes built annually is 31.2.

The average value of the homes permitted in 2013 was \$186,106.

Meanwhile, the total esti-

mated value of the 135 permits issued by the county in 2013 came in at \$8.8 million. It is a 14 percent decline from 2012, when the estimated value of permits was just more than \$10.3 million.

"I think the number one cause was a lack of large projects," Planning and Zoning Administrator Patrick Garrity said. "This was probably the first year in quite a while that we didn't have a single large project."

The 2013 valuation is the lowest since 2009, when the value of permits issued was estimated at \$7.7 million.

"We've had worse and we've had better," Garrity said of the year.

Just as with the city, single-family home construction in the county inched upward. A total of 28 single-family homes were built — the highest since 2007. In 2012, there were 26 such structures constructed.

"I think we're going to continue to see single-family homes being built (at a simi-

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