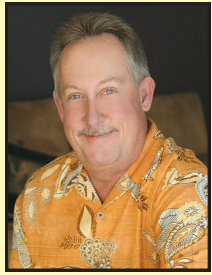


KIDS FIRST



Raising Healthy Drug-Free Kids

When referring to **Drug-Free**, I'm not speaking of street drugs but rather, over-the-counter and prescription medications. We live in a chemical world. And we teach our children to do the same.

Consider this; as a baby, your teeth hurt, or you had fever or colic, and the people who love you the most gave you a drug to ease your suffering. In grade school, you fell and the people who love you gave you a drug to end your pain. In high school,

you broke up with your girl/boyfriend and it was painful. The people who love you the most gave you a drug to ease your agony. In college, you didn't get the grades you wanted and the people who love you gave you a drug to help. And then there are the colds, flu's, etc. And again the people, who love you, gave you a vaccine or drug to protect you. Scary isn't it? Unfortunately, the public has been indoctrinated that this is the way it should be, - that medications make it "all OK," that drugs are good for you. There's something wrong with that concept! As a matter of fact, latest research indicates that properly prescribed medications are the fourth leading cause of death. Not OK!

Recently, however, there has been a new paradigm or shift in peoples thinking emerging. Most people now are no longer happy taking

drugs and are beginning to question their doctor. This is a good thing! The buzzword that is heard now is **WELLNESS** and **VITALISM**. Parents are beginning to realize that the health of their children comes only from a normally functioning body and not from a prescription pad. Most drugs do not correct a problem but simply change your body chemistry and cover-up your symptoms. Have you noticed that drug companies are advertising **prescription drugs** in popular magazines and suggesting that you ask your doctor to prescribe them to you. Drugs are a billion dollar industry that is losing profits because you are no longer satisfied with this approach to your health and the health of your children. This is a good thing!

Doctors of Chiropractic have been teaching patients that only a well functioning body heals.

In order to have a well functioning body, the nervous system that controls it also has to function normally. Chiropractors deal with interference to this normal function. We call this interference a **Vertebral Subluxation**. It can have serious health consequences. It is for this reason that I feel it is imperative for children to be checked for vertebral subluxations.

If you would like additional information on how to raise a healthy drug-free child, you are welcome to attend one of our clinic presentations on this subject or call me. I'd be happy to help!

If you need additional information, please call me personally at 605-665-8228 and visit my website: www.plathwellness.com

Plath Chiropractic & Wellness

402 E. 3rd Street • Yankton, SD

Nelson

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ter," she said. "He has an outstanding work ethic and will continue to make strides in his career during his new endeavor."

Nelson said he has mixed feelings about his departure.

"It's a combination of excitement and anticipation for Arizona, but it's hard walking away from here," he stated. "It's been such a large part of my life and career."

Much has certainly changed at the facility in the 10 years that Nelson has overseen its operations.

An approximately \$750,000, 3,800-square-foot admissions area was opened in the spring of 2010. Work will soon commence on a \$5.6 million dietary services building. Additionally, Nelson helped convince the Legislature several years ago of the need to increase county fees for indigent persons who are admitted to the hospital.

In addition to those undertakings, Nelson said he is proud that HSC was a leading state agency

when it came to pursuing energy conservation measures.

"We did a complete decentralization of our old heating plant that had served the campus for 100-plus years," Nelson said. "By taking out a loan, we saved the state \$350,000 a year in energy costs and were able to pay that loan off early."

The project was completed about two years ago, and the loan was paid off last year.

It was also during Nelson's tenure that many employees at HSC unionized after a couple of failed earlier attempts.

"When a situation like that comes up, where staff indicate they are not happy with things, it is hard not to take it personally, because you want the best for everybody," Nelson said. "Was it personal? No. Was it a compilation of a whole bunch of things? Absolutely. We're not in a position to be in an antagonistic relationship with staff. Patients can't get the best treatment if staff is not satisfied with what they are doing and don't feel valued."

Nelson said he has mostly focused on two areas while leading HSC: the culture of care for patients and their environment of care.

"If we can't provide a therapeutic, comfortable and recovery-oriented treatment environment, there's really no reason for us to be here," he stated.

Nelson pointed out that, during the fiscal year that ended June 30, the hospital had the lowest number of incidents involving restraints or seclusion ever experienced at the facility.

"It has been a continual decline over the last 10-12 years," Nelson said. "I'm very proud of that. The staff do an incredible job. Nothing out here has been accomplished by one person. It is an entire team working toward the benefit of the patient."

Malsam-Rysdon affirmed Nelson's commitment to the culture of care at HSC.

"The culture of care at the Human Services Center is excellent," she said. "Cory, his leadership team and all of the staff at HSC have embraced patient-centered services that result in quality treatment outcomes for the indi-

viduals served at the facility."

As for the environment of care, Nelson said he has always believed that first impressions are lasting impressions, so he makes sure the facilities at the hospital look nice and provide a warm atmosphere. That takes constant effort, he stated.

There have been plenty of challenges to achieving the aforementioned goals, according to Nelson. They range from the budget to the weather.

"A couple of years ago, we went through a major hail storm that did a lot of damage to a lot of parts of the campus," he said. "We had to put a whole new roof on the Mickelson Center. We've gone through blizzards the last couple of years, especially, where we had staff staying at the hospital three or four days in a row. Other staff, including myself, were going out with four-wheel drives, picking people up and taking them home."

Economic pressures at the state and federal level have also taken their toll, he said. The hospital's budget has been reduced and two full-time equivalent positions were cut this year. Meanwhile, HSC had 2,055 admissions last year —

about 175 more than the previous year and the second-highest total ever.

"Can we say that is tied to the economic climate?" Nelson asked. "I don't know that we can say that without looking at each case individually. But in these hard times, people who are on the border and have been able to make it with the support of family and other non-profit organizations may no longer have as many resources. When those families and organizations don't have the resources to help them, they may slip over to the other side and end up at the state hospital for help."

He said he looks forward to the recommendations of a task force created by Gov. Dennis Daugaard that will study how to provide more community delivery of behavioral health services for things such as substance abuse, developmental disabilities and mental illnesses.

"The governor's behavioral health task force provides a great opportunity to look at how we deliver care as a whole across South Dakota," Nelson said. "I would like to see the admissions to the hospital reduced because we're able to

provide better care in communities and keep patients closer to home. I think the challenge will be how to adapt the system to meet those types of needs."

As Nelson exits, the search for a new administrator has already begun. Applications are being accepted and Malsam-Rysdon said the search will continue until a qualified individual is found. In the meantime, Pam Van Meeteren, the clinical coordinator at the hospital, will serve as the interim administrator.

Having been involved with organizations such as the Yankton Area Chamber of Commerce, Junior Achievement, the Yankton Planning Commission and youth sports, Nelson said he will miss the life he and his family built in Yankton.

"It's been an honor to be at the Human Services Center and Yankton," he said. "My family has invested a lot into the community of Yankton. It's been a really wonderful experience. Yankton has so many great people and so many great things to offer."

Debt

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higher interest rates on the debt.

"No matter what 50 percent you choose to pay, there are things in that 50 percent you don't pay that would have really severe consequences," Rep. John Campbell, R-Calif., said afterward.

"There are people out there who keep saying we don't need to increase the debt limit at all. I think this was a way of saying, the people who are saying that need

to look at the practical consequences of what they are saying."

Rep. Paul Ryan, of Wisconsin, chairman of the House Budget Committee, told reporters after the meeting he had discussed the additional costs generated by a default — an event that would be likely to raise interest rates.

At his news conference, Obama said that would mean "effectively a tax increase on everybody" by affecting car purchasers, students and businesses.

The second White House news conference in a week was a testament to the overriding political and economic significance of the

issue that has convulsed Congress as well as the administration.

Urging lawmakers to cut trillions from deficits at the same time they raise the debt limit, the president said he favored a balanced approach that included spending cuts, changes to huge government benefit programs and higher taxes on wealthy individuals and certain industries.

It was an offer Republicans could — and did — refuse.

"There are going to be no tax hikes because tax hikes destroy jobs," said House Speaker John Boehner of Ohio.

While Boehner had earlier

shown some flexibility on closing tax loopholes as part of an unprecedented deal with Obama, many Republican lawmakers are adamant that deficit reductions be limited to spending cuts.

To underscore their conservative priorities, GOP leaders scheduled a vote for next week on legislation they said would cut \$111 billion in the budget year that begins Oct. 1.

It would also require a steady decline in spending as a percentage of the overall economy over the next decade.

Even some supporters conceded it was a symbolic gesture given the realities of divided

government.

"I think everybody knows the president won't sign this," Campbell said after the closed-door Republican meeting.

"But we're putting a marker down, and that's an important step that begins the process of solving this," he added.

If so, it was in a style that only congressional insiders might recognize as the beginning of the endgame to an unprecedented problem.

McConnell issued a statement announcing the Senate would vote on both a balanced budget amendment and the House's "Cut, Cap and Balance Plan."

His statement didn't say so, but neither measure has much, if any, chance of passage in the Democratic-controlled Senate.

Still, the votes themselves would clear the way for debate on the fallback plan the two Senate leaders have been working on for the past several days.

Senate aides said the measure was not yet fully drafted, but likely to come up for debate by the end of next week.

Obama offered measured praise for that option: "It is constructive to say that if Washington operates as usual and can't get something done, let's at least avert Armageddon."



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