

COMMUNITY CALENDAR

The **COMMUNITY CALENDAR** appears each Monday and Thursday. Contributions to this list of upcoming events are welcome and should be submitted two weeks before the event. Submissions **MUST** be typewritten or legibly printed and include the name and phone number of a contact person. Send items to *P&D Calendar*, 319 Walnut, Yankton, SD 57078, or email to news@yankton.net.

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, Minerva's Bar and Grill, 605-660-8849.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Whist, 12:45 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162
Divorce Care, 7 p.m., Calvary Baptist Church
Divorce Care For Kids, 7 p.m., Calvary Baptist Church
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.
Bingo, 7-9 p.m., Yankton Moose Lodge, 310 Walnut (through summer)

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Yankton Community Forum, 8:30 a.m. coffee, 9 a.m. meeting at Hillcrest, 605-664-5832
Billiards, 10 a.m., The Center, 605-665-4685
Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Yankton Alanon, noon, non-smoking session, 1019 W 9th Street
Nurse, 12:30-3:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Wii Bowling, 1 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous STEP Sessions, 7 p.m. and 8:30 p.m., 1019 W. 9th St.
Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed session, Trinity Lutheran Church at 816 E Clark St. Vermillion.
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 12:45 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
SHIINE, 1-4 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous, 7:30 p.m., non-smoking session, 1019 W. 9th St.
Springfield Footprints, 7:30 p.m., non-smoking open session, Catholic church, Springfield

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Wii Bowling, 9:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Yankton Sertoma, noon, Pizza Ranch, 605-661-7159
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street.
Avera Sacred Heart Hospital Toastmasters, noon, Benedictine Center; open session 605-665-6776
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Weight Watchers, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Take Off Pounds Sensibly (TOPS #SD 45), Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30. RTEC building, 1200 W. 21st St. For more information call 605-665-3738 or 667-9274.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut
Celebrate Recovery, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594
Freeman Alcoholics Anonymous, 8 p.m., non-smoking closed meeting, City Hall, 3rd and Poplar, Freeman.
Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th St.
Yankton Alanon, 8:30 p.m., 1019 W 9th Street

BIRTHS

Riken Ginsbach

David and Stace Ginsbach of Yankton announce the birth of their son, Riken Roger, born July 17, 2013, at 4:55 p.m. He weighed 7 pounds, 2 ounces and was 20

3/4 inches long.

Riken joins siblings Rylan, 5, and Rayce, 4. Grandparents are Chuck and Marilyn Ginsbach, Yankton, and Roger and Tammy Stock, Yankton.

BIRTHDAYS

VIVIAN MOUNT

The family of Vivian (Brunick) Mount invites you to join in celebrating her 90th birthday on August 8, 2013, with a card shower in her honor!

Well wishes may be sent to:

30978 Bluff Road
Volin, SD 57072

AVES CHRISTENSEN



Christensen

Aves Christensen of Yankton will be celebrating her 90th birthday on August 5, 2013. A card shower is being requested by her children.

Birthday greetings may be sent to her at 2905 Douglas #8 Yankton, SD 57078.

YHS Class of 1963 To Celebrate 50th Reunion In September

The Yankton High School Class of 1963 will celebrate its 50th reunion Sept. 12-15, 2013.

On Thursday, Sept. 1, registration and self-guided tours will take place from 3-5 p.m. at the Yankton Middle School (formerly Yankton High School).

On Friday, Sept. 13, a golf outing is being planned for those interested, followed by registration at Yankton High School (1801 Summit Street) from 5-6:30 p.m.; and then attending the football game at 7 p.m. that will feature the Bucks taking on the Brandon Valley Lynx.

Saturday, Sept. 14 will include a picnic at the lake, games, golf, and other activities to be announced, along with times.

From 5:30-7 p.m. Saturday evening, cocktails will be served around the firepit at Hillcrest Golf & Country Club (2206 Mulberry Street), fol-

lowed by dinner at Hillcrest from 7-10:30 p.m.

Festivities conclude on Saturday, Sept. 15, with the group gathering at the Fryn' Pan (502 West 21st Street), for breakfast at 9 a.m.

For additional information, including providing names of classmates, addresses, phone numbers, e-mail addresses, etc., e-mail Susan Weiger at weigersw@gmail.com/.

Mend Faster And Better After Surgery

BY MICHAEL ROIZEN, M.D.,
AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

Scheduled for surgery? You're no doubt thinking hard about what to do before and after to support optimal healing. Just in time, a series of good-news reports reveal that simple steps at home – and with your doctor's help – can slash infection risk, bolster immunity, reduce pain and help you recover better.

Case in point: Post-surgery infections hit up to 10 percent of patients, leading to longer hospital stays, more drugs and slower healing. But we know as many as 85 percent of staph infections after heart and joint replacement surgeries come from bacteria the patient brought with them. So having your doctor test your nose for staph bacteria a week or so before surgery is smart. If you're a carrier, the doc can have you swab your nose with an antibacterial ointment in the days before surgery and then provide a staph-busting antibacterial wipe two hours before surgery. Those precautions cut the risk of self-infection by 71 percent for staph and 59 percent for other infections.

Another smart move: Relaxing before your procedure. It can reduce pain and the amount of pain medication you need by 36 percent. That, in turn, can help you heal faster. We like progressive muscle relaxation and breathing exercises that tame tension by focusing your attention on each slow, easy inhalation and exhalation. Try doing it in the days and hours before surgery to reduce levels of stress hormones and cool post-surgery inflammation; you'll heal more quickly.

But don't stop there. Try guided imagery after surgery. Use your imagination to picture oxygen and nutrients



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

infusing wellness and healing throughout your internal repair zone, including the skin. It's been proven to help people achieve good knee stability after joint surgery, boost levels of skin-mending collagen after gallbladder removal and reduce pain after heart valve and other cardiac operations.

Clean up the smart way: Before you leave for the hospital, take a bath or shower. Use an antibacterial wash or wipe if your doctor recommends it, then put on clean underwear, socks and clothing that hasn't been worn since being laundered. But leave your hairy chin, legs and underarms alone. Stop shaving 48 hours before surgery. Tiny nicks and irritation can invite bacteria inside. If hair is slated to be removed for surgery, ask your doctor or nurse to use clippers instead of a razor, a depilatory, or to skip the hair removal altogether.

Eat right, exercise regularly. Every cell in your body is made from the foods you eat, so give it the building blocks it'll need for healing: five to nine servings of fruits and veggies a day and 100 percent whole grains and DHA omega-3 rich salmon and ocean trout are a good start! Also, cut back on

foods packed with saturated fat. Eating a diet that's low in fat, with no sugar or syrup added and that has only 100 percent whole grains can lessen inflammation after surgery, helping you heal faster. Add 30 minutes of daily walking, proven to keep immunity strong. Can't walk? Upper-body exercises, using bands or an arm cycle and chair-based exercise can do the trick for you.

Aim for normal blood sugar levels before, during and after surgery. If you have diabetes or prediabetes, effective blood sugar control helps lower infection risk.

Kick the butts. Tobacco use boosts your odds for a post-surgery lung infection and may slow healing. Plan to start breathing free eight weeks prior to surgery.

Stop some supplements, and tell all. Your doctor will advise you about which medications and over-the-counter remedies to stop before surgery. Make sure you ask about DHA omega-3 and baby aspirin (in some specific situations, it's good to keep taking them) and also about any herbs you use. Plenty of botanicals can interfere with healing. For example, ginkgo and ginseng may cause bleeding; St. John's wort may increase or decrease the effects of medications given to you during or after your procedure. It's smart to stop two weeks before your appointment in the operating room.

* * *

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, visit sharecare.com.

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KAREN SCHIELY/AKRON BEACON JOURNAL/MCT
Tom Lucci of Cleveland, Ohio, returns the ball to Keith Twitchell of New Orleans, Louisiana, during the National Senior Games at Western Reserve Racquet and Fitness Club on July 21 in Streetsboro, Ohio.

Doctor:

People Never Outgrow Need To Exercise

BY CHERYL POWELL

Akron Beacon Journal
(MCT)

AKRON, Ohio — You're never too old to start a new fitness routine.

The thousands of athletes who traveled to Northeast Ohio competing in the National Senior Games provide great examples for sedentary seniors to get active. Dr. Richard Kratche, medical director for the Cleveland Clinic Twinsburg Family Health and Surgery Center, said in a recent interview.

The 14th biennial games — attracting about 11,000 participants ages 50 and older — began last week and continue through Aug. 1 in 19 sports at more than 20 venues throughout the region.

The Cleveland Clinic is a sponsor and medical provider for the National Senior Games.

These elite older athletes are in a select group when it comes to staying active while aging. But all Americans can benefit by embracing exercise regardless of their age, even if it's just walking 15 minutes a day to start, Kratche said.

"Exercise is so important," he said. "Everybody and anybody can do it. We don't exercise at our peril."

DR. RICHARD KRATCHE

"The truth is, it's never too late to start exercising," he said. "Everybody can start where they're at and gradually work up. The benefits are huge."

Two-thirds of Americans are overweight or obese, resulting in "all kinds of diseases and maladies," he said.

Sedentary seniors who have significant health conditions and illnesses should talk with a doctor before getting started, Kratche said.

"That said, you don't really need a doctor's note to walk around a store," he said. "People can start walking. Literally, if they can only walk five minutes, the goal is to walk five minutes, but do it every day, and then after a week or two up it to 10 minutes."

The goal is to build up activity levels and achieve a weekly minimum of 150 minutes of walking at a brisk pace, he said.

Though some types of arthritis are crippling, the

most common form (osteoarthritis) actually benefits from moderate activity to improve range of motion, he said.

Running tends to be harder on joints than walking, he said. Swimming is another activity many older patients also can enjoy.

Kratche also recommends people consider exercising with others.

He leads a Walk with a Doc program at 8:30 every Saturday morning in Twinsburg, Ohio.

Outdoor walks are 2.5 miles, and indoor walks are 3 miles.

"The advantage to walking or exercising with others

is the time flies," Kratche said. "We have these wonderful conversations as you walk."

Athletes of all ages should pay attention to the weather, he said. "When it gets really hot and humid, hydration becomes even more important."

Stretching also is recommended for all ages before exercising but "probably as we get older, loosening up and taking time to warm up prior to activities is a good idea," he said.

"Exercise is so important," he said. "Everybody and anybody can do it. We don't exercise at our peril."

"Exercise is a wonderful stress reducer, and all of us have stress in our life. Being able to burn some of that off on a walking path or a pool is a great benefit. It's just good medicine."

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