

# 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  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Interchange**, noon, Minerva's Bar and Grill, 605-760-7082.  
**Whist**, 12:30 p.m., The Center, 605-665-4685  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Cribbage**, 1 p.m., The Center, 605-665-4685  
**Hand & Foot Cards**, 1 p.m., The Center, 605-665-4685  
**English as a Second Language classes**, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton, (605) 660-5612.  
**Narcotics Anonymous "Road To Recovery" Group**, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton  
**Meditation Sessions**, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.  
**Sweet Adelines**, First United Methodist Church, 207 W. 11th, Yankton. Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

## FOURTH MONDAY

**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street

## TUESDAY

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Billiards**, 10 a.m., The Center, 605-665-4685  
**Explore the Bible**, 10:30 a.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  
**English as a Second Language classes**, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.  
**AA, Alano Group** 7 p.m., step meeting, 1019 W. 9th St, Yankton.  
**Bingo**, 7-9 p.m., The Center, 605-665-4685. (Open to the public)  
**Weight Watchers**, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.

## WEDNESDAY

**Line Dancing**, 9:30 a.m., The Center, 605-665-4685  
**Nurse**, 10 a.m.-noon, The Center, 605-665-4685  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Whist**, 12:30 p.m., The Center, 605-665-4685  
**Partnership Bridge**, 1 p.m., The Center, 605-665-4685  
**Rummikub**, 1 p.m., The Center, 605-665-4685  
**Penny Bingo**, 1 p.m., The Center, 605-665-4685  
**Chair Massage**, 1:40-3:50 p.m., The Center, 605-665-4685  
**Meditation Sessions**, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.  
**Narcotics Anonymous "Road To Recovery" Group**, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton  
**AA, Alano Group**, 7 p.m., discussion, 1019 W. 9th St, Yankton.

## 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  
**ASHH Toastmasters Club 6217**, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Dominos**, 1 p.m., The Center, 605-665-4685  
**Love Addicts Anonymous**, 7 p.m., for women, 120 West Third Street, Yankton. 605-760-5307.  
**AA, Alano Group**, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.  
**Weight Watchers**, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.  
**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  
**Yankton Area Banquet**, 6-7 p.m., United Church of Christ, Fifth and Walnut

## Eggers Celebrates 50 Years At Avera Creighton Hospital

CREIGHTON, Neb. – When Joyce Eggers began working as a Certified Nursing Assistant (CNA) in 1965, it was a different time. Patients admitted to the hospital often stayed for weeks, she recalls.

Eggers was recently recognized and thanked by the leadership of Avera Creighton Hospital and Avera Sacred Heart Hospital for her 50 years of dedication to the health care ministry.

"I've worked with all the doctors in northeast Nebraska," Eggers said while reflecting upon her career. "I've had the honor and pleasure of working with everybody (at Avera Creighton Hospital). It's been a lot of fun."

Avera Creighton Hospital and Care Centre CEO Jen Poppen said Eggers has made tremendous contributions to patient care in the Creighton region.

"Eggers continues to work as a CNA at Avera Creighton Hospital, and we are grateful to have her vast experience, knowledge and compassion on our team,"



Eggers

she added. Among the job duties Eggers had in those early days was washing gloves and hanging them to dry, cleaning glass syringes and sharpening needles.

She loved to work in the nursery during the years that babies were delivered at the hospital.

While Eggers misses caring for the newborns, she now enjoys taking extra time with elderly patients to listen to their stories.

It's impossible to say how many call lights she has answered, how many new RNs she has helped and how many lives she has touched while caring for patients.

"I've been grateful for the opportunity to work in health care all these years," Eggers said.

# Slimmer Together: Beat Marriage Weight Gain

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

King Features Syndicate, Inc.

You gain a lot when you get married – love, companionship, fun between the sheets, a family, someone who can share your dreams. But a new study highlights a not-so-nice gain we bet you've seen up close and personal: extra pounds since you tied the knot.

German researchers checked the marital status and weight of 10,226 women and men from nine European countries. They found that regardless of nationality, age or income level, those who were married weighed about five to seven pounds more, on average, than those who were single. American researchers have found that compared with unmarried people, newlywed women in their 20s gain an extra nine pounds, while newly-married men gain an extra six. "If you take one of those happy marriages that go on for 20, 30, 40 years, it could potentially become unhealthy," quipped a researcher who looked at links between wedlock and weight.

A better idea: Use the strength of your relationship to avoid the marital weight trap. Staying slim will let you make sure you can access all the other great health benefits associated with tying the knot, including less heart disease and a longer, healthier life.

Potential Fat Trap: You mirror each other's eating habits. Our brains are wired to prompt us to eat the way everybody else at the table is eating! That's great if you're both munching the good stuff. But it's dangerous if you're both taking big portions, or if you're a woman mirroring her husband's larger serving sizes (chances are he's burning way more calories than



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

you every day, thanks to a bigger body and more muscle mass), or if one of you is already overweight. In one study, spouses ate 22 percent more when they dined together than apart!

How to Get Slimmer Together: Make a pact to banish the five food felons – saturated and trans fats, added sugars and syrups, and any grain that's not 100 percent whole. Eat more veggies and watch portion sizes of higher-calorie foods. Dr. Mike and his wife even bring their own whole-grain pasta to their favorite Italian restaurant where the chef cooks it up and serves it with a garlicky marinara.

Potential Fat Trap: You buy the family-size container, even if it's just the two of you. We bet plenty of couples without kids at home still shop at big-box, discount supermarkets. That's great, but only if you stock up on healthy foods – and you still have to be careful! Research shows you tend to eat more when food comes in extra-large boxes, bags, jars and cans or when you've got lots of a food stockpiled.

How to Get Slimmer Together: Don't buy prepared or packaged foods; cook

from scratch. That way, you control portions, ingredients and additives (there won't be any).

Potential Fat Trap: You're using oversized tableware. The trend toward bigger plates, bowls, cups and serving dishes can get you in trouble. Serving yourself from a big bowl can prompt you to take more. So can plopping your serving onto an oversized plate or bowl.

How to Get Slimmer Together: Downsize your dinnerware. Try using the salad plates as dinner plates. Instead of putting serving bowls on the table, serve yourselves buffet-style in the kitchen. Make a new rule: Only have seconds of veggies and salad.

Potential Fat Trap: Food equals Romance. Wining and dining is a formula for romance in reel life – and real life. But don't confuse steak and chocolate cake with love! In fact, they're love busters, because high lousy LDL cholesterol and clogged arteries can hurt your sex life big time.

How to Get Slimmer Together: Skip restaurants with menus soaked in fried foods or red meats; look for new restaurants with healthier fare you can fall in love with. Grilled fish or veggies with beans, chicken or seafood prepared with delicious herbs and spices are great options. Then you'll really be able to enjoy your romance.

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, tune into "The Dr. Oz Show" or visit [www.sharecare.com](http://www.sharecare.com).

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## How To Do A Barre Workout

Ballerinas have been doing Barre workouts for years, and now in the 21st century these awesome workouts are becoming mainstream. Ballet Barre workouts have become very popular in the last 10 years and have found their way to South Dakota.

### WHAT IS A BARRE WORKOUT?

Barre workouts are a combination of yoga and Pilates poses, which utilize a ballet barre to execute the movements. Barre uses isometric exercises that target the whole body. Barre participants hold exercise poses for a set amount of time and then pulse for a series of repetitions. Pulses are small and controlled movements that are no higher than 5 inches. Barre is a class geared to increase muscle strength, that also increases your heart rate during class. Most Barre classes will consist of a resistance portion where you "feel the burn" followed by a brief stretching break.

### WHO CAN DO BARRE?

Anyone!! Men, women,



SUBMITTED PHOTO

boys and girls of all ages, shapes and sizes. You don't have to be a ballerina to practice Barre poses. Barre is a low impact activity. It can easily be tailored to meet your body's specific needs. Most Barre classes will allow participants to go at their own pace.

### WHAT TO EXPECT?

Barre is a full body workout. It will involve exercises geared to tone your arms, legs and abs. Many classes will give participants the option of using small hand

weights, resistance bands and stability balls. Tip: if it is your first class, opt for lighter hand weights or no hand weights at all. It will give you a sense of your ability level and how your body will react to the exercises. Throughout class, your teacher will likely give you prompts to help you avoid injury and get the most out of your workout. You will likely have sore muscles after your first couple workouts, which just means you worked them hard. Most of all, you can expect to sweat

and lots of fun!!

### WHAT DO I WEAR?

A typical Barre class is done barefoot or in socks. You have the option of purchasing special sticky socks, however this is not necessary. Wear clothes you feel comfortable being active in such as yoga pants or capris, and a light breathable top. You will need a bottle of water to stay hydrated throughout the class and a sweat towel may come in handy as well. Most of all, arrive with a smile on your face and a good attitude because you are about to get the best workout of your life.

Next time you are in the mood to switch up your workout routine, try a Barre class! Do a search of fitness studios in your area and inquire if they offer Barre. You won't regret it!

## AAA: Giving Up The Keys Equals Increased Risk Of Health Problems In Older Adults

SIoux FALLS — Older adults who have stopped driving are almost two times more likely to suffer from depression and nearly five times as likely to enter a long-term care facility than those who remain behind the wheel, according to a new report released by the AAA Foundation for Traffic Safety and Columbia University.

The study examined older adults who have permanently given up driving and the impact it has on their health and mental well-being. The importance of understanding the effects this lifestyle change has on older adults is essential, as the number of drivers aged 65 and older continues to increase in the United States with nearly 81 percent of the 39.5 million seniors in this age group still behind the wheel.

"This comprehensive review of research con-

firmed the consequences of driving cessation in older adults," Peter Kissinger, President and CEO of the AAA Foundation for Traffic Safety. "The decision to stop driving, whether voluntary or involuntary, appears to contribute to a variety of health problems for seniors, particularly depression as social circles are greatly reduced."

The AAA Foundation's report on Driving Cessation and Health Outcomes for Older Adults examined declines in general health and physical, social, and cognitive functions in former drivers. With the cessation of driving, the study found:

- Diminished productivity and low participation in daily life activities outside of the home;
- Risk of depression nearly doubled;
- 51 percent reduction in

the size of social networks over a 13-year period;

- Accelerated decline in cognitive ability over a 10-year period; and former drivers were
- Five times as likely to be admitted to a long term care facility.

The latest report in the AAA Foundation's Longitudinal Research on Aging Drivers (LongROAD) project, Driving Cessation and Health Outcomes for Older Adults consisted of a systemic literature review of previously published studies pertinent to the health consequences of driving cessation. Sixteen studies met the criteria for inclusion. The full report can be viewed here.

"Maintaining independence by continuing to drive safely is important to overall health and well-being. When the decision is made to relinquish the keys, it is vital

to mitigate the potential negative effects through participation in programs that allow seniors to remain mobile and socially connected," said Kissinger.

As a leading advocate for senior driver safety AAA provides many programs and resources for senior drivers including Roadwise Review, Roadwise Review Online is a free, confidential; screening/self-assessment tool developed by AAA to help older driver's measure certain mental and physical abilities important for safe driving. In as little as 30 minutes, users can identify and get further guidance on the physical and mental skills that need improvement-all in the privacy of their own home.

For more information on all the free resources AAA offers to older drivers, visit [SeniorDriving.AAA.com](http://SeniorDriving.AAA.com).

## BIRTHS

### AURORA HUFFORD

Ashley and James Hufford of Yankton announce the birth of their daughter, Aurora Marie, born July 1, 2015, at 7:19 a.m. weighing 9 pounds, 5 ounces and measuring 20 and 3/4 inches in length.

Aurora has two siblings:

6-year-old Sage and 3-year-old Milo.

Her grandparents are Bret and Linda Spencer of Fordyce, Nebraska, and Carrie Fuerst of Huron.

Her great-grandparents are Marvin and Ruth Kelley and Delbert and Marcy Spencer, all of Huron.

## BIRTHDAYS

### ODILIA ELLIS

Odilia Ellis will celebrate her 90th birthday on July 30.

Friends are encouraged to send birthday greetings to Odilia at: 1204 Ellis Road, Yankton, SD 57078. A family dinner is planned in honor of her birthday.



Ellis

## REUNIONS

### EDELMAN REUNION

The Edelman family reunion will be held Sunday, Aug. 2, 2015 at noon at JoDean's Steak House and Lounge, 2809 Broadway St., Yankton, or a buffet meal. This includes all descendants of Jacob Sr., Jacob Jr., Andrew, George, Peter, Henry, John Edelman, Margaret (Edelman) Kost and Johanna (Edelman) Bender. For more information, contact Jerome Edelman at 605-660-1263 or email at [sedelman4@yahoo.com](mailto:sedelman4@yahoo.com).

Let The P&D Classifieds Do The Work For You!

Small - Medium - Large  
We have the Washer & Dryer for ALL  
**KD Laundry**  
3rd & Broadway, Yankton • 6A.M. - 11P.M.  
Tan while you wash & dry  
at Sunkissed Tanning  
right next door.

70th Birthday  
This handsome sailor will be celebrating his 70th birthday July 27, 2015. He is a wonderful husband, father, grandfather, and great grandfather. Cards may be sent to: Rodger Rueb, 907 E. 17th St., Yankton, SD 57078.  
**Happy Birthday Rodger.**