

VISITING HOURS:

New Volunteer Opportunities Available At Avera Sacred Heart Hospital

BY CARLA HUMMEL

Avera Sacred Heart Hospital
Director of Volunteers

Research shows volunteers live longer, are less depressed and are less likely to have heart disease. As volunteer director at Avera Sacred Heart Hospital, this doesn't surprise me one bit. Besides the health rewards, the most noted reason for volunteering is "to help people". Volunteer opportunities are limitless as they touch the hearts of so many.

The following are new volunteer opportunities at Avera Sacred Heart.

One of the newest volunteer opportunities is transportation for patients to and from their visits to the Cancer Center. As Avera Sacred Heart serves more and more rural areas, we have found that patients are in need of help getting to the services provided by



Hummel

Avera Sacred Heart Cancer Center. The area of greatest need is the Crofton and Hartington area. Transportation volunteers are reimbursed for their mileage.

Another volunteer area of need is the Emergency Department.

The nights and weekends are the busiest times for the Emergency Department, and a helpful hand is always welcomed and appreciated. The emergency department attendant would help tend to families/visitors in the waiting room as well as assist staff with keeping patient and visitor needs fulfilled.

Meal time is a busy time at Avera Sacred Heart Hospital. Nutrition host and hostesses can help deliver patient meals. This is a crucial role that helps

to brighten patients' days by delivering their meals a little bit quicker.

Those are the newer volunteer opportunities at Avera Sacred Heart. In addition, there are many volunteer opportunities that can make a difference in your life as well as the life of others. Avera Sister James Care Center needs help in the assisted living and adult day service areas as well the long-term care areas. From Bingo to baking clubs, from manicures to mail – there are many ways to be involved with the residents at both Avera Sister James Care Center and Avera Yankton Care Center. The Gift Shop is also a great volunteer activity. Other openings at Avera Sacred Heart Hospital include a Team Office member on Friday afternoons, an Information Desk sub and an escort for Friday afternoons.

If you don't have time to volunteer, there are so many other ways to give.

- Donate sweat pants and t-shirts for the Avera Sacred Heart Hospital Clothing Closet which provides clothes to those patients in need.

- Donate yarn for the federal prison crocheting program where inmates crochet shawls for the hospice and hospital patient and families, lap quilts for the residents at both care centers and baby caps and blankets that go to both our own nursery and to Haiti.

- Patients and visitors also need reading material while they are at Avera Sacred Heart. The Book Cart is completely stocked from donations. We always have a special request for large print books. And magazine donations just need to be dated within the last six months.

- The Country Store at Avera Yankton Care Center provides a place for the residents to spend their Bingo money as well as pick up little gifts for their families and friends.

- Donate to the Avera Sacred Heart Foundation and they will ensure your donation is directed to the area of your choice. There is a calendar of fundraisers throughout the year that help these causes and more.

Whether you are interested in helping others, living longer or any of the several other reasons for volunteering, get started by coming to Avera Sacred Heart Hospital to start the process. After discussing the volunteer opportunities available and completing some paperwork, you will soon be reaping the benefits that only volunteering can give you.

For more information on volunteering, contact Carla Hummel at 668-8104 or chummel@shhservices.com.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Cohabitation: An Enemy Of Marriage

BY VAL FARMER

Many young people mistakenly believe that cohabitation is a stepping stone to marriage when actually only slightly better than 50 percent of these relationships end in marriage. Most cohabiting couples either marry or break up within two years.

If a couple does marry, premarital cohabitation actually raises the chances of divorce by 50 percent. Moreover this divorce statistic is this high or higher for cohabitants in the U.S., Canada, Australia, Great Britain, Sweden and other western industrialized economies. If the marriage survives 7 years, then the divorce rate levels off and becomes equal to the rate of divorce for couples who didn't live together before marriage.

Researchers report that 50% to 60% of couples who marry today lived together first and that 70% of young adults will cohabit. Of those cohabiting, 66% moved in before making plans to marry; 23% planned to marry but weren't engaged, and 11% moved in when they got engaged.

Testing the relationship for marriage? This is mostly a myth. Most couples report they didn't consciously decide to live together. Two-thirds of cohabitants said they either "slid into it" or "talked about it, but then it just sort of happened." Only one-third talked about it and made a decision to live together. Most unmarried couples who live together aren't trying to test their relationship as a precursor to marriage; they just want to spend more time together.

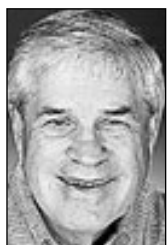
Living together has become a form of dating which may or may not result in engagement or marriage. The younger a person is when they engage in premarital sex, the more likely it is they will engage in a cohabiting relationship.

Living together before marriage used to be called "shacking up." Now it is cool - a rite of passage into adulthood. Instead of asking, "Who are you dating?" friends ask, "Who are you living with?" They see it as a sign of social desirability - a measure of social status.

What is behind the higher divorce rate of cohabiting couples?

- **The ball out factor.** Cohabiting couples are a self-selected group of individuals who show a lower regard for marriage commitment by their willingness to live together in the first place. They are more willing to see divorce as a solution when there are problems in their marriage.

Serial cohabitants have an 80 percent higher divorce rate once they marry. Multiple cohabiting is



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a strong predictor of the failure of future relationships. The longer a couple is together before marriage, the more likely it is that the low-commitment ethic of cohabitation will take hold, the opposite of what is required for a successful marriage.

- **More affairs.** As cohabitants, they are more likely to have secondary sexual partners - especially if they view their relationship as uncommitted. After marriage they are 3.3 times as likely to have an affair.

Cohabitants have as much sex as married couples but they are less satisfied. Marital commitment adds to emotional satisfaction and bonding and makes sex more meaningful and rewarding.

- **High risk people.** Those who choose a living together arrangement are high risk individuals who are less religious, more liberal, less educated, more individualistic, and more likely to bring addiction or personality problems to the relationship. Women who cohabit are more likely to come from divorced families.

- **Money fights.** These couples start their relationship by keeping their expenses separate. Once they marry, they have more arguments about money and have a hard time sharing their resources. Couples who don't live together before marriage generally start pooling their resources from the day of their marriage.

- **Poor problem-solving skills.** The biggest problem cohabiting couples have after marriage is their poor conflict resolution skill. Because of the weak commitment during cohabitation, couples learn to avoid discussing important issues. Too much trouble at that point would rock the boat. So they don't. After marriage, the poor communication habits developed during cohabitation continue.

- **The "glow" is gone.** The average length of time of cohabitation before marriage is 1.3 years. This corresponds to the euphoric beginnings of marriage. By the

time they actually marry, their relationship is starting to evolve into a normal period of disillusionment that happens after the honeymoon is over. Cohabiting couples blame marriage for the increased problems when they are experiencing normal adjustments to being together over a period of time.

- **Early cohabitation stops development.** Most couples start cohabiting when they should be spending time developing their personalities and learning to be independent. Their developmental growth is halted by this early dependency on a relationship to meet their needs for happiness.

They haven't grown up enough to take responsibility for their own happiness. This is similar to teenage couples who marry too young. They marry before their ability to give love and take responsibility is fully developed.

- **More violence.** Because couples start cohabiting when they don't value the long term nature of the relationship, individuals show less impulse control. One study found that the risk of domestic violence for women in cohabiting relationships was double that in married relationships; the risk is even greater for child abuse.

- **Don't fool yourself.** Instead of a stepping stone to a happy marriage, cohabitation is more like a stumbling block. The belief that cohabitation makes for a better marriage is a myth and a convenient rationalization. The reality is that it is an enemy to marriage.

For more information on cohabitation and courtship, visit Val Farmer's website at www.val-farmer.com.

Val Farmer's book, "To Have and To Hold," makes a perfect gift for newlyweds. It is currently on sale for \$10 and can be ordered by sending a check or money order for \$10 plus \$3.95 for shipping and handling for the first book and \$2.00 for each additional book to JV Publishing, LLC, P.O. Box 886, ND 58012.

Val Farmer is a clinical psychologist with MeritCare in Fargo, North Dakota. He specializes in rural mental health and family business consultation.

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SCHOLASTICS

KLOPSTAD WINS MS SOCIETY SCHOLARSHIP

SIoux FALLS — The National Multiple Sclerosis Society, North Central States Chapter is proud to announce that Alice Klopstad is the recipient of the 2010 Multiple Sclerosis Society Scholarship from the chapter. Alice has been awarded a \$1,500 scholarship.

The program helps students affected by multiple sclerosis pursue a college or technical program. It is open to high school seniors who live with MS or have a parent who does; or anyone living with MS who has not been to a post secondary school.

Alice Klopstad graduated this spring from Yankton High School, in Yankton. In the fall she plans to attend South Dakota State University, where she expects to receive her Bachelor's degree in Nursing. After college Alice is looking to continue her degree and become a nurse anesthetist.

This young woman is actively involved in her community, and has experienced the challenges of having a family member with Multiple Sclerosis. The National Multiple Sclerosis Society is proud of this young woman and wishes her the best of luck as she furthers her education.

Information about scholarships for 2011-12 will be available on the National MS Society website this fall. For more information, call 1-800-344-4867 or visit www.nationalMSSociety.org/scholarship.

OLSON AWARDED USTA SCHOLARSHIP

The United States Tennis Association (USTA) Serves College Education Scholarship has recently been awarded to 56 students across the country. Each student was awarded \$6,000.

The winner from the area was Heidi Olson, Yankton, Yankton High School.

USTA Serves awards college



Klopstad

LOCAL STUDENT MAKES ST. LUKE'S COLLEGE CHANCELLOR'S LIST

SIoux CITY, Iowa — Brooke Nelson, a 2nd year Radiology student at St. Luke's College in Sioux City, Iowa, made the Chancellor's List for the spring semester 2010.

The student did so by achieving a grade point average of 3.5 or above and satisfactory clinical attainment for that session.

Nelson is pursuing her Associate of Science in Radiology, which is affiliated with St. Luke's Health System. The student is a graduate of Crofton High School in Crofton, Nebraska. The student's parents are Al and Kathy Nelson of Crofton, Nebraska.

NORTHWESTERN COLLEGE ANNOUNCES DEAN'S LIST

ORANGE CITY, Iowa — The Academic Dean's List for the spring 2010 semester at Northwestern College includes 371 students. Among those are *Leah Mabee, sophomore, Yankton, major-biology health professions and *Meghan Schuster, freshman, Yankton, major-music.

The Dean's List includes students who achieved a semester grade point average of 3.50 or above while carrying a minimum of 12 graded hours. Receiving Collegiate Scholar distinction for having a semester average of 3.75 or above were 160 students, designated with an asterisk (*). Forty-eight of the Collegiate Scholars had perfect 4.0 averages, designated with a pound sign(#).

KYLE SMITH IS GRADUATE OF MORNINGSIDE COLLEGE

SIoux CITY, Iowa — Kyle Smith, son of Todd and Rose Smith of Yankton, was among the 273 students who received bachelor degrees from Morningside College during the college's 112th spring commencement exercises

held Saturday, May 8, 2010.

Smith received a bachelor of science degree with a major in business administration. He is a past graduate of Yankton Senior High School.

PERU STATE COLLEGE ANNOUNCES SPRING 2010 DEAN'S LIST

PERU, Neb. — Peru State College today released the names of students who earned a place on the Dean's List for the spring 2010 semester.

To make the Dean's List students must have a grade point average of 3.75 or higher for the semester, have completed at least 12 college credit hours during the past semester and have no incomplete grades for the semester.

(FR=freshman, SO=sophomore, JR=junior, SR=senior, PG=post-graduate). Those students earning a 4.0 for the semester are noted by an asterisk (*).

Hartington: *Pinkelman, Eden L, JR

Randolph: Thelen, Jackie Renee, FR

Wausa: *Conn, Andrew Garrett, SO, *DeBilzan, Adam James, JR, *Nelson, Promise L, JR

BELLEVUE UNIVERSITY CELEBRATES 2010 SPRING COMMENCEMENT

OMAHA, Neb. — Over 670 people participated in Bellevue University's spring commencement this Saturday, June 5 at the Omaha Civic Auditorium. Of those participating, 216 earned their master's degrees; 454 are earning their bachelor's degrees.

From the area were: Carolyn Mae Butrous, BS in Business Administration, Elk Point; and Erin Elizabeth Veldhuizen, BS in Marketing Management, Yankton.

MENNO 4TH QUARTER HONOR ROLL

Sophomore
"B" Honor Roll
Dylan Mehilaf
(Due to incomplete information submitted by the school, Dylan's name was inadvertently left off of the lists which ran in Saturday's paper.)

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4:30-5:30 PM Survivor Registration
5:00-5:30 PM Survivor Celebration/Meal
5:45 PM Group Survivors Picture

SURVIVOR REGISTRATION PLEASE RETURN REGISTRATION BY JUNE 15TH

Name: _____ Gender: M / F

Address/City/State/Zip: _____

Phone: _____ Email Address: _____

Date of Birth (optional): _____

Month and Year of Diagnosis: _____ Type of Cancer: _____

T-Shirt Size (circle): YM, YL, S, M, L, XL, 2XL, 3XL, 4XL

* I am interested in hearing more about patient-related programs/services of the American Cancer Society. Yes/No

* Please contact me about volunteer opportunities with the American Cancer Society. Yes/No

* Please send me information about donating to the American Cancer Society. Yes/No

This registration form can be returned to:
Avera Sacred Heart Cancer Center – Attn. Darla Gullikson
1115 W 9th St., Yankton, SD 57078

Survivor Registration forms can also be completed on the Yankton Relay For Life website at www.relayforlife.org/yanktonSD (click on Survivors & Caregivers) **by June 15th** to ensure t-shirt size.

This message brought to you by the
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