

Visiting Hours

Tips For Seniors' Health And Fitness

BY ANGIE O'CONNOR

Avera Sacred Heart Hospital Community Wellness Coordinator

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(r) and Senior Toning classes. Arthritis water aerobics, general water aerobics and gentle yoga are great options as well. Call 605-668-8376 to see if you're eligible for a free Wellness Center Membership through the SilverSneakers(r) program.

Employment Is Vital For Farm People

BY DR. MIKE ROSMANN

Employment and economic success are vital to our well-being. Persons engaged in agriculture, like everybody else, are pleased when success occurs in their chosen vocation but particularly sensitive to feelings of failure that accompany loss of the farm or layoffs from agricultural occupations.

Agriculture is a vocational path that entails production of items we need to survive: food and material for clothing, shelter and fuel. That others depend on agriculture contributes to the agrarian population feeling vulnerable when problems occur that stop farmers from working.

Unemployment is a threat to our well-being. Few circumstances in life can erode our sense of self-worth more than becoming unemployed. Remaining unemployed when others are gainfully working heightens our despair.

The urge to produce food, clothing, shelter and fuel, along with the urge to acquire the resources that enable us to produce these necessities, is a basic human drive. The drive is somewhat akin to territoriality in animals, but more complicated. Survival of the human species is dependent on this drive, called the agrarian imperative.

Even if we are not engaged in agriculture as our life's work, we feel the need to take care of our families and to contribute to the overall welfare of the human population. We can't all be farmers or ranchers; the vast majority of people in the industrialized world have other occupations that earn income for the care of their families and communities.

Indeed, some nonfarm family businesses (e.g., a family-owned restaurant or dealership) are passed from one generation to the next and their attachments to the business are much like those of agricultural producers to their land. When business closure occurs or when employees are laid off, the unemployed people become scared they won't be able to take care of their families, and sometimes even themselves.



Dr. Mike
ROSMANN

with assumed and real threats by invoking the fight/flight/freeze response, which I wrote about in June 2012. In other words, we try to cope with unemployment, but when unemployment becomes chronic, we wear out from the stress.

Over time, anxiety and apprehension give way to depression and sometimes suicidal thoughts. Then, hopelessness, helplessness, frustration, and anger become the primary feelings associated with unemployment.

Long-term stress takes a toll on our immune system. I drew on a meta-analysis of 30 years of inquiry by Drs. Suzanne C. Segerstrom and Gregory E. Miller that was published in July 2004 in the Psychological Bulletin for an explanation.

Acute stressors lasting minutes to several hours actually fortify our immune system, for our bodies temporarily produce more neutrophil and macrophage cells that congregate and produce toxic substances that fight invading pathogens. Antibodies can accumulate, natural killer cells are released and proteins are released that produce inflammation—the body's signal that it is fighting invading pathogens.

Segerstrom and Miller indicate when stress becomes chronic, such as unemployment, almost all functions of the immune system become negatively affected. The immune

system can become overwhelmed by bacterial or viral pathogen invasions because of its weakened defenses.

The body's defense system can also undergo mutations that allow already existing predispositions to diseases, such as many cancers, to emerge.

Behavioral health difficulties also increase during unemployment, as illustrated by a small rise in the U.S. suicide rate during the current recession. Sometimes the effects are felt by the unemployed after a recession as well.

A longitudinal study authored by Drs. Anthony Garcy and Denny Vagero in the June 2013 issue of the American Journal of Public Health, reports that the suicide rate of 3.4 million Swedish men and women did not change during their deep economic recession from 1993-1996, but the suicide rate of men who remained unemployed over the next five years increased significantly in comparison to employed men, while the suicide rate for Swedish women did not change significantly, whether employed or not employed.

The effects of unemployment are more pronounced for farm men than for those not engaged in farming. The suicide rate of displaced farm men quadrupled the rate of suicide of nonfarm men during the U.S. recession in the 1980s.

The suicide rate of women indicates they were less affected by unemployment than men. Women shared the economic upheaval, stress and emotional insecurity of unemployment, but they had better coping strategies than men.

Women tended to seek emotional support more readily than men and they talked more honestly than men about their frustrations and worries. There is a lesson in this finding for farm men: seek helpful supports and talk candidly about deep concerns.

Dr. Rosmann lives with his wife on their Harlan, Iowa farm. He can be contacted at: www.agbehavioralhealth.com. Suicide Lifeline: 1 800 273-8255.

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Steps To Help Prevent West Nile Virus, Mosquito Bites

PIERRE — As the weather warms up and the risk of mosquito bites increases now is the time for South Dakotans to get in the habit of using insect repellent to prevent West Nile virus (WNV).

"Just as we prepare for flu season each fall, we need to be prepared for the West Nile virus every summer," said Dr. Lon Kightlinger, State Epidemiologist for the South Dakota Department of Health. "West Nile virus can be a serious, even fatal, illness but the good news is we can all reduce our risk with a few simple precautions."

Kightlinger said people can prevent mosquito bites and re-

"Just as we prepare for flu season each fall, we need to be prepared for the West Nile virus every summer."

LON KIGHTLINGER

duce their risk of WNV by:

- Using mosquito repellents (DEET, picaridin, oil of lemon eucalyptus, or IR3535) and limit exposure by covering up.
- Limiting time outdoors from dusk to midnight when Culex mosquitoes are most active. Culex are the primary carrier of WNV in South Dakota.
- Getting rid of standing water

that gives mosquitoes a place to breed.

- Supporting local mosquito control efforts.

These precautions are especially important for people at high risk for complications from WNV. This includes individuals over 50, pregnant women, transplant patients, and people who have diabetes, high blood pressure or a

history of alcohol abuse.

Since its first human WNV case in 2002, South Dakota has reported more than 2,000 cases, including 29 deaths. South Dakota cases have occurred as early as June but peak transmission is July through early September.

Learn more about preventing WNV at the departments website, westnile.sd.gov or the SDSU Extension site, www.sdstate.edu/sdces/issues/wnv.cfm.

Responding to current and emerging public health threats is one objective of the department's Health 2020 initiative.

MNRR Officials Have Activities Slated For This Weekend

Missouri National Recreational River has several programs and activities planned this weekend. The schedule is as follows:

• Friday June 14

— Lake Yankton, East boat ramp, 1 p.m. — "Canoeing 101": Before you go out to explore the Wild and Scenic River, learn the basics of canoe handling and safety in this clinic led by National Park Rangers. For ages 12 to adult. Reservations required; contact the park for information. 605-665-0209

— Niobrara State Park, Nebraska, RV Campground, 7 p.m. — "Let Me Go Home!": He was just a Nebraska farmer who wanted to go home, but Chief Standing Bear of the Ponca Tribe became the first American Indian to successfully file suit against the United States Government. Experience courtroom drama and discover the long-range effects of this landmark decision.

• Saturday, June 15

— Pierson Ranch picnic shelter, 1-4 p.m. — National Park Rangers open the door to life on the prairie with exhibits and kids' activities at this South Dakota State Parks event. Other presentations include butter making, wool spinning and more.

— Territorial Capitol, Riverside Park, Yankton, 5-8 p.m. — "Junior River Ranger Day": Kids can earn their Junior Ranger badges by joining in fun games and activities and learning about America's longest

river and the history connected to it

— Territorial Capitol Legislative Chamber, Riverside Park, Yankton, 7 p.m. — Live Reenactment. The pursuer of the steamboat Far West talks about the challenges of the river and his adventures traveling the Missouri with the famous Captain Grant Marsh, including the wild ride from the Little Bighorn.

• Sunday, June 16

— Lewis & Clark Visitor Center at Gavins Point Dam, 11 a.m.-1 p.m. — "Free Land!": The Homestead Act gave away millions of acres of land, but was it really free? Experience a taste of life on the prairie and learn the true cost of "free" land in this ranger-staffed exhibit of typical homesteader goods and building materials.

— Training Dike boat ramp, 1 p.m. — Paddle with the Rangers. Join National Park Rangers for a leisurely paddle from "The Bubble" to Yankton's Riverside Park and discover the natural and cultural history of America's longest river. Participants should have river canoeing experience and must provide their own canoe or kayak, equipment, and return transportation. The National Park Service requires all boating program participants to wear life jackets.

Pierre Officials Transition To New Case Management System

PIERRE — The Unified Judicial System has announced that it has successfully completed its migration to a new case management system. The new system, called "Odyssey," provides a platform for the court system to move toward statewide electronic filing, electronic payments, electronic citations, electronic document management and electronic access to court records.

The Odyssey conversion began with 6 pilot counties in the Third Judicial Circuit in November, 2011. Since that date remaining counties were brought online through four major implementa-

tion events. The transition was completed in the Fourth and Seventh Judicial Circuits earlier this week. The conversion consisted of not only bringing the new counties online with the new system, but also converting existing data from the UJS's prior legacy systems.

The conversion represents a significant achievement for the UJS and demonstrates an increased focus on improved technology to support court operations and meet the demands of court users. Chief Justice Gilbertson stated: "This is a monumental step forward in pro-

viding prompt services to those who look to our court system for resolution of civil disputes and disposition of criminal matters. A lot of hard work by a lot of talented individuals should be credited for this fine accomplishment."

BIRTHS

QUINN SAYLER

Brice and Kristen Sayler of Yankton announce the birth of their son Quinn Remington Sayler, born on May 15, 2013, at 8:01 p.m. He weighed 7 pounds, 7 ounces and was 20.5 inches long.

Quinn joins his a sibling, Corbin, age 3.

Grandparents are Joe and Bobbie Kleinschmit of Yankton and Larry and Frieda Sayler of Utica.

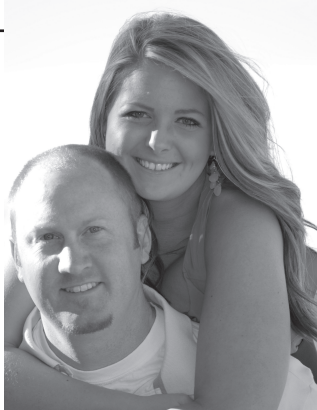
Great-grandparents are Robert and Phyllis Montgomery of Donna, Texas; Ralph Kleinschmit of Yankton and Ardis Sayler of Yankton.

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Sage-Shelangouski

Alison Anne Sage and Jason Robert Shelangouski announce their engagement. Parents of the couple are Brad and Cindy Sage of Niobrara, NE and Darrell and Nora Kelsall of Coal Valley, Illinois.

The bride-elect is a 2013 graduate from Creighton University, Omaha, NE with a Doctorate of Pharmacy Degree. She has recently accepted the position of Pharmacy Manager of Dillion/Krogers in Manhattan, KS.

The groom-elect is a 2008 graduate of University of Northern Iowa in education and a 2013 graduate with his Masters in Coaching and Athletic Administration from Concordia University, Irvine. He has recently accepted a 7th grade Language Arts teaching position, along with Head High School Girls Varsity Basketball Coach for the Council Grove School in Council Grove, KS.

The couple is planning a July 20, 2013 wedding in Carson, Iowa.

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AM 1450

MORNING COFFEE

WEEKDAYS MONDAY-FRIDAY

Wednesday, June 12

7:40 am Observer
(Kathy & Kristy Church)
8:20 am Hy-Vee Foods
(Chef Staci)

Thursday, June 13

7:40 am Yankton Chamber
(Carmen Schramm)
8:20 am Yankton Conv/Vis
Bureau (Lisa Scheve)