

'Meals On Wheels' Fun Run March 24

The 5K Fun Run for Meals on Wheels will be held in Yankton on Saturday, March 24. It starts at 8 a.m. at the Yankton Chamber of Commerce parking lot, located at 803 E. Fourth Street. This event is a benefit to support the Yankton Meals on Wheels program. Registrations

will be taken prior to and the day of the event. For more information, contact Tammy Matuska at The Center, 900 Whiting Drive, by calling 605-665-4685, by email at director@thecenteryankton.org or visit www.yanktonsenior-center.org.

Dr. Farmer And Dr. Rosmann: Two Peas In A Pod

BY VAL FARMER

I spent a Friday/Saturday with Dr. Mike Rosmann as we jointly worked with a Nebraska farm family experiencing family conflict. I invited Mike to join me, among other reasons, to get to know him better. He will be my successor in writing this column.

I have known Mike mostly by reputation as a mover and shaker in the field of what I was used to calling "rural mental health" and what he was calling "agricultural behavioral health". We were like two peas in a pod, though we had come to this spot through different paths and lifestyles.



Val FARMER

My path. I was a big-city raised westerner with a farmer-friendly name transplanted into rural South Dakota and North Dakota. I developed my affinity for working with farm and rural people through the counseling profession — learning about the complexity of an idiosyncratic combination of a nature oriented, weather-reactive home-based family business and their unabashed love affair with a work-based lifestyle and land.

That was plenty for me to chew on. I received encouragement during a seminar on helping families in family businesses from a California almond grower who told me, "In the land of the blind, the one-eyed man was king."

I resigned from my position as Executive Director of a Community Counseling Services in Huron, S.D., to enter private practice. I immediately fell on my face financially. I had a profound experience with failure, a loss of self-esteem and a forced relocation to Rapid City. My writing about farmers, farm stress and coping took on intensity based on informed emotion of my own personal crisis.

My newspaper column was started in 1984 where I combined journalism, counseling, and family business consultation into a professional career serving rural families that made me many friends and has given me many rewards.

This was quite timely as my development was spurred onward by writing a weekly column primarily about the farm crisis of the early and mid-80s, the widespread drought of '88 and the flooding of '93. In addition to rural topics, I expanded my column to deal with a whole range of mental health, sociological and cultural topics.

I became a regular guest on the radio call-in program AgriTalk in 1994, further cementing my accessibility in the eyes of rural people. My career unfolded in front of my readers as I tried to keep up with the demands of a weekly column and radio show. I kept my full-time employment while doing sandwiching my writing and other pursuits at night and on weekends.

That is my story. What about Mike Rosmann? He left a faculty position at the University of Virginia to reconnect with his farmer roots.

His disbelieving colleagues challenged him on the wisdom of his choice. Mike surprised himself with his spirited defen-

sive passion for working farm people as a worthy clientele who needed his services as much as anybody in society. "Somebody has to care for the mental health of farm people."

He and his nurse wife Marilyn set themselves up to live active, demanding lives as farmers and as professionals in their rural community. This was also during the farm crisis of the mid-80s. Farmers would seek Mike for his unique understanding of farmers and their personal issues.

Mike started in private practice but joined with a community mental health center to gain additional support for all the work he was generating. Eventually he was asked to found the Prairie Rose Mental Health Center in Harlan, Iowa. Mike soon became a leader and lecturer in much demand on topics of rural behavioral health.

A farm accident changed everything. Mike experienced a crisis in his own life as he had a major farm accident where his foot was caught in an auger. His own life was distorted by trying to combine incessant pressures of farming full-time with a huge clinical practice and as a professional speaker and educator.

He had his own epiphany on how he was trying to do too much and partially for the wrong reasons. "A higher force was telling me that my behavior and my motives were less than completely healthy. I shouldn't work so hard, or maybe work smarter. I should concentrate more on helping others and focus less on material gains."

Mike gave up farming his position as Executive Director at Prairie Rose and his positions on two boards to have a life with more balance, recreation, family time, laughter, talk and fishing.

He took a position with the College of Public Health at the University of Iowa. He then founded AgriWellness, Inc., a multi-state nonprofit organization based in Harlan, Iowa. AgriWellness developed farmer-friendly telephone helplines in seven upper Midwestern states.

Since then, Mike has helped popularize agricultural behavioral health programs being taught to physicians, nurses, and behavioral health professionals such as psychologists at several universities and workshops around the country.

Mike has written a book, "Excellent Joy: Fishing, Farming, Hunting, and Psychology" which describes his philosophy about keeping the "family" in family farming. "For farm people who do this (find meaning in farming as a way of life) as our life's work, farming is a sacred act. Understanding the behavior of farm people is my life's work."

Now do you see why I am leaving this column in good hands? Dr. Rosmann cares about you like I have cared. I couldn't ask for anything better.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Mo., and can be contacted through his website. (The Preston Connection Feature Service)

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Visiting Hours

Promoting 'Safe Care': It's National Patient Safety Awareness Week

BY THERESA GUENTHER
Avera Sacred Heart Hospital

Patient Safety Awareness Week, March 4-10, is an annual education and awareness campaign for health care safety. The theme for 2012 is "Be Aware for Safe Care," reflecting the need to involve everyone—from patients to providers — in ensuring the safety of our health care process.

This year's theme highlights the need for everyone to understand the importance of patient safety and to recognize the range of efforts being made to improve health safety in the United States and worldwide. Moreover, the campaign seeks to make patients, providers and the public aware of the ways they can participate in these efforts and partner to improve patient safety. While efforts of the past decade have brought improvements, recent studies indicate that much work remains to be done — and can be done most effectively through the involvement of all parties.

If a medical error occurs, it is often a result of a series of small failures that are individually not big enough to cause an accident but combined can result in an error. Patients can ensure a safer experience with the health care system by being involved and informed about their treatment. Improving patient safety requires continuous learning and constant communication between caregivers, organizations and patients. Everyone has a role in patient safety, and everyone will benefit

from its successes.

Avera Sacred Heart Hospital continues to promote the highest level of care driven by patient safety in all aspects of care. Avera Sacred Heart Hospital recognizes that patients have an active role in making their care safer by being active, involved and an informed member of their health care team. What can consumers do to make sure they have a safer experience with a health care system?

BECOME A MORE INFORMED HEALTHCARE CONSUMER

- Seek information about illnesses or conditions that affect you.
- Research options and possible treatment plans.
- Choose a doctor, clinic, pharmacy and hospital experienced in the type of care you require.
- Ask questions of your doctor, nurse, pharmacist or benefits plan coordinator.
- Seek more than one opinion.

KEEP TRACK OF YOUR HISTORY.

- Write down your medical history including any medical conditions, illnesses, immunizations, allergies, hospitalizations, all medications and dietary supplements you're taking, and any reactions or sensitivities you've experienced.
 - Write down the names and phone numbers of your doctors, clinics and pharmacies for quick, easy reference.
- Work with your doctor and other health

care professionals as a team.

- Share your health history with your health care team.
- Share up-to-date information about your care with everyone who's treating you.
- Make sure you understand the care and treatment you'll be receiving. Ask questions if you're not clear on your care.
- Pay attention. If something doesn't seem right, call it to the attention of your doctor or health care professional.
- Discuss any concerns about your safety with your health care team.
- Involve a family member or friend in your care.
- If you're not able to observe or participate fully in your care, ask a family member or friend to assist. They can accompany you on appointments or stay with you, help you ask questions, understand care instructions and suggest your preferences.

FOLLOW THE TREATMENT PLAN AGREED UPON BY YOU AND YOUR DOCTOR

- Be sure you receive all instructions verbally and in writing that you can read and understand. Ask questions about any instructions that are confusing or unclear.
- Take medications exactly as prescribed.
- Use home medical equipment and supplies only as instructed.
- Report anything unusual to your doctor.

Guenther is the Director of Quality Resources at Avera Sacred Heart Hospital.

IRS Offers Tips On Avoiding New Refund Scam

The Internal Revenue Service offers the following seven tips to help taxpayers avoid an emerging scheme tempting senior citizens and other taxpayers to file tax returns claiming fraudulent refunds.

1. These schemes promise refunds to people who have little or no income and normally don't have a tax filing requirement.
2. Promoters claim they can obtain for their victims, often senior citizens, a tax refund or non-existent stimulus payment based on the American Opportunity Tax Credit, even if the victim was not enrolled in or paying for college.
3. Con artists falsely claim that refunds are available even if the victim went to school decades ago. In many cases, scammers are targeting seniors, people with very low incomes and members of church congregations with bogus promises of free money.
4. A variation of this scheme also falsely claims the college credit is available to compensate people for paying taxes on groceries.
5. These schemes can be quite costly for victims. Promoters may charge exorbitant upfront fees to



file these claims and are often long gone when victims discover they've been scammed.

6. Taxpayers should be careful of these scams because, regardless of who prepared their tax return, the taxpayer is legally responsible for the accuracy of their tax return and must repay any refunds received in error, plus any penalties and interest. They may even face criminal prosecution.
7. To avoid becoming ensnared in these schemes, the IRS says taxpayers should beware of any of the following:
 - Fictitious claims for refunds or rebates based on false statements of entitlement to tax credits.
 - Unfamiliar for-profit tax services selling refund and credit schemes to the membership of local churches.
 - Internet solicitations that di-

rect individuals to toll-free numbers and then solicit social security numbers.

- Homemade flyers and brochures implying credits or refunds are available without proof of eligibility.
- Offers of free money with no documentation required.
- Promises of refunds for "Low Income — No Documents Tax Returns."
- Claims for the expired Economic Recovery Credit Program or for economic stimulus payments.
- Unsolicited offers to prepare a return and split the refund.
- Unfamiliar return preparation firms soliciting business from cities outside of the normal business or commuting area.

In recent weeks, the IRS has identified and stopped an upsurge of these bogus refund claims coming in from across the United States. The IRS is actively investigating the sources of this scheme, and its promoters can be subject to criminal prosecution.

To get the facts on tax benefits related to education, go the Tax Benefits for Education Information Center on www.irs.gov.

AG: Medicare Phone Scam Targets Seniors

PIERRE — Attorney General Marty Jackley is warning South Dakota seniors to be cautious about fraudulent telemarketing calls targeting Medicare recipients. Callers are seeking to obtain personal information that could be used to file fraudulent claims, commit identity theft or gain access to financial accounts.

The Consumer Protection Division and the South Dakota Senior Medicare Patrol (SMP) have received complaints from seniors that have been receiving unsolicited calls from various sources claiming to be a diabetic supply company offering free diabetic supplies or a Medicare-approved back or leg brace. Scam artists offer a number of free devices or services in exchange for the consumer's Medicare number.

Medicare does not make unsolicited calls.

Sometimes, the caller claims to be a government agency representative, and tells the consumer that he or she is eligible for new medical equipment or supplies that are generally covered under Medicare. The caller then asks the consumer to "confirm" his or her Medicare number for eligibility and identity.

"Companies that work with Medicare are prohibited from making unsolicited telemarketing calls and such calls are direct violations of Medicare rules," said Jackley. "Seniors should not accept free items or services from unsolicited callers. Seniors are also encouraged to carefully review Medicare summary notices for any suspicious charges or

items that have been double-billed."

Medicare has a cap on how many times individuals can receive these types of products. It becomes problematic when consumers receive sub-standard or non-conforming products and cannot request a new one due to

the Medicare limitations and guidelines that have been set.

Anyone who has been a victim of this scam or needs additional information should call the Attorney General's Consumer Protection Division at 1-800-300-1986 or consumerhelp@state.sd.us or contact SMP at 1-800-822-8804.

What's For Dinner?

Don't miss these dinner specials from Hy-Vee Kitchen Every Thursday in March!



Half Pound Gourmet Burger Basket Night

- Pepper Jack/Jalapeno Burger
- Peanut Butter Bacon Burger
- Mega Blue Burger
- Jarlsberg Cheese Burger

Served 4-8PM

\$6.99 Baskets includes burger, fries & drink

Buy One Burger Basket Get One 1/2 Price! Burger Only \$4.99



Friday, March 9th

Fresh Battered Pollock Buffet

Includes Hushpuppies, Coleslaw, Baked Beans & Chips

Served 4-8PM

\$7.49

HyVee Kitchen
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2100 Broadway, Yankton • 665-3412

KYNT
AM 1450
MORNING COFFEE
WEEKDAYS MONDAY-FRIDAY

Thursday, March 8
7:40 a.m.
Yankton Chamber of Commerce
8:20 a.m.
Yankton Conv/Vis Bureau
8:45 a.m.
Polar Plunge

Friday, March 9
7:40 a.m.
South Dakota Magazine
8:20 a.m.
ABS Spring Flip

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