

Visiting Hours

10 Ways Dietitians Can Help You

BY RACHEL PINOS

March is National Nutrition Month. It's a time to remind us to get back to the nutrition basics. Today, March 14, is National Registered Dietitian Day. As a dietitian myself, I work within the community to promote healthy eating and at Avera Sacred Heart Hospital to provide quality nutritional care for our patients.

Registered Dietitians can improve individual health and save health care dollars. For every \$1 spent on health care cost prevention, approximately \$8.76 can be saved in future health care costs.

1. You have pre-diabetes and want to avoid diabetes. A registered dietitian can change your life by teaching you skills that will help you lose and keep off weight while keeping diabetes at bay.
2. Your community has high levels of obesity. A registered dietitian can work with local leaders to create wellness programs that promote healthful eating and physical activity for everyone.
3. You want to improve your performance in sports. A registered dietitian can help you set goals and achieve results - whether you're a high school, college or professional athlete.
4. You are planning a healthy lifestyle event and need a guest speaker. A registered dietitian can present practical tips for eating healthy at the workplace and while dining out.
5. You have had gastric bypass surgery. Since your stomach can only manage small servings, it can be a challenge to get the right amount of nutrients in your body. A registered dietitian will work with you to develop an eating plan for your new needs.
6. You realize you need to feed your family healthier foods but you don't cook. A registered dietitian can teach you how to cook in a



PHOTO: AVERA SACRED HEART HOSPITAL
Avera Sacred Heart Hospital registered dietitians (from left) Carla Scott-Schmidt, Brenda Patzlaff, Nicole Haberer, Rachel Pinos, Michele Radack, Danette Wortmann and Doralynne Jarvis.

simple, convenient way.

7. Your friend has a severe food allergy and you would like to invite them over for dinner. A registered dietitian can help you grocery shop for foods that will not cause an allergic reaction.
8. Your teenager has issues with food and eating healthfully. A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.
9. You just had your first child and are concerned the baby is not eating enough. A registered dietitian can provide guidance to ensure that you and your infant are getting

- enough iron, vitamin D, fluoride and B vitamins.
 10. Your mother, who is increasing in age, wants to stay in her home. A registered dietitian can assist with finding local congregate dining and home delivered meal programs.
- As you can see, dietitians can play an important role in several life circumstances. Sometimes the smallest change in your nutrition can guide you on a lifetime path to wellness.

Pinos is the Avera Sacred Heart Hospital/Hy-Vee dietitian.

Bethel Choir Performs In Yankton Sunday

The Bethel Choir of Bethel University, St. Paul, Minn., will present a program of sacred choral music in Yankton on Sunday, March 18, as part of the ensemble's tour through Minnesota, Nebraska, South Dakota, and Colorado.

The choir will perform at Calvary Baptist Church, 2407 Broadway, at 4 p.m. It will also take part in the 10:30 a.m. service.

The Bethel Choir, led by Conductor Dennis Port, has received acclaim for its performances of choral literature in the United States and Europe as well as performances of major works with the Minnesota Orchestra.

This year's tour program, "Hymns and Spiritual Songs," is comprised of selections spanning more than 250 years of choral music. The inspirational collection of original compositions and arrangements includes something to please all tastes. Music from the pens of Pavel Tschesnokoff, Johannes Brahms, Johann Pachelbel, and Heinz Zimmerman anchor the inspirational program that is punctuated by some beloved hymns and traditional spirituals arranged by Moses Hogan, C. Edward Thomas, Lynette Peffley and Robert Berglund.

Events are free and open to the public, although a freewill offering will be taken. No reservations or tickets are needed. For more information, call Calvary Baptist Church or visit www.calvarybaptistyanpton.org.

One-Day Shopping Event At Lincoln School

Looking for a special gift for Easter, Mother's Day, Father's Day, graduation, a wedding or other special occasion this spring? You'll be sure to find it and more at the Vendor Fair, Bake Sale and Silent Auction of Gift Baskets event coming to Yankton's Lincoln Elementary School from 1-4:30 p.m. on Sunday, March 25.

You'll find more than two dozen vendors' booths, featuring cooking tools, candles, jewelry, home decorations, books, cleaning aids, scrapbook and stamping supplies, purses, specialty food items and more, to visit. There will also be an assortment of baked goodies to purchase and up to a dozen themed gift baskets to bid on as part of the Silent Auction.

Lincoln Elementary School is located at 815 Locust St. in Yankton. This event is being sponsored by the Lincoln Elementary PTA.

Antique Critique Show Offered By RC&D

HARTINGTON, Neb. — The Northeast Nebraska RC&D's third annual Antique Critique Show will be at Tooties Hall in Hartington on Saturday, March 31, running from 10 a.m.-2 p.m.

This event will host regional antique experts who will be there to evaluate items brought in by the public. Anyone interested in learning the estimated value of some of their old glassware, costume jewelry, guns, coins, tools, furniture, and more are invited to bring their items.

The public is invited to come view the antiques, visit with the antique owners and estimators, and enjoy the event. A nominal admission plus item fee will be charged. A lunch stand will be available and is sponsored in part by HY-Vee of Vermillion.

This is an RC&D historical education project designed to enlighten local citizens and the antique experts themselves about precious items that still exist in the area. Owners may find this is a chance to help them in making decisions for the antique that they own. Should they keep it, sell it, put it away so it can't be broken, just use it or perhaps increase their insurance coverage for that item? This is truly a fun learning event. Develop a new appreciation just by listening to the experts and owners as well as seeing these antiques.

The Northeast Nebraska RC&D is a non-profit, tax-exempt organization that serves the counties of Antelope, Cedar, Dixon, Knox, Pierce, and Wayne through projects that educate and promote community and economic development, tourism, and wildlife and natural resources concerns.

For more information about this or other RC&D activities, contact the office at 402-582-4866, email northeastrcd@plvwelco.net or see www.nenercd.org.

Greenhouse Crops Workshop Set For S.F.

SIOUX FALLS — A workshop on "Nutrition for Greenhouse Crops" will be held at the SDSU Regional Center 200 E, 8th Street Sioux Falls, on Thursday, April 5, running from 1-4 p.m.

The workshop will be presented by Geoffrey Njue, SDSU Extension Specialty Crops Field Specialist

High quality plants are critical to the profitability of greenhouse grower. Producing a quality crop in the greenhouse is dependent on the overall nutrition of the plants.

If you grow plants in the greenhouse and would like to learn how to manage plant nutrition to produce quality plants, plan to attend this workshop. Topics include: Substrate (growing media) monitoring, identifying nutrition disorders, and correcting nutritional disorders.

For more information or to register, contact Njue at (605) 782-3290 or geoffrey.njue@sdstate.edu.

WIC Program Announces New Income Guidelines

PIERRE — The South Dakota Department of Health has released new income guidelines for the WIC Program.

WIC is a special supplemental nutrition program, funded by the U.S. Department of Agriculture, provided at no cost to eligible moms, babies and children. Its goal is to help improve health by providing nutritious foods to supplement diets, offering education on healthy eating, nutrition and breastfeeding, and making referrals to other services.

If your family income does not exceed the following amounts for the size of your family, you could income qualify for WIC:

Family Size185%/Pov. Level
1\$20,665
2\$27,991
3\$35,317
4\$42,643
5\$49,969
6\$57,295
7\$64,621
8\$71,947
9\$79,273
10\$86,599

To find out if you or your children are eligible for the WIC Program, call for an appointment at your local WIC Office/Community Health Services Office. Offices can be found under the county listings in your phone book or on the web at <http://doh.sd.gov/LocalOffices/CHS.aspx>.

At the appointment you will be asked to provide family income information, proof of residency and identity, provide information about foods eaten, answer questions about past and current health, have height and weight taken, have a finger stick blood test taken (except a baby up to 9 months of age), and visit with a health professional about nutrition education and health needs. If eligible, you will get food "checks" to buy foods at authorized grocery stores.

WIC is an equal opportunity program. More information about the program is available on the Department of Health web site at <http://doh.sd.gov/WIC>.

Healthcare Careers Camp to Be Offered At USD In June

Student Application Deadline Is April 30

VERMILLION — High school students interested in health care careers can register now to attend the sixth annual Healthcare Careers Summer Camp at the University of South Dakota, June 17-22.

Students selected will participate in information-gathering activities and receive hands-on learning, including a gross anatomy lab tour, medical demonstrations, field trips to area medical facilities, and group activities and discussions. Additionally, camp participants will interact with health care professionals, faculty and others relative to the pursuit of careers in health care. Applicants eligible to attend are students entering 10th through the 12th grades this fall. Staff advisers from the Sanford School of Medicine and the USD School of Health Sciences will also be available during the camp to discuss everything from education requirements to future employment opportunities and salaries.

Sponsors for the 2012 Healthcare Careers Summer Camp are the Sanford School of Medicine, the USD School of Health Sciences, Sanford Health, Sanford Vermillion Medical Center, the Dakota Hospital Foundation, Delta Dental of South Dakota and the 7th District Medical Society. USD's Healthcare Careers Summer Camp is open to students from South Dakota, northeast Nebraska, northwest Iowa and southwest Minnesota. All applications require a counselor nomination, a parent or guardian signature, an official school transcript and a personal statement. Application deadline is Monday, April 30.

For more information about the camp or to download an application, go to www.usd.edu/medical-school/health-careers-camp.cfm or contact Kathy Van Kley with the Sanford School of Medicine at (605) 677-7288 or e-mail kathy.vankley@usd.edu.

Helping Hands For Farmers With Disabilities

BY VAL FARMER

The column isn't the only thing I'm stopping. I am also retiring from being a team member of the National AgrAbility Project Advisory Team. I have been a small part of this remarkable organization located at Purdue University's Breaking New Ground Resource Center since the '90s.

Because of this program, farmers and ranchers are no longer forced into retirement or into a disabled lifestyle because of disabilities. Nationally there are at least one to two million farmers and ranchers with disabilities. According to the U.S. Department of Agriculture (USDA), more than 200,000 farmers, ranchers, and agricultural workers acquire occupational injuries each year that limit their ability to perform essential work tasks.

Farm accidents are among the most prevalent workplace injuries. These injuries include severe back, leg, or arm impairments (including amputations), and spinal cord injuries. Other forms of disability are chronic respiratory problems, cardiovascular impairments, and among older farmers, arthritis.

Finding hope. In a profession that depends on physical abilities and labor, one would surmise that these disabilities would be devastating and permanent, forcing people to abandon their goals, dreams, and life work. It doesn't have to be that way.

I was invited to be on the Advisory Team because of my background in rural mental health. True there are aspects of rehabilitation that have to do with marital and family support, support networks, grief work, coping, resilience, and attitude. What I found was a different story.

Hope and results don't come from a counselor's office nor do they come from adapting to a new profession. Hope doesn't come from a support group or even from a disability check. Hope comes from being able to farm or ranch again despite new limitations.

How does this happen? It happens because farmers are able to stay engaged in doing something they love and are good at. How can they do that? It is because of the miracle of agricultural engineering, assistive technology, along with worksite and home modifications. The best vocational rehabilitation and occupational therapists connect farmers with the tools they need to continue to be productive and independent.

These assistive technologies are applied to tractors, combines, and other self-propelled farm machinery, farm vehicles, farm shops, personal mobility, alternative enterprises, and specialized equipment handling livestock and producing crops. More than 850 assistive technology products are described in *The Toolbox* available at www.agrability.org/toolbox or at every Extension office in the United States.

"Many agricultural workers with disabilities — and the professionals who serve them — are simply unaware of the help that is available." — Paul Jones, National AgrAbility Project manager.

The right assistive technology tools can give farmers back their mobility and control. This can be expensive but it is also inexpensive compared to a lifetime of dependence, disability, and other forms of rehabilitation services including counseling.

After a disabling injury or onset of a chronic disease, farmers need to know the miracles available to them through assistive technology. They need outreach, mentors, and a quick response for their new limitations. The National AgrAbility

Project or the 25 State AgrAbility Projects can help provide the resources and links they need to infuse hope back into their lives.

All farmers need is to see something work, and then they can believe it. They see an idea and they take it from there. What they don't invent or jerryrig on their own, they buy. The

best investment a Vocational Rehabilitation Service can provide is an investment in assistive technology or worksite modification, and farmers can continue to be entrepreneurs, taxpayers and independent of government assistance.

Farmers and ranchers are the dream clientele for this kind of help because they are motivated. They don't

easily succumb to victim entitlement or institutional thinking. If you are looking for a program with success stories, this is it.

"The people that are farmers in this country, it is in their blood...And for them to lose it is not just like they're displaced temporarily, it really takes almost the soul of them...and to be able to get them back working in the earth...it is really important." Peggy Milliman, a Christmas Tree Producer in Maryland, from the video, "AgrAbility: It's About Hope."

Farmers with disabilities share their story. One of those men is Herbert Von Holten from Round Grove, Indiana. He is a no nonsense guy with no use of his legs. He along with his partner, Kathleen Smith, engineers, manufactures, and installs lifts adapted to tractors and other farm equipment.

Not only does he show farmers how they can still farm, but he provides the tough love to get them out of their self-pity and despair. His track record in counseling farmers is probably better than mine.

AgrAbility will put farmers in touch with inspirational farmers with disabilities who are doing as much or more with their lives than before their disabling accident.

An inspired leader. I want to end this unabashed puff piece on AgrAbility with a few words about Bill Field, Breaking New Ground Project Director.

Bill has been the visionary driving force behind this work from its inception in 1991. He is personable, friendly, and as down-to-earth a man as you would want to meet. He is and has been my friend. He cares about farmers with disabilities.

Because of his leadership, AgrAbility is being spread internationally. He has touched thousands of lives through his work — and he isn't done yet. When he retires, I will be one of those writing a protest letter.

Visit www.agrability.org, call 800-825-4264, email agrability@agrability.org, or visit www.youtube.com/user/NationalAgrAbility to view "AgrAbility: It's About Hope."

Dr. Farmer's book on marriage, "To Have and to Hold" can be purchased for \$8.00 each plus \$2.95 for shipping and handling for the first book and \$2.00 for shipping and handling for each additional book. Send a check or money order to: JV Publishing, PO Box 207, Grover, MO 63040.

A second book, "Honey, I Shrunk the Farm," can be purchased by sending a check or money order for \$7.50 (shipping included) to the same address.

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. (© 2012, JV Publishing)

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