

VISITING HOURS: Caring Today For A Healthier Tomorrow

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Larson

National Nurses Week is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

The purpose of National Nurses' Day is to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the American people. This year's theme underscores the positive impact that nurses have on health care.

Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers. As nurses, we work in emergency rooms, school based clinics and homeless shelters, to name a few. We have many roles — from staff nurse to educator to nurse practitioner to nurse researcher — and serve all of them with passion for the profession and with a strong commitment to patient safety.

National Nurses Week is devoted to highlighting the diverse ways in which registered nurses, the largest health care profession, are working to

improve health care. The estimated number of licensed RNs in the U.S. grew by 5.3 percent to a new high of 3.1 million between 2004 and 2008, according to initial findings from the National Sample Survey of Registered Nurses released in March 2010.

In honor of the dedication, commitment and tireless effort of the nurses nationwide to promote and maintain the health of this nation, Avera Sacred Heart is proud to recognize nurses everywhere for the quality work they provide seven days a week, 365 days a year.

There is no better time of year to show nurses how much you appreciate their contributions to the health of our community. Please join me in recognizing nurses during this week. As a nurse and a consumer, I cannot imagine health care without nursing. I personally want to thank those who choose nursing as their life's work. You are appreciated.

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.

Grandparents Make A Difference

BY VAL FARMER

Grandchildren are a great joy. On becoming a grandparent we feel a deepened awareness of the purpose of our existence and a connection to the past and future through family. Grandchildren are our hope for the future. They carry forward our family heritage and a genetic continuity into a time and a world we'll never see. They are special to us.

We also have the joy of watching our children become parents as they give freely of their love, nurture and attention to the next generation. It is a pleasure to watch them enjoy and love their children. The love of the grandchildren is a link that further binds us together as a family growing closer through time.

We are now the grandparents of 20 grandchildren and expecting two more this summer and fall. Five grandchildren from two families live within 20 minutes from us. The others we see as often as is feasible.

A generation or two ago, grandparenting was an integral part of life. As modern society has taken a toll on the traditional nuclear family, the role of grandparents to provide a loving and stable force in family life has become even more crucial.

What does it take to be a loving and stable force? Lillian Carson, D.S.W., a psychotherapist from Montecito, California has written "The Essential Grandparent: A Guide to Making a Difference," and has a website, www.essentialgrandparent.com.



VAL FARMER

Carson challenges grandparents to consider how important they are in the lives of their grandchildren and their families. She also sees grandparents benefitting from the grandparenting role by opening a door to great joy, personal fulfillment and successful aging.

Teaching values and culture. As Carson sees it, effective grandparents have great power to change lives. They have wisdom to pass on, values and beliefs to share, skills to teach and a culture to honor. Because of their experience and link to the past, grandparents have stories from their own lives and their forebearers.

Grandparents are allies in a child's search for who they are, their place in the family and world. In a grandparent, the grandchildren have a friend who believes in them and helps them believe in themselves.

They are role models and examples to the grandchildren of lives lived with purpose, goodness and hope. They demonstrate and show that in spite of the changes and vicissitudes of life, they have prevailed and are living happy lives.

Giving unconditional love. Grandparents can provide unconditional love and acceptance unencumbered by the demands of daily living and the need to correct a child. Being one generation

removed and a household away, they can tolerate some things the parents can't. Their home and presence are a safe haven with far fewer expectations. The time and attention grandparents give grandchildren show them how wonderful and lovable they are.

Carson believes that if a child is to keep his sense of wonder, he or she needs the companionship of at least one caring adult who can share it and join in the discovery, joy, excitement and mystery of the world. Grandparents know a lot and have a lot to teach.

On letting go. As Sam Levinson once said, "Grandparents and grandchildren have a lot in common. They have a common enemy." The children's parents are authority figures, the ones in charge and, in critical ways, both the grandchildren and grandparents are at the parent's mercy. Both have to learn to subordinate their will to the parents' interests.

Carson gives advice on how grandparents should relate to the parents. Grandparents are not in charge of the parents or the parenting. Their vision and will should not prevail. It is the parent's show, not the grandparents.

If parents ask for an opinion, give it in a low-key manner and let go of the outcome. Whether they act on it is up to them. Don't persist in trying to set them right. Think before you act. Words and judgements can be hurtful. Giving advice requires an incredible amount of tact.

Maintain your own life. Over involvement can be intrusive and grandparents risk being taken for

granted. The parents' attention and busy lives are naturally centered on their family. Grandparents will experience some disappointment and loss as children have less involvement with them. Also the demands on parents in rearing children and making a living reduce the time they can devote to their own parents.

Providing stability and comfort. In today's world when families are under so much pressure, grandparents' need to be a safety net of stability and security for grandchildren. Grandparents can be a source of comfort and encouragement during life's difficult moments. Build a relationship that can be a refuge in a time of need.

Grandparents shape the lives of their family by nurturing them. The best way for grandparents to help their own children at this point in their life is to love the grandchildren. Besides nurturing the grandchildren, there are opportunities to provide support, encouragement, praise, assistance and comfort to adult children as they travel their life's journey.

None of this sounds too easy. It takes great love and commitment to fulfill the grandparent role. It is a role sorely needed by the children of this world. This role is a source of great joy as we endeavor to fill it with grace, flair and love.

For more information on grandparenting, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

COUNTY

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"I want the citizens to hear (this information) from the people who know it. Go to the financial institutions. Go to your insurance people. Get the answers from them."

PATRICK GARRITY

new floodplain are probably not very susceptible to flooding, he conceded. But residents will have to seek action through FEMA, because the county does not have the authority to take property out of the floodplain.

"We can't change the maps, period," Garrity said. "That just will not happen."

Because federally-backed mortgages for homes in floodplains require flood insurance, home owners have choices to make if they think they may want to sell the property in the future. They can choose not to get flood insurance. However, it could make the property more difficult to sell. If insurance is purchased before the property is in a floodplain, it can be obtained at a lower rate, and that rate may be grandfathered in for a new owner. Purchasing flood insurance on a property after it is in the floodplain can result in a dramatic difference in cost.

Garrity encouraged residents to inquire about those issues now, before the new maps take effect July 6.

"I want the citizens to hear (this information) from the people who know it," he said. "Go to the financial institutions. Go to your insurance people. Get the answers from them."

YHS Places First At Math Competition

At the recent 55th annual Merten Hasse Math Competition held at the University of South Dakota the team representing Yankton High School, which was made up of 8th grade through 12th grade students won first place for the large school division. Representing YHS were:

Algebra I: Hunter Koch, Superior; Matt Watt, Superior; Molly King, Outstanding; Amber Livingston, Excellent; John Skorey, Honorable Mention; Abby Schulte, Honorable Mention; Taylor Rothenberger, Honorable Mention; Justin Grode, Honorable Mention; Susanna Kinsley, Honorable Mention; and Devin Clark.

Algebra II: Nicole Westerman, Superior; Matt Gubbels, Outstanding; Alex Heglin, Outstanding; Emily Anderson, Excellent; Vanessa Rockne, Excellent; Courtney True, Honorable Mention; Robert Schmidt, Honorable Mention; Morgan Jones, Honorable Mention;

Logan Smith, Honorable Mention; and, Tory Gross.

Geometry: Derek Gravholt, Superior; Theresa Barnes, Superior; Kelsey Butler, Outstanding; Josh Arens, Outstanding; John Iverson, Excellent; Dustin Dvorak, Excellent; Jessica Erickson, Honorable Mention; Jacob Bies, Honorable Mention; Fae Binder, Honorable Mention; and, Ashley Hussein, Honorable Mention.

Pre-Calculus: Brian VanDeRostyne, Superior; Joseph Boudreau, Superior; Katherine Fiedler, Outstanding; Whitney Duarte-Outstanding; Annelise Curran, Excellent; Traci Eilers, Excellent; Ryan Ford, Honorable Mention; Mike Posch, Honorable Mention; Sophie Holtzmann, Honorable Mention; and, Casie Moody, Honorable Mention.

Calculus: Elizabeth Fiedler, Superior; Cyrus Sorenson, Outstanding; and, Emily Gass, Excellent.

Froke, Eickhoff Named To Augie Student Association

SIOUX FALLS — Elections for Augustana Student Association (ASA) members for the 2010-2011 academic were held recently.

Local students elected to ASA for the 2010-2011 academic year include: Krista Froke, a junior from Vermillion elected to the position of senior class senator and Maisie Eickhoff, a junior

from Fordyce, Neb., elected to the position of senior class senator.

ASA is the voice of the student body with membership including all full-time and part-time students. ASA is involved with oversight on concerts, lectures, entertainment, and homecoming.

UNMC Students To Earn Diplomas

Diplomas will be conferred on 724 University of Nebraska Medical Center students during ceremonies next week in Kearney, Lincoln, Omaha and Scottsbluff.

Area graduates include: UNMC College of Nursing Lincoln Division Bachelor of Science in Nursing: Amanda Holcomb, Coleridge, Neb.; Holly Kliment, Creighton, Neb. Graduate College Master of Science in Nursing: Jacqueline Jansen, Fordyce, Neb.; Andrea Prusa Orr, Vermillion.

UNMC College of Dentistry (Lincoln) Doctor of Dental Surgery: Amanda Schwaderer (With High Distinction), Tripp. UNMC College of Dentistry (Lincoln) Bachelor of Science in Dental Hygiene: Abbie Seitz (With Distinction), Creighton, Neb.

Bachelor of Science in Clinical Laboratory Science: Terry Skokan, Verdigré, Neb.

UNMC College of Medicine Bachelor of Science in Medicine: Alicia O'Keefe, Hartington, Neb.

UNMC School of Allied Health Professions Doctor of Physical Therapy: Alicia O'Keefe (With Distinction), Hartington, Neb.; Daniel Decker (With High Distinction), Platte.

Graduate College Master of Public Health: Myles Jones, Niobrara, Neb.

Piano Recitals Held

Students of Marilyn and James Nyberg were heard in recital at Trinity Lutheran Church, Yankton, on March 28.

Performing were: Cassidy Adam, Josh Arens, Brenna Becker, Christian and Kate Budig, Amanda Gravholt, Elise Heiman, Cora Johnson, Anne and John Knoff, Matthew Leet, Story Leshner, Gregory Nelson, Travis Poppe, Sarah Santos, Mikayla Vetter, and Leah Waid, on piano. Travis Poppe also performed on the pipe organ; Becker and Leshner performed a duet, and Dr. and Mrs. Nyberg performed duets.

Participating the previous day at the South Dakota Bandmaster's Piano Contest were Adam, Becker, Gravholt, Anne Knoff, Nelson, and Waid. Josh Arens received an honorable mention in the Truran Piano Competition held at the University of South Dakota on February 27.

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