Wednesday, 11.23.11



VISITING HOURS

There Is No **Place Like Home For Health Care**

Avera Sacred Heart Home Care Director

November is a special month, not only because of Thanksgiving, but also for health care providers it is National Home Care Month. This year's theme for Home Care is "Because there is no place like home."

The old saying that there is no place like home rings true when it comes to healing of mind, body and spirit. Health care had its original beginnings in the home. When a family member became ill it was the family that provided the care. There were no health care professionals as we know today and no hospitals to take over the care. Times have changed for the better in the sense of early detection and diagnosis, technology and treatment for diseases. The quest for remaining independent in our ability to care for self is still paramount. The National Association for Home Care estimates that more than 8 million Americans currently receive home care for both acute and long-term needs. State-of-the-art medical equipment for use in the home now can provide treatments and services that once were available only in the hospital. Home care professionals, volunteers and modern medicine make it possible for people to stay in their homes, regardless of their condition.

Diseases of today that most impact our ability to care for self are chronic conditions. They require medications for medical management, frequent monitoring of health status and adaptations in our ability to care for self. Home-based care is clinically effective, utilizing advanced technologies and helping to cost-effectively manage chronic diseases that account for 75 percent of our nation's health care spending. Yet despite this low cost preferred option, the government has planned \$12 billion in Medicare cuts to the industry over the next few years.

Consider in this community what services enable individuals to remain independent in their homes: home health services, hospice, parish nursing, homemakers, meals on wheels, senior citizens center, senior companionship services, mental health services, social services, assisted living, adult day care, Retired Senior Volunteers and Yankton Transportation are a few of the many services.

Home care is paid for directly by the patient and his or her family members, or through a variety of private and public sources. Private insurance programs typically cover some

services for acute needs, but benefits for long-term services vary from plan to plan. Public third-party payers include Medicare, Medicaid, Veterans Administration, Older Americans Act, Social Services Block Grant programs and community organizations.

Home care improves our so-ciety's quality of life by enabling individuals to stay in the comfort and security of their own homes during times of illness, disability and recuperation. Home care maintains the patient's dignity and independence – qualities that commonly are lost in the institutional settings. Home care offers a wide range of specialized services tailored to meet the needs of every individual on a personal provider-to-patient basis. Home care reinforces and supplements informal care by educating the patient's family members and friends about the care-giving

Every eight seconds, a Baby Boomer in America turns 50. One out of every five Americans will soon be over the age of 65. By 2040, the number of Americans over the age of 80 will triple to 26.2 million. As these three simple facts illustrate, America is growing older and living longer. Americans, led by the Baby Boom generation, are benefitting from medical advances that are extending their lives well into 80s, 90s and 100s.

But with extended life come an increase chronic disease and illnesses and the question of how to pay for long term care. This can create an unimaginable emotional and financial burden on families. Nearly 10% of all baby boomers find themselves on a financial tightrope, balancing the cost of caring for an elderly relative, financing their children's education and saving for their own retirement. Without an infusion of support, the American family and future generations will be crippled by the weight of caring for the elderly, disabled and infirm.

There is a solution and that is home care: American health care at its best. As we prepare for Thanksgiving and recall our many gifts, please remember the home care professionals who make a difference every day. They make it possible for home care to be where the healing be-

For more information about home care services in the Yankton area, call Avera Sacred Heart Home Care at (605) 668-8327.

THIS WEEKLY COLUMN IS PRO-DUCED BY THE PUBLIC RELATIONS OFFICE AT AVERA SACRED HEART HOSPITAL TO PROMOTE HEALTHY LIFESTYLES AND PROVIDE USEFUL MEDICAL INFORMATION TO OUR COMMUNITY

The Best Kind Of Giving Is Thanksgiving

BY VAL FARMER

www.valfarmer.com

A grateful heart is a quality that serves us well all year round - not just at Thanksgiving. It affects our lives in many ways. It affects our happiness, coping and well-being.

Psychologists Michael McCullough of the University of Miami and Robert Emmons at the University of California at Davis studied how gratitude works in our lives.

What is gratitude? Gratitude is an overall tendency to recognize the contributions of others to the good things that are happening in our lives. Feeling grateful is experienced as a pleasant and positive emotion.

But it is more than an emotion or a mood. It is a habitual way of looking at the world. To their surprise, McCullough and Emmons found that gratitude isn't related to daily events but represents an attitude of appreciation for life in general.

Grateful people see gifts in the trivial and mundane. Highly grateful people possess a world view in which everything they have even life itself - are gifts. They don't take the little things of life for granted.

McCullough and Emmons research shows that grateful people:

• recognize when good things happen to them, feel gratitude more intensely when something good happens and feel gratitude many times during the day for the simplest acts of kindness or politeness.

• feel grateful for a number of things at any one time. They feel grateful for their families, jobs, health, and friends, along with the specific positive benefits they perceive.

• see how the efforts of others contribute to their happiness. Not only that, but they also make the connection between how many people's efforts contribute to the good outcomes in their lives. Less grateful people focus narrowly on just one or two people for the same outcome. Grateful people don't discount their own efforts. They stretch their appreciation to include other causes and con-

• are more empathic. They are more agreeable. They can take the perspective of others. They display a greater willingness to forgive and not hold on to hurts and resentments. They are more optimistic, hopeful and more socially engaging. They are more likely to describe themselves as happy or satisfied

• **are more spiritual.** Their ability to see the contributions of others to their lives is also extended to God and God's intervention. This isn't true for the negative events in their lives. McCullough found that gratitude isn't confined to those with formalized religious faith. It is also shared by those who have a sense of the divine and spirituality in the Universe and believe in the interconnection of all living things.

• experience less depression and anxiety. McCullough points out that we can consciously elevate our moods by cultivating and expressing gratitude. We are better able to cope with acute and chronic stressful life events. Gratitude might be the mediating factor that explains why religious people have better physical and mental health outcomes when faced with a health crisis.

• are not as envious. Grateful people don't find happiness in material things, influence, power or sex appeal. They don't judge their own worth by worldly standards and are less likely to judge others' success in terms of possessions accumulated. They are less envious and resentful of others' success and possessions.

• are judged by others as kind, warmhearted and generous with their resources. Not only do they see people being good to them but they also notice another's plight, and are more sympathetic and helpful.

Fortunate versus unfortunate. Grateful people are often of modest financial means, or who have suffered personal tragedies while many who are well-to-do or those of good fortune exhibit little gratitude. A sense of thankfulness can turn someone's life from

People who are indebted report more anger and lower levels of appreciation, happiness and love in their lives compared to grateful people. They are less likely to express appreciation or gratitude to others.

Emmons suggests, "To say we feel grateful is not to say that everything in our lives is necessarily great. It just means we are aware of our blessings. If you only think about your disappointments and unsatisfied wants, you may be prone to unhappiness. If you are fully aware of your disappointments but at the same time thankful for the good that has happened for your chance to live, you are more likely to show higher indices of well-being."

Gratitude is an expression of humility, nobility, courtesy, morality and is the beginning of greatness.

A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being." - James E. Faust

"The best kind of giving is thanksgiving." -G.K. Chesterson

"Gratitude is the moral memory of

mankind." - Georg Simmel "A noble person is mindful and thankful for the favors he receives from others." - the Bud-

"Gratitude is the most exquisite form of courtesy." - Jacques Maritain

In the cemeteries of Denmark, there is a common epitaph on the headstones, "Tak", which means "thanks." What a wonderful word to express the gift of their lives and to express to all who come to remember them. If they lived with a thankful heart, they had a

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.

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S.D. Heritage Fund To Undergo Name Change

PIERRE – Officials are hoping that changing the name of the nonprofit financial partner of the South Dakota State Historical Society will make it clearer to donors what their contributions are being used

The South Dakota Heritage Fund was established in 1982 to provide financial and human resources for the State Historical Society. It does this by seeking capital, annual and planned gifts to support the mission, goals and programs of the State Historical Society, headquartered at the South Dakota Cultural Heritage Center in

The Heritage Fund is a nonprofit corporation, governed by a citizen board of directors, which recently approved the name he Heritage Fund office also located in the Cultural Heritage Center.

As of Jan. 1, 2012, the Heritage Fund will be known as The South Dakota Historical Society Foundation. The Heritage Fund website will change from www.sdheritagefund.org to www.sdhsf.org. The South Dakota Heritage

Fund exists to support the work of the South Dakota State Historical Society, and by changing their name to more closely relate the two organizations, we believe it will improve the public understanding of our relationship," said Jay D. Vogt, State Historical Society director.

Bill Peterson, chairman of the Heritage Fund board of directors, said the name change should have immediate benefits.

"One," he said, "the society's members, our donors and the public will have a better understanding of the purposes of the two organizations; and two, the society's foundation can more effectively solicit contributions for the society as their non-profit partner."

Vogt said that the Heritage Fund provides much-needed financial support to the State Historical

"The State Historical Society is a state agency, part of the Department of Tourism, and receives tax dollars for a portion of our budget," he said. Donations to the Heritage Fund made possible "The South Dakota Experience," the award-winning, three-phase permanent exhibit in the Cultural Heritage Center. Since the completion of that exhibit in 2005, donations to the Heritage Fund have gone to such State Historical Society projects as the archives photo digitization, museum traveling suitcase exhibits and books published by the South Dakota State Historical Society Press.

For more information on supporting the work of the State Historical Society, contact the Heritage Fund at (605) 773-6001 or the society at (605) 773-3458

Buckle Up Before Starting Your Holiday Driving

PIERRE — Thanksgiving Day weekend is the unofficial start of a month-long holiday travel season. South Dakota Highway Safety officials urge motorists to use seatbelts and put safety first as they travel to spend time with family and friends.

In the past four years in South Dakota, 14 people have died in highway crashes during the Thanksgiving weekend. Last year one person died and 32 others were injured. There were 211 crashes during the Thanksgiving reporting period. That's the lowest number in the past decade.

"We believe people are getting the message that seatbelts save lives, but we also believe we can continue to make our holiday travel safer," said Lee Axdahl, Director of the South Dakota Office of Highway Safety. "If people remember to use seatbelts, drive defensively in the higher volume of holiday traffic and don't drink and drive, everyone will have a better chance of celebrating a wonderful family holiday.'

Because Thanksgiving is such a family-oriented holiday, it's a perfect time for South Dakota travelers to remember the Office of Highway Safety's slogan, "Someone Needs You. Buckle

Register for Your Chance to Win. No purchase necessary.



Up," Axdahl said.

"If we'd all remember that someone needs us to arrive safely, that would be a reminder to use that seatbelt," he said.

So far this year, highway fatalities in South Dakota are runnin more than 20 percent behind last

The national Thanksgiving Day holiday fatality reporting period runs from 6 p.m. on Wednesday, Nov. 23 through 11:59 p.m. on Sunday, Nov. 27. South Dakota recorded one highway fatality in each of the past two Thanksgiving periods, but five people died in 2008 and seven in 2007 during the Thanksgiving Day weekend.

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Laura Guenther and Cole McClung were married July 9, 2011, at Sacred Heart Parish with Rev. Mark Lichter officiating.

Parents of the couple are Ken and Carol Guenther of Yankton, and Mark and Sandy McClung of Sioux Falls. A reception was held at the Kelly Inn/Minerva's in Yankton, with Mark and Patty Wiedenfeld, Hartington, NE,

The bride is a 2nd grade teacher in Harrisburg. The groom works for Active Data Systems in Sioux Falls. Matron of honor was Lisa Clemens, Sioux Falls,

Bridesmaids were Joan Guenther, Kansas City, MO; Jill Barch, Sioux Falls; Amy DesLauriers, Sioux Falls; and Susan Stotz, Yankton, Flower girl was Bricelyn Barch, Sioux Falls. The bride's personal attendant was Phylis Trenhaile.

Ritch Noble, Sioux Falls, was the best man. Groomsmen were Jeff Guenther, Kansas City, MO; Sam Clemens, Sioux Falls; Alan Barch, Sioux Falls; and Marty DesLauriers, Sioux Falls. Ring bearer was Joseph Clemens, Sioux Falls



Guenther-McClung

Children

Candlelight Memorial Service

An evening of hope and healing. We invite you and your family to join us for a time of sharing as we remember our children who have died.

Thursday, Dec. 1, 2011 7:30pm

Avera Sacred Heart Professional Office Pavilion

The evening will include special readings, Christmas singing, a candle lighting ceremony and decorating of the SHARE memory tree. In memory of your child you may bring a personalized ornament to place on the tree, or you may use one of the ornaments that will be available that evening.

The SHARE memory tree will remain in the Avera Sacred Heart Pavilion through the Christmas season in remembrance of the gift of our children.

Refreshments and a time for sharing with others will follow the candlelight ceremony.







ervices

Federal Credit Union

Sunday, Dec. 4th • 1-5:00 p.m.

Yankton Summit Activity Center

Here's How It Works:

• Parents ~ Pick up your ticket at any branch of your Services Center Federal Credit Union between **9am and 5pm**

or Saturday from 9-noon.

• Present ticket on Sunday Dec. 4th at the Summit Activities Center.

Pool, Slide & Gym Use is Free! 1:00 – 5:00 p.m. Snacks for the kids served throughout the day. Rules of Summit Center Apply: 6 yrs. & younger MUST BE SUPERVISED BY SOMEONE 14 YRS. & OLDER

Yankton · Springfield · Parkston 609 W. 21st St., Yankton, 665-4309

It's Where You Belong! www.scfcu.net NCUA

Services Center Federal Credit Union...