

Diabetes

From Page 1

ASHH is participating in a national program through the Centers for Disease Control (CDC). The program emphasizes public awareness and testing for pre-diabetes. Persons diagnosed with pre-diabetes stand at high risk for Type II diabetes.

"Half the people with pre-diabetes don't even know it," Barnes said.

In addition, ASHH offers a six-week program, limited to five persons per group for individual attention. The program teaches at-risk persons how to incorporate exercise and proper diet into their lifestyle.

"The six sessions look at things like leading a healthy lifestyle, reducing stress, weight loss, behavior modification and exercise," Payer said.

The program also incorporates the patient's health provider, Barnes said. "The physicians tell us all the time, we are the gatekeeper," she said.

The program carries a \$70 fee due at the first session. However, no one will be turned away for inability to pay.

The program's findings will be used in a research study on exercise's impact in lowering blood-sugar levels. The research study is conducted through the ASHH occupational therapy department and wellness center, Dakota Diabetes and the University of South Dakota occupational therapy department.

DRAWING NATIONAL INTEREST

South Dakota's high diabetes rate, along with the ASHH research study, attracted the CDC's interest, Barnes said.

"The CDC offers pre-diabetes classes dealing with lifestyle coaching. The classes are normally held in Atlanta, but the CDC traveled here to offer training in Chamberlain through the (South Dakota) department of health," she said.

"A big part of this is raising the awareness of risk (for pre-diabetes). If I am identified as being at risk, what can I do about it?"

Actually, even small changes can make a huge difference, Barnes said.

"Research shows, if you do 150 minutes of cardio exercise a week, along with strength training twice a week, it can really help," she said. "You can make a big difference by losing 7 to 10 percent of your weight. If you take these steps, you can reduce your risk of developing diabetes by 58 percent."

Many people are unaware of diabetes risk factors, said Olson, who works with the study. The factors include family history of diabetes, overweight, gestational diabetes and having a baby weighing more than 9 pounds.

The signs of diabetes include frequent urination, constant hunger and thirst, continual tiredness and losing weight without trying, Barnes said. The risk of diabetes rises past age 45, she said.

"You may have no symptoms, but you may develop symptoms down the road," she said. "It may be 10 years before your diagnosis."

REACHING THOSE IN NEED

The ASHH exercise program and the research study seek to reach people who are pre-diabetic, Barnes said. However, denial looms as a major roadblock, she said.

"We have a large number of people who are overweight and obese," she said. "They'll say, 'I know it's a big problem,' but they think it's somebody else's problem. We have the pre-diabetic who thinks his blood sugar is a little high, but that's OK."

Pre-diabetes doesn't necessarily mean the person will develop diabetes, Payer said. However, many people don't take action to delay or reverse their body's course of action, she said.

"People think, 'I can take care of my diabetes with a pill or shot,'" she said. "Shouldn't we offer something better than chemical dependency? Stay off your medication and be holistically well."

Diabetes can lead to blindness, kidney and pancreatic disease, circulation problems and amputation, Barnes said. Diabetes also stresses the body which can lead to or worsen other diseases.

A number of social and cultural issues can contribute to diabetes, Barnes said.

"An increasing number of people are living below the poverty line. You also have a high diabetes rate among Native Americans," she said.

"We also tie so much of our lives to food. We celebrate with food, we show we love you with food — we even grieve with food. We think we feel better with food."

THE ROAD TO SUCCESS

The ASHH program provides valuable tools for making lifestyle changes, Olson said. The program combines diet and exercise, drawing up an individualized plan for each

patient. The program also combines one-on-instruction at the wellness center with the small-group support needed to continue the lifestyle changes.

The research study will help determine exercise's role in lowering blood-sugar levels, Olson said.

"We lead very sedentary lives. How do we get past this?" she asked. "Exercise is the great equalizer. If you do 150 minutes of exercise a week, it's not that many minutes a day. You don't need to be a model on TV. It's more a matter of getting into the lifestyle. If you can make a big difference losing 7 to 10 percent of your weight, that's not a lot that you need to lose."

Many people treat exercise as sacrificing time for something else, but it's all a matter of perspective, Olson said.

"If I compare exercise to spending time with my kids,

then my kids win," she said. "If I compare it to doing the dishes, then I'll take the time to exercise."

The small-group sessions and the help of a trainer take the intimidation out of exercise, Barnes said.

"When they start, people are often fearful about being overweight," she said. "The trainer puts them on equipment, which is simple and gets you down to brass tacks."

The push for wellness has expanded to the larger society, Barnes said.

"Employers want their people to be healthier," she said. "And if we could prevent diabetes, our country could save a lot of money."

Lifestyle changes don't mean you need to deprive yourself, Barnes said.

"Especially as we enter the holidays, you can still celebrate with food — just eat less and go for a walk afterwards," she said. "This is a journey that takes you one step toward being healthier."

Olson believes people adapt with the right motivation.

"You can still engage in the meaningful things in your life," she said. "You don't have to give up meaningful things to be healthy."

For more information, contact Barnes at (605) 668-8279 or Olson at (605) 668-8268.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf. Discuss this story at www.yankton.net/.

Planning

From Page 1

current strengths and improvements needed.

During Wednesday's meeting, individuals were split into groups to further narrow down that list of issues to create a manageable plan of action.

Challenges that were given a high priority by most of the groups included funding, community support and relationship building, technology, reducing class size and reinstating cut programs.

Suggested goals to meet those challenges included increasing the opportunity for public input, increasing

student access to technological devices, and determining if more support could be raised for a future property tax opt-out.

Information obtained during the two open meetings now will be used by school faculty and administrators to put together a two-to-five-year plan for the school board's consideration in April or May. If approved, the plan would be implemented beginning with the 2014-15 school year.

"We're going to continue to challenge ourselves to do better, and we're going to continue to have a great school district," Kindle said.

You can follow Derek Bartos on Twitter at twitter.com/d_bartos/. Discuss this story at www.yankton.net/.

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OPEN TO THE PUBLIC Wednesday & Sunday

5-7pm Cooks Choice

Thursday 5-7pm - Domestic Beers \$1.50 5-7pm - Hamburger/ Pizza Burger & Fries \$5.00

Friday BBQ RIBS Serving 5:30-8:00

Saturday Entertainment No Band Regular Menu 5:30-8:00

Bingo Wed. at 7:00pm Sunday at 6:30pm Happy Hour M-F 4:30-7:30

Chislic Served Last Wednesday of Month

NOV. 15, 16, 17

FREE BIRDS

Fri. 7:30 PM - Sat. 7:30 PM - Sun. 4 PM

Students \$2.00 Adults \$5.00

Idle Hour Theatre Tripp, SD



SANTA'S SHACK SATURDAY, NOVEMBER 16TH 10:00AM-3:00PM

Irene-Wakonda Elementary Gym, Wakonda

Several vendors are already registered and the Irene-Wakonda Band Students will be providing lunch in the concession area throughout the day.

Any area vendors that would like to participate are asked to contact Donna Henriksen at 605-267-2628 or Judy Saylor at 605-267-2787 or email: henry@iwv.net for more information.

Mark your calendars for November 16th and plan to attend Santa's Shack in Wakonda!

Sacred Heart School 5th Annual Vendor Blender

Saturday, November 16th 10:00 a.m. - 2:00 p.m.

Sacred Heart Elementary School Gym 1500 Saint Benedict Drive, Yankton

Over 30 Vendors • Bake Sale • Pizza from 11am-1pm

Contact Jessica at 260-1065 with questions! We look forward to seeing you there! Supplemental funds provided by Catholic United Financial

UPCOMING TAILGATE GAMES 11/16 Nebraska Vs. Michigan State - TBD

The Perfect TAILGATER Giveaway

WIN A 2013 FORD F150 FX4

PLAY TO EARN ENTRIES SEPT 29-DEC 28

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FRIDAYS 7PM-MIDNIGHT \$108 FREE PLAY TX PER HOUR

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4th Annual Shop Local Soccer Kick Off Party & Fundraiser

Friday, November 15th ~ 7:30 p.m.

Czeckers Sports Bar & Grill 407 Walnut, Yankton

LIVE BAND featuring MRS BEGLEY & THE BOYS STADIUM FOOD - FUNDRAISER DRAWINGS

HURRY!! Get Your Ticket Today for Your Chance to WIN!!

\$15,000* in Chamber Dollars will be given away!

REGISTER TO WIN!! (2) \$5,000 Chamber Dollars* (10) \$500 Chamber Dollars*

TOTAL of \$15,000* in Chamber Dollars

Drawing limited to 500 tickets only Ticket Cost: \$100.00

Support the Shop Local Holiday Campaign and Yankton Youth Soccer Association

For more information call (605) 665-3636

Yankton Youth Soccer Association

www.yanktonsd.com/fundraiser

Moose Lodge FEATHER PARTY

Sunday, Nov. 17th 1:30 - 4:30 p.m.

Luncheon in Afternoon

Dinner Served Before Feather Party 12:30-1:30 p.m. 2 Piece Chicken Basket w/ Fries & Coleslaw for \$6

Come & Win a Turkey or Ham at Bingo, Pitch, No. Card & Paddle Games!

Everybody Welcome

Taking reservations for Thanksgiving Dinner... Call 605-665-3933

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Wednesday: All You Can Eat Spaghetti \$8.95 Spaghettti & garlic bread w/regular or meat sauce

Happy Hour 3:30-6:00pm Daily

Volin Fire Department Feather Party

Friday, November 15th 4:30pm until ? ~ Volin Town Hall

Everyone Welcome!

DOOR PRIZES

Serving: Chili, Chicken Noodle Soup, Ham Sandwiches & Beverages

Playing Pitch! Win Turkeys! Buy a Chance To Win a Rifle!

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Decorate a Tree ...Help a Family in Need!

Please help us make this holiday season a little brighter for some families in need.

2 Ways You Can Help Out:

1. Sponsor and decorate a 6-7 ft. artificial Christmas tree and coordinating gift box for food donations
2. Vote for your favorite tree by placing one non-perishable food item in the gift box located by that tree

Trees will be on display at the Yankton Mall with voting November 22nd-December 15th. Trees will be picked up by the families in need and food delivered to our local food pantry Dec. 16th-20th.

Tree Registration Due: Nov. 15th Call the mall office 665-5999

Tree Setup/Decorate Tree: Nov. 16th-20th Please located your business name on the floor and set up tree.

Grand Prize For Best Decorated Tree is an \$100 Yankton Mall Gift Card Winner will be announced Dec. 16th

Brought to you by the **Press & Dakotan & the Yankton Mall**