

'The Art of Healing'

Arts Program To Be Geared For Cancer Patients, Survivors And Caregivers

BY NATHAN JOHNSON
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When battling cancer, healing the spirit can be just as important as healing the body.

As a breast cancer survivor, Yankton Area Arts executive director Amy Miner knows that better than most. That's what led her to speak with Avera Sacred Heart Cancer Center officials about creating an Art of Healing program for cancer patients, survivors and their caregivers.

"I participated in a program that was similar to this (while living in Hawaii)" she said. "I think Yankton is tailor-made for it. I think we're the right size. There are gobs of talented people who are good and generous, and unfortunately, we have people who are sick. This is about connecting people who may have a similar interest and then providing that artistic experience for them to bond. That's where the healing begins."

The program will begin in January, and Miner is currently seeking people who are interested in teaching classes. Schedules can be very flexible, she said. Offerings so far will include guitar, puppetry, ballroom dancing, wood carving and drawing.

"We're really open to anything somebody wants to do — cooking classes, scrapbooking, sewing, poetry, etc.," Miner said. "If you have any interest in teaching, contact us. You don't have to be a teacher. You don't have to have a master's degree."

Miner taught guitar lessons to cancer patients and their caregivers while in Hawaii. In the beginning, she was very nervous. Miner said she had learned to play the guitar by ear and wasn't an expert player.

However, her fears were ultimately unfounded.

"It's not about turning somebody into the next rock star or Picasso," Miner said. "It's about being in the moment, feeling something together and expressing something together. It's extremely rewarding."

When she taught classes in Hawaii, it was the caregivers who urged their loved ones with cancer to attend.

"It was their caregivers who were trying to find a way to connect," Miner stated. "For one woman, her husband felt so helpless. There was nothing he could do. She was in chemo and doing all these treatments, and it was pulling them apart. He had always wanted to learn how to play guitar, and so they came and he learned to play some of her favorite songs. Then he would go to chemo with her, sing and be with her."

In another case, a mother and son attended the classes and wound up visiting with Miner on a regular basis for several months after the lessons concluded.

"It gave them a safe time to be away from all of the cancer distractions and to enjoy one another," Miner said.

The classes will be free, according to Darla Gullikson, director of the Cancer Center.



KELLY HERTZ/P&D
Amy Miner, executive director of Yankton Area Arts, is organizing an Art of Healing program with the Avera Sacred Heart Cancer Center that will begin in January. Courses will be offered on various creative activities to cancer patients, survivors and their caregivers.

"We don't want to burden the patients with another thing to pay for," she said. "There will be some expenses, and this will be an opportunity to tap into Simply funds. A part of the money (raised at the annual food and wine tasting event) is to go toward education. As far as we're concerned, this is a part of educating these people."

Gullikson believes the classes will help those coping with cancer deal with the mental anguish that the disease often causes.

One key element about the classes is that they will be small and personal, Miner said.

"The idea is, you're in a place where you don't have to pretend," she stated. "If you were in a larger class with 20 people and were doing chemo, you might not feel up to

putting on a face, going out and doing a class. This is safe. There is no expectation. If you have to call in sick, you can reschedule. You'll really get one-on-one time with someone who matters very deeply to you, as well as with a teaching artist who can inspire you. You're standing in a pretty big moment in your life, and it's good time to think about self-expression."

Gullikson said she is looking forward to the classes beginning.

"Amy Miner has a great personality and a lot of passion," she said. "She is a cancer survivor, and so that makes the connection she will have even more significant. She is a great role model for them."

For more information, contact Miner at (605) 665-9754.

'Simply D'Vine' Is Time Well Spent

BY NATHAN JOHNSON
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When Kelly Kathol saw the success of wine events at other institutions in the Avera system in raising money for charitable causes, she decided to investigate the concept.

"I went to see how they did it, and I thought that we needed to bring it back to Yankton," said Kathol, who serves as director of the Avera Sacred Heart Foundation. "We started (Simply d'Vine) here four years ago."

The wine and food tasting event raises money for the Avera Sacred Heart Cancer Center that goes toward patient transportation, housing and education assistance.

A majority of the funds go toward the transportation component. Avera has a van in Nebraska to carry patients to appointments in Yankton or gives those who meet certain criteria cards to purchase gas.

"You can see the stress get wiped off people's faces when we offer them transportation assistance," said Darla Gullikson, director of the Cancer Center. "We really do help a lot of people, and that is made possible through the people who participate in this event. We can't thank them enough."

As has occurred every year, the 500 tickets for 2011 Simply d'Vine event sold out weeks in advance. It will take place at 7 p.m. Oct. 21 in the Avera Professional Office Pavilion and Education Center.

It raised \$27,000 the first year, \$32,000 the second year and \$44,000 last year.

"We expect to exceed that this year," Kathol said.

The event will have more

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OBITUARIES

Mary Boldenow

ELK POINT — Mary Vina Boldenow, 102, of Elk Point died Friday, Oct. 14, 2011, at WEL-Life Assisted Living in Elk Point.

Funeral service is at 11 a.m. Tuesday at Immanuel Lutheran Church, Elk Point. Burial will be in Memorial Park Cemetery in Sioux City, Iowa, after the service at 2:30 p.m.

Visitation is 4-7 p.m. today (Monday) at church with family present at 5:30 PM. There will be a prayer service held at 7 p.m.

Cletus Koch

FORDYCE, Neb. — Cletus L. Koch, 88, of Fordyce, Neb., died Sunday, Oct. 16, 2011, at Avera Sacred Heart Hospital, Yankton.

Funeral services are pending at Wintz Funeral Home, Hartington.

Avon Haas

CROFTON — Avon A. Haas, 88, of Crofton, Neb., died Sunday, Oct. 17, 2011.

Funeral services are pending with Wintz Funeral Home, Crofton.

Lesterville Fire To Hold Open House

LESTERVILLE — Lesterville Fire & Rescue will hold open houses Oct. 22-23 to encourage fire prevention measures.

The Oct. 22 open house will be at the Utica Fire Station from 2-4 p.m. The Oct. 23 open house will be at the Lesterville Fire Station from 1-5 p.m.

The events will include activities for children and information about fire prevention.

Refreshments will be available.

Madelynn Mollman

Madelynn Monica Mollman was born and passed away Thursday, October 13, 2011 at the Sanford Children's Hospital, Sioux Falls, SD.

Mass of Christian Burial will be 10:30 a.m. Monday, October 17, 2011 at St. Benedict Catholic Church, Yankton, with Rev. Ken Lulf officiating. Burial will be at 10:30 a.m. (Mountain Time), Wednesday, October 19, 2011 at the St. Michael's Catholic Cemetery, Watauga, SD.

Visitations will be from 7 to 9 p.m. Sunday at the Opsahl-Kostel Funeral & Crematory, Yankton, and then one hour prior to the service at the church.

Madelynn is survived by her parents Bowen and Sonya and her big brother Keston Mollman of Yankton, SD; her grandpar-



Mollman

ents Bob & Jonabeth Mollman of Watauga, SD and Steve & Mary Nehl of Carson, ND; and great-grandparents Art & Delores Long of McIntosh, SD.

She was preceded in death by her great-grandparents Bob & LaVaughn Nehl, Philip & Appy Volk, and Margaret & Dorus Mollman.

Short-Lived, Deeply Loved, Never Forgotten

Yankton Press & Dakotan
October 17, 2011



Online condolences at:
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Flooded Farm Land Applications Due Nov. 1

Landowners who qualify for a reduction in assessed value on their flooded crop land must turn the needed paperwork in to their local assessor's office (Director of Equalization) by Nov. 1, 2011.

Land that can't be planted because it is flooded may be eligible for a reduction in assessed value. Applications must be sub-

mitted each year accompanied by current Farm Service Agency maps with flooded acres clearly marked. The paperwork must be dropped off at the Director of Equalization Office or post-marked by Nov. 1.

Lakes, dugouts and land in the Conservation Reserve Program (CRP) are not eligible.

Flooded farm land applications are available at the Director of Equalization Office. In Yankton County, that office is in the County Government Center, 121 West Third Street.

For more information, call (605)260-4400 opt. 3.

Plans Progressing For Wind Farm Near Tripp

TRIPP (AP) — A proposal to build a wind farm near Tripp in southern South Dakota is progressing, but some details about the project are still being evaluated, an official of B&H Wind LLC said.

B&H has agreements to use land in the area, which is ideal for a wind farm because it is easily accessible and its elevation means the wind will not be blocked, B&H Vice President Bruce Voigt of Tyndall told the

Mitchell Daily Republic.

The company built a tower near Tripp, which is 35 miles south of Mitchell, to measure wind speed and direction as part of its assessment of how a wind farm would perform in the area.

But while the site has potential, the specifics of the project are still being studied.

Before the size of the wind farm can be decided, buyers need to be found for the electricity that would be produced, Voigt said. He

also said it's impossible to estimate the project's cost until a more detailed plan is developed, but the main factors will be the size and electrical output of the facility.

In addition, wind turbines have become less expensive, so it is now cheaper to build wind farms, he said.

Please Join Us!



Solitaires

A social group of widows/widowers of all ages that meets the 3rd Wednesday of the month.

Wednesday, Oct. 19th

6pm Potluck Dinner • 6:45pm Speaker

Rev. David Gunderson will speak on his experiences as a chaplain in the war in Afghanistan.

Mark Your Calendar!

This will be the last event of the year.
We will meet again in April. Watch for details.
Nov. 16th - Holiday Party



Yankton, 605-665-3644
wintzrayfuneralhome.com
Garden of Memories Cemetery

HONORING THEIR MEMORY
Our Thoughts And Prayers Are With Them
Our care and concern does not end with the funeral service. This week we remember with family and friends the anniversary of the deaths of:

Irene Petrik
who passed away on
October 19, 2010

Clarence Hejna
who passed away on
October 19, 2010

Donald Pechous
who passed away on
October 21, 2010

Ronald Fuks
who passed away on
October 22, 2010

LeRoy Heer
who passed away on
October 23, 2010

Lesa List Nicholls
who passed away on
October 22, 2007

This remembrance is brought to you free of charge. If you have a loved one you would like remembered, contact us at Opsahl-Kostel Funeral Home & Crematory.



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