



SUBMITTED PHOTO

Pictured from left are Avera Sacred Heart Hospital respiratory therapists Craig Tucker, Colleen Munkvold, Cindy Law, Jay Henseler, Lisa Miller, Rachel Jones. Not pictured: Kari Baumiller, Debra Buehner, Denise Miller, Linda Reese, Elaine Steffen and Sarah Wesdorp.

VISITING HOURS

Simple Steps Keep Seniors Breathing Easy

BY LISA MILLER

Avera Sacred Heart Respiratory Therapist

It's National Respiratory Care Week (Oct. 23-30) and Your Respiratory Therapists from Avera Sacred Heart Hospital say keeping lungs healthy as we get older requires some special attention.

That's because seniors are especially vulnerable to respiratory problems, including complications from the flu, dangerous forms of pneumonia, and chronic conditions like emphysema and chronic obstructive pulmonary disease, or COPD.

Luckily, there are steps seniors can take to keep their lungs in proper working order as they age. Respiratory Therapists from the American Association for Respiratory Care (AARC) offer the following tips to help seniors avoid respiratory problems as they get older:

- If you smoke, find a smoking cessation program in your area to help you quit, and check with Medicare to see if they will cover the program under their new smoking cessation counseling benefit.
- Get an annual influenza shot. These shots are usually offered every year beginning in October and are particularly important for older people, who are more likely to suffer serious complications from the flu.

- Receive the one-time pneumonia vaccine, which is usually given at age 65 or older. This protects you from some of the most deadly forms of the disease.

- Make dietary changes to keep your weight in check.
- Get regular exercise to keep your lungs — and the rest of your body as well — in good working order.

"If seniors will follow these guidelines they can see remarkable improvement and lung health benefits such as additional years of life and better quality of life," adds the Respiratory Therapy Team from Avera Sacred Heart Hospital. "For more information on good lung health at any age, you can also visit the AARC's consumer web site, www.YourLungHealth.org."

Respiratory Therapists are specially trained and licensed respiratory health care professionals assisting physicians in diagnosis, treatment, and management of respiratory diseases. Respiratory Therapists provide care in hospitals, outpatient centers, physicians' offices, skilled nursing facilities, and patients' homes.

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.

How Counseling Can Lead To Divorce

BY VAL FARMER
www.valfarmer.com

William J. Doherty, PhD, of the University of Minnesota Family Social Science Department believes that when therapy is poorly done, it helps undermine people's commitment to their marriages. Here are some of the problems he has observed.

Individual therapy for marital issues. First of all, people go to individual therapists when they are depressed, anxious or having trouble in their lives. Many times the feelings of distress and unhappiness stem from marital difficulties. When that is the case, couples therapy should be strongly considered.

The way to help couples is much more active, psycho-educational and structured than individual therapy. Different skills and a different mind set are required. The alliance is to the marriage and not to one of the partners.

The skills for individual counseling are empathic and passive. People tell their story. The counselor listens and validates concerns. The individual feels understood and accepted. With the help of the therapist, the client thinks through his or her concerns, and explores options. The therapist wants to alleviate the pain and help solve the problem.

A spouse who chooses not to come to marriage counseling makes a dangerous decision. The same can be said for one partner who refuses to return for couples counseling after the first or second session. There are two sides to every story. The unhappy spouse is left with telling his or

her side of the problem. Also it is much more difficult to create change without the goodwill, understanding and cooperation of the both parties.

Individual therapy is powerful. The contrast of the therapeutic relationship in contrast to the pain and misunderstanding that is occurring in the marriage subtly undermines the marriage.

And what do the therapist and the client talk about - the unhappy marriage. With time, there is a natural bias against the marriage as the person's unhappiness persists and the inability to get needed changes persists. Out of a sense of hopelessness, it is a temptation for the therapist to liberate the client from his or her source of negative influence. A therapist can even label and imply pathology to an absent spouse without having had direct contact.

The same factors apply when an unhappy spouse attends group therapy and gets support and reinforcement. A group therapy experience can develop an anti-marriage bias similar to individual therapy.

Doherty believes therapists are also heavily influenced by the individual fulfillment culture of the 70s and the consumer culture of the 80s. If that is the case, therapists support people with their beliefs that marriages can be discarded in favor of individual self-interest. Unless the therapist has a strong pro-marriage bias, the language and attitudes of individual fulfillment will



Val FARMER

mirror the cultural mainstream.

Poor marriage counseling. A second reason Doherty believes therapy can be hazardous to marriage is the poor quality of couples counseling. Most therapists have not been trained to work with couples. Eighty percent of all private practice therapists in the United States say they do

marital therapy but only 12 percent are in a profession that requires even one course or any supervised experience in marital or couples therapy.

If a couple goes to marriage counseling and repeats the same old marital arguments in front of a therapist who doesn't take charge of the situation, they aren't getting what they need. Marital therapy needs structure and guidelines to help a battling couple to stop their in-session conflict and to gain communication skills they can use at home.

Incompetent therapists may side with one of the partners and label the other one as flawed and pathological. They can subtly undermine a marriage by asking a series of provocative questions and challenges that lead to a conclusion of incompatibility. A poor experience in couples counseling may lead a couple to conclude that their marriage is hopeless when in fact the problem was with the quality of the counseling they received.

In choosing a marriage counselor or therapist, Doherty recommends asking the following questions:

1. "Can you describe your background or training in marital therapy?" If the therapist is self-taught or workshop-trained, and can't point to formal supervised training in this work, then consider going elsewhere.

2. "What is your attitude toward salvaging a troubled marriage versus helping couples break up?" If the therapist says he or she is "neutral," or "I don't try to save marriage, I try to help people," look elsewhere.

3. "What is your approach when one partner is seriously considering ending the marriage and the other wants to save it?" If the therapist responds by focusing only on helping each person clarify their personal feelings and decisions, consider looking elsewhere.

4. "What percentage of your practice is marital therapy?" Avoid therapists who do mostly individual therapy.

5. "Of the couples you treat, what percentage would you say work out enough of their problems to stay married with a reasonable amount of satisfaction?"

After reviewing all these pitfalls, Doherty states, "I have come to believe that people first need support people, mentors, other couples in their lives, and then they need marriage educators and then they need therapists — in that order."

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.

THIS COLUMN IS SPONSORED BY LEWIS & CLARK BEHAVIORAL HEALTH.

Economy

From Page 1

for about 70 percent of U.S. economic activity. The index measures how shoppers feel about business conditions, the job market and the next six months.

It came exactly two months before Christmas, with retailers preparing for the holiday shopping season, their busiest. Almost twice as many people now expect a pay cut over the next six months as expect a raise.

"If people think their income is declining, they're not going to be inclined to spend," said Jacob Oubina, an economist at RBC Capital Markets.

Economists point out that consumer confidence is not as simple as a single number, though. The feelings people express about the economy do not always track how they actually spend money.

In September, for example, despite feeling bad about the economy, people increased their spending on retail goods by the most since March. More people

bought new cars, a purchase people typically make when they are confident in their finances.

The percentage of Americans who plan to buy a major appliance in the next six months, such as a television or washing machine, rose to 46 percent, up from 41 percent. Exactly half plan to take a vacation in the next six months, up from 47 percent.

Marc Rosenberg, CEO of Sky-BluePink Concepts, a toy marketing company, said he looks for broader trends in the monthly consumer confidence numbers but doesn't pay attention to the monthly changes.

"I think it is nice background music," he said.

It's still not a very happy tune. Jessica Jarmon was laid off from her job in social work in March. For the past three months, she has worked a temp job in the same industry, but that ended last week.

She has a job interview Wednesday morning, but she said it's hard to tell whether the economy is getting better or not.

"You hear about one company creating 16,000 jobs, and then you hear about another company laying off 10,000 jobs. Maybe, at

best, we are just breaking even," said Jarmon, who lives in Philadelphia.

Mark Vitner, senior U.S. economist at Wells Fargo, said he will probably trim his forecast for holiday revenue in the retail industry based on Tuesday's figure.

Vitner said the persistent gloomy headlines about the economy may lead people to say they feel worse about things than their own situations would suggest. They might have a good job and stable finances, for example, but still report feeling sour.

But the decline in confidence is "too significant to get away from it," he said. "Consumers are losing hope that strong growth is around the corner."

Higher earners are also starting to lose confidence, a bad sign because they account for a disproportionate amount of spending. The confidence index for people making more than \$50,000 has dropped six months in a row.

"The upper income brackets have weathered the recession and recovery better than most citizens, and declining confidence among this group is certainly unwelcome," Dan Greenhaus, an economist at the brokerage BTIG, said in a note to clients.

Consumer confidence had been recovering fitfully since hitting an all-time low of 25.3 in February 2009, but has taken a turn for the worse as Americans worry about high unemployment, rising prices for food and clothes and an overall weak economy.

The index is based on a survey conducted Oct. 1-13 of about 500 randomly selected people nationwide.

It was three days after the survey got under way, on Oct. 4, that the stock market began a remarkable rally. The Dow Jones industrial average gained 12 percent in three weeks, from the Oct. 3 close through Monday's trading.

Fundraiser For Breast Cancer Research Set For Oct. 30

A fundraiser for breast cancer research will take place Sunday, Oct. 30, at Kozy Inn Bar west of Yankton on Highway 50.

Called "Bras for a Cause," the event invites the public to participate in a bra decoration contest, meet breast cancer survivors and celebrate Breast Cancer Awareness Month.

Event organizer Kris Hacecky said the event is about celebrating the pink ribbon month and having a good laugh.

"I wanted to raise money and recognize those in the area who have battled breast cancer," Hacecky said. "This event is a fun way to wrap up breast cancer awareness month and something we hope to turn into an annual event."

Contest participants should bring their decorated bra to Kozy

Inn Bar, located 5 1/2 miles west of Yankton on Highway 50, between 2-4 p.m. on Oct. 30. Several local breast cancer survivors will be judging the event and top winners will receive prizes to include gift baskets from area businesses. Winners will be announced shortly after 4 p.m.

Registration for the contest is \$5 with proceeds going to All Women Count! (The All Women Count! Program serves women 30-64 years of age for Pap smears, 40-64 for mammograms, without insurance to pay for screening exams, and who have insurance but cannot pay the deductible or co-payment.)

Any patron wearing pink will be able to purchase beverages at discount.

For more information, call Kris Hacecky at 605-661-5949.

25th Anniversary

Kerry and Kathy Kepplinger were married November 1, 1986. A card shower is requested by their children in celebration of their 25th Anniversary. They have three boys, Kyle of Sioux City, IA, Kory of Scotland, SD and Kreg of Scotland, SD.

Cards may be sent to Box 413, 121 4th St., Scotland, SD 57059.

Kotaliks Celebrate 40th Anniversary

Arthur and Geraldine (Wubben) Kotalik will be celebrating their 40th wedding anniversary on Oct. 30, 2011. Their children request a card shower in their honor. Greetings can be sent to 906 W. 15th St., Yankton, SD 57078.

Arthur and Geraldine Kotalik were married Oct. 30, 1971, in St. Helena, NE.

They have six children: Sarah (Randy) Sherman, Watertown, SD; Ben (Jill) Kotalik, Tabor, SD; Lolita (Brian) Wells, Bison, SD; James (Stacy) Kotalik, Yankton, SD; Eric Kotalik, Yankton, SD; and Andrew Kotalik, Yankton, SD. The couple has nine grandchildren.

Anything Goes!
by ShawMark

30th Anniversary SALE!

For 30 years, Anything Goes! Carpet has been amazing customers and inspiring confidence. How? By bringing you carpet that's fashionable, luxurious, and incredibly durable.

Only Anything Goes! Carpets offer a 20-year warranty against matting and crushing, even on stairs and in hallways. For 30 years this carpet has undergone Torture Tests at some of the highest trafficked destinations in the world.

Hurry! Sale Ends Dec. 5!

Yankton Paint & Decorating

406 Broadway, Yankton • 665-5032 • www.yanktonpaintanddecorating.com

Anything Goes!
by ShawMark

GOT NEWS?

Call The Press & Dakotan At 665-7811