



Rep. Bernie Hunhoff and Pamela Rezac. (Submitted photo)

Hunhoff Honored With Service Award

State Rep. Bernie Hunhoff was honored with the South Dakota Association of Healthcare Organizations' (SDAHO) Distinguished Service/State Legislator Award of 2013 at a reception held at the SDAHO Annual Convention in Sioux Falls on Sept. 19.

In her presentation, Pamela Rezac, President & CEO of Avera Sacred Heart Hospital in Yankton, highlighted the fact that for as long as she can remember, Bernie Hunhoff has been a dedicated public servant and a champion of the people.

"Whether the issues were popular or not, in typical Bernie fashion, he stood up for the little guy," said Rezac. Not only is Hunhoff known for defending health care access, but also as a staunch supporter of education. In 2012, Hunhoff received the Friend of Education award from the South Dakota Education Association and the National Education Association for his significant contributions on a statewide basis toward achieving quality public education for all students.

In 2013, Hunhoff began using Facebook to keep his constituents informed about what was happening at the Capitol and to solicit their feedback. Hunhoff explained the bills he was supporting, the ones he was opposing and the reasons for each. He then welcomed feedback from anyone on Facebook. This provided a great open forum for his constituents and others across the state.

Hunhoff's work with the South Dakota Magazine has always rooted him firmly in South Dakota. "I highly doubt there are many people with more knowledge of this state and its residents than Bernie Hunhoff," shared Rezac. Bernie Hunhoff has provided truly "distinguished service" to District 18 and the entire state during his more than 10 years in the state legislature.

SDAHO represents 54 hospitals and 33 long-term care facilities across the state. SDAHO is a unified voice for the continuum of care provided by community-based health care in South Dakota on a state and federal level. More than 800 health care providers attended the convention representing administration, governance and 18 affiliated health care professional membership societies. Numerous health care issues were discussed including quality of care initiatives, patient safety, advocacy, leadership and healthcare reform and the implications it brings for South Dakota.

YMC's Pietila Honored With ACP Award

Yankton Medical Clinic, P.C. Board Certified Pulmonologist Michael P. Pietila, MD, FCCP, was awarded the Early Career Physician Award by the South Dakota chapter of the American College of Physicians (ACP) at the annual state meeting in Deadwood on Sept. 11-13, 2013.

Dr. Pietila is a South Dakota native born and raised in Lake Norden. His undergraduate degrees in Chemistry and Microbiology are from South Dakota State University and his medical doctor degree from the University of South Dakota. Dr. Pietila completed his Internal medicine, Pulmonary Medicine and Critical Care training at the Mayo Clinic in Rochester, Minn.

Dr. Pietila is the outgoing Chief of Staff and current Vice Chairman of the Executive Board of Directors at Avera Sacred Heart Hospital in Yankton. Currently he is an Assistant Academic Professor of Internal Medicine at the Sanford School of Medicine and has participated regularly at state ACP meetings as both presenter and moderator.

The Early Career Physician Award recognizes outstanding achievement by a physician member who is within 16 years of graduating medical school and who is not an ACP Medical Student Member or Resident/Fellow Member. Areas of achievement may include leadership; academics, including publishing, teaching, and mentoring; and/or volunteerism.

The American College of Physicians (ACP) is a national organization of internists-physician specialists who apply scientific knowledge and clinical expertise to the diagnosis, treatment, and compassionate care of adults across the spectrum from health to complex illness. ACP is the largest medical-specialty organization and second-largest physician group in the United States. Its membership of 137,000 includes internists, internal medicine subspecialists, and medical students, residents, and fellows.



Pietila



SUBMITTED PHOTO

Shown are Vice President Professional and Regional Services at Avera Sacred Heart Hospital, Doug Ekeren and SDHES President Jim Kent

ASHH Receives Preparedness Award

Avera Sacred Heart Hospital was recognized with the South Dakota Healthcare Engineers Society's (SDHES) Partnership Award from the South through the South Dakota Association of Healthcare Organization's (SDAHO) 87th annual Convention in Sioux Falls.

The Partnership Award recognizes an organization that has established or enhanced relationships with community partners to further preparedness efforts of the facility, community, region or the state of South Dakota.

Avera Sacred Heart has demonstrated a close working relationship with community partners, maintaining membership on the Local Emergency Planning Committee (LEPC) in the County for close to 20 years. On September 8, 2012, they collaborated with the group on a full-scale exercise involving an airplane crash and hazardous materials incident. A subcommittee of the LEPC planned the event, consisting of members from Town of Utica, City of Yankton Fire Department, Yankton County Emergency Management, Avera Sacred Heart Hospital and the City of Yankton Police Department. In addition to participants from those planning groups, there were also participants involved from Yankton County Sheriff's Office, Yankton County CERT, Lesterville Fire Department, City of Yankton Ambulance, Volin First Responders and Volin Fire Department. The local media was on hand to report on and document the exercise.

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Breastfeeding Rates Are Up

BY MICHAEL ROIZEN, M.D.,
AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

Good news for the future King George (that's Kate and William's little prince) and all the other princes and princesses out there! More of your moms are breastfeeding you during your first hours of arrival and for months to come. That has health benefits for you and your mom, as well as family finances and society in general.

The Centers for Disease Control and Prevention reports that 77 percent of U.S. moms are breastfeeding for the first six months — up from 71 percent in 2000. The CDC credits mothers' growing awareness of the benefits, as well as programs that bring a newborn into contact with mom within the first five minutes after birth (it seems this encourages the child to express the natural impulse to breastfeed). The rate of breastfeeding after six months also is up, from 35 percent in 2000 to 49 percent in 2010; and after 12 months, from 16 percent to 27 percent.

The benefits to baby? A stronger immune system. Breastfed babies are better able to ward off ear and gastrointestinal infections and some types of dermatitis. They also grow up with a lower risk for Type 2 diabetes, asthma and obesity.

Mommy benefits? You'll lower your weight and your risk for Type 2 diabetes, as well as postpartum depression, hypertension, heart attack, and breast and ovarian cancers.

Then there's the health-care benefits! In the U.S., breastfeeding saves around \$860 million annually because of reduced medical problems for babies and moms, and that doesn't include what's saved at home by not having to buy formula.

OF ALL THE GALL (STONES, THAT IS)

In an episode of "Friends," Joey is passing a gallstone while Phoebe is giving birth to triplets. Their yowls of pain are pretty similar (Joey's might be a bit louder). That's how painful passing a large gallstone can be.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Gallstones develop (80 percent of the time) because cholesterol in the bile, which is produced in your liver and stored in your gallbladder, causes the formation of pellets that range in size from a speck to a golf ball. When they block a gallbladder's bile duct, they trigger excruciating pain on the right side of the abdomen. Left untreated, obstructive stones can cause jaundice, fever, even death.

More than 25 million North Americans contend with gallstones — twice as many women as men. There are 1 million new cases every year. In fact, there's a good possibility that everyone has gallstones, but only a small percentage cause problems.

The go-to diagnostic tool is ultrasound, and to put an end to an attack, the stones can be extracted via laparoscopy. If you have two or more attacks, you may need to have your gallbladder removed. Fortunately, your digestive system can work pretty well without it, if you follow the doctor's dietary advice.

Good news? You can avoid problem gallstones by keeping your cholesterol in check, maintaining a healthy weight (lose weight slowly if you're on a diet; rapid weight loss can trigger stone formation), walking 10,000 steps a day and avoiding the Five Food Felons, especially fried food. If you can eat fried food without pain, you probably don't have gallstones.

BREAKING THE CODE: NUTRITION LABEL CONFIDENTIAL

When the Rosetta Stone was discovered in 1799, archaeologists finally could decipher Egyptian hieroglyphics because all its inscriptions also were written in ancient Greek — which they understood. Unfortunately, when it comes to decoding nutrition labels, there's no easy way to know what they mean. So here's our rundown of the top three things nutrition labels can tell you, and what they don't.

Calorie count? How food is prepared, how you chew it, and how your gut bacteria behave alters the total calories food delivers to your body. So use the count as a general guide, then establish a healthy diet every day with nine servings of fruits and veggies; four servings (3 ounces each) of animal protein; two or more for grains (only 100 percent whole) and other carbs. Also, if the label says 100 calories, but there are 2.5 servings (250 calories) in the package, beware you don't take in more than you planned!

Trans fats? When the label says 0 trans fats, the food is allowed to contain 0.5 gram per serving! Frequent ingestion may deliver heart-damaging amounts. If the ingredients list includes "hydrogenated oil," that's probably a trans fat (partially hydrogenated oil ALWAYS is). To either, just say no.

Carb counting? Carbohydrate counts include processed carbs and sugars (check the ingredients list for felonious sugar syrups or added sugars). Don't rely on printed carb counts; look for separate info on sugars and fiber, and realize the phrase "whole wheat" or "whole grain" in the ingredients list does NOT mean 100 percent (the only good-for-you form).

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Mental Health Awareness Week

A Mental Health Nurse's Journey

BY BETTY VIAU, RN, LPCMH

Just when you think that you've seen, done or heard about everything — surprise, there's more to experience and use your skills you've gained, to be of help to others! I have had the privilege of being an RN and Licensed Mental Health Counselor for over 30 years.

From hands on nursing care to helping a grieving individual decide what path to choose, it really is about the person that has come for help. I have worked in Nursing Homes, General Hospitals, Psychiatric Hospital settings as a clinical instructor for students, Lewis & Clark Behavioral Health Services, both as a Counselor and now as Nurse Manager at Cedar Village Assisted Living. What a trip!

What's the worst job I've ever had? Working in an ice cream shoppe! The cones insisted on riding on my hips! What's the best job I've ever had? That's

tougher. There has been something in every job that's helped me to be ready for the next step and I'm so thankful for that experience.

I'm aware that there may be those who don't really understand mental illness and what those who carry that illness with them deal with daily. I'm inviting you to call your local Mental Health Center or call me at Cedar Village. Ask questions, educate yourself and probably others, about needs to be met in this community.

Currently, at Cedar Village, I serve as Nurse Manager. I assist residents who have a psychiatric disorder and who were in danger of losing housing, because of that illness. I assist by monitoring medications, monitoring changes in their physical & emotional health, notifying either their psychiatrist or medical physician of noted changes. Our staff are very dedicated to the care that our residents need. Is it for every one? NO! This

job requires empathy, putting another person first and being able to set limits in a way that is respectful. Our staff never fail to amaze me with their skills and their dedication.

The best part of my job is interacting with each resident, with the hope that they feel free to discuss their worries, fears and challenges. I believe that this has been a help to many residents, not only in dealing with their illness but with making plans for their future. My door is always open for them to drop by.

Our emphasis is on respect for the person and abiding their wishes as is possible. Currently, we are dealing with sometimes new skills as we are being trained as Hospice providers, as we have a man who's journey will soon be done, here on earth. I'll miss him.

Viau is a member of the Yankton Area Mental Wellness Board of Directors.

YMC Earns Reaccreditation From AIUM

The Ultrasound Practice Council of the American Institute of Ultrasound in Medicine (AIUM) is pleased to announce that Yankton Medical Clinic, P.C. has achieved reaccreditation in Obstetrics/Gynecology, Abdominal, and General ultrasounds.

Yankton Medical Clinic, P.C. achieved this recognition by meeting rigorous vol-

untary guidelines set by the diagnostic ultrasound profession. All facets of the practice were assessed, including the training and qualifications of physicians and sonographers; ultrasound equipment maintenance; documentation; storage, and record-keeping practices; policies and procedures to protect patients

and staff; quality assurance methods; and the thoroughness, technical quality and interpretation of the sonograms the practice performs.

The AIUM is a multidisciplinary medical association of more than 9,200 physicians, sonographers, and scientists dedicated to advancing the safe and effective use of ultrasound in

medicine through professional and public education, research, development of guidelines, and accreditation.

Yankton Medical Clinic, P.C.'s onsite radiologist, Will Eidsness, MD, and all sonographers are board certified.

Avera Facilities Honored For Resident Satisfaction

Avera Sister James Care Center and Avera Yankton Care Center recently received the Excellence in Action award from My InnerView by National Research Corporation.

This honor recognizes long term care and senior living organizations that achieve the highest levels of satisfaction excellence, as demonstrated by overall resident or employee satisfaction scores that fall within the top 10 percent of the My InnerView product database.

"Every year, we are exceptionally honored to award these fine organizations for their excellent quality and care given toward their residents and employees," said Susan L. Henricks, President and COO of National Research. "We are even more excited to extend this award across more facets of the long term care and senior living spectrum to

include skilled nursing, assisted living, and independent living organizations. Every day these providers are making a difference in the lives of residents and employees to ensure they are receiving the utmost quality of care. We congratulate our clients for taking the proactive initiative to measure quality."

"I believe this is a testament to the staff we have at our two long-term care facilities and how much they truly care for and respect our elders," said Tony Erickson, executive director of Senior Services for Avera Sacred Heart. "We are constantly striving to provide the best care in a very home-like atmosphere that preserves the dignity and decision making of our residents and their families."

The Excellence in Action awards are presented exclu-

sively to National Research clients who use My InnerView products. Qualifying nursing homes, in addition to assisted living and independent living communities (over 8,500), must have completed a customer satisfaction survey in 2012. Winners must have also achieved a minimum of 10 responses with a minimum 30 percent response rate and scored in the top 10 percent of qualifying facilities on the question "What is your recommendation of this facility to others" in terms of the percentage of respondents rating the facility as "excellent."

For more than 30 years, National Research Corporation has been at the forefront of patient-centered care. Today the company's focus on empowering customer-centric health-

care across the continuum extends patient-centered care to incorporate families, communities, employees, senior housing residents, and other stakeholders. My InnerView programs are the premier solutions to help improve quality, resident and family experiences, and employee engagement for skilled nursing homes, assisted living communities, independent living communities, and continuing care retirement communities. This integration of cross-continuum metrics and analytics uncovers insights for effective performance improvement, quality measurement, care transitions, and many other factors that impact population health management.

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