

Ekeren

From Page 1

Michael, Katie and Laura. He has been involved in his parish and served as president of both the Yankton school board and Chamber of Commerce.

Ekeren said that he considers himself fortunate to have worked for Avera and Avera Sacred Heart over the years and looks forward to continuing to build more relationships with the physicians staff and community.

The feeling is mutual throughout the Avera community.

“Doug has been an excellent advocate of health care in the Yankton community and region for the past two decades,” Avera Health President and CEO John Porter said in a press release. “This transition has been seamless, and we look forward to Doug continuing the build and grow the Avera Sacred Heart region.”

One of Ekeren’s goals is to fulfill Avera Sacred Heart’s mission to improve the health of the people it serves.

“There are many different ways to do that,” he said. “Our focus will be on how to prevent people from having to come to the hospital. We want to educate them and make it so that they stay well. We can do that in a lot of different as-

pects. And that makes it an exciting time to be in health care.”

Ekeren said that way to execute this mission is through the use of technology.

“Avera has a lot of E-Services,” he said. “So we are utilizing technology to bring expertise to a centralized hub, not only to people in Yankton, but also to rural locations and people farther out.”

Ekeren noted that providers in Wyoming, Kansas and Montana are utilizing the expertise that Avera offers.

“That helps us to strengthen local health care,” he said. “I think that we need to look at things like technology and how to share the resources that are available to

us, and bring things that we maybe couldn’t support in Yankton. Technology allows us to bring that service in.”

Gravholt said studies have shown that Avera’s E-Care services are the most robust in the world. Under certain circumstances, Avera can use a high-resolution cameras and have live conversations with physicians to walk them through procedures.

“There have been a lot of testimonials from providers who have said that, ‘It not only helped the patient, it helped me,’” Ekeren said. “We are really in an era of consumerism where people need to have access to information and services that perhaps they haven’t had up until this

point. We as a provider in this region need to be able to provide for these needs. We aren’t replacing health care professionals.”

Ekeren said the cutting edge developments that loom he wants to embrace.

“I think we are about to bring a whole bunch of things that will be available on your smartphone, computer or other mobile devices that will be tied into health care,” he said. “So whether it is monitoring how many calories you burned during the day, medication management to interaction with your health care provider, it’s going to be an exciting time for those new developments.”

Another goal of Ekeren’s is

to address work force development in the Yankton area.

“There are more jobs in the Yankton area than there are people, and that is not limited to Avera Sacred Heart; that is a community-wide issue,” he said. “As the largest employer in the Yankton region, we need to be involved with those conversations and figure out solutions.”

Ekeren said that he is looking forward to the future of Avera Sacred Heart.

“I believe we are well positioned for the future in Yankton and look forward to being a steward to this cause,” he said.



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Join Kid Scoop's SCRUB SQUAD

Remember the last time you had a cold or the flu?

It was pretty miserable. You sneezed, coughed and had no energy. But there's an easy way to avoid all that: Just join Kid Scoop's SCRUB SQUAD.

HOW TO JOIN: You join automatically every time you wash your hands!

Standards Links: Health: Know basic personal hygiene habits required to maintain health.



THE SCRUB SQUAD SONG

(Sung to the tune of "Old MacDonald")

Washing hands is sudsy fun
Scrub! Scrub! Scrub! Scrub! Scrub!
I wash eight fingers and two thumbs
Scrub! Scrub! Scrub! Scrub! Scrub!
With a little soap here
And a little more there
Bubbles here
Bubbles there
Give those germs a splashing scare!
Washing hands is sudsy fun
Scrub! Scrub! Scrub! Scrub! Scrub!

If your hands are extra dirty,
sing this second verse and keep on scrubbing!

Now my hands are getting clean
Scrub! Scrub! Scrub! Scrub! Scrub!
Even dirt that can't be seen
Scrub! Scrub! Scrub! Scrub! Scrub!
With a little soap here
And a little more there
Bubbles here
Bubbles there
Watch them floating in the air
Now my hands are nice and clean
Scrub! Scrub! Scrub! Scrub! Scrub!

Standards Links: Music: Memorize and sing simple songs.


More fun hand-washing songs at www.kidscoop.com/kids

HAND SANITIZER vs. SOAP & WATER

Using hand sanitizer shouldn't be a _____ for washing your hands with soap and _____. While sanitizer does kill _____, it doesn't do a very good job of getting rid of _____ dirt. Think of hand sanitizer as just a little "touch-up" _____ hand washings with good ol' soap and water.

Fill in the missing words.

WATER GERMS BETWEEN
REPLACEMENT VISIBLE



THE SCRUB SQUAD 5 STEP PLAN

- 1 Rub your hands together under warm running water. Make sure to get wet up to your wrists.
- 2 Use a generous amount of soap. Liquid soap, powdered soap or bar soap are all great.
- 3 SCRUB: Get the palms, back of your hands, wrists, under your nails and between your fingers for at least 20 seconds.
- 4 Rinse your hands to get rid of the soap (and dirt and germs).
- 5 Air dry your hands or use a clean towel, either cloth or paper.

How many hands and bubbles can you find on this page?

Standards Links: Health: Students know practicing good personal hygiene is a way to prevent or reduce risk of disease.

Kid Scoop Puzzler

Unscramble each of the mixed-up words.

When should I wash my hands?

- after playing DISTOUE O _____ I _____
- after using the STROMORE R _____ T R _____
- before eating or KONCOGI _____ O O _____
- after petting SANIMLA _____ L S _____
- before and after visiting a sick DRFNEI F _____
- after blowing your nose, coughing or sneezing
- after taking out the RATHS T _____

Standards Links: Reading Comprehension: Follow simple written directions.

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

S	T	H	G	P	A	O	S	D	B
M	O	S	N	A	E	L	C	A	U
R	W	C	I	L	A	N	T	U	B
E	E	R	H	M	Y	H	O	Q	B
G	L	U	G	S	R	T	N	S	L
D	W	B	U	O	A	S	R	H	E
M	E	M	O	R	I	Z	E	I	S
I	N	M	C	W	A	V	O	I	D
G	R	E	Z	I	T	I	N	A	S

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.


Kid Scoop Puzzler

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- before and after visiting a sick DRFNEI F _____
- after blowing your nose, coughing or sneezing
- after taking out the RATHS T _____

Standards Links: Reading Comprehension: Follow simple written directions.

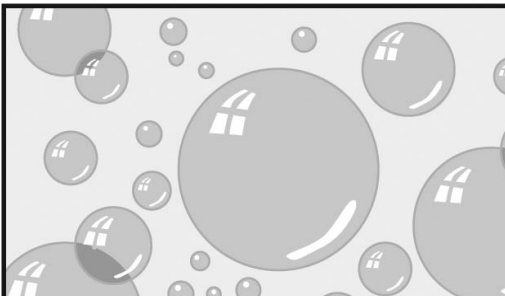
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www.kidscoop.com

Scrubbing the News

Select three paragraphs in a newspaper article. Can you scrub away some of the words to make shorter sentences without losing important details?

Standards Links: Reading Comprehension: Understand the main idea.



What type of entertainment do bubbles like best?

ANSWER: Soap operas and pop songs.

Kid Scoop FIT&FUN

Hand Exercises

Now that your hands are nice and clean, they could use a little exercise. Try these:

Stretch & Squeeze

Spread your fingers out as far as possible. Feel that s-t-r-e-t-c-h? Now squeeze them into two tight fists. Repeat 10 times.

The Big Reach

Stand with your feet slightly apart. Reach your hands up, up, UP as high as you can. Now bend and reach for your toes. Repeat 10 times.

Helicopter Hands

Extend your arms straight out, level with your shoulders. Slowly start twirling your arms in a circular motion. Spin them faster and faster for 60 seconds.

Pat on the Back

Hold your hands out in front of you. Reach over your shoulders and pat your back for 30 seconds. Cross your arms and try again. Do this for 30 seconds. You deserve a pat on the back!

Standards Links: Physical Education: Use a variety of basic and advanced movement forms.

Kid Scoop VOCABULARY BUILDERS

This week's word: **SQUAD**

The noun **squad** means a team or crew that work together.

My **squad** was in charge of cleaning the playground.


Try to use the word **squad** in a sentence today when talking with your friends and family members.

Kid Scoo-doku

Complete the grid by using all the letters in the word SQUAD in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

S				Q
Q	D			
U			D	
A		Q		
D			Q	S

Write On!



Bubble Trouble

Someone put too much detergent in the washing machine, and now your town is getting covered in soapsuds! Write a news article describing the scene.