

COMMUNITY CALENDAR

The **COMMUNITY CALENDAR** appears each Monday and Thursday. Contributions to this list of upcoming events are welcome and should be submitted two weeks before the event. Submissions **MUST** be typewritten or legibly printed and include the name and phone number of a contact person. Send items to P&D Calendar, 319 Walnut, Yankton, SD 57078, or email to news@yankton.net.

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Whist, 12:45 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205
Friends Of The Yankton Community Library, 5:15 p.m., Yankton Library, 515 Walnut
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar Street

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Yankton Community Forum, 8:30 a.m. coffee, 9 a.m. meeting at Hillcrest, 605-664-5832
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Explore the Bible, 10:30 a.m., The Center, 605-665-4685
Yankton Alanon, noon, non-smoking session, 1019 W 9th Street
Nurse, 12:30-3:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Wii Bowling, 1 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous STEP Sessions, 7 p.m. and 8:30 p.m., 1019 W. 9th St.
Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed session, Trinity Lutheran Church at 816 E Clark St. Vermillion.
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion

THIRD TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 12:45 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
SHIINE, 1-4 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous, 7:30 p.m., non-smoking session, 1019 W. 9th St.
Springfield Footprints, 7:30 p.m., non-smoking open session, Catholic church, Springfield

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Wii Bowling, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Yankton Sertoma, noon, Pizza Ranch, 605-661-7159
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street.
Avera Sacred Heart Hospital Toastmasters, noon, Benedictine Center, open session 605-665-6776
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Weight Watchers, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Take Off Pounds Sensibly (TOPS #SD 45), Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30, RTEC building, 1200 W. 21st St. For more information call 605-665-3738 or 667-9274.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut
Celebrate Recovery, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594
Freeman Alcoholics Anonymous, 8 p.m., non-smoking closed meeting, City Hall, 3rd and Poplar, Freeman.
Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th St.
Yankton Alanon, 8:30 p.m., 1019 W 9th Street

BIRTHS

PAISLEY LOECKER

Jeff and Lisa Loecker of Yankton announce the birth of their daughter, Paisley Ann Loecker, born Oct. 8, 2014, at 8:11 p.m. She weighed 8 pounds and was 20 1/2 inches long. She joins siblings Tyler, Kyle, Lexy and Tanner. Grandparents are Phyllis Burkhart of Sturgis, Wallis Wells of Belvidere, Cheri and Dave Bridenbaugh of Yankton and John Albenesius and Deb Gibbs of Dakota City, Neb. Great-grandparent is Mary Ann Loecker of Yankton.

JORDAN MCHUGH

Katie and Seth McHugh of Yankton announce the birth of their daughter, Jordan McHugh, born Sept. 24, 2014, at 9:33 p.m. She weighed 6 pounds, 12 ounces and was 20 1/2 inches long. She joins siblings Katelynn, 4, Abigail, 3, and Robert, 2. Grandparents are Carol Kuchta of Crofton, Neb., Mike Kuchta of Yankton, Brenda Cavery of Omaha, Neb. and Troy McHugh of Ohio. Great-grandparents are Robert Kuchta of Hartington, Neb., Marlene McHugh of Springview, Neb. and Swede Frain of Logan, Iowa.

Be An Informed Patient And Get Healthier

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

King Features Syndicate, Inc.

If you've ever wondered what your doc is scribbling in your file or entering into a computer during your medical appointment, you're not alone. More than 90 percent of us want to see our doctors' notes. In fact, millions of American health-care consumers now do. Seems there's been a little revolution brewing. The big news? The revolution is making consumers healthier.

The success of a groundbreaking new open medical-records program has both of us cheering. The program gave over 13,500 patients in three big health systems — Beth Israel Deaconess Medical Center in Boston, Geisinger Health System in Pennsylvania and Harbor View Medical in Seattle — access to their doctors' notes for one year. The patients couldn't wait to read their charts; up to 92 percent checked 'em at least once. The results were amazing:

- Up to 85 percent said they had a better understanding of their health and medical conditions.
- Up to 87 percent felt more in control of their health care.
- Up to 72 percent took better care of themselves.
- Up to 78 percent did better with taking medications.
- Up to 42 percent shared the notes with a close friend or family member (a great way to get support and encouragement for staying healthy).
- 99 percent wanted to keep seeing their charts after the study ended!

The docs were enthusiastic, too. Many said their patient relationships were better, with more trust, better communication and stronger partnerships for good health. All of the docs opted to make their notes available to



Dr. Mehmet Oz and Dr. Michael Roizen

their patients after the study ended.

Now this breakthrough is rolling out across North America. The Cleveland Clinic (where Dr. Mike is in charge of wellness), Milwaukee's Columbia St. Mary's Health System, the U.S. Department of Veterans Affairs, Penn State Hershey Medical Group, Kaiser Permanente Northwest and other health systems are making doc notes and medical records available to any and all of their patients through electronic media. (The University of Texas MD Anderson Cancer Center has been sharing its records with patients since 2009.) In August, the Canadian Medical Journal called for open doc notes, too, urging an end to the "hoops and speed bumps" that leave patients waiting nearly three months (and footing the bill for paper copies) for info that's rightfully theirs.

How to Get the Info That's Already Yours!

In the U.S., health-care consumers have had the legal right to see their doctors' notes, along with lab test results and other info in their medical files, since 1996 (earlier in some states). But while it's been easy for docs and even insurance companies to peek at

this oh-so-personal info, patients were stymied by lots of red tape and copying fees. Some even had to sue to see their files! The story's frustratingly similar in Canada, where a Thunder Bay woman's discovery that it would cost her \$617 to see copies of her records made nationwide headlines last summer.

So if you don't already have access, ask your doc if you can see YOUR notes — and the rest of your medical records. Then do this:

No. 1: Look for and correct errors! An accurate record could save your life in the emergency room, not to mention avoid confusion in your regular care in the future.

No. 2: Keep track of your meds and test results. Having an up-to-date list of the drugs you take is on our list of the smart habits of highly effective health-care consumers; so is knowing your health metrics, like blood pressure, blood sugar, LDL cholesterol and results of other tests, too.

No. 3: Doc not ready to go public with his notes? Show him this column. And point him to www.myopennotes.org, the website of the Open Notes study, for important info about sharing medical records with patients. Be patient. Docs may need to change the way they make notes so you don't misunderstand their shorthand ("S.O.B." means "short of breath," not that he doesn't like you!). Together you can feed the revolution.

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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BBB Warns About Ebola Scams and Schemes

OMAHA, Neb. — Better Business Bureau is warning consumers about a variety of Ebola-related scams and problematic fundraisers that have emerged recently. BBB Wise Giving Alliance is working with BBB Serving Dallas and Northeast Texas, where the first victim died and two nurses became infected; BBB Serving Greater Cleveland, where one of the nurses traveled before getting sick; and several other local BBBs to investigate some of the Ebola-related efforts.

A fundraising page on GoFundMe was created on Wednesday to raise donations for Amber Joy Vinson, the nurse who traveled from Dallas to Cleveland and is currently being treated in Atlanta for Ebola. The site may have been the work of a well-intentioned individual, but members of Vinson's family tell BBB they did not authorize the effort. Although that page has since been shut down, there are more than 100 GoFundMe pages raising money for various Ebola campaigns.

Several BBBs have also reported on phone solicitations from an organization supposedly raising money to help with Ebola. When pressed, the caller says he is from a famous charity's chapter in the Bronx, New York. BBB Metro New York confirmed that no such branch exists and that the solicitation is likely a scam.

BBB warns donors to carefully research any charitable efforts — especially those that surface following an event that gains media attention.

- Check out charities at give.org, the charity reporting arm of BBB.

- Confirm that the group is actually a charity; charitable organizations that have received tax-exempt status provide more opportunities for verification.

- Give to individuals you know. It is safest to give to those individuals you personally know who are contacting you to support their specific project.

- Projects that share updates provide greater transparency. Updates from a project's organizers help to ensure they're being honest about the uses of raised money.

- Don't assume your donation or gift is tax deductible. If you are funding a project run by an individual instead of a charity, the funding you provide may not be deductible as a charitable gift for federal income tax purposes.

- Be especially careful after a disaster or tragedy. Con artists will strike while the emotional iron is hot.

- Read the fine print. There could be credit card fees and administrative costs associated with donating.

- Specialized crowdfunding sites may be more adept. A site that allows any type of crowdfunding may result in more challenging oversight hurdles.

For additional assistance on charitable giving issues, visit the BBB Wise Giving Alliance website at give.org.

HHS Offers Adoption Campaign

Facing an influx of cats, Heartland Humane Society is encouraging potential adopters to participate in their "Meowloween" October Adoption Event.

From Oct. 21-Nov. 1, Heartland Humane Society is having discounted adoption fees on all orange and black animals up for adoption. Cats and kittens will have a reduced adoption fee. Dogs and puppies will also be available. All animals that qualify for this promotion are healthy, fully vaccinated, spayed/neutered (if old enough) and micro-chipped.

"This is a great deal for those who are interested in adopting, not only are you getting a great deal — you are helping a great cause," said Kerry Hacecky, Executive Director for HHS.

The shelter currently has more than 20 animals that qualify for this special rate. They range in age from two months to two years. All cats and dogs available for adoption can be found on the shelter's webpage www.heartlandhumanesociety.net or you can stop by the shelter at 3400 East Highway 50 in Yankton.

KYNT
 AM 1450
MORNING COFFEE
 WEEKDAYS MONDAY-FRIDAY

Monday, October 20
 7:40 am Yankton County Commission (Donna Freng)
 8:20 am YMS Assistant Principal (Heather Olson)

Tuesday, October 21
 7:40 am Heartland Humane (Kerry Hacecky)
 8:45 am Dakota Museum (Crystal Nelson)

Fighting breast disease.

Mary J. Milroy, MD, FACS
 Board Certified General Surgery

YANKTON MEDICAL CLINIC, P.C.
605-664-2742
 1104 West 8th Street • Yankton, SD 57078
www.YanktonMedicalClinic.com

ROGER'S FAMILY PHARMACY
 "A tradition of trust"

GET YOUR FLU SHOT

It's that time of year.. Flu Shots are now available! (must be 18 or older) No appointment necessary.

218 West 4th Street • Yankton, SD 57078 • **(605) 665-8042**

Election Quiz:

What is a Hojem?

A. A river in Norway.
 B. A lutefisk side dish.
 C. An experienced County Auditor.

Paid For By Patty Hojem For Yankton County Auditor