

VISITING HOURS:

Adult Day Services Offer Needed Assistance, Care

BY CHRIS CALLAGHAN

Avera Sacred Heart Adult Day Services Clinical Director

There is a service available for those needing a little assistance during the day, but who are not in need of full-time nursing care just yet. It's called Adult Day Services.

Surprisingly, not many people have heard of services such as Adult Day Services, which is unfortunate because it provides a wonderful experience for those needing care and companionship while providing a respite for their caregivers.

Adult Day Services provides numerous activities for a wide range of participants. The program at Avera Sacred Heart is designed for persons who:

- Do not require 24-hour nursing care
- Are experiencing isolation or loneliness
- Are experiencing some confusion and/or suffering occasional memory loss
- Need assistance with personal care (bath, nail care, etc.)
- Need health and medications monitored
- Need assistance coping due to the aging process
- Have a need for supervision
- Need assistance with activities of daily living
- Have a desire to continue to grow mentally, socially and spiritually
- Have other special needs

Participants find a wealth of activities, special events and good, nutritious meals. Many special projects and activities are conducted on a daily basis. It's important to realize that our goal is to allow each participant to remain in his or her own home, as long as possible. We assist in achieving that goal by fostering spiritual, mental, social and emotional growth while encouraging physical stimulation and restoration. It becomes like a big family where everyone has a part in the decision-making process and continues to grow as a person.

I can't stress enough the importance self worth plays in

a service such as ours. Every person, regardless of age or needs, has to feel a degree of dignity and value as a human being. By helping participants restore and maintain their maximum level of function, we help to invigorate the spirit and nourish their dignity.

The respite provided to the caregiver at home is also very important. It can be difficult at times being a caregiver for a parent or relative. That stress can be overwhelming if the caregiver is trying to juggle his or her care giving responsibilities, a job and other family obligations. Adult Day Services can help alleviate that load – sometimes on a daily basis or even for just a day at a time. It's not uncommon for us to have someone utilize our services just for a day and then start coming on a daily basis. The participant enjoys the camaraderie and the caregiver enjoys the break so much they eventually become regular clients.

The fees for the program are very affordable and financial assistance may be available on a case-by-case basis. No one gets turned away.

I would encourage anyone who may benefit from this service to give me call at 668-8625 for more information or stop by for a tour. We're located in apartment 130 at Avera Sacred Heart Majestic Bluffs Senior Apartments. The hours are 8:30 a.m. to 3:30 p.m. Mondays through Fridays.

Avera Sacred Heart Adult Day Services will be hosting an Open House from 8-9:30 a.m. on Friday, Sept. 24 at the Majestic Bluffs Assisted Living Apartments. A breakfast will be provided as well as a tour of the facility and information on Adult Day Services. For more information, contact Avera Sacred Heart Adult Day Services at 668-8625.

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.

September Is 'Alcohol And Drug Addiction Recovery Month' In S.D.

PIERRE — Gov. Mike Rounds has proclaimed September as "Alcohol and Drug Addiction Recovery Month" in South Dakota.

The observance of Alcohol and Drug Addiction Recovery Month focuses on improving the lives, through treatment and recovery, of those suffering from substance abuse. While many people achieve recovery, there is a need to continue to educate people about addiction and motivate those who may have problems to seek help.

In 2008, an estimated 23.1 million people needed treatment for substance-use disorder in the United States, according to the 2008 National Survey on Drug Use and Health.

"In South Dakota, 15,000 people accessed treatment for substance-use disorder in 2009," said Gilbert Sudbeck, division director for the Division of Alcohol and Drug Abuse. "Stressful experiences may increase the vulnerability of some people to turn to addictive substances."

Stress is an all too common issue. An estimated 75 percent to 90 percent of all visits to primary care physicians are for stress-related problems.

This year's Recovery Month theme, "Join the Voices for Recovery: Now More Than Ever!" emphasizes the increase of stress in our society. It addresses how stress and other external circumstances can contribute to the onset and relapse of substance-use disorders, and it highlights specific groups affected by these stressors. They include:

- Public safety officials, including military, police, and fire personnel who have careers in which they frequently put their lives at risk for the safety of others. Up to 20 percent of Armed Services members returning from the war in Iraq and Afghanistan disclose symptoms that are consistent with emotional problems or depression.
- People in the workforce, who can feel tremendously stressed, especially during rough economic times. Such

stress puts people who are in recovery from substance-use disorders at risk for relapse while causing others to begin to use alcohol and/or drugs to relieve stress.

• Older adults, who can find retirement stressful due to the sudden change of pace, financial worries, or health concerns. According to research, 2.5 million older adults and 21 percent of hospital patients older than age 65 have had alcohol-related problems. Among people ages 50-59, the rate of current illicit drug use increased from 2.7 percent in 2002 to five percent in 2007.

• Families, that endure personal stress that can lead to increased use of alcohol and/or drugs. In one study, people who experienced four or more adverse childhood experiences, such as growing up in the homes of those who abused alcohol, had a four- to 12-fold increased risk for alcoholism and drug abuse, compared with those who experienced none.

Recovery is possible. Many people who misuse alcohol and/or drugs can and do recover. There are many resources and local community-based providers for South Dakotans. For more information on where to find a local community-based provider, go to the Division of Alcohol and Drug Abuse website at: <http://dhs.sd.gov/ada/> or call toll-free at 1(800) 265-9684.

Several local community-based providers will host events around the state in observance of Alcohol and Drug Addiction Recovery Month. For more information, check your local community calendar for an event near you.

Watch Your Language, Your Body Language

BY VAL FARMER

What do you believe a person's words, their tone of voice or their body language? Research findings show that if there is a discrepancy between the various modes of communication, 7 percent rely on words, 38 percent rely on tone of voice, and 55 percent rely on body language. If the three modes of communication are congruent, belief in words rises to about 33 percent while belief in tone of voice and body language drop to about 33 percent each.

Body language. Body language means hand gestures, body posture, openness of the arms, lean of the body, facial expressions, tilt of the head, and other signals. It is a subtle nonverbal language. Learned along with verbal language from infancy, it is a trustworthy guide to meaning.

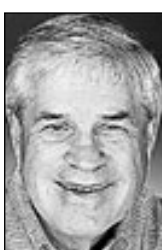
"Look in to the face of the person to whom you are speaking if you wish to know his real sentiments, for he can command his words more easily than his countenance." Chesterfield

Good listening skills involve a general turning toward a conversational partner. Other non-verbal communication includes smiles, open posture, eye contact, forward lean of the body, compassionate touch at key moments, the amount of space between speaker and listener, and head nods that show close attention. When there is exceptional rapport, even body movements become synchronous.

People may reflect the meaning of thoughts back correctly but their body language communicates disbelief, disinterest and disapproval of what they are hearing.

Eyes are another key to communicating – a veritable window to the soul. Eyes can show acceptance or rejection, love or hostility, hope or despair, gratitude or indifference, admiration or contempt, threat or safety – the whole gamut of human emotion. Animals know this. If they want to know about human intention, they look at people right in the eyes.

"An eye can threaten like a loaded pistol, or can insult, like a hissing or kicking; or in an altered mood, can, by beams of kindness, make the heart dance with joy." - Emerson



VAL FARMER

Tone of voice. The meaning of words can be completely altered to its opposite by tone of voice. Voice is another mirror of the heart. Are the tones we hear soft, gentle, and inviting, or are they shrill, hard, and disapproving?

A raised voice betrays anger sometimes before the angry person may be even aware of it. We understand attitudes and emotions

such as doubt, enthusiasm, discouragement, kindness, and fear through the way words are said, not just the words themselves.

People can learn to mask their tone of voice as cleverly as a poker player masks his or her body language. However, it isn't easy. Comparatively speaking, the spoken word is far easier to disguise. No wonder we scan all three modes of communicating and attempt to integrate them into a coherent message before we trust our understanding.

Couples need to pay attention to their body language and tone of voice so they give clear and unambiguous messages. If they are reconciling after an argument, their non-verbal language is often the key to their genuine intent.

Some people need to be easier to read and to be better at projecting their non-verbal language of love and intimacy more than they do. Eyes, face, and voice are like a title page of a book that invites a reader to delve further.

Misinterpretation. If you think words are easily misunderstood, try body language and tone of voice. Many individuals believe they know better what another person is feeling or thinking because of assumptions and beliefs that they are making based on non-verbal messages.

Sometimes they are intuitive and right on the mark, while other times they are dead wrong. Right or wrong, it is dangerous. Body language and tone of voice can be denied. Sometimes rightfully so. Arguments about what non-verbal communication really mean go

nowhere and arouse anger. They can't be resolved through debate as easily as disputes about words.

The perceiver, in order to justify his or her preferred explanation of what is going on, interprets body language and tone of voice in line with what he or she already believes.

"Eyes will not see when the heart wishes them to be blind. Desire conceals truth, as darkness does the earth." - Seneca

This is a delicate matter. Is the perceiver on to something truthful or is this a provocative insinuation based on a projection of inner need?

When in doubt, ask about tone of voice or body language. Take the speaker at his or her word and don't accuse him or her of deliberate deception. Words and intent should be taken at face value but monitor closely the actions that follow. The speaker deserves the benefit of the doubt.

Spouses sometimes are driven crazy by their jealous partners reading way too much into their tone of voice, their glances and even their smallest actions. There is little an innocent spouse can say or do to alleviate the fears of his or her insecure mate. This is difficult however because occasionally infidelity is often discovered through the intuitive reading of non-verbal behavior.

Non-verbal behavior and trust. When people are making changes, their non-verbal behavior communicates care and concern and matches the changes being made. People need time to observe, trust and experience changes, especially in the non-verbal arena, before they begin to trust the changes that are being made.

For more information on communication, visit Val Farmer's website at www.valfarmer.com.

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.

USD Royalty For 2010 Dakota Days Coronation Set

VERMILLION — Royalty for Dakota Days 2010 at The University of South Dakota has been announced. Fourteen students are vying for the title of Mr. and Miss Dakota as homecoming activities celebrate the "REDVOLUTION" this year.

2010 CORONATION CANDIDATES

King:

• **Alex Neukirch** of Yankton, a psychology major, is sponsored by Sigma Alpha Epsilon. Alex is involved in Student Ambassadors, Strollers and the Honors Program at USD;

• **Kevin Cwach** from Yankton, a biology major, is sponsored by Order of Omega and he's involved in several additional campus activities, including Alternative Week of Off-campus Learning (AWOL), Dance Marathon, Phi Beta Kappa, Sigma Alpha Epsilon, Mortar Board and Omicron Delta Kappa;

• **Tim Carr** of Lamoni, Iowa, is majoring in economics and political science, and is sponsored by Beta Theta Pi. Tim is Student Government Association President, Beta Theta Pi President, a member of College Republicans, a former op-ed writer with The Volante, a faculty senate member, a member of the University Parking and Traffic Committee and part of Students in Free Enterprise (SIFE). He was also a member of the USD men's golf program from 2007-2009;

• **Patrick Davis** of Yankton, is a physics major and is sponsored by Habitat for Humanity. Patrick's additional campus activities at USD include Sigma Alpha Epsilon, the Newman Center, Student Ambassadors and Dance Marathon;

• **Dzenan Berberovic** of Sioux Falls, is majoring in contemporary media and journalism. Dzenan's sponsoring organization is Dance Marathon. He is involved in Pi Kappa Alpha, Student Ambassadors and Dakotans at USD;

• **Matthew Blake** of Pierre, is a history and political science major involved in Student Government Association, Sigma Alpha Epsilon, College Democrats and the Honors Program at USD. His sponsor is Student Government Association; and

• **Kyle Schoenfelder** of Iroquois, is majoring in business marketing at USD. His Dakota Days sponsor is Student Ambassadors. Kyle is active in Sigma Alpha Epsilon, TechFellows, Dance Marathon and intramurals at USD.

Queen:

• **Elizabeth Falk** of Aberdeen, is a communication sciences and disorders major, sponsored by Mortar Board. Her additional activities include Kappa Alpha Theta, National Students in Speech Language Hearing Association, Order of Omega, College

Republicans and Dance Marathon;

• **Molly Mack** of Redfield, is a business management major sponsored by Newman Center. Her activities are Kappa Alpha Theta, Pre-dental Club, Symphonic Band, Alpha Lambda Delta, National Society of Collegiate Scholars, SDSHAA Cheer Judge, Honors Program and pharmacy technician at Sanford Vermillion;

• **Alexis Konstant** of Spearfish, is majoring in marketing at USD. Her sponsor is National Society of Collegiate Scholars, and she is involved with Kappa Alpha Theta, Coyoteopoly, SIFE, Student Ambassadors, Enterprise Wide Learning, and she is a volunteer for several local organizations such as Dance Marathon and Relay for Life;

• **Chelsi Gunderson** of Sioux Falls, is a political science and health services administration major whose activities include President of Kappa Alpha Theta, Honors Program, Coyoteopoly, Strollers, Political Science League, Student Government Association, USD Entertainment Committee, and she is a volunteer for the Dennis Daugaard for Governor campaign. She is sponsored by Kappa Alpha Theta;

• **Sarah Olson** of Brandon, is majoring in health services administration, and her sponsoring organization is Colleges Against Cancer. Sarah's additional campus activities are Pi Beta Phi, AWOL, HEAL and Delta Sigma Pi;

• **Megan Peitzmeier** of Omaha, Neb., is an elementary education major sponsored by Student Ambassadors. Her campus activities include Pi Beta Phi, Dance Marathon, Colleges Against Cancer/Relay for Life and Strollers; and

• **Aleisia Gomez** of Spearfish, is a psychology major active with Panhellenic Council, Pi Beta Phi, President of Pre-Physical Therapy Club, Co-chair of Serve Heroes and Big Pal/Little Pal. Her sponsoring organization is Panhellenic Council. Coronation of the Dakota Days King and Queen is at 7 p.m. on Tuesday, Sept. 28 in the ballroom of the Muenster University Center. Following coronation, there will be a pep rally on the East Lawn featuring Insphyre.

Additional activities scheduled for the week include Prairiefest at 4 p.m. on Thursday, Sept. 30; women's volleyball vs. Utah Valley at 7 p.m. on Thursday, Sept. 30; the All Alumni Dinner and Award Presentations at 5 p.m., and the D-Days Downtown Bash at 9 p.m. on Friday, Oct. 1 with a live performance by Avian Sunrise; and the 96th annual Dakota Days parade and the homecoming football game at 2 p.m. against the University of North Dakota on Saturday, Oct. 2.

A complete list of Dakota Days events can be found online at www.usd.edu/dakotadays.

King, Queen Candidates Named For DWU Homecoming

MITCHELL – Candidates for homecoming king and queen have been selected at Dakota Wesleyan University.

Coronation will be at 7 p.m. on Sunday, Sept. 26, in the Sherman Center. The theme for this year's homecoming is "Through the Ages."

Homecoming queen candidates are:

• **Katy Duffy**, Platte. Duffy is an elementary education major and active in Students in Free Enterprise. She has also participated in Streak, College Democrats and Student Senate in the past. She is the daughter of Mike and Jody Ringling and a graduate of Platte High School.

• **McKenzie Dvoracek**, Springfield. Dvoracek is majoring in athletic training and is a member of the DWU women's basketball team and Athletic Training Club. She is the daughter of Gary and Michelle Dvoracek and a graduate of Bon Homme High School.

• **Jen Miner**, Huron. Miner is a business major with an emphasis in management and a minor in entrepreneurship. She is a member of Students in Free Enterprise. She is the daughter of Charlie and Pam Miner and a graduate of Huron High School.

• **Kara Robertson**, Kincardine, Ontario, Canada. Robertson is a



Dvoracek

is also the president of Chi Omega Lambda (Science Club). She is the daughter of Jane and John Robertson and a graduate of Kincardine District Secondary School.

• **Elizabeth Stewart**, Meadow Grove, Neb. Stewart is a special education major. She is active in Future Teachers Organization, Student Ambassadors, Student Activities Board and the homecoming committee. She is the daughter of Todd and Julie Stewart and a graduate of Elkhorn Valley.

Homecoming king candidates are:

• **Derek Fossum**, Canton. Fossum is a triple major in business administration, public service and leadership and religion. He is minoring in legal studies. He is a member of the DWU football and

track and field teams. Student Ministry Council. Students in Free Enterprise and is involved with residence life. He is the son of Rick and Jean Fossum and a graduate of Canton High School.

• **Lynn Geuke**, Elkton. Geuke is a wildlife management major and criminal justice minor. He is a member of the DWU football team. He is the son of Brian and LaRae Geuke and a graduate of Elkton High School.

• **Tanner LaValliere**, Sioux Falls. LaValliere is a business administration major with an entrepreneurship minor. He is currently involved in wrestling, cross country, Student Ministry Council, Students in Free Enterprise, chapel choir, work study and is a resident assistant. He has also been active in Highlanders, Streak, Student

Ambassadors, Residence Hall Council and Student Senate. He is the son of Cathy LaValliere and Kevin LaValliere and a graduate of Lincoln High School.

• **Wade Schoenfelder**, Huron. Schoenfelder is a math major and business minor. He is active in DWU football, the Math Club and Streak. He is the son of John and Sandi Schoenfelder and a graduate of Huron High School.

• **Brady Wiebe**, Madison. Wiebe is a business major with an emphasis in finance and a minor in communications. He is a member of the DWU men's basketball team. He is the son of Marlon and Kris Wiebe and a graduate of Madison High School.

For a complete list of homecoming events, visit www.dwu.edu.

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