

BUSINESS DIGEST

ASHH's Rezac Appointed To Advisory Council

Pamela J. Rezac, Ed.D., president and CEO of Avera Sacred Heart Hospital, was recently appointed to serve as a member of The Joint Commission Hospital Advisory Council.

"Following a rigorous review process, the selection committee reached unanimous agreement on the 21 best-suited candidates out of more than 240 nominations," said Mark G. Pelletier, executive director of Hospital Programs. "This level of interest indicates a broad commitment on the part of health care professionals nationwide to help The Joint Commission realize its vision."

Members of the Advisory Board are representatives of organizations accredited or certified in the specific programs. The Hospital Advisory Council provides advice on:

- Standards or survey or review process changes
- Improving the value of the accreditation or certification program
- Environmental influences
- New products

'Creating Value' Seminar Slated Oct. 14

Would your business continue to generate revenue and prosper if you were not active on a daily basis? You work hard to develop your business, but what actually adds or subtracts from the value?

The Yankton Area Chamber of Commerce and the Dakota Business Group invite you to an informative and educational seminar called "Creating Value," set for 3-5 p.m. Thursday, Oct. 14, at the Technical Education Center located at 1200 W. 21st St.

This seminar will help independent businesses identify aspects affecting value, determine if value is being added and how to go beyond industry rules of thumb to determine the value of your business.

RSVP no later than Oct. 8 to chamber@yanktonsd.com or call (605) 665-3636.

'Welcome Link' Open House Slated Oct. 27

If you or an employee of an area company are new to Yankton in the last year or are ready for a better connection to Yankton because of a new stage in life, or you've been here and you are ready to meet other women, the Yankton Area Chamber of Commerce Women Community Leaders Committee invites adult females to attend the "Welcome Link" Open House. The open house will be Wednesday Oct. 27, running from 4:30-6:30 p.m. at the Kiwanis 4-H Ice Center, 901 Whiting Drive.

One of the goals of this committee is to welcome and link newcomers. The intent is to create an avenue for female adults to come together and be introduced to other newcomers, get to know someone to contact, gain information and ask questions about the area so they might feel more at home in Yankton.

During the Open House people will be able to come and go. Those attending will have a chance to meet other new women, as well as women community leaders. Light refreshments will be provided by the Southeast South Dakota Chapter of the Society for Human Resource Management.

For more information, contact the Yankton Area Chamber of Commerce at chamber@yanktonsd.com or (605) 665-3636.

■ Get Updates At Yankton Online (www.yankton.net)

Steckler Is Awarded HTI Certification

Gwen Steckler, RN, BSN, owner of Integrative Healing Center, has been awarded certification as a healing touch practitioner by Healing Touch International.

The HTI healing touch certification program is a continuing education program that is endorsed by the American Holistic Nurses Association. It is sequenced

through 5 levels of both didactic and experiential learning. In addition the program encourages the developing practitioner to enhance skills and knowledge through recommended readings and practice sessions. There is also a strong commitment to personal growth and knowledge of holistic health principles.

HTI administers certification through a separate review by the Certification Board of Reviewers using standardized criteria. Certification acknowledges learning experiences and demonstration of competence as a Healing Touch Practitioner.

Healing Touch is a relaxing, nurturing energy therapy that works to clear and balance your human energy field to support your body's natural ability to heal itself, physically, emotionally, spiritually and mentally. It is safe for all ages and works in harmony with standard medical care. HT may be used in the treatment of stress, depression, grief, chronic pain management including back pain, arthritis, fibromyalgia, chronic fatigue, preparation for and recovery from surgery, alleviates nausea, multiple sclerosis, reducing cancer treatment side effects, migraines, fractures, viral infections, strengthening the immune system, supporting the dying process, health and wellness maintenance, and other diseases.

Research supports Healing Touch as an integrative therapy. Surveys indicate patients evaluate it highly. It is used in a wide variety of settings including hospitals, long term care facilities, private practices and hospices. Healing Touch is taught internationally in universities, medical and nursing schools and other settings. HT is endorsed by the American Holistic Nurses Association.

Appointments at Integrative Healing Center, 317 Broadway, Yankton, SD can be made by calling 605-661-5724 or e-mailing Gwen at gwen.steckler@gmail.com. She is also available for presentations.



Rezac

Sanford Vermillion Goes Eco-Friendly

VERMILLION — In cooperation with the City of Vermillion Recycling Department, Sanford Vermillion began phasing in a new commercial recycling program earlier this summer.

The new program was introduced with several goals in mind; first, and foremost, to become a more eco-friendly corporate citizen. Sanford Vermillion hoped to make a direct impact on the area environment through a significant reduction in waste tonnage deposited at the local landfill. Another goal was to reduce the use of Styrofoam and other similar items used within the facility that typically have a longer 'shelf life' in the landfill.

Planning for the new Eco-Friendly Program at Sanford Vermillion began in early 2010. Some first steps of planning included analysis of several typical waste deposits at the City landfill. While Medical Center staff knew that recycling efforts of any degree would make a difference in landfill expenses, they were very surprised to learn that up to 50 percent of the analyzed loads were deemed potential recyclable materials. Cardboard was identified as the largest quantity of recyclable material from Sanford Vermillion waste.

The City of Vermillion made recommendations related to equipment needs, educational materials and internal supplies to initiate a facility wide recycling program at Sanford Medical Center Vermillion. Between equipment needs and the cafeteria conversion from Styrofoam to dinnerware, it became clear that the potential upfront costs for the new Eco-Friendly Sanford Vermillion Program could run as high as \$30,000.

Thanks to financial support from Dakota Hospital Foundation, two of the larger cost items; an Alley Cat Recycling trailer and a cardboard/tin baler were purchased. With needed equipment in place, Sanford Vermillion was able to announce the kick off of the new



COURTESY PHOTO

Dawn Moser and Sharleen Bruning, Environmental Services Department, depositing recyclables in the new recycle trailer at Sanford Vermillion.

Eco-Friendly Program.

"Dakota Hospital Foundation recognized the impact this program would have, not only for the medical center, but for the community and the environment. The board was very pleased to assist in providing the equipment needed to execute a successful eco-friendly venture for Sanford Vermillion," comments Jerry Johnson, president,

Dakota Hospital Foundation Board of Directors.

Education sessions for all employees were held in early June and the facility phased recycling in throughout the facility over the next six weeks. Employees have embraced the new program with great enthusiasm.

Recycle reports for the first few months showed that initial efforts were very successful.

August marked the first full month of recycling in all areas of the facility. In that 31-day period 1,085 pounds of plastic/tin/paper and aluminum and 1,460 pounds of cardboard were recycled. Total waste diverted from the Vermillion landfill after the first three months of the program: 3,778 pounds.

"We are extremely happy with the success of the Eco-Friendly program at Sanford Vermillion. We are certain that our numbers will continue to grow as employees become more familiar with the program," comments Valerie Osterberg, CFO at Sanford Vermillion.

"The impact of this program on the environment in Clay County is significant. The tonnage that will forever be diverted from the landfill is noteworthy. We have been very pleased to partner with Sanford Vermillion in our first commercial recycling account," comments Evie Johnson, Interim Recycling Center Manager, City of Vermillion.

Sanford Vermillion includes a family medicine clinic, 25-bed medical center, 66-bed nursing home, and a 23-unit senior living apartment complex. Sanford Vermillion is a member of Sanford Health.

2010 Al Neuharth Award for Excellence in the Media

Thursday, September 30, 2010

THURSDAY
September 30

6:15 p.m.
Doors open
for general seating.

7 p.m. to 8:30 p.m.
Award presentation
and remarks by Cathie
Black and Frank Vega.

Wayne S. Knutson Theatre
The University
of South Dakota's
Warren M. Lee Center
for the Fine Arts
Vermillion, South Dakota

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This event is free
and open to the public.
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Presented by

FREEDOM FORUM
AL NEUHARTH MEDIA CENTER
The University of South Dakota
Sponsored by SDPP
Rebroadcast Sunday,
Oct. 3, at 1 p.m.

Join us for a special evening
honoring two nationally distinguished leaders
in the media: Cathie Black and Frank Vega.



Cathie Black heads Hearst Magazines, one of the world's largest publishers of monthly magazines, including *O, The Oprah Magazine*, and *Esquire*. She has served as president and publisher of *USA Today*.



Frank Vega was a key member of the team that launched *USA Today* in 1982. Today, as publisher of the *San Francisco Chronicle*, he leads the largest newspaper in Northern California.

Black and Vega are this year's recipients of the Al Neuharth Award for Excellence in the Media, which honors lifetime achievement in the media. The award is named for *USA Today* and Freedom Forum founder Al Neuharth, a South Dakota native and 1950 graduate of USD.

Elect
GARRY MOORE
Yankton County
Commission
on November 2nd

*I will treat your tax dollars
as if it were my own,
**RESPONSIBLY and
CONSERVATIVELY.***

EXPERIENCE COUNTS
An Independent Voice of Responsible Government

Paid for by Garry Moore



Some Risks Are Worth Taking. Your Health Isn't One Of Them.

Skin cancer is the most common of all cancers, accounting for 40 to 50 percent of all cancer cases diagnosed each year. While some forms of skin cancer are more dangerous than others, early detection and prompt treatment of any malignant area is of the utmost importance.

Causes and risk factors for skin cancer include fair skin tone, frequent exposure to ultraviolet rays, family history and age. Symptoms may appear as spots; irregular moles; bumps; discoloration; sores; or scaly, reddish, bleeding or oozing skin.

The American Cancer Society recommends a skin examination every three years between the ages of 20 and 40, with annual exams after age 40. They also suggest performing a monthly self-examination in front of a full-length mirror, checking all areas of the body including palms, soles, back of the torso and back of the legs.

Concerned about skin cancer?

Dr. Lisa Miller will present a free seminar on preventative measures and the detection and treatment of skin cancer on **Monday, September 27th, 7:00pm** at Lewis & Clark Specialty Hospital



Dr. Lisa Miller
Yankton Surgical Associates



LEWIS & CLARK
Specialty Hospital
Physician Owned

2601 Fox Run Parkway, Yankton, SD • 605-665-5100 • www.lewisandclarkspecialty.com