

Organizations Team Up To Provide Family Caregiver Training

As Americans continue to live longer and in greater numbers, there are more and more people filling the role of caregiver for others in the home.

Recognizing this growing need and the important role family caregivers play, Avera Education & Staffing Solutions, Yankton Rural Area Health Education Center (AHEC) and Southeast Job Link have joined together in offering a community education program designed to assist family caregivers in properly caring for adult family members.

"Know that as a caregiver you are not alone. Each caregiver situation is unique, yet all share universal experiences that encompass physical, emotional and spiritual — as well as economic and legal — concerns," said Gwen Maag, Education Manager for Avera Education & Staffing Solutions.

The Family Caregiver Training offers five clinical sessions and a series of informational sessions beginning in September and running through November. The clinical sessions delivered by a trained medical professional are open to 12 participants. Those satisfactorily completing the clinical portion will receive a certificate. Any individual may sign up for one, some or all of the informational sessions. There is a fee for each session.

Learn more by visiting the Yankton Rural AHEC website at www.yrahec.org or call the office at 605-655-1400. The website also will have registration links. Registration is necessary to secure your place in each session. All sessions will be held at Southeast JobLink, 1200 West 21st Street, in Yankton.

Topics covered during the Family Caregiver Training include: The Basics of Family Caregiving, Caregiving Tips, Caring for the Caregiver, and legal and financial issues to consider and where to turn for help. Clinical sessions are on Saturday mornings beginning Sept. 12 and continuing on Sept. 26, Oct. 10, Oct. 24 and Nov. 14. The Saturday morning sessions will run 9 a.m. until noon. Informational sessions are scheduled for alternating Tuesday and Thursday evenings on Sept. 17, Sept. 29, Oct. 8, Oct. 20, and Nov. 5. The informational sessions run 7 p.m. until 8:30 p.m.

Health conditions that commonly lead to the need for a caregiver in the home include: chronic brain disorders, such as dementia, Alzheimer's disease, Parkinson's disease and traumatic brain or spinal cord injury. Other conditions include: multiple sclerosis, HIV/AIDS, cancer, cardiovascular diseases such as stroke or heart attack, chronic diseases associated with ongoing disability, mental health and psychiatric disorders and developmental disability.

"The process of educating and preparing the caregiver may help them to reduce stress and better cope with the many challenges of caregiving. It is a myth that most of our nation's elderly are cared for in nursing homes or health care institutions," Maag said adding that family members and friends primarily provide 80 percent of the long-term care at home in the U.S.

Nearly 30 percent of the U.S. adult population is providing care to someone who is ill, disabled or aged, according to the National Alliance for Caregiving & Family Caregiver Alliance. Approximately 52 million caregivers provide care to adults, 18 years and older with a disability or illness.

The number of people aged 65 and older will grow by nearly 30 million between 2012 and 2030, reaching an estimated 72 million people by US Census Bureau projections. People are not only living longer today than in the past but with multiple, chronic health conditions. Expect to see more adult children in their 60s or 70s with chronic conditions of their own, caring for a parent age 90 years and older, according to the AARP.

The caregiving journey may be rewarding and difficult. Remember, as a caregiver you are not alone and help is available. To register for the Family Caregiver Training visit www.yrahec.org or call Yankton Rural AHEC at 605-655-1400. Remember space is limited during the clinical portion of the course.

The South Dakota Area Health Education Center (SD AHEC) has a mission to "connect students to careers, professionals to communities, and communities to better health." Established in 2009 through a HRSA grant awarded to the Sanford School of Medicine, the statewide program currently has two centers, the Yankton Rural AHEC and the Northeast AHEC.

Daring To Go Digital Class At Library

Do you have an e-reader but are tired of buying books for your device? Come check out all the online resources available with your library card at the Yankton Community Library, 515 Walnut Street, on Thursday, Sept. 7, at 6 p.m.

During our class Daring to Go Digital, the staff will demonstrate the new e-resources available through the Library, including Zinio online magazines, IndieFlix, and OneClick Digital audio books. We will show you how to set up an account as well as do checkouts. We will also go over basics for downloading e-books and managing your account through South Dakota Titles To Go..., OverDrive.

The class is free, but registration is required as class size is limited. Call or stop in the library today to reserve your spot! Please bring your device, email address, password and your library card to the class.

For more information, call the library at 668-5276.

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Save The Date...

Saturday, October 17th, 2015
NFAA Easton Archery Complex

Farmers Union Celebrates Rural Youth, Community Heroes and 100 Years of Service During State Fair

HURON — South Dakota Farmers Union celebrates 100 years of service to South Dakota's rural communities and farm and ranch families during Farmers Union Day held Sept. 5 during the 2015 South Dakota State Fair in Huron.

"The State Fair is South Dakota's agricultural showcase. It's the place where the families, businesses and organizations who make up our state's number one industry gather to celebrate the best of the best. Farmers Union is proud to be a premiere sponsor of this event," said Doug Sombke, President of South Dakota Farmers Union.

Farmers Union will recognize six individuals for their selfless contributions to their rural communities with the Rural Dakota Pride Award. The 2015 Rural Dakota Pride Honorees include: Bob Glanzer, Huron; Steve & Carol Smith, Grotton; Donna Kubik, Hamill; Ken Lindblad, Huron; and Lyndee Fogelman, Piedmont.

As an organization which supports South Dakota farmers and ranchers, Farmers Union understands the integral connection between those who work in South Dakota's number one industry and their rural communities.

"One cannot survive without the other," says Karla Hofhenke, Executive Director of S.D. Farmers Union. "Without thriving communities, it's difficult to encourage young people to return to their

family's farm or ranch. Rural communities are key to the future of South Dakota's agriculture industry, which is why we like to recognize those individuals who help them thrive."

The organization will also announce the 25 South Dakota students who received \$1,000 scholarships for post-secondary education as part of the Farmers Union Foundation and Farmers Union Insurance Agency 2015 Insuring a Brighter Tomorrow Scholarship program. Scholarship recipients include: Catherine Leber, Parker High School and Hannah Jorgensen, Viborg-Hurley High School.

"Education is one of the three pillars upon which Farmers Union is built. Year-round, Farmers Union invests in providing leadership, cooperative and farm safety educational programming to school-age rural youth across South Dakota," Sombke explains.

TEAM UP TO SAFETY QUIZ BOWL

Sombke and Hofhenke invite everyone to watch rural youth in action by attending the 2015 S.D. Farmers Union Team Up To Safety Quiz Bowl championship, held at 1 p.m. on the Freedom Stage across from the Farmers Union Tent.

"The quiz bowl is a fun way for high school students to learn about safety on the farm or ranch," says Hofhenke, of the

competition that asks FFA members questions on farm and ranch safety.

Teams qualified for the championship during the S.D. State FFA Convention held this April. The teams include members from the following chapters: Viborg/Hurley FFA Chapter; Parker FFA Chapter; Deuel FFA Chapter; and Howard FFA Chapter. The Wolsey/Wessington FFA Chapter ranked fifth in points and will be the alternate team for the final round.

"We hope the information they learn during the quiz bowl will prepare them if they are ever faced with an emergency situation or if they're working with livestock or doing any other potentially dangerous job on the farm," Hofhenke said.

THE SEPT. 5 SCHEDULE OF EVENTS

- 10:30 a.m. — Scholarship Winners Announced (On Freedom Stage)
 - 11 a.m. — Rural Dakota Pride Recipients Ceremony (On Freedom Stage)
 - 11:30 a.m. — Farmers Share Luncheon (In tent near Freedom Stage)
 - 1 p.m. — Team up to Safety Quiz Bowl Championship (On Freedom Stage)
 - 3:30 p.m. — Cake served in the tent near Freedom Stage celebrating SD Farmers
- To learn more about South Dakota Farmers Union, visit www.sdfu.org.

Farmers Union Celebrates Another Successful Camp

HURON — More than 1,729 rural youth, ages 6 to 18, learned about cooperatives, developed leadership skills and celebrated South Dakota's agriculture industry together by attending a Farmers Union County, District or State camp this summer.

"Camps are a wonderful way for S.D. Farmers Union to fulfill our commitment to providing rural youth with leadership education, as well as exposure to farm safety information and a clear understanding of the role cooperatives play in South Dakota's rural communities," says Bonnie Geyer, S.D. Farmers Union Education Director.

Each year, Geyer, along with a team made up of interns and members of the Junior and Senior Advisory Council, develop camp programming which achieves the aforementioned goals through fun, age-appropriate activities. They then work with district and county education directors who volunteer their time to organize the 51 county camps (with 59 counties participating), three district camps (seven districts participating), one local camp and a State Leadership Camp.

"Camp season is a great example of how Farmers Union, as a grassroots organization led by its membership, can have a positive impact on rural communities," said Doug Sombke, S.D. Farmers Union President.

The counties who hosted camps in 2015 include: Bon Homme, Charles Mix, Clay, Douglas, Hutchinson, Lincoln, Turner, Union, Yankton, Aurora, Brule, Davison, Hanson, Jerauld, Lake, McCook, Miner, Minnehaha, Moody, Sanborn, Brookings, Clark, Codington/Hamlin, Day, Deuel/Grant-

Clear Lake, Grant-Milbank, Kingsbury, Marshall, Roberts, Gregory-Fairfax, Gregory-Gregory, Lyman, Tripp, Butte/Lawrence, Haakon/Jackson, Jones, Meade/Pennington, Corson, Dewey/Ziebach, Harding, Perkins, Beadle, Brown, Campbell/Walworth, Edmunds/McPherson, Faulk, Hand, Hughes/Sully/Stansley, Hyde, Potter, Spink and one local camp, St. John's Local, Parkston.

Now that camp season is over, S.D. Farmers Union gets ready for their school-year youth programming which teaches high school and college age youth about policy and cooperatives and exposes them to the broader picture of American agriculture through tours to D.C., Midwestern cooperatives and the State and National Farmers Union Conventions. Farmers Union also brings leadership programming to several rural school districts throughout South Dakota through its Jr. REAL (Junior Rural Economic and Leadership).

The Jr. REAL program begins this September by inviting the Peterson Farm Bros. to visit students from eight schools including: Wolsey-Wessington, Hitchcock-Tulare, Woonsocket, Wessington Springs, Sanborn Central, Lake Preston, DeSmet and Faulkton.

Made up of Greg (24), Nathan (21), Kendal (18), and honorary "bro" Laura (14) Peterson, the siblings farm together with their parents near Assaria, Kans., and produce entertaining and educational videos on their YouTube channel (ThePetersonFarmBros) and post continuous farming and video updates to their social media pages (Facebook, Twitter and Instagram).

Other Jr. REAL speakers include: Malcomm Chapman, who covers dynamic leadership through his personal experiences as a Marine and Rapid City Councilman; entrepreneur and musician Toby Kane, will bring a pay-it-forward/community service message; "Survivor" cast member, Holly Hoffman, will be the Keynote speaker at Highmore-Harold, Harding County and Miller schools, where she will present her message to never give up.

"We're excited about the leadership and personal development opportunities Jr. REAL provides to many South Dakota rural schools at no cost to the school," says Erin Wilcox, S.D. Farmers Union Rural Development Coordinator.

To learn how you can contribute to S.D. Farmers Union youth programming, visit www.sdfu.org or contact Karla Hofhenke at khofhenke@sdfu.org or call 605-352-6761, ext. 114.

Upcoming Opportunities!

The following special promotions/sections are coming in the Yankton Daily Press & Dakotan:

- **Heritage Edition,** Deadlines September 16, Publishes September 28
- **Home Improvement,** Deadlines September 17, Publishes September 24
- **Health & Medical Directory,** Deadlines September 23, Distribution starts October 23
- **Fall Care Care,** Deadlines October 2, Publishes October 8
- **Paint Yankton Pink,** Deadlines October 14, Publishes October 19
- **Career & Education,** Deadlines October 14, Publishes November 2

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