

Visiting Hours

Nourishing Life: Mind, Body, Spirit

BY CHRIS CALLAGHAN, NURSE COORDINATOR
AND LINDA FOLKERS, ACTIVITIES COORDINATOR
Avera Sacred Heart Majestic Bluffs

Many seniors are experiencing challenges in their activities of daily living. Making a decision to move to an assisted living apartment certainly isn't an easy decision to make. However, with the help of family, friends and your primary health care provider, those decisions can become doable.

Assisted living provides an opportunity to meet new supportive neighbors who understand the challenge of making lifestyle changes. Informal resident support groups evolve on senior campuses providing listening and socialization.

Everyone arrives with their own unique set of circumstances. Diversity is a key ingredient at Avera Majestic Bluffs. We have welcomed residents from the surrounding area and from throughout the United States. Many residents choose the Bluffs to be closer to their children living in this area, or return to their Yankton roots. Included in our population are retired educators, farmers, business owners, homemakers, the medical profession, accountants and more. Each brings to the table their experiences and knowledge.

The advantages to assisted living are:

- Personalized, around the clock health care;
- Balanced meals;
- Personal assistance with bathing, grooming, dressing and medications;
- Peace of mind knowing that, if a transition from independent living to an assisted living level of care is needed, the resident is given the opportunity to age in place. Aging in place allows the resident to remain in their current apartment, provided the level of care needed can be met;
- Social interaction with others and recreational activities;

- Housekeeping, laundry;
- Transportation to health care appointments;
- Beauty shop;
- Wellness center;
- Coffee shop; and
- Outpatient therapies, such as physical therapy, occupational therapy and speech therapy, can be provided without leaving the facility.

If a person is experiencing increased memory loss, a specialized memory unit provides privacy, dignity and individual attention with the same amenities as mentioned earlier.

What "fun" things occur at the Bluffs assisted living?

- Learning and Community Circles;
- A fishing pond available for residents and their families;
- Happy hour;
- A senior exercise program, including weights, stretch bands and chair range of motion and cognitive exercises;
- Card groups;
- Sing-alongs/music entertainment;
- Residents as volunteers;
- Bingo with monthly themed bingo;
- Bible study and Bible sharing;
- Daily coffee time;
- Social gatherings with families and residents; and
- The possibilities are endless!

For more information about Avera Majestic Bluffs Assisted Living, call (605) 668-8928. We will answer your questions, send you an informational packet and give you a personal tour.

Do Animals And Other Organisms Have Rights?

BY DR. MIKE ROSMANN

Is food a basic right? Do animals and other organisms have rights?

These and related questions are becoming important to farmers. Farmers raising chickens in cages and keeping sows in farrowing crates may have to consider alternative production methods that require additional costs and work-related stress in localities and states where voter referendums are determining how farmers raise animals.

This is the third in a series of articles about innovations in agriculture. It's not the lament of an animal rights activist.

I raised beef cattle, chickens and turkeys for decades and enjoy meat, fish and eggs in my diet. I try to be a respectful hunter and fisherman. I like animals a lot and don't kill animals or fish as trophies.

My family consumes the wild game we harvest because they are tasty and healthy; for example, they usually contain less "bad" cholesterol than grain-fed livestock. I release fish that appear pregnant or are small; I don't shoot at animals that don't have a sporting chance of escape.

That said, this article takes a serious look at animals that are raised for food, and how all organisms for that matter, are treated by humans. Besides my own thinking, I drew on several agricultural ethicists, scientists, biologists and the writings of activists on all sides of animal rights issues.

About 3.2 percent of Americans are vegetarians and .5 percent are vegans. Vegetarians don't eat meat; vegans don't eat or use any animal products if possible.

We know humans were hunter-gatherers for many thousands of years and developed as omnivores. We benefit from the protein and other nutrients in meat and organisms with nervous systems.

Almost everyone knows there is a vocal minority of people and a few organizations in the U.S. and elsewhere that desire



Dr. Mike ROSMANN

constraints on animal farming, hunting and fishing. A few decry killing any organism with a nervous system, even insects; some request honoring plants and all forms of life.

Our society can't dismiss these proponents of life outright without considering their arguments.

They generally desire what they consider

to be ethical treatment of all forms of life. However, definitions of "what is ethical" vary.

To respect all forms of life is laudable and difficult to argue against. The martyred Indian leader, Mahatma Gandhi, contended that all forms of life have dignity and fill niches in the web of survival.

Gandhi was not the first person to view all forms of life as having dignity. Most Native Americans and the people of many other cultures around the world believe nature and its bounty cannot be owned, and instead are to be shared with gratitude to Mother Earth (God).

To this day many Native American hunters, and a growing number of all hunters, take a few moments to thank God for the animals they harvest. It's a common ritual for agricultural producers everywhere to thank a Higher Power for flourishing crops, livestock and produce of all kinds, likely taking inspiration from observing crops spring forth and the birth and death of animals on a regular basis.

Their observations exhibit the agrarian imperative that infuses the thinking, the DNA and the motivations of most agricultural producers. It's in our genes to farm and to survive, and perhaps even to want to thank a Higher Power that generates these opportunities.

Perhaps that's why Thanksgiving Day

has become a national holiday in many countries to express appreciation for food and life in general.

All organisms have an urge to live. Besides an urge to live, all species invariably struggle for success in the environments in which the competing organisms coexist.

That doesn't mean any organism has a greater right to live than others. The world is a competitive place; sometimes we humans choose to combat and exterminate deadly viral, bacterial and parasitic diseases that deter our survival; moreover, we have chosen to develop genetically modified (GM) organisms that we think will enhance our survival.

Nonetheless, all forms of life deserve respectful consideration of their possible contributions. All forms of life may find niches in the web of survival.

All forms of life seek to maximize their destiny within a framework of competition that alters their present and future capacity to endure. That's how life has developed.

The long-term status of humans on Earth is not known, especially as people and other forces may be altering our own survival. Humans may be dominant for now, and there is a good likelihood our superiority will continue for a while, but other life forms could achieve dominance.

Diversity contributes to the ultimate survival of life. This means we should try to salvage inadequately researched species from extinction, because they may hold answers not yet known for our own survival.

Both GM and non-GM species deserve to live. The rights of all organisms will continue to be hot topics for debate by ethicists and the general public. Farmers should have input into the discussions.

Dr. Rosmann is a farmer/psychologist at Harlan, Iowa. To reach him, please see: www.agbehavioralhealth.com.

Application Deadline Draws Near For 'Partners In Policymaking'

PIERRE — Partners in Policymaking is a leadership-training program for self-advocates and parents of children with disabilities. It provides state-of-the-art knowledge about disability issues and builds the competencies necessary to become advocates who can effectively influence system change. The training will change your life.

South Dakota Advocacy

Services is currently seeking applications from interested people who have disabilities or who are parents of children with disabilities to participate in Partners in Policymaking. Applications for Year Twenty Four can be obtained by contacting Sandy Stocklin Hook, SDAS, 221 S. Central Ave., Ste. 38, Pierre, SD 57501, or by calling 1-800-658-4782. Applications are also available

on the SDAS Website at www.sdadvocacy.com or by email to hooks@sdadvocacy.com.

This program is designed to provide information, training, and skill building so those who participate may obtain the most appropriate state-of-the-art services for themselves and others. Application deadline is Sept. 20, 2015.

Partners in Policymaking

has more than 557 graduates in South Dakota and more than 18,000 nationwide. There is no cost associated to the participant for attending the training sessions. Mileage and meals to and from the training site, as well as expenses while at the training (lodging and meals), respite care and attendant services (when applicable) will be partially covered.

Sister Leonette Celebrates 100 Years

On Saturday, Sept. 12, Sister Leonette celebrated her 100th birthday at her home at Sacred Heart Monastery in the care center.

The community will celebrate her birthday Saturday afternoon with a special coffee hour and much singing. Several weeks ago a group of her former novices got together for an hour of ice cream treats and much story-telling of days past as Sister Leonette's novices. There have also been other small celebrations along the way.

Sister Leonette Hoelsing was born the second of ten children to Fred and Elizabeth Hoelsing on a farm two miles north of Menominee, Nebraska. One of Sister Leonette's clearest memories of being called to this vocation as a Sister was during her high school experience, when Sister Cyrilla asked the students at the end of a test, "What do you plan to do when you leave here?" S. Leonette said, "It was funny. I have never thought of it before, but at that moment I knew I had to say I wanted to be a Sister. From that moment



SUBMITTED PHOTO
Sister Leonette

on the thought never left me."

She entered Sacred Heart Convent on Sept. 4, 1933. Sister Leonette recently celebrated another milestone, her 80th Jubilee, celebrating the number of years she has been a Sister this August, with much joy and grace.

A few highlights of her life as a Sister include: being a novice director, for many years, taking a trip to the Holy Land, responding to a bishop's call for help with

a group of Sisters in his diocese, and also the long time spent as a choir director. Sister Leonette service in her various ministries were always supported by a sense of prayerfulness. "Prayer is an important part of my life" she often said, and the Gregorian Chants that were brought to life as she was choir director only added to her love of prayer.

A unique and cherished gift given to Sister Leonette was a "money tree" a metal tree frame with 100, 2015 issued Nebraska quarters which feature the Homestead Monument. Many family members and friends joined in the effort of creating this tree with "wishes for many more happy and productive years." The Benedictine community and those others who know her would strongly agree that this is how she makes any years. Sister Leonette states "I have a great deal of gratitude for my parents and brothers and sisters as well as my Community Sisters — and to God."

RTEC Offers 'Just for Fun' Classes!

Fall Hobby Welding:

Learn the basics of different types of welding so you can create unique welded projects. Make something for your yard or household or fashion a keepsake for a loved one in honor of a special occasion or milestone. Class will be held from 7:30 - 11:30 a.m. on three Saturdays - Sept. 26, Oct. 3 & Oct. 10, 2015. Perfect class for amateurs, artists and hobbyists! Cost is \$137.80 (including tax).

Fall into Burlap:

If you would like to add a little bit of rustic charm to your home this fall, you'll want to sign up for RTEC's Fall into Burlap class being offered from 5:30 - 8:30 p.m. on Monday, Sept. 28, 2015. Instructor MaryBeth Herrboldt will show you tips for working with burlap as you craft a fall pumpkin or leaf doorhanger. Participants should bring a scissors, hot glue gun, a hair dryer and 10-12 plastic grocery sacks. Other materials will be provided. Cost is \$26.50 (including tax).

Dance With Me:

You'll learn to do the waltz, two step, jitterbug and the swing from Judi O'Connell, one of Yankton's legendary dancing instructors who shared her love of dancing with students at her downtown studio for decades. Class will meet in the upper level of Czecker's Sports Bar & Grill at 407 Walnut from 7 - 8 p.m. on three Tuesdays - Oct. 13, 20 & 27, 2015. Cost per couple is \$106 (including tax).

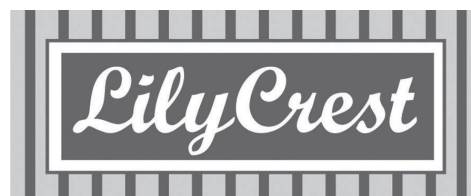
Please contact RTEC for more information and to sign up!



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