

Flu Shots Offered At Wagner Vet Clinic

WAGNER – Area veterans residing west of Yankton who are enrolled in the VA health care system are encouraged to get this year's flu shot at the VA Flu Shot Clinics being held this October at the Wagner VA Community-Based Outpatient Clinic (CBOC). The flu shot clinics will be held twice during the month of October, on Monday, Oct. 5, from 10 a.m.-3 p.m. and Monday, Oct. 19, from 10 a.m.-3 p.m.

Staff at the Wagner CBOC have indicated that there is no charge to the veteran for a flu shot, and that veterans who have in the past been enrolled in the VA healthcare system but have been inactive in utilizing the system as of late should still come in for a flu shot.

Dental Care Keeps Pets Healthy And Smiles Bright

BY JAKE GEIS, DVM
Tyndall

Has your breath ever been so bad that you were accused of having "dog breath"? Although that issue may be a reason to talk to your dentist, dogs and cats do not have to be afflicted with smelly breath. Oral hygiene is just as important for pets as it is for people. Through routine dental care and at home maintenance, we can keep our pets' teeth clean and healthy.

There are several problems caused by an unhealthy mouth. In addition to a bad odor, an uncleaned mouth can cause discoloration of the tooth enamel, rotten teeth with tartar buildup and gingivitis. These issues can lead to pain while eating. If left uncleaned long enough, a tooth root abscess may form. This abscess forms at the base of the tooth and can cause an infection that changes the shape of the bones of a pet's face. Lastly, according to the *Harvard Heart Letter* of Harvard University, in humans, gum disease is linked to heart disease. The American Veterinary Dental College reports that studies have indicated similar effects in dogs as well.



Jake GEIS

Because of these risks, it is critical for your pet to have a solid dental health program. The first of which is to have good preventative care at home. While brushing your pet's teeth is quite helpful, it often isn't feasible for pet owners. What is easier is to feed your pets a food that helps scrape the gunk off their teeth. Dry pet food does a fine job of this. The grinding action of the teeth against the dry dog food makes it more difficult for tartar to grow. This is directly opposite of what happens with canned pet food, where small amounts of food remain in between the teeth. This creates a food source for the mouth bacteria to thrive, leading to tooth decay. That's why it is best to feed dry food if possible.

Dry pet food isn't the only way to slow tartar buildup on your pet's teeth. There are several chew toy products that are designed for dental health. They work like dry dog food, scraping against the teeth to limit tartar formation. One key point with these toys is to throw them away after they become beat up and have pieces breaking off or sharp points. Otherwise those pieces or points might be swallowed and cause a problem in your pet's digestive tract.

Most importantly, avoid giving your pet people food to keep their teeth healthy. We eat a high sugar and carb diet, which is perfect for rotting teeth. That's why dentists want people to visit every six months, which is more than your veterinarian wants to see your pet to clean its teeth.

Having your veterinarian on board for teeth cleanings is another important step in quality oral hygiene for pets. At a veterinary clinic, pets are put under anesthesia for a complete deep cleaning and polishing of the teeth. Teeth that are loose can be removed, roots and all. It is an in-depth process, but the finished product is a completely clean set of chompers that will stay healthier longer.

In addition to dental care provided by veterinarians, there are services that offer pet teeth cleaning that do not require the pet to undergo anesthesia. While this kind of dental care is helpful, it is not the same as a full cleaning; it is more akin to a thorough teeth brushing. There is no substitute for a full dental treatment done under anesthesia by a veterinary clinic, because pets do not hold still enough to remove tartar from teeth roots or to allow a person to check the gum pockets around the teeth. Most dentists require a numbing agent to clean roots on human teeth, so it is far-fetched to expect that animals would be better patients than people.

Dental care is an important part of keeping your pet healthy. Helpful practices that can be done at home, such as feeding dry dog food and no people food, will supplement the cleanings performed at the veterinary office. By keeping a strong focus on oral hygiene, your pet's breath will no longer be a topic of conversation.

Jake Geis, DVM, works out of the Tyndall Veterinary Clinic.

CARD OF THANKS

We extend our gratitude and thanks to all our relatives and friends for their prayers, sympathy cards and memorials during this difficult time.

God bless you all.
The Family of Glen Radel

65th Anniversary Celebration



Mr. & Mrs. Marvin Ulmer

Marvin and Betty Ulmer will celebrate their 65th wedding anniversary on October 1, 2015. They were married at St. Peters Lutheran Church in Clayton, SD. They have been blessed with 5 children, Curtis (Barb) Ulmer, Menno; Gary Ulmer, Menno; Cheryl Ulmer, Rapid City; Mark (Cindy) Ulmer, Menno; Lori (Clinton) Mehlhaf, Menno, 12 grandchildren and 22 great grandchildren. Greetings may be sent to PO Box 464, Menno, SD 57045.

October Is Disability Employment Awareness Month

PIERRE — Gov. Dennis Daugaard continues to focus on making South Dakota a leader in employing citizens with disabilities, proclaiming October 2015 as Disability Employment Awareness Month. Events acknowledging the observation are planned across the state throughout October.

The executive proclamation advances the Governor's goal of making South Dakota an employment-first state, one in which employment is the first priority and preferred outcome for all citizens with disabilities.

"South Dakota is joining a nationwide campaign to raise awareness about disability employment issues and to celebrate the contributions of America's workers with disabilities," said state Department of Human Services (DHS) Secretary Gloria Pearson. "We encourage South Dakotans to take a look at AbilityForHire.com to learn more about how South Dakota is contributing to this effort."

This statewide observation coincides with National Disability Employment Awareness Month (NDEAM), a national awareness campaign that takes place each October. The 2015 theme is "My Disability is One Part of Who I Am." NDEAM history traces back to 1945, when Congress enacted a law declaring the first week in October "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the observation to a month and changed it to its current name.

A host of South Dakota agencies and organizations will engage in activities in October to promote awareness of disability employment issues and to help foster a disability-friendly culture in the workplace:

* Oct. 1, Sioux Falls: A breakfast event will be held at 7:30 a.m. at the Sanford Research Center, 2301 E. 60th St. N. The event will feature an employer/expert panel focusing on the successes and challenges of hiring people with disabilities, the Americans with Disabilities Act and accommodations in the workplace. For more information, contact Vicki Nelson at 605-367-5330 or Julie Briggs at 605-367-5260.

* Oct. 6, Milbank: An event will be held at 5:30 p.m. at the Milbank Community Center on East Highway 12. The evening will start with a meal and include recognition of the 2015 Milbank NDEAM award recipients. As the keynote speaker, Jesse Saperstein will address disability, diversity, overcoming barriers, and realizing and achieving one's potential. For more information, contact Brigett Wookley at 605-882-5120.

* Oct. 7, Brookings: A luncheon will be held at the Swift Center, 11:45 a.m. – 1 p.m., in partnership with the Brookings Area Human Resource Association and Women in Leadership and Learning. Jesse Saperstein will address disability, diversity, overcoming barriers, and realizing and achieving one's potential. For more information, contact Sylvia Buboltz at 605-688-4282 or Matt Simet at 605-695-8471.

* Oct. 7, Eagle Butte: Oun'yekiyapi Vocational Rehabilitation Services, Cheyenne River Sioux Tribe, is hosting an event from 10:45 a.m. to 2 p.m. at the Old Agency Building in Eagle Butte. The event will include a walk, luncheon, speaker, and sharing of information by tribal and state agencies on available programs and services. For more information, contact Lyle Cook at 605-964-4400.

* Oct. 7, Pierre/Fort Pierre: Kathleen Barrow from Jackson Lewis P.C. Law Firm will offer a presentation at the Capital University Center, 925 E. Sioux Ave, from 8:30-10 a.m. She will help employers learn how to focus on their employees' abilities rather than disabilities and outline legal obligations under the Americans with Disabilities Act. Representatives from The Right Turn, Department of Labor and Regulation, and the Department of Human Services-Divisions of Vocational Rehabilitation Services and Service to the Blind and Visually Impaired will share information and resources. For more information, contact Cindy Ryan at 605-773-3315.

* Oct. 8, Aberdeen: Kathleen Barrow from Jackson Lewis P.C. Law Firm will offer a presentation at the Americinn, 301 Centennial St. S. She will help employers learn how to focus on their employees' abilities rather than disabilities and outline legal obligations under the Americans with Disabilities Act. The program will provide employers with an explanation of the reasonable-accommodation process and how to coordinate this with certain protected leaves of absence. The event will also include a showing of the video "People with Disabilities WORK," followed by a panel discussion. For more information, contact Laura Stoltenburg at 605-626-2398.

* Oct. 8, Sisseton: Sisseton is collaborating with Brookings, Madison and Milbank for an NDEAM event that will begin with dinner at 6 p.m. at Sisseton City Hall, Community Room, 406 2nd Ave. W. As the featured speaker, Jesse Saperstein will address disability, diversity, overcoming barriers, and realizing and achieving one's potential. This event will also promote awareness and aim to create more employment opportunities for people with disabilities living in rural communities. For more information, contact Rachael Johnson at 605-698-7445.

* Oct. 9, Madison: Jesse Saperstein will give a presentation, open to the public, at 9 a.m. at Madison High School, 800 N.E. 9th St. Saperstein was diagnosed with autism spectrum disorder and works to reduce bullying in schools. He has a unique perspective on the topic and has worked hard to overcome obstacles in his life, particularly related to social interactions. He uses humor and personal experiences to tell the story of how he overcame adversity to become successful in his career, and his struggles resonate with many generations, inspiring acceptance and understanding. For more information, contact Shaun Erschens at 605-688-4280.

* Oct. 20, Mobridge: The local chamber of commerce's October "after hours" event will be held at the Silver Dollar Saloon, 205 N. Main St., sponsored by NDEAM partners. The event will present

information on employing individuals with disabilities and highlight services through the Division of Rehabilitation Services and Service to the Blind and Visually Impaired. Local employers supporting employment of people with disabilities will also be recognized. For more information, contact Corinna Alander at 605-626-2398.

* Oct. 21, Mitchell: Maria Flores – program manager, Equal Employment Opportunity Commission (EEOC) – will give a presentation at Mitchell Technical Institute, amphitheater, 1800 E. Spruce St., 8:30-11:30 a.m. She is a 20-year-plus veteran of EEOC, and she will share information on EEOC's responsibilities, employment discrimination trends, and ways for organizations to be proactive in hiring and retaining qualified individuals with disabilities. She will also discuss discrimination-charge processing procedures including mediation, new initiatives and other hot employment topics. For more information, contact Jessica Sehnert at 605-995-8072.

* Oct. 21, Rapid City: The Workforce Diversity Network team and Rapid City Society for Human Resource Management will host an event, 7-9:30 a.m., at the Rushmore Plaza Holiday Inn, 505 North St. The morning will begin with registration and networking, having representatives from disability-related organizations share information on available services. An employment video will be shown, followed by Joe Dresser and Kathleen Barrow of Jackson Lewis P.C. Law Firm presenting "Disability in the Work Place – At Work It's What People Can Do That Matters." An awards program will also be held to recognize employers who have hired qualified individuals with disabilities. For more information, contact Catie Gresheth at 605-787-2590.

* Oct. 22, Watertown: A luncheon will be held, 11:30 a.m. – 1:30 p.m., at County Fair Banquet Hall, 14 2nd St. N.E. Annette Gamber, a business owner who has worked with vocational rehabilitation services and other providers in recruiting and hiring qualified individuals with disabilities for various positions, and Tyler Gamber, an individual with a disability who has employment experience and can speak to the benefits of being employed, are the keynote speakers. For more information, contact Jessica Fischer at 605-882-5150.

* Oct. 22, Yankton: Maria Flores – program manager, Equal Employment Opportunity Commission (EEOC) – will give a presentation at Minerva's Convention Center, 1607 E. S.D. Highway 50, 11:30 a.m.- 1:30 p.m. She is a 20-year-plus veteran of EEOC, and she will share information on EEOC's responsibilities, employment discrimination trends, and ways for organizations to be proactive in hiring and retaining qualified individuals with disabilities. She will also discuss discrimination-charge processing procedures including mediation, new initiatives and other hot employment topics.

For more information, contact Jennifer Trenhaile at 605-668-3050.

MENUS		
Menus listed below are for the week of Sept. 28-Oct. 2, 2015. Menus are subject to change without notice. All meals are served with milk.		
YANKTON ELEMENTARY SCHOOL	Thursday: Spaghetti Friday: Grilled Cheese/Tom. Soup	Wednesday: Baked Potato or Salad Thursday: Lasagna Friday: Taco in a Bag
Monday: Round Pizza Tuesday: Chicken Drum Stick Wednesday: Cheese Hot Dogs Thursday: French Toast Friday: Lasagna	YHS W LINE MENU Monday: Cheeseburger Pizza Tuesday: Chicken Alfredo Wednesday: Combo Wrap Thursday: Cauliflower Soup Friday: BBQ Pork Sandwich	THE CENTER/YANKTON Monday: Swedish Meatballs Tuesday: Hamburger Wednesday: Turkey/dressing Thursday: N/A Friday: N/A
YANKTON MIDDLE SCHOOL	YHS B LINE MENU Monday: BBQ Chicken Sandwich Tuesday: Ham/Cheese Croissant Wednesday: Bacon Cheeseburger Thursday: Pepperoni Pizza Friday: Ham/Cheese Sandwich	TABOR SENIOR CITIZENS CENTER Monday: N/A Tuesday: Spaghetti Wednesday: Baked Chicken Thursday: N/A Friday: N/A
Monday: French Bread Pizza Tuesday: Chicken Alfredo Wednesday: Corn dogs Thursday: Chicken Nuggets Friday: Ham/Cheese on Flatbread	SACRED HEART SCHOOLS Monday: Pepperoni Pizza Tuesday: Chicken Strips	
YHS R LINE MENU Monday: Beef Sticks Tuesday: Chicken O's Wednesday: French Toast		



Your News! The P&D

Yankton Medical Clinic, P.C. is pleased to announce the association of

April K. Willman
MD, FAAP, Board Certified Pediatrician

Dr. Willman completed her residency in pediatrics at the University of Missouri in Columbia and received her medical degree from the Sanford School of Medicine at the University of South Dakota. She completed her undergraduate work at Augustana College in Sioux Falls. Dr. Willman joined Yankton Medical Clinic, P.C. September 22, 2015. She specializes in pediatric care for newborns and children up to 18 years and has expertise in caring for premature babies, providing support for parents and children to develop healthy lifestyles, and cares for acute and chronic illnesses in children. Part of her practice is the evaluation and care for physical and emotional development, including ADHD. She is a Fellow of the American Academy of Pediatrics. Dr. Willman and her husband, Dave, are the parents of two children and reside in Yankton.

Dr. Willman began seeing patients at the Yankton Medical Clinic, P.C. September 22, 2015.

605-665-5538
Please call today to schedule an appointment.

YANKTON MEDICAL CLINIC, P.C.