

Friends of Pioneer Memorial Hospital & Health Services

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Employees, Foundation Board contribute funds for additional colonoscope

Colorectal cancer is 90% treatable when detected early. Yet, according to the Centers for Disease Control & Prevention, many people at risk are not being screened. Pioneer Memorial hopes to encourage more area citizens to get screened through its Outreach Program. To help facilitate that, Pioneer Memorial Foundation has donated \$11,300 toward the purchase of an additional colonoscope to offer an increased number of colon cancer screenings here in Viborg. Because of the importance screening plays in identifying and treating colon cancer in its early stages, proceeds from the 2012 Pioneer Memorial Employee Fundraising Campaign will also be dedicated to supporting the purchase of another colonoscope.

Colonoscopy screening is performed at Pioneer Memorial by Dr. Dennis Glatt, Board Certified Surgeon at Sanford Health; Dr. Glatt also performs upper endoscopy and general surgery at Pioneer Memorial. He emphasizes the importance of routine cancer screening by stating, "People who have polyps or colorectal cancer sometimes don't have symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why a screening test is so important. Colon cancer is preventable when the early warning signs are detected through routine screening."

In 2010, South Dakota expected 450 new colorectal cancer cases



Bill Hansen, Pioneer Memorial Foundation President, second from right, hands a check for \$11,300 to Dr. Dennis Glatt, center left, toward the purchase of a second colonoscope for Pioneer Memorial. Far left is Diane Wirth, RN, Outreach Coordinator, and far right is Sharon Jacobsen, RN, Director of Nursing, Hospital.

and 160 deaths attributable to this cancer. Number of expected cases is up slightly from 2004-2008 when it was 435. South Dakota's average occurrence rate for all types of cancer is higher than the national average. While Turner County actually has a lower incidence rate than the state of South Dakota and the nation for all types of cancer, the exact opposite is true for colon and rectal cancer. Turner County has the third highest annual incidence rate of colon and rectal cancer in the state of South Dakota. Also, in comparison to national figures, Turner County's incidence rates for these types of cancer are over 65% higher than the national averages. The National Cancer Institute reports that the

nationwide U.S. incidence rate for colon and rectal cancer is 50.5 (cases per 100,000 population per year). South Dakota is slightly higher with a 51.8 incidence rate. Staggeringly, Turner County has an incidence rate of 79.9, considerably higher than state and national averages, and a compelling reason for Pioneer Memorial Hospital & Health Services to do all it can to promote preventative colonoscopy screenings for Turner County citizens.

The colonoscope used in the screening is a thin, flexible tube with a light and camera attached to examine the lining of the large intestine. The procedure can be used to help diagnose abnormalities such as

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Noteworthy News

Making a difference Together:

“Making a difference together” is the theme for the 2012 Employment Fundraising Campaign. Each year employees of Pioneer Memorial Hospital & Health Services contribute dollars to help with the many project needs of the organization. Funds raised in 2012 will be dedicated to the purchase of a second colonoscope. (see article on page 1)

\$8,013 was raised in the 2011 Employee Campaign. Funds are being used for the Centerville Clinic Remodeling, and for TV monitors in all three clinics and the hospital and main lobby. Everyone visiting these areas will have an opportunity to view information on the services and programs offered by Pioneer Memorial.

Projects supported in the past by employee fundraising campaigns include: the Nursing Home sound system, Centerville Community Pharmacy, new furniture for the Pioneer Inn, automatic doors for the Parker Medical Clinic, a Cardiac Stress Test Machine, Cautery machine and upgrades for the surgery unit, the lab X-ray Information System, an Emergency Room Defibrillator/Pacer, and the CT Scan Unit.

Oktoberfest proceeds fund new stove in dietary

Proceeds from the 2011 Oktoberfest fundraiser totaled \$3,864.18. This amount has been matched by the Pioneer Memorial Hospital & Health Services Board of Directors for a total of \$7,728.36. Employees who volunteer to work at the Oktoberfest or contribute items for sale at the event vote on the project to be funded. This year's Oktoberfest dollars will be used to purchase a new stove for Dietary.

PMH&HS Receives \$14,000 grant

Pioneer Memorial Hospital & Health Services recently was awarded a \$14,000 grant from the South Dakota Department of Health.

Fifteen rural hospitals in South Dakota received a total of \$201,880 in grants for projects ranging from medication error reduction to telehealth.

The grant funding comes to the Department of Health through the federal Medicare Rural Hospital Flexibility Program.

To be eligible, hospitals must have received Medicare certification as a Critical Access Hospital (CAH). There are 38 critical access hospitals in South Dakota.

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Planned-Giving Legacy Society Part of Pioneer Memorial Foundation

The Legacy Society is for those donors who have named Pioneer Memorial Hospital & Health Services (PMH&HS) or the Pioneer Memorial Foundation as the beneficiary of a planned or deferred gift. This may occur through their will by a donation after their passing, or a designated portion of their estate to be used for an endowment or unrestricted purpose.

Members also include those who have established a charitable gift annuity with Pioneer Memorial Hospital & Health Services or the Pioneer Memorial Foundation. These individuals release assets to the Foundation while maintaining an income stream for as long as they live. Members of the Legacy Society would not only include donors who have placed PMH&HS or the Foundation in their will, but also individuals who have placed major assets in a charitable trust, not only to meet personal income needs during life, but to also benefit Pioneer Memorial Hospital & Health Services or the Pioneer Memorial Foundation in the years ahead.

Supporting a Bright Future

It's not the amount you give that earns you a place in the Legacy Society. Rather, it's your foresight—seeing tomorrow's needs today. We, likewise, applaud our friends who have made outright gifts to PMH&HS and the Foundation. These discerning donors reveal a winning attitude as they invest in the future of PMH&HS through their Foundation support. They excel in their commitment to permanence. We would like to induct you into our planned-giving Legacy Society so we can honor you and introduce you to other champions who have made a planned or deferred gift to the Pioneer Memorial Hospital & Health Services or the Pioneer Memorial Foundation.

To learn more about the Legacy Society, call Brendyn Richards, Director of Development, at 605-326-5161. You can also contact him by email at brendyn.richards@sanfordhealth.org. To find out more about planned giving you can also visit our website at: <http://www.pioneermemorial.org/> and click on 'Foundation' then 'Planned Giving'.

Employees, Foundation Board contributions continued

ulcers, polyps, tumors and areas of inflammation or bleeding, as well as to screen for cancer. A highly effective instrument credited with saving many lives, the colonoscope costs thousands of dollars.

The colonoscopy itself takes about half an hour and is performed under sedation as an outpatient procedure. Even though the patient is conscious, they are likely to be groggy and not remember much of the procedure. Medicare, Medicaid and most private insurers pay for a colonoscopy once every 10 years for persons who qualify.

Foundation Gala Set for January 21 at The Bridges

Pioneer Memorial Foundation has scheduled its first Gala Fundraising Event for January 21 at the Bridges of Beresford Golf Club in Beresford, SD.

Foundation President, Bill Hansen, Centerville's Economic Development Director, explained, "We wanted to develop a fun event that will bring supporters of Pioneer Memorial Hospital & Health Services together for an evening of fellowship and entertainment that will also raise funds for many much needed projects at Pioneer Memorial."

The evening begins at 5:00 p.m. with a social hour. Dinner will be served at 6:00 p.m. followed by a brief presentation by former NFL All-Pro football player and current Fellowship of Christian Athletes Director, Brian Hansen. Erik Thorstenson of KSFY News will serve as the Master of Ceremonies for the event, and



Scott Moore will serve as the auctioneer. Guests will also have an opportunity to bid on several silent auction items throughout the evening.

Area businesses and community members are being asked to donate to the live and silent auctions.

One of the featured live auction items is a Las Vegas trip that includes airfare for two and hotel.

Anyone interested in donating items to the live or silent auctions should contact Brendyn Richards, (605) 326-5161 or email him at brendyn.richards@sanfordhealth.org.

Admission for the evening will be \$40 per ticket. Tickets go on sale beginning December 27th and can be purchased At the Pioneer Memorial business office, Centerville Community Pharmacy and Clinic, Parker Clinic, and Merchants State Bank, Viborg,

Mark your calendars for Saturday, January 21, 2012. You won't want to miss our Foundation Gala!

Polar Plunge 2012 Set for March 3rd

Plans are underway for the 5th Annual Pioneer Memorial Polar Plunge scheduled for Saturday, March 3, 2012 at the Swan Lake Christian Camp, northwest of Viborg.

According to Brendyn Richards, Director of Development and Polar Plunge Committee Chairman, "This annual event has become quite a crowd pleaser thanks to the great participation we receive from staff members and community volunteers willing to take the plunge, and their many fans supporting them through pledges. We are excited to host the event for a fifth consecutive year."

Polar Plunge funds raised each year are designated for a special project need at Pioneer Memorial, specifically programs and projects in the Pioneer Memorial Nursing Home. Proceeds in 2008 were used to remodel the nursing home tub room. In 2009, \$5,752 was raised, the 2010 plunge raised \$5,562, and \$6,792 was raised in 2011.

Participants will be encouraged to come in costume to add some color to the event. Prizes will be awarded for the best costume and costume runner-up. Prizes are also given to the individual who raises the most money, and to the runner-up. A delicious meal prepared by Pioneer Memorial Dietary staff will again be served in the Swan Lake Christian Camp Lodge following the 10:00 a.m. plunge. A Polar Bear Bean Bag Toss will be available for the kids.

Richards adds, "We'd love to see new faces taking the plunge this year along with our regulars. Participants can

'plunge' for a minimum donation of \$50. However, they are encouraged to raise as many pledges and donations as possible from friends, family and sponsors to help benefit the nursing home project. Participants will receive a free Polar Plunge T-shirt, hot lunch served in the Swan Lake Christian Camp, and a chance to win a trophy. In addition, the individual plunger raising the most dollars will receive a prize package including a night's stay at a Sioux Falls hotel with four tickets to a Sioux Falls Stampede Hockey Game. HOT 104.7 radio from Sioux Falls will be reporting the event live on the air and will make the trophy presentations to the winners."

It will again be possible to pledge online at www.firstgiving.org. When you get on the website, just do a search for the Pioneer Memorial Foundation. Richards adds, "Online donations allow family and friends from across the globe to contribute to individual participant's efforts."

Spectators are encouraged the day of the event. Whether taking the plunge yourself or not, Swan Lake Christian Camp is the place to be March 3.



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www.pioneermemorial.org

*Foundation Gala
Saturday
January 21, 2012
at the Bridges in
Beresford*

Mark your calendars:

Pioneer Memorial

Foundation Golf Event

June 22, 2012 at

The Bridges in Beresford.

Polar Plunge, March 3, 2012

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Delforge Joins Viborg Medical Clinic Staff

Whitney Delforge, Certified Nurse Practitioner (CNP) will start seeing patients at the Viborg Medical Clinic beginning December 27th.

A native of Yankton, SD, Whitney, her husband Dan and their five-month old son, Henry, recently moved back to Yankton to be near family and raise their son.

Whitney is eager to start her position with Pioneer Memorial and commented, "I am excited to be seeing patients in a small town community and have the opportunity to treat the whole family. My mother was a nurse when I was growing up, and I always respected her knowledge and caring ways in raising her family."

Whitney spent four years working as a nurse in the NICU (Neonatal Intensive Care Unit) at St. Francis Medical Center in

Peoria, IL. She also has been a float nurse with the Methodist Medical Group in Peoria.

"Working with critically ill infants in the NICU helped me realize the importance of health promotion for pregnant women," said Whitney. "Taking care of mom is the first step in having a healthy baby. In my last position I was not able to practice this philosophy. Caring for the whole family became part of the inspiration for me to further my education and earn my certification as a nurse practitioner."

Her services will include acute and chronic health management,



Whitney Delforge, CNP

disease prevention and health promotion, wellness, DOT and sports physicals, prenatal check-ups, pediatrics, and women's health.

Whitney earned her BSN, Bachelor of Science in Nursing, at Valparaiso University in Valparaiso, IN, and her MSN, Master of Science in Nursing, at Indiana State University.

She received her American Academy of Nurse Practitioners (AANP) Certification as a Family Nurse Practitioner in 2011.

When not busy with work, Whitney enjoys spending time with family, watching football, traveling, and reading. She has a new interest in photography, with her son as her favorite subject.