

Pioneer Memorial Hospital & Health Services

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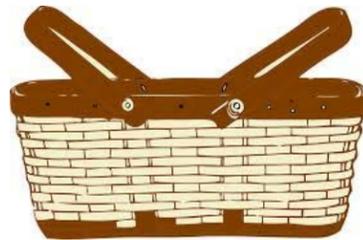
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www.pioneermemorial.org

The Pioneer Lifeline Issue 08 June 2018 Marketing Contact: Nancy Brockmueller nancy_brockmueller@sanfordhealth.org 605-326-5161

Upcoming Events— More info found at www.pioneermemorial.org



- **MAY 2nd, 2018**
Viborg Clinic Provider Meet & Greet 5-7 PM
- **MAY 14th-18th, 2018**
Health Care Week
- **JUNE 1st-JULY 31st, 2018**
Community Walking Program
- **JUNE 8th, 2018**
Annual Golf Event (Teams are still available)
Contact Grace Tidball or Nancy Brockmueller
for information
605-326-3045
- **May 8th, June 12th, July 10th, 2018**
Parkinson's Support Group 2:00PM
- **July 17th, 2018**
Diabetes Support Group 2:00PM



ISSUE
08

May
2018

Newsletter for
Pioneer Memorial
Friends and Family

The Pioneer Lifeline

Long Term Care Spring Competency Fair

The LTC Spring Competency Fair was held April 4th with 62 participants. Thirteen different topics were presented by staff members, ranging from oxygen safety to sanitation for food handlers. 1.5 Continuing Education Hours were awarded to all CNAs who participated.



Above, a representative from AseraCare Hospice (left), is discussing caring for a hospice resident about repositioning, skin care, and audible throat sounds to Pioneer Memorial Hospital & Health Service CNA's Shianne Hilligas and Katlyn Hilligas.

Community Walking Program

Walking is one of the best ways to stay healthy! Pioneer Memorial Hospital & Health Services will be hosting a community walking program from June 1st-July 31st. Pedometers are available for checkout at all 3 clinics to log your daily progress. Grab a partner, and get your walking shoes ready!

Pioneer Memorial Hospital & Health Services

Pioneer Memorial Nursing Home King and Queen



Pioneer Memorial Nursing Home residents Barb & Sonny Miller were crowned Queen and King at the Valentine's Day Party. This honor is voted on by staff and residents and presented to the winners. They have been residents of the Pioneer Memorial Nursing Home since January 2017. When asked what they enjoy about being residents, their response was "We enjoy our time here. The staff is wonderful and they go above and beyond to make sure we are comfortable, being very conscientious of everyone's needs. They spoil us! They like to keep us busy, providing a variety of social programs and activities to meet all of our interests and needs."

Barb mentioned that they have lived in the Viborg community for over 60 years, and know everyone in the community quite well. She added, "It is fun to see familiar faces often when they come to visit! I also utilize the Therapy Department, and It is so nice to have all services under the same roof. Makes it very convenient. This is a good place for us!" Congratulations to King Sonny and Queen Barb on your royal titles!

Meet Your Local Providers

Our team of providers at Pioneer Memorial Hospital & Health Services would like to extend an invite for you to come and meet and interact with them. On May 2nd, there will be a "Provider Meet & Greet" held at the Viborg Medical Clinic from 5-7PM, for you to meet the Viborg providers. Hot dogs and chips will be served. There will be a separate event held at the Centerville and Parker Clinics later this summer for you to have the opportunity to meet with those clinic providers.



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|---|--|--|--|---|---|
| Tara Lee CNP FAMILY MEDICINE Viborg Medical Clinic | Denise Hanisch MD FAMILY MEDICINE Viborg Medical Clinic | Kayla Nielsen CNP FAMILY MEDICINE Viborg Medical Clinic | Ashley Johnson PA-C FAMILY MEDICINE Viborg Medical Clinic | Michele Rohde CNP FAMILY MEDICINE Centerville Medical Clinic | Anna Skibba PA-C FAMILY MEDICINE Parker Medical Clinic |
|---|--|--|--|---|---|

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Pioneer Villa Openings

Pioneer Villa is a 20 unit independent living housing complex for seniors. Our Villa's promote a community environment suited to meet residents' needs and lifestyle without the burdens of home ownership. We offer a variety of social and recreational activities and programs, eat noon meals in our private dining room, and enjoy visits with friends and family in our private and spacious lounge area.

We currently have an opening for a Studio or Two Bedroom Apartment!



To set up a tour or for more information contact:

Pioneer Memorial Social Service Office 605-326-5161

Pioneer Memorial Thanks Community for Spring Fling Support

Pioneer Memorial Hospital & Health Services annual Spring Fling event was very successful and raised over \$1,000. Proceeds from this event will be donated to the libraries in the communities of Viborg, Hurley, Centerville, Parker, Irene and Wakonda.

During the Spring Fling Event, thirty-five people donated to the Spring Fling Blood Drive with 29 units given. This will save approximately 87 lives and our community is to be thanked for your act of kindness.

During the event, the public and employees enjoyed a full taco bar, and also an ice cream social. There was also discounted CMP & Lipid Direct Tests available during the event.

Therapy Department at Pioneer Memorial

The Therapy/Rehabilitation department at Pioneer Memorial offers therapy and wellness to help restore function and improve the quality of life for our patients and residents. The Dept includes:



Pictured above (L-R): Abby Halvorson, Amanda Marts, Andrea Flyger, Kristeen Kingsbury, Patti Timmermans, Kim Kaufman, Nikki Meyer, Lisa Wixon

- Occupational Therapy:
Hand dysfunction, cognitive & memory evaluation, re-educating stroke patients, adaptive equipment instruction, upper extremity strengthening, etc.
- Physical Therapy:
Post surgical rehab, total joint replacement, post stroke, Parkinson & MS rehab, decreased balance/dizziness, arthritis, etc.
- Speech Therapy:
Memory and swallowing problems
language & speech disorders, etc.

Therapy services are provided at both our Viborg location and our Parker Outpatient Therapy Services located in the Parker Medical Clinic, Monday through Friday.

Parkinson's Awareness Month Recognized

April is Parkinson's Awareness Month. Parkinson's disease is the 2nd most common neuro-degenerative disease which affects about one million people in the U.S and around four million worldwide. Every year, approximately 60,000 new cases are diagnosed and the prevalence of the disease is expected to increase substantially in the next 20 years. South Dakota is rated number two with disease prevalence.

In January 2016, Pioneer Memorial Hospital held their 1st Parkinson's Support Group (PSG) meeting. The PSG meets the 2nd Tuesday of every month at 2 pm. The support group offers education, guest speakers, and fellowship. Pioneer Memorial Hospital and Health Services has joined the Care Network of Struthers to improve education for improved care with individuals with Parkinson Disease. If you or someone you know would benefit from attending the PSG or would be interested in receiving therapy please call 605-326-3009. Our certified therapists specialize in treating and decreasing the symptoms caused from Parkinson's Disease. Amanda Marts PT and Nichole Meyer PTA are certified in LSVT BIG and Abby Halvorson CCC- SLP is certified in LSVT LOUD.

The goal of the Parkinson's Support Group in Viborg is to reach out to those affected by the disease and provide support and resources to the people affect with PD and their caregivers. The group has already enjoyed fellowship and discussions pertaining to the daily ins and outs of PD by focusing on topics such as determination, advocacy, and caregiving. We enjoy completing projects, having speakers and sharing education and experiences with each other.

On April 11, 2005 the Red Tulip was launched as the Worldwide Symbol of Parkinson's disease. This week the PSG enjoyed completing a tie blanket with red tulips to symbolize Parkinson's Awareness Month. The blanket will be displayed in the lobby at Pioneer Memorial Nursing Home and donated to the nursing home. The PSG also planted tulips and tulips will be planted in the fall at Viborg's Community Garden donated by the PSG members.



Annual Extravaganza Event a Success!

The Pioneer Memorial Foundation hosted their annual Extravaganza event" on Friday, March 23rd. Music was played throughout the evening by "Autumn Road", a local band from Centerville. They did a great job, playing a wide array of music from all genres!. A big Thank You to the band members for helping and making this event such a success.



During the event, a live and silent auction was held while guests enjoyed a variety of heavy hors d'oeuvres. Thank you to Joel Westra, Auctioneer, for his help auctioneering.



Pictured above is one of the many creatively decorated tables

This year, the event raised approximately \$11,000 for the Pioneer Memorial Foundation! Thank you to all of the supporters of the event, the table decorators, the volunteers who helped with the event, and all those who attended. We would like to thank our community for your support and look forward to seeing you at future events. And a special thanks to all of the wonderful donors; we could have not had such a great turnout without your generosity!

Getting Started Exercising!

Taking up running, biking, or any sport to improve your physical health sounds great, but it's not always easy to get started. How do you do it? How much should you do? What is the cost?

First, get the right equipment. Proper equipment will make participation in your sport more enjoyable and help prevent injuries. Advice can be obtained from reputable salesmen or knowledgeable friends already in the sport.

If is often helpful to talk to your medical provider to get an exercise prescription. After listening to your heart and lungs and evaluating your physical condition, the provider can tell you at what level to start and how fast to progress. You may start with a walking program. Exercising three to five times a week is enough to improve your fitness and health. It is wise to allow a day to rest for your body to repair and rebuild the muscle cells that have been exercised. After more strenuous exercise, a couple days of rest is important.

Once you establish a starting level, you can normally increase the amount of training by about 10% per week. This may sound minimal, but you would double your level of training every two months. Increasing faster is apt to cause problems with tendonitis, stress fractures or other "overuse" injuries. It is the slow and steady pace that will make any sport more enjoyable and give you the satisfaction of your accomplishments.

Why not get started by signing up for the Walking Program that will start in June! See the "Walking Program" article in this newsletter.

Denise Hanisch, MD

Coming Soon!

NEW Exercise equipment will be coming soon to the Pioneer Memorial Hospital Wellness Room!! The Wellness Center is open to the public 7 days a week from 6:00am-10:00pm. Please contact the PMH & HS Therapy Dept. at 605-326-5161 Ext. 3009 to enroll, and schedule orientation for the Wellness Center.

Easter Bunny sited again at Pioneer Memorial!



Friday, March 30th, the Easter Bunny made his annual visit to the Nursing Home! Children of all ages had a great time picking up baskets full of Easter eggs!

Local Veterans Honored

Five local WWII Veterans were honored at Pioneer Memorial Hospital & Health Services during an afternoon ceremony on Tuesday, August 13th. Turner County Service Officer, Thomas Sparrow, along with David Kirch from Parker, Commander of the VFW Post 2821, presented WWII commemorative coins to the honored guests. According to Sparrow, the State of South Dakota sent 68,000 men and women into WWII. To date there are 2,200 still living. "The sacrifices that were made helped secure the freedom for all citizens for years to come. The State of South Dakota thanks and honors the heroes of the greatest generation." Honored Veterans were asked to come forward to be honored with the presentation of the coin. "We honor these five heroes for all you have done for our freedom," said Sparrow. "God bless you and God Bless the USA."



Pictured above (L-R): Seated—Maynard Christensen, Palmer Peterson, Robert Wirth, Roy Thorson, Alvin J. Smith. Standing—Thomas Sparrow, Turner Cty Service Officer & David Kuch, Commander VFW Post 2821