

Dec
2018

The Pioneer Lifeline



PIONEER MEMORIAL HOSPITAL & HEALTH SERVICES

Pioneer Memorial offers many activities to help spread the holiday cheer!

During the holidays, it's a good time to reflect about what you are thankful for, and chances are, family and friends are at the top of the list. However, it is very common for seniors to deal with depression around this time of year because of loneliness. Maybe their family doesn't live nearby or maybe losing their soul mate makes it hard to ask for help.

At Pioneer Memorial Hospital & Health Services, we welcome visitors to dine with our residents, participate in a fun activity, or join us for an afternoon social. When you see the look of appreciation on a senior's face for taking the time to visit, it sure makes the holidays even merrier.

We will be celebrating the holiday season with lots of activities for our residents! Residents enjoyed beautiful music at the Christmas Concert by Kayla Nielsen at December 4th. We will have a **Christmas Meal** on Christmas Day at 12:00pm. Family members are welcome to attend, please RSVP to Nita Wirth at (605) 326-5161. Also there will be a **Holiday "Lutefisk" Meal** on Jan. 9th at 5:00PM. Visit www.pioneerhospital.org for complete list of activities held throughout the month!



Family Members Share Their Stories of Having a Loved One at Pioneer Memorial Nursing Home

Terri Schmidt, daughter of past resident Betty Purvis talked about the care her mother received at Pioneer Memorial Nursing Home. "When my mom first came here, she took advantage of all the activities. She would go to devotions and liked the crafts. I felt like we were really welcome and able to create a great home for her. If someone were to ask me if they should bring a loved one here, I would say definitely!"

Cherri Buchkoski, another family member of a current resident shared her experience. "We selected Pioneer Memorial Nursing Home for my mother based on our concern for her medical care and safety, her comfort and the ability of the staff to communicate with us, the family." Cheri pointed out 3 areas that makes Pioneer Memorial Nursing Home stand out:

Medical care and safety: "The nursing care by the providers and nurses is outstanding. With the Hospital being on-site, if Mom needs any medical attention at any time, there is a provider and high level medical care available to her without the delay of any sort of transportation to bring her to another building."

Comfort: "The staff treats Mom as they would a family member. She always feels special as they talk to her and interact with her at her level."

Communication: "The social work staff and nursing staff calls me whenever there is a concern. They take their time to talk to me and answer my questions. I could feel their care & concern for Mom as a person."

Cherri completed by stating, "Overall, I believe that the staff at Pioneer Memorial Nursing Home as truly comforted Mom on both a physical and emotional level. I can see that she is connected to them and responds well to their smiles and touch. Their care has improved the quality of life for her. I am happy and content with our decision to bring her to Pioneer Memorial Nursing Home where she lives the best life she can live."

Meet Our *Providers*

We know you want the best care for you and your family. Pioneer Memorial Hospital & Health Services offers a health team you can trust. Our Family Medicine Providers ensure you and your family have convenient access to comprehensive medical care close to home.

Our Providers offer a variety of services for every stage of life. Get to know our Providers and make an appointment to discuss your medical care.

Parker Medical Clinic (605) 297-3888

Amanda Thoms, CNP

Amanda Thoms is Board Certified by the American Academy of Nurse Practitioners. She recently received her Master of Science in Nursing from Briar Cliff University in Sioux City, IA.

Amanda grew up in Wakonda, SD. She enjoys spending time with her family and friends, boating, watching her daughter play volleyball and wakeboarding.



Centerville Medical Clinic (605) 563-2411

Tara Lee, CNP

Tara Lee is Board Certified by the American Academy of Nurse Practitioners. She received her Graduate Degree as a Nurse Practitioner from Allen College in Waterloo, IA.

Tara grew up in Minnesota. She enjoys spending time with family, playing board games, reading, music, and crafts.



Viborg Medical Clinic (605) 326-5201

Dr. Denise Hanisch, MD

Dr. Denise Hanisch received her Doctor of Medicine (M.D.) degree from the University of South Dakota. She completed her Residency at the Center for Family Medicine in Sioux Falls. She is Board Certified by the American Board of Family Medicine.

Dr. Hanisch grew up in Humboldt, SD. She enjoys spending time with her grandchildren, playing piano, reading, and horseback riding.



Dr. Gabriel Johnson, DO

Dr. Gabriel Johnson received his Doctor of Osteopathic (D.O.) degree from Des Moines University College of Osteopathic Medicine and his Bachelor of Science Degree in Biomedical Sciences from Minnesota State University in Mankato, MN. He recently finished his Residency in Family Medicine from Ocala Regional Medical Center in Ocala, FL. He is a member of the American Academy of Family Practice.

Dr. Johnson grew up in Florida. He enjoys hunting, fishing, scuba diving, grilling, and is a gun enthusiast (target shooting, skeet, clay pigeons, etc.).



Kayla Nielsen, CNP

Kayla Nielsen is Board Certified by the American Academy of Nurse Practitioners. She recently became a Certified Clinical Densitometrist (CCD), and is certified to interpret bone density testing. She received her Graduate Degree as a Nurse Practitioner from South Dakota State University.

Kayla grew up in Wakonda, SD. She is very active in the Viborg community with various groups and committees. Some of her talents include singing, playing guitar, teaching piano lessons, and an outstanding baker. She enjoys riding her horse, and helping with the Viborg Danish School as an Instructor.



Ashley Johnson, PA-C

Ashley Johnson is a Board Certified Physician Assistant. She received her Physician Assistant-Certified (PA-C) degree from the University of South Dakota, with a Masters of Physician Assistant Studies.

Ashley grew up in Vermillion, SD. She enjoys running with her dogs, going boating on the river, and spending time with her family and husband.



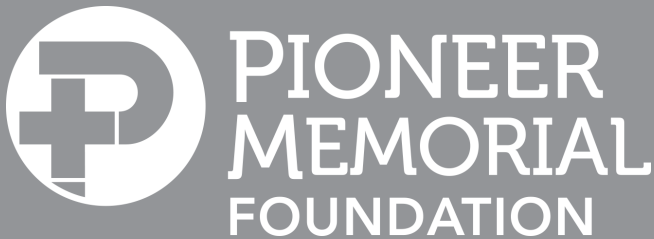
Pioneer Memorial Foundation

Pioneer Memorial Foundation has implemented a scholarship program to help meet the staffing needs of Pioneer Memorial Hospital & Health Services (PMHHS). This year the Foundation awarded two scholarships, the Marie Swenson-Pioneer Memorial Nursing Scholarship and the Pioneer Memorial Health Care Careers Scholarship. A senior at Viborg-Hurley High School received a \$4,000 scholarship and a senior at Parker High School received a \$1,000 scholarship. Both students are pursuing a nursing degree. Beginning next year, a new scholarship will be added for a PMHHS employee pursuing a health care related degree.

With your support, we can encourage young people to pursue a health care career and help assure adequate staffing at PMHHS. Please consider donating to the Pioneer Memorial Foundation Scholarship Fund to help provide future scholarships. Every dollar will be used to award scholarships to students from the surrounding communities. Pioneer Memorial Foundation is designated by the U.S. Internal Revenue Service as a 501(c)(3) charitable organization so your contribution is tax deductible. Your gift, regardless of the size, will make a difference.

Donations can be sent to:

Pioneer Memorial Foundation
P.O. Box 368
Viborg, SD 57070



Turner County participation in area Point of Dispensing (POD)

Turner County participated in an area **Point of Dispensing (POD)** November 12th by offering free influenza vaccinations to all children 3 years through 18 years of age. Volunteers included staff from Pioneer Memorial Hospital & Health Services, Viborg-Hurley School, and community members. Registered Nurses administered the seasonal flu vaccine to 39 children at the Viborg/Hurley School at Hurley while exercising the local point of dispensing (POD) plan.

Those that helped with the event are as follows:

Standing (L-R): Robby Vargas, Molly Heeney, Lester Jahngig, Sharon Jacobson, Deb Hauger, Ella Odland, Bernie Nesheim, Ginny Anderson, Samantha Hill, Lori Hisel
Kneeling (L-R): Katherine Buckneberg, Tonya Rudd, Maggie Stevens
Not pictured: Jenn Eli, Lindsey Hauger, Lisa Stange, Doug Stange, Stacy Clites, & Jessica Just



Pioneer Villa Openings: Studio or Two Bedroom Apartment

(Rent starting at \$1,070 per month)



Our independent living housing complex for seniors, offers a family atmosphere with all the comforts of home. You can choose to participate in 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.

To set up a tour or for more information contact: Pioneer Memorial Social Service Office
605-326-5161

Direct Tests Available

With some of the most commonly ordered medical tests available to you, you can monitor your own health, on your own schedule. Pioneer Memorial Hospital & Health Services offers **Direct Tests**, that you can order yourself, at your convenience. No appointment of provider's order is necessary.

All tests are offered "Pay-for-Service." Insurance will not be billed and payments are required at time of service. For more information contact one of our clinic locations:

<u>Viborg Medical Clinic</u> (605) 326-5161 Mon-Fri: 7:30a.m.— 4:30p.m. Sat: 9:00a.m.—11a.m.	<u>Centerville Medical Clinic</u> (605) 563-2411 Call for available hours
<u>Parker Medical Clinic</u> (605) 297-3888 Call for available hours	



Lab Test	Price
Diabetes Test (A1C)	\$30.00
Complete Blood Count (CBC)	\$15.00
Prostate Test (PSA)	\$30.00
Thyroid Test (TSH)	\$30.00
Free Thyroxine (free T4)	\$15.00
Vitamin D	\$50.00
Urinalysis	\$15.00
Comprehensive Metabolic Panel (CMP) (includes glucose, BUN, creatinine, sodium, potassium, carbon dioxide, albumin, chloride, calcium, total protein, alkaline, phosphates, AST, ALT and total bilirubin) <i>fasting for 10 hours</i>	\$35.00
Lipid Screening (includes cholesterol, triglycerides, HDL, LDL, and VLDL) <i>fasting for 10 hours</i>	\$25.00
Men's or Women's Health Panel (includes CMP, CBC, Lipid Panel & TSH) <i>fasting for 10 hours</i>	\$90.00

Kayla Nielsen, CNP ... is now a Certified Clinical Densitometrist!

Congratulations to Kayla Nielsen, CNP at Pioneer Memorial Viborg Medical Clinic who is now a **Certified Clinical Densitometrist (CCD)**! Kayla recently completed her exam with the International Society for Clinical Densitometry, and is now certified to interpret bone density testing. CCD is accredited by the National Commission for Certifying Agencies professional designation awarded to clinicians who meet specified knowledge requirements measured through a standardized testing process for the interpretation of bone densitometry.



Osteoporosis is a disease in which there is a loss of quantity and quality of bone, causing an increased risk of fractures. The best way to prevent the effects of osteoporosis is to find out if you are at a risk and begin preventive measures. Bone

scan screening is available on-site at Pioneer Memorial Hospital & Health Services. If you are interested in having a bone scan screening done or have additional questions, call us at 605-326-5201.

Pioneer Memorial remembers & honors Veterans



Pioneer Memorial & Health Services honored all who have served during a program that was held with our residents on Veteran's Day in November. The ceremony was held to honor our service members and to remember their sacrifices they made and the courage it took to defend our country.

Jenn Eli, Activities Director at Pioneer Memorial Hospital & Health Services stated, "We're here today to honor our heroes, to remember their achievements, their courage and their dedication, and to say thank you for their sacrifices. Thinking of the heroes who join us in this group today and those who are here only in spirit, a person can't help but feel awed by the enormity of what we encounter. We stand in the midst of patriots and the family and friends of those who have nobly served."

Above, Lester Jahmig, Director of Patient Financial Services at PMH&HS and current active member of the U.S. Army, presented the flag and read the President's Veterans Day Proclamation.



Thank you to the Viborg-Hurley 4th Grade Class for being a part of the program. They each wrote a poem about their meaning of a Veteran and presented them to the Residents.

Calendar of Events

- 12/11/18: Parkinson's Support Group,
2:00 Pioneer Memorial Hospital
- 12/25/18: Christmas Meal at Nursing Home; 12:00PM. Call Nita Wirth at (605) 326-5161 to attend.
- 1/2/19–3/31/2019: "DXA Body Challenge" 90 Day Fat Loss Challenge. Rules, registration information, and other info can be found on our website at www.pioneermemorial.org or you may call 605-326-3031
- 1/9/19: Holiday Meal (lutefisk); 5:30PM Pioneer Memorial Nursing Home
- 2/1/19: Heart Month—presentation by Kayla Nielsen, CNP 9:30 AM Pioneer Memorial Nursing Home
- 3/29/2019: Extravaganza, Viborg Community Center

315 N Washington

P.O. Box 368

Viborg, SD 57070

Phone: 605-326-5161

www.pioneermemorial.org

Check Out Our New Website!!

We are excited to announce our new website! Visit: www.pioneermemorial.org

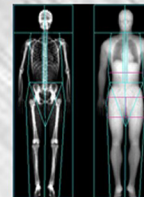
Pioneer Lifeline

We would like to keep you informed of news and events at Pioneer Memorial Hospital & Health Services. To continue receiving our newsletter, please sign up at : <https://www.pioneermemorial.org/custom/pioneer-lifeline>



PIONEER MEMORIAL
HOSPITAL & HEALTH SERVICES

8 DAY DXA CHALLENGE



*The More You Lose,
The More You Win.*



Pioneer Memorial Hospital, 315 N. Washington, Viborg SD 57070

The Challenge is available for your first scan from January 2nd – January 31st during regular business hours. The cost to enter the competition is only \$30.00!

This price includes your pre and post challenge body composition scan. For those over the 350lb weight limit of the scanner, or those not wanting to participate in the DXA total body scan, you may still participate to try and win the other prizes.

The prizes and challenge categories are:

DXA Scan Most Fat Loss by Percentage - \$150 Cash Prize

DXA Scan Most Fat Loss - \$50 Cash Prize

DXA Scan Highest Muscle Gain by Percentage - \$50 Cash Prize

Most Weight Loss by Percentage - \$100 Cash Prize

Most Weight Loss Overall - \$100 Cash Prize

CALL 605-326-3031 TO SCHEDULE YOUR APPOINTMENT TODAY!