

Feb  
2019

# The Pioneer Lifeline



## PIONEER MEMORIAL HOSPITAL & HEALTH SERVICES

Skilled Nursing Facility  
We Care Like Family



Pioneer Memorial Nursing Home in Viborg, SD is a 52-bed skilled nursing facility that provides 24-hour licensed care, with access to all medical services and providers under the same roof.

Call Today for a Personal Tour!

 (605) 326-5161

For more info visit our website  
[www.pioneerhospital.org](http://www.pioneerhospital.org)

### Our Services

- \* Single & double resident room
- \* Personalized activity program
- \* Therapy services available
- \* Lounge & dining room
- \* Hospital & clinic located within same facility

2/1/19: Heart Month presentation by Kayla Nielsen, CNP; 9:30AM Pioneer Memorial Nursing Home

2/12/19: FREE Skin Cancer Screening—Centerville Medical Clinic

2/12/19: Parkinson's Support Group; 2:00 -3:00PM, Pioneer Memorial Hospital & Health Services

2/14/19: FREE Skin Cancer Screening— Parker Medical Clinic

2/25/19: FREE Skin Cancer Screening—Viborg Medical Clinic

3/12/19: Parkinson's Support Group; 2:00 -3:00PM, Pioneer Memorial Hospital & Health Services

3/19/19: Foot Care Clinic

3/29/2019: Pioneer Memorial Foundation Extravaganza, Viborg Community Center; 6-9PM. Entertainment by Autumn Road. Live & Silent



Dr. Denise Hanisch, MD



Dr. Gabriel Johnson, DO



Kayla Nielsen, CNP



Tara Lee, CNP



Amanda Thoms, CNP



Ashley Johnson, PA-C

# Wound Care Provided at Pioneer Memorial Hospital & Health Services



**"My goal is to bring comprehensive wound care that is close to home using evidence based practice."**

**Tara Lee, CNP**

For most people, wound healing is a natural process. But for others, it is a complex medical problem that requires specialized treatment and care. It is estimated that chronic wounds affect 6.7 million U.S. patients annually and, as the population continues to age and experience increased rates of diabetes, obesity and cancer treatment side effects, this number will grow. Proper wound care prevents infection and other complications, and also helps speed up the healing process with less scarring. If left untreated, chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb.

Tara Lee, CNP specializes in wound care at Pioneer Memorial Hospital & Health Services. Tara states, "I have been working with chronic wounds for the last 15 years and know how frustrating and debilitating a wound can be." Tara provides coordinated care to heal patient's wounds. If you have a wound that has not healed within 30 days, it may be time to seek care. We offer convenient outpatient treatment for all types of wounds.

If you, or someone you know, is suffering from a wound that has not improved with traditional methods of treatment and would like to learn more about the treatment options at Pioneer Memorial Hospital & Health Services, call 605-326-5201 to schedule an appointment.

## Pioneer Villa Opening: Two Bedroom Apartment

Look at all you get!

- 2 bedroom apartment with complete kitchen, living area, and full bathroom
- All utilities included (except TV, Internet & telephone)
- Spacious common areas for family gatherings
- Delicious noon meals included in rent
- Conveniently connected to Viborg Medical Clinic & Pioneer Memorial Hospital
- Laundry / housekeeping services
- Social, recreational & wellness activities

Much more! To set up a tour or for more info contact:

**Pioneer Memorial  
Social Service Office  
(605) 326-5161**



## JOIN OUR TEAM!

### Housekeeping Assistant

Part Time - 2 days per week

### Certified Nursing Assistant

Part Time days and/or nights; Full Time evenings

### RN or LPN: Long-Term Care

Full or Part Time 12 Hour Day/Night

### Dietary Assistant

Part Time morning 5:30AM - 2:00PM & 10:30AM - 7:00PM

### Resident Assistant - Pioneer Inn Assisted Living

Part Time 5:00PM - 10:45PM

### How can you apply?

Pick up an application at: 315 N Washington St. Viborg, SD

Apply online at :

<https://www.pioneermemorial.org/employment/employmentapplication/>

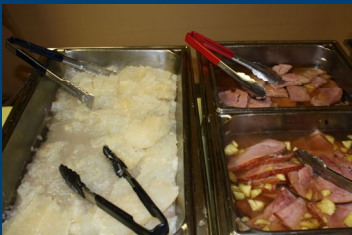
Call or Email Lori Hisel at

605-326-3028 or [lori.hisel@sanfordhealth.org](mailto:lori.hisel@sanfordhealth.org)



## Annual Lutefisk Supper—a Lasting Tradition at Pioneer Memorial

Residents enjoyed their annual Lutefisk Supper this month at Pioneer Memorial! Family members joined their loved ones to dine for this holiday tradition that many of us have in this Scandinavian community!



## Recognition of Activities Department at Pioneer Memorial!



Pictured L-R: Christy Johnson, Kim Limoges, Kathy Berg, Jill Jensen, and Jennifer Eli. Not pictured was Amanda Knutson.

In honor of National Activities Professional Week which was held in January, the Activity Department at Pioneer Memorial Hospital & Health Services was honored! A huge thank you to this group for doing an excellent job of keeping our residents busy, active, and happy! Just to name some of the activities they had for our Residents this month were: Crafting, Bingo, Jeopardy, Bean Bag Toss, and Balloon Volleyball!

## FREE Skin Cancer Screenings Scheduled

Pioneer Memorial Hospital & Health Services will offer free skin cancer screenings at clinic locations in Viborg, Centerville, and Parker. The screenings are provided in an effort to detect skin cancer at the earliest stages. While anyone can develop skin cancer, those who are fair skinned and have high exposure to the sun are most at risk.

Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the U.S. each year than all other cancers combined. The American Cancer Society recommends having a screening every three years for anyone between 20-39 years of age and annually for those over 40. These are general recommendations and your medical provider may have individualized recommendations for you. 1 in 5 Americans are diagnosed with skin cancer in their lifetime. Early detection is vital, as advanced melanoma spreads to the lymph nodes and internal organs it can result in death.

If you have a suspicious growth or change in size, color, or asymmetry of a spot on your skin, call to register for your FREE appointment today. The free screenings are open for anyone in the community who calls to make an appointment.

### SCREEN THE SKIN YOU'RE IN

Centerville Medical Clinic:  
Feb. 12th 3-5PM (605) 563-2411

Parker Medical Clinic:  
Feb. 14th 3-5PM (605) 297-3888

Viborg Medical Clinic:  
Feb. 25th 4-7PM (605) 326-5201

## FREE SKIN CANCER SCREENING EVENTS

Call to Schedule an Appointment Time

# JANUARY IS CERVICAL CANCER AWARENESS



**"Cervical cancer is the 4th most common cancer in women, which can be prevented with regular screening tests and follow-up care."**

January is Cervical Health Awareness Month, and Pioneer Memorial Hospital & Health Services wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (Human Papillomavirus) is a very common infection that is primarily spread by sexual activity, and it has a very strong link to cervical cancer. About 80 million Americans (1 in 4 people) currently have HPV, but many people with HPV don't know they are infected. Ashley Johnson, PA-C at Viborg Medical Clinic, stated, "Most people with HPV never develop symptoms, and most people can clear the infection themselves within 2 years. However, some people cannot clear the infection themselves, which can cause cancer in both men and women."

The good news?

- The HPV vaccine (shot) can prevent HPV. It is a series of 2-3 shots.
- Cervical cancer can often be prevented with regular screening tests and follow-up care.

Ashley stated, "Both boys & girls should get the HPV vaccine. It's most effective when your child is 11-12 years old, but it can be given until they are 26 years old. The easiest way to treat cancer is prevention. Make sure you are getting the vaccination if you're within the age range or get the vaccine for your children. Come to the clinic for your regular screenings!"

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy. For more information, call 605-326-5201.



## Let's Talk About *Heart Health*

**Please join us for this FREE educational presentation where you will learn:**

- ♥ Prevalence of heart disease
- ♥ What are my risks?
- ♥ How can it be prevented?
- ♥ How is it treated?



**Friday, Feb 1st @ 9:30 AM  
Pioneer Memorial Nursing Home  
315 N. Washington St  
Viborg, SD**



**Speaker: Kayla Nielsen, CNP  
Viborg Medical Clinic**



# Love Your Heart

THIS FEBRUARY, CELEBRATE AMERICAN HEART MONTH BY  
NURTURING YOUR CARDIOVASCULAR HEALTH.

February is the month to show those close to your heart that you care and love them. Pioneer Memorial Hospital & Health Services wants to remind everyone that it is also a month to draw attention to the matters of the heart during American Heart Month where awareness is raised for leading a heart healthy lifestyle. According to the American Heart Association, heart disease is the number one cause of death in the USA; one in every four fatalities in men and women is caused by heart disease, which means a life lost every four minutes.

The staff at Pioneer Memorial will be wearing red on Friday, February 1<sup>st</sup> to celebrate National Wear Red Day; a countrywide campaign geared towards creating awareness surrounding heart and stroke prevention to support heart health. Kayla Nielsen, CNP at Viborg Medical Clinic, will also be presenting a FREE educational presentation that day titled "Let's Talk About Heart Health." The event will be held at 9:30 AM at the Pioneer Memorial Nursing Home. The following topics will be discussed:

- Prevalence of heart disease
- What are my risks?
- How can it be prevented?
- How is it treated?



## A Snapshot of Our Cardiac Services:

- \* Outreach Cardiologist: Dr. Naveen Rajpurohit, MD
- \* Cardiac Rehabilitation
- \* Nutrition Counseling
- \* Mobile services: Echocardiograms, Dopplers
- \* Electrocardiograms (EKG's),
- \* On-site Wellness Center

Awareness that heart disease is the #1 killer has nearly doubled in the last 12 years. However, many fail to make the connection between heart disease risk factors and their personal risk of developing the disease. Risk factors such as smoking, high blood pressure, high cholesterol, diabetes, obesity, metabolic syndrome and physical inactivity all contribute to the likelihood of developing heart disease.

Take time this month to schedule an appointment with one of our providers for a blood pressure screening. Elevated blood pressure can be an indicator of an underlying heart disease. For more information, visit our website at [www.pioneermemorial.org](http://www.pioneermemorial.org) or call 605.326.5201 for your next appointment.

## Take These Heart Health Tips to Heart During American Heart Month:

1. **Don't smoke.** Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.
2. **Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.
3. **Make heart-healthy eating changes.** Eat foods low in trans-fat, saturated fat, added sugar and sodium.
4. **Stay active.** Get moving for at least 150 minutes per week.

## Parkinson's Support Group— A Community of Support

Parkinson's is the 2<sup>nd</sup> most common neurodegenerative disease after Alzheimer's and affects about 1 million people in the U.S. and around 4 million worldwide. There is a community of support for those affected at Pioneer Memorial Hospital & Health Services through the Parkinson's Support Group. This group is open to all those with Parkinson's Disease & their caregivers; and is offered the 2<sup>nd</sup> Tuesday of every Month from 2:00 - 3:00 PM at Pioneer Memorial Hospital & Health Services.

The support group began in 2016 when several staff members at Pioneer Memorial saw a need for support at a local level for patients on their journey with Parkinson's as well as their caregivers. There are members from not only Viborg but several surrounding communities as well including Hurley, Irene, and Centerville.

Every year, approximately 50,000 new cases of Parkinson's Disease are diagnosed and the prevalence of the disease is expected to increase substantially in the next 20 years due to the aging population. In South Dakota alone, there is an estimated 3,000 individuals affected by Parkinson's.

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 each other. The group has enjoyed lots of fellowship and discussion pertaining to the daily ins and outs of Parkinson's by focusing on topics such as determination, advocacy, and caregiving.

Abby Halvorson, Speech-Language Pathologist, and Amanda Marts, Physical Therapist, at Pioneer Memorial Hospital & Health Services are certified in Lee Silverman Voice Therapy (LSVT) for patients with Parkinson's disease. This is an effective speech and physical therapy treatment that meets the needs of patient's voice and/or mobility challenges through an intensive exercise program focusing on a LOUDER voice and BIGGER movements. It is a clinically proven and researched method offered by only certified LSVT therapists for individuals with Parkinson's and other neurological conditions. Patients who have gone through the LSVT program at Pioneer Memorial have had significant positive outcomes on their daily lives.

If you or someone you know is on a journey with Parkinson's disease, please invite them to join us on the 2<sup>nd</sup> Tuesday of each month at 2pm at Pioneer Memorial Hospital in Viborg. For more information about the group or to be added to the email list, contact our Therapy Department at (605) 326-3009.



A COMMUNITY OF SUPPORT  
*at*  
 **PIONEER MEMORIAL**  
HOSPITAL & HEALTH SERVICES



Open to all  
those with  
Parkinson's  
Disease & their  
Caregivers

**SUPPORT GROUP:**  
**Parkinson's Disease**  
**2:00pm - 3:00pm**  
**Pioneer Memorial Hospital & Health Services**  
**Held 2nd Tuesday of every month**  
Call our Therapy Dept. at (605) 326-3009 for more info

### ***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>

315 N. Washington St  
Viborg, SD 57070  
605-362-5161



**PIONEER MEMORIAL**  
**HOSPITAL & HEALTH SERVICES**