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# HOW TO... Guide

October 2022

# Community Memorial Hospital & Redfield Clinic is proud to serve Spink County



## Medical Staff

**Matt Owens, MD; Kris Wren, MD  
Alex Falk, MD; Randall Waldner, MD  
Ron Wren, PA; and Andi Rische, NP  
John Berg, MD**

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# Best Methods for Selecting a Physician

If you are choosing a doctor for the first time, or are changing physicians due to a move or other circumstances, your selection requires real scrutiny and research.

For your best health, you need to have a good relationship with your doctor. And if you want to have a good relationship with your doctor, you'll need to begin by choosing a physician who is an excellent listener and who take patient concerns seriously.

But there are some other things you need to consider when feeling out a new doctor's office.

Here are some things to think about:

## Insurance

Insurance companies have contracts with individuals or group practices. It is likely that you cannot go outside of your insurer's provider network without paying an additional fee.

Your primary care doctor should be able to understand your medical needs, as well as offer you appropriate referrals should you need a specialist.

It is possible that using a doctor outside your insurer's primary care network may subject you to out-of-pocket expenses. Some insurance carriers do not impose restrictions on your choice of physicians. If you have this kind of policy, look to your local newspaper or online advertisements to find potential doctors in your area.

## Meeting Your Needs

Experts recommend selecting a general practitioner to serve as your primary care physician. This professional might be an internal medicine doctor or a member of a

family practice.

Under some circumstances, it is better to select a doctor practicing within a particular specialty.

Women might feel more comfortable with an obstetrician/gynecologist as a primary care physician. A pediatrician might be the primary care physician for children. Seniors could even have a geriatric specialist for their primary care physician.

## Ask for Referrals

Friends, family and other trusted sources are the best way to find a new doctor. People will gladly give referrals when they have had positive experiences with their health care providers. They will also provide feedback when the experience was not to their liking.

The American Medical Association or other professional physicians' organizations in your area will be another useful resource.

Prior to making a final decision, always confirm that your physician has a current license to practice with the state medical board. This licensing body will also tell you if he has any pending disciplinary action or complaints.

Not every doctor accepts new patients. Once you have collected a list of possible physicians, contact them to make sure they will accept new patients, as well as the insurance you carry.



Ideally, your first visit will include a routine physical examination and documentation of your medical history. But sometimes insurance carriers will decline payment for routine exams.

## Convenience

Convenience is another important factor when choosing a physician. His or her office should be easily accessible from your home or workplace.

Ensure the doctor has admitting privileges at your preferred hospital in the event you need treatment.

Ask where your physician can perform diagnostic tests and procedures. Some doctors might use a separate facility rather than their own offices.

Finally, inquire how long it usually takes to book an appointment. When an emergency arises, you will want to know that your new doctor can meet you quickly.



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# How to Choose Kitchen Cabinets

Wander into any kitchen anywhere and the elements that first grab your eye are cabinets and countertops. Cabinets are second only to quality countertops when it comes to the focal point of your kitchen.

And here's some good news: You can spruce up your dated cabinets on a budget if you need to with a simple sand and stain job. But if you're looking at replacing your cabinets altogether, don't skimp on cost. Many experts recommend spending up to 20 percent of your home's value on any remodeling project. For a home valued at \$100,000, for instance, homeowners might spend up to \$20,000 on updating the kitchen. Of that money, about 40 percent should be spent on cabinets alone.

Why spend so much money on cabinets? Because they are the focal point of your kitchen. They must be attractive and useful.

If you're planning on selling, high-quality cabinets will appeal to a wide selection of buyers. If you plan on staying put, they will bring you years of function and use.

## Custom-Built Cabinets

Custom-built cabinets are an excellent choice because they allow you to choose any style you want. You're only limited by imagination. Specify the color, hinges, pulls rollers and even have special finish applied to the cabinets.

It is essential to work with a professional. Ask your friends and family if they know experienced cabinetmakers. Tradesmen in your area will likely know cabinetmakers. If you are using a contractor, solicit him or her for recommendations.

Visit two or three custom builders in your area and discuss your preferences. Ask to

see their work. Be sure to outline your budget and specifications. A professional will give you a reasonable time frame. You may need to live for an extended period of time without a kitchen, and that can be difficult.

Take a look at special finishes. Some people adore the antique or distressed look. Other people prefer to have the cabinets match other colors in the kitchen. Your custom cabinet builder should apply the finish himself.

Check the quality of the materials the builder is using. Hinges, heavy duty slides and ¾-inch solid wood should have a lifetime guarantee.

You may need to change the cabinets once you have ordered them. Ask about the consequences should this situation arise. There may be an additional fee to make a change after a period of time.

Get everything in writing. Most cabinetmakers are honest and hardworking people, but a contract should stipulate what is expected of both parties. Do not sign anything until you understand the contract and have read it completely.

## Pre-Built Cabinets

When you are on a tight budget, consider pre-built cabinets. You can still receive quality for a little less cost.



First, look for pieces made with real wood. Particle board is not as durable. The cabinets must also feature solid construction. There should be warranties on the hardware, slides and other components.

Choose a company that has a long track record. You should be able to find them if the need arises.

Quality companies will also allow you to order special sizes. They will be slightly more expensive, but you will appreciate the results.

Regardless of the choices you make, always choose to purchase cabinets from a company that has been in business for a long time. They should be good at what they do. Look at their previous work and get in touch with previous customers. Once you do this legwork, there is no doubt you will be happy with the results.

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# How to Choose a Medical Facility

There's nothing more important than your health and the health of your loved ones. So when choosing a medical care facility you should accept nothing but the highest standards.

How can you tell which facilities are top-notch, though? Here are some things to look for.

## Expert, Caring Staff

No matter what medical care you need, the first and most important thing to consider is the quality of the medical staff that will be treating you.

Without question, the best doctors and nurses want to work with the best-run medical facilities. When the facility has a reputation for treating their medical staff well, that's often a reflection on the quality of care you can expect to receive in return.

The medical staff's credentials, training and experience are important, of course. In most areas, the state medical board will have an online portal where you can check to be sure medical professionals are currently licensed, along with details about their training and what specialties, if any, they hold.

Beyond that, you can learn a lot about what to expect from the best facilities by asking around. Friends, family and co-workers can tell you which medical offices they prefer and give you the inside scoop on what they experienced personally.

## Modern Equipment

Today's medical care is largely reliant on high-tech equipment to diagnose and treat diseases.

Unfortunately, it's hard for someone without medical training to know what



equipment is needed or really makes a difference for your condition. That's why you should ask your doctor about where they recommend getting your medical procedures performed and which facilities have the most up-to-date technology.

Depending on your specific medical needs, the technology needed for your health may be very specialized and require travel. Sometimes newer medical methods can yield better results with faster recovery times and less pain for surgical procedures, for example.

If a facility has the options you need close to home, though, that's a plus. Ideally, you'll find a facility that has the up-to-date technology your doctor recommends in a location that's convenient to where you live.

## Awards

Another way to determine the best facilities is by the types of awards they earn.

The American medical industry is always looking for ways to improve health care, and one way they recognize excellent quality is by giving awards to professionals and facilities that deserve it.

If the facility has a good reputation in your community and recognition by national health organizations, that can be a good sign.

## Community Involvement

The best medical facilities are also very involved in their community. They might sponsor youth and school sports teams that promote good health. They will be involved with community events, like health fairs and outreach efforts, that make health care more accessible.

The best facilities also often organize wellness groups, exercise classes, lessons on healthy eating, or support groups for people and caregivers dealing with serious health problems.

Overall, the best medical facilities aim for excellence in every way. The personalized care and service they give to patients, the technological sophistication they utilize and — most of all — the quality of medical professionals they employ will all be important factors in picking the right facility for you.





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# How to Choose an Electrician

There are many do-it-yourself or fix-it projects in your home you can safely accomplish yourself. But unless you have real expertise and training, electrical problems require hiring a professional electrician.

If you have an electrical problem at home, you need to get it fixed as quickly as possible. Faulty wiring can burn down your home. But don't try to fix the problem without the help of a certified electrician. Attempting electrical repairs you aren't qualified to do can be deadly.

Trained professionals can skillfully and safely rewire a home or connect a lighting system.

Here's what to look for in a good electrician:

1. Don't postpone a repair. Flickering lights or an outlet that doesn't work is a warning sign. When you first suspect a problem, ask your family and friends to recommend an experienced electrician. You can also look online for qualified professionals.
2. Contact three or four electricians and request information about their licenses, availability, experience and rates.
3. Any electrician who cannot provide references and a current license should not be considered. A reliable and experienced electrician will maintain a current license.



4. Ask for references from recently completed projects. A reputable electrician will understand and gladly comply. If he or she cannot provide references, they may do substandard work or not have recent experience.
5. Check with the local better Business Bureau for complaints. Even the best electrician will have a disgruntled customer or two, but if there are any complaints, find out how those complaints were resolved.

6. Get estimates from two or three electricians. They should come to your home and speak to you about the job. These estimates will allow you to compare rates and make an assessment of their appearance and work habits.

7. Get all estimates in writing. Read over the estimates to ensure that everything is covered, including a description of the job to be performed, total cost, time for completion, insurance coverage and clean-up. Ask questions and get answers in writing before you sign a contract or agreement. Ask about guarantees and warranties.

8. Don't make a decision based solely on price. The electrical system in your home is far too important for you to choose simply by price.

9. If you are undecided, you can try a potential electrician by hiring him for a small project first.

Don't end up with damages that could have been avoided by being repaired by a professional. Find the right, qualified electrician in your area to make sure you and your home are safe.

“Very flexible and easy to work with. Answered any questions we had and was prompt to respond.”

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# How to Choose a Real Estate Agency

Purchasing or selling a home and property is, in the best case, a complicated process. It takes a professional with experience in navigating the myriad contracts and making a deal that benefits you. So you'll want to do your research and find a real estate agency that can best represent your interests.

These days, it seems like every town has more than its share of real estate businesses. But choose wisely, all are not equal. You should ask around and check with your local business bureau for suggestions about good agencies in your area.

Once you have a list of possibilities, do some research. Find out how long the agency has been in business. Ideally, you want people who know your community. If the real estate agency is merely a side business, it might not give you the best results. Buying and selling homes is a full time job.

Look on the internet and read customer service reviews. They should also have an impact on your overall impression of an agency.

Once you have narrowed your list, contact some businesses and ask them questions. You should know about their listings, fees and commissions.

Choose an agency that has connections with the community, a sharp understanding of neighborhoods that interest you, and solid contacts with other realty companies.

This assumes major importance when you're selling your current house, because the agency usually handles the sale while the realtor helps you find your new one.

The marketing strategy and advertising is what makes each agency unique. It will greatly influence the sale of your home.

Although most companies might look the same, real estate agencies have a preference for the kind of properties they show or sell. These concentrations might include commercial properties or high-end homes. Try to find a business with a focus that concentrates on selling homes similar to yours.

Look at an agency's listings to see if your home would fit in nicely with their existing clients. If you were purchasing a home, would you find their listings easy to read and informative?

The size of the agency will have an impact on your experience. Small agencies can provide more personalized service, but they may not have the networking advantages of a large company. Big agencies have more opportunities to network and sell your home, but they may have to divide their time among many clients.

Be prepared to ask an agency the following questions if you are selling your home:



— How will you advertise my home? Will you use the internet and newspapers?

— How many pictures of my house will appear online?

— On which sites will my home be featured?

— Do you have other homes that have recently been sold in this price range?

— How long has the agency been selling homes in my neighborhood?

— What makes your agency unique?

The two biggest financial decisions you will make in your lifetime are buying and selling a home. Protect your investment and peace of mind by choosing the best and most trustworthy real estate agency you can find.



# Redfield Food Center



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# How to Choose a Produce Department

Going “green” means more than just living an eco-friendly life. That philosophy extends to what you eat. More than ever, Americans are turning toward fresh, healthy and local, and that diet includes the finest in produce.

If you’re thinking about following suit, or you already have, it’s important to remember that access to a wide variety of fresh and flavorful produce is paramount to ensuring you stick with your healthy new dieting habits.

Here’s what you should consider in looking for the produce selection of your green eating dreams.

## Freshness

Freshness is the top factor in selecting produce. Try to pick stores that source produce as locally as possible because each day on the road takes away flavor and freshness. It loses texture and taste.

Companies contend with this problem in many ways. They refrigerate the produce at a certain temperature. They try to shorten the transport time.

Nevertheless, the highest quality produce will come from your closest farms. Buying locally helps your neighbors.

Buying produce in season is also a way to ensure freshness. For example, apples are harvested in the fall and succulent tomatoes are best in the summer. These items are picked right before they are fully ripe.

By comparison, purchasing apples in the spring means they will be held in storage for almost a year. They will lose their juiciness and texture. Produce grown in a greenhouse is usually very expensive.

It isn’t always easy choosing fruits and vegetables at peak ripeness. Produce department employees can guide you. They should be happy to provide recommendations on apples, greens, tomatoes and pineapples that will work best in your recipes.

## Variety

Variety is another key aspect to consider when choosing a produce department. You want access to a wide selection that provides opportunities to experiment when cooking.

Some pumpkins are fabulous for pies while others are strictly for decoration. One red pepper variety is wonderful in a sautéed dish while another is best eaten raw.

Fruits look alike, but there are significant differences in flavor and juiciness.

Having a wide selection also means you can try new produce and develop a better palate. Taste-testing new foods is fun. You may develop new favorites in your produce aisle. It is a healthy way to treat yourself well.

## Locally Grown Food

Many shoppers opt to purchase locally grown fruits and vegetables. It is better for the economy and environment.

Shipping it from orchard or field doesn’t require much fuel for transportation. As a result, you get better tasting produce and help reduce greenhouse gas emissions.

## Organic

Organic produce is one of the most popular options these days. Grown without chemical pesticides and fertilizers, organic foods are a good choice for anyone looking to improve their overall health.

Sometimes, this produce tastes better than their chemically assisted counterpart because they require more attention from the grower.

People often complain that organic foods are more costly, but its increasing popularity has helped bring its price down. Good produce departments offer organic and non-organic produce with no significant price difference. In this way, healthier eating can fit most budgets.

## Time Savers

Americans don’t have a lot of time for preparing produce. You can save time by purchasing fruits and vegetables already sliced and diced.

Traditional bagged salads, veggies trays, sliced apples are now easy snacks. Wrapped potatoes and pre-seasoned skillet vegetables can go straight from a bag to your stovetop. New types of produce are being developed all the time, so look for a produce department that carries these foods.



## **Assisted Living Community**

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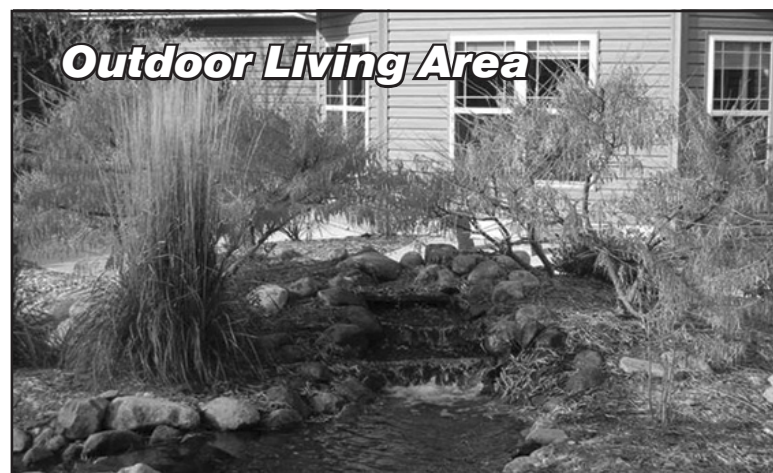
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# What to Look for in an Assisted Living Center

Getting older presents many challenges to all of us, particularly the elderly. Health care often becomes a primary focus for seniors and their families, sometimes to the degree that families and friends can not provide. In those cases, an assisted living facility can majorly improve quality of life.

It is at this juncture that many begin to consider assisted living care centers. Because many also double as full-time medical facilities or employ full-time nurses and other care providers, these centers offer a peace of mind to families and friends.

In the past, long-term care could only be handled by a nursing home. Living in a hospital setting for an extended time was not a pleasant environment. In addition to on-site medical care, many assisted living centers can appear more like upscale apartments, offering dining, travel, activities and personal freedoms.

But not all assisted living centers are alike. The decision to place a relative into such an environment warrants close scrutiny and research.

## Gardens and landscaping

The landscaping of an assisted living center can give you a good indication about the quality of the facility. A well-maintained lawn and garden is a positive sign.

If the prospective resident enjoys spending time in nature, look for a facility that has park-like areas. Some centers have community-style gardens and walkways for residents.



Just being able to experience nature as it grows and changes with the seasons can be uplifting and soothing. An assisted living center with a manicured lawn and garden can make a huge difference in the quality of life for a loved one.

## Amenities

Accommodations at these centers can range from luxurious, detached cottages to cozy condominiums. It all depends on what you are looking for, what you can afford, and what is available.

As you visit the facilities, try to personalize each space. Imagine how your loved one's belongings might fit into the area and where decorations will be placed. Does the atmosphere bring about a feeling of peace and tranquility? How are the rooms decorated? Are they tasteful and soothing, or do they remind you of a hospital setting?

Look at the home amenities and consider how you would feel about living there. Would you want your loved one living there? Is the facility within your budget?

## Recreation and activities

Game and meeting areas can help the resident make new friends and keep them from feeling alone and lonely. Leaving the confines of their units is an important part of improving quality of life. Make sure the center offers activities and space to occupy your loved one's time.

Quality facilities will have activities that match his or her hobbies. If your family member enjoys crafts, then look for a center with a designated craft area or classes for your loved one to enjoy.

## Personal care

Ask your loved one's personal physician how much care is required to function safely. The doctor may even be able to guide you toward an appropriate facility. Be sure to seek advice on what qualifications and certifications you need to look for in the center's staff. The center's employees should be well-qualified to handle medical needs.

If you monitor medical care, you can avoid paying for extensive services that your loved one may not need. Understanding the care the person requires will help you find a center that is a good fit.

Choosing an assisted living facility is about finding the right combination of medical services and amenities. With research and thought, you will find the perfect place to bring comfort and care to your loved one.

# Moving to Huron



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When new residents arrive in Beadle County this fall and winter, yours will be the first business they think of when they need goods and services in their new hometown. From healthcare to hair care, to car care, you name it, newcomers will be in need of someone they can trust.

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