



Get It Done Health Guide

The Huron Daily
PLAINSMAN

September 2020

HRMC offers help for chronic or acute lower back pain

Huron Regional Medical Center is now offering help for those suffering with chronic or acute back or lower back pain.

“This is part of our overall strategy to decrease opioid use and improve quality of life for our patients,” explained Jason Barnhard, certified registered nurse anesthetist (CRNA), who is currently completing a fellowship in chronic and acute patient management.

Barnhard and HRMC’s team of CRNAs perform interventional pain management using minimally invasive techniques. This therapy, which is administered in an outpatient appointment in HRMC’s surgical department,



Jason Barnhard, CRNA

helps the healing process and relieves pain when other non-surgical interventions have failed. Often patients regain mobility and return to work or home responsibilities.

“We work with a patient’s primary care provider or orthopedic surgeon to provide pain relief for either an acute injury or chronic pain,” said Barnhard.

Conditions treated through HRMC’s pain management services include:

- **Lower Back Pain:** Steroid injections reduce inflammation that causes lower back pain, including herniated discs, degenerative disc disease and spinal stenosis, a narrowing of open spaces within the spine that puts pressure on the spinal cord and nerves.

- **Sacroiliac Joint Dysfunction:** Sacroiliac injections reduce inflammation where the lower spine and pelvis connect, reducing pain in the buttocks, lower back or legs. The injections may also be used for other therapeutic and diagnostic purposes.

Steroid injections may be paired with physical therapy and possibly chiropractic care to help patients gain back and core strength for longer term pain relief. For more information on pain management services at HRMC, visit with your health care provider or listen to a presentation by Barnhard on the August 30 edition of the Well One Connection On-Air podcast online at <https://www.performance-radio.com>.

How does telehealth compare to in-person health care?

(BPT) — Following the outbreak of the COVID-19 pandemic in the United States, the adoption of telehealth services has been on the rise and people are turning to digital technology more than ever to address their personal health care needs without having to leave their homes.

But while many have begun to embrace telehealth offerings as a new way to connect to care and address their personal health needs, myths surrounding what telehealth services are intended for and how they compare to in-office visits continue to prevail.

To help determine how digital care can best meet health care needs during quarantine and beyond, here are the facts behind four common misconceptions about telehealth:

MYTH #1: Telehealth is only for basic or urgent care needs.

FACT: Telehealth can often be the first stop for preventive, primary care and other health and wellness needs.

Patients can connect with a doctor or nurse practitioner to receive care for a range of acute, preventive and chronic care needs, including illness and injury, mental health services, and management of conditions like asthma, diabetes and more. Whether patients live in a rural area or simply want an easier way to manage their health, telehealth can adapt to their needs.

MYTH #2: There aren’t any telehealth providers in the area.

FACT: Many trusted local and national health care systems provide telehealth services across the nation. Today, more than half of providers in the United States offer some form of telehealth service, according to an April 22, 2020, Merritt Hawkins survey, “Physician Practice Patterns Changing as a Result of COVID-19.” Additionally, recent government, health system and reimbursement policy changes have improved patient access to telehealth services and

are encouraging use as a safe way to access care during the pandemic.

In fact, locating telehealth providers is easier than ever before with platforms like [Walgreens.com/Find-CareServices](https://www.walgreens.com/Find-CareServices), which helps patients access care when and how they need it. Patients can choose from more than 30 telehealth providers treating over 100 conditions, while searching from the comfort of their own home. Available through an app and online, the platform makes it easy to find and compare available providers by location, preference, insurance coverage, services and price.

MYTH #3: Virtual care isn’t as good as in-person care.

FACT: Telehealth services can offer high-quality, convenient access to care. Much like face-to-face office visits, telehealth visits can facilitate a trusting, open dialogue with a doctor or nurse practitioner. Most providers

TELEHEALTH:

have a web-based interface or mobile app, making it easy to log onto and use secure, quality video for consultations and to visually help communicate about injuries or conditions.

Telehealth also reduces time spent in waiting rooms and commuting to appointments, putting more power in the hands of patients. It can be particularly valuable for enabling remote monitoring and regular check-ins for patients with chronic conditions.

While telehealth can be a convenient alternative to in-person care, there are still instances where in-person appointments are recommended, such as in the case of a medical emergency. To consider the best option for care needs, check with a doctor.

MYTH #4: Telehealth is too expensive.

FACT: Telehealth and other

services can help save money while expanding access to care. When looking for a telehealth provider, it can prove cost-effective to compare options based on pricing, insurance coverage, preferences and services provided. Look for telehealth options that list transparent pricing information to help guide the search.

If a consultation requires a prescription, Walgreens also has 24/7 pharmacy chat capabilities through its app and Walgreens.com/SaveOnRX with discounted pricing on a range of medications.

Telehealth is more accessible than ever as more providers evolve and adapt technologies to meet patient needs at a safe distance. But even as social distancing constrictions lift, digital wellness offerings will present greater flexibility and convenience in meeting individual health care needs.

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Early detection is key in breast cancer survival

During the month of October, Huron Regional Medical Center partners with several groups in the community to raise awareness and encourage women to schedule a mammogram through a variety of activities and by offering free mammograms.

According to the American Cancer Society, one in eight women will get breast cancer. South Dakota has the second-highest female breast cancer incidence rate in the U.S. and every week in South Dakota, 14 people are diagnosed with breast cancer and two people die of the disease, according to a 2015 report by Susan G. Komen-South Dakota. The report also indicates that Beadle County's death rate from breast cancer is eight percent higher than the national average. The goal of the We've Got You Covered program is to decrease those figures.

The good news is that the five-year survival rate of breast cancer is 98.8% when detected at the localized stage, confined to the breast — making early detection activities and regular mammograms key to survival. Thanks to the generous donations of area residents to the HRMC Foundation, the hospital offers free

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Why the flu shot is so important in 2020

Millions of people across the globe get flu shots each year. Flu shots protect people against influenza, but they might provide even greater benefits in 2020.

As the world continues to confront the outbreak of the COVID-19 virus, it's imperative that people everywhere take every step necessary to protect themselves and others. The Centers for Disease Control and Prevention notes that a flu vaccine will not protect people against COVID-19. However, flu vaccines have been shown to reduce the risk of illness related to the flu. Those illnesses weaken people's immune systems, making them more vulnerable to other viruses, including COVID-19.

Flu vaccines have also been shown to reduce the risk of hospitalization. That's a significant benefit of being vaccinated, as people who get their flu shots can indirectly help hospitals conserve potentially scarce resources. As the COVID-19 virus rapidly spread late in the winter of 2019-20, many hospitals across the country and even the globe were stretched incredibly thin. So anything ordinary citizens can do to alleviate such burdens can help save lives while also making hospital workers' jobs easier and less stressful.

Many people may be concerned about going out and getting a flu shot in 2020. That's especially likely for people who live in communities where the COVID-19 virus is spreading. However, the CDC notes that getting a flu shot in 2020 is an essential part of protecting your health and the health of your family. Many doctor's offices are now insisting patients wait in their cars until doctors are ready to see them, and masks may be required when entering the doctor's office. Such measures can reduce the risk of getting the COVID-19 virus when visiting a doctor's office for a flu shot or another visit, so patients should not be hesitant to receive their vaccinations in 2020. Patients can follow such protocols even if their doctors are not insisting they do so. The same safety measures can be followed by people who intend to get their flu shots from neighborhood pharmacies.

Flu shots are vital to individual and public health every year, but the importance of being vaccinated against influenza in 2020 is heightened as the world continues to confront the outbreak of the COVID-19 virus.



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— *Irish proverb*



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mammograms to women in need.

Women between the ages of 40-64 or under the age of 40 with an increased risk who have not had a mammogram in one year and do not have insurance that covers a mammogram are eligible to receive a free mammogram.

For more information about We've Got You Covered or to schedule a digital mammogram, call 605-353-6246 or visit www.huronregional.org/mammo.

Heart attacks and strokes don't stop during a pandemic

(BPT) — During the COVID-19 pandemic, doctors across the nation are reporting a sharp decline in patients coming to the hospital for heart attacks and strokes. These conditions don't stop during a pandemic, and the decline has doctors worried that many people experiencing symptoms may not be seeking treatment, or that they are seeking treatment only after their condition has worsened. Delaying care could pose a significant threat to your health.

"Heart attacks and strokes required emergency care before the COVID-19 pandemic, and they continue to require emergency care now," said Dr. Sean D. Pokorney, MBA, assistant professor of medicine in the division of cardiology at Duke University School of Medicine.

"If you are experiencing symptoms, contact your doctor or call 911 now, as you may need immediate care to save your life."



Contact your doctor for these heart attack and stroke symptoms:

You may be having a heart attack if you have symptoms such as:

- chest pain
- difficulty breathing
- discomfort in your chest, arms, back, neck, shoulder or jaw

You may be having a stroke if you are experiencing:

- numbness, weakness or loss of movement in your face, leg or arm, especially on one side
- loss of balance

- confusion, including trouble speaking or understanding

Health experts urge you to contact your doctor or call 911 if you are experiencing any of these symptoms.

Hospitals have safety measures in place to protect you

Patients may be understandably nervous about going to a hospital during COVID-19, but hospitals have imple-

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Coping with stress during uncertain times

Stress can affect people's lives at any moment. Some say that a certain measure of stress can be a good thing that pushes individuals to try their best to overcome obstacles. However, chronic stress is potentially dangerous for the mind and body.

2020 has been a stressful year for many people. A global pandemic that emerged in late 2019 and continued into the new year brought with it many changes — some of which are unprecedented. Concerns about the COVID-19 virus, unemployment, reduced wages, and uncertainty about

the future has left many people feeling adrift.

According to the American Psychological Association's Stress in America survey, the average reported stress level for adults in the United States

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implemented many safety measures to protect you from the coronavirus. These facilities are ready now to safely care for you if you are experiencing serious health issues.

"Hospitals are doing everything possible to ensure the safety of patients who need critical care," said Pokorney. "With all of these measures, going to the hospital is probably at least as safe as going to the grocery store. Certainly the consequences of not seeking timely care for heart attacks and strokes are far greater than the risk of COVID-19 exposure in the hospital."

Facilities have implemented routine screening procedures to evaluate if any visitors entering the facility might have a risk of COVID-19 exposure, even before they step foot inside the building. Many facilities are separating COVID-19 patients into separate wards or buildings to ensure other patients are protected and not exposed. Routinely checking temperatures, masks and protective equipment for healthcare workers and other staff are some of the other measures that help to ensure a safe environment.

Waiting now can cause complications later

Delaying treatment for a heart attack or stroke can have serious consequences, causing a bad condition to worsen and making recovery more difficult. For some patients, postponing care can be the difference between life and death.

"I've talked to patients who are experiencing symptoms of a heart attack or warning signs for sudden cardiac death and some are choosing to take their chances at home," explained Pokorney. "The unfortunate result is that those patients may die at home or have worse long-term outcomes from the delays in care - and that's avoidable."

The recovery period after a heart attack may also require critical care. "A heart attack is a potential risk factor for sudden cardiac arrest, a life-threatening condition that occurs when the heart suddenly stops beating," said Mary Newman, executive director of the Sudden Cardiac Arrest Foundation. "If you've had a heart attack, your doctor can help to determine if you are at risk and can discuss treatment options to keep you safe. But they can only help if you follow up on your symptoms." "If you are having symptoms of a heart attack or stroke, getting care quickly is critical to your treatment and recovery. When you seek help immediately, the care you receive is more likely to be lifesaving, you can likely get better more quickly, and you can limit the damage to your heart and your overall health.

How to give back to health care workers

Millions of people across the globe donate to charities or volunteer as a means of bolstering their communities and helping the less fortunate. Such help is valuable no matter when it's offered, but giving back in 2020 has proven to be an especially necessary endeavor.

As a global pandemic took hold during the winter of 2019-20, millions of people found themselves battling a potentially deadly virus, while millions more found themselves out of work as the economy came crashing to a halt. Health care workers have been on

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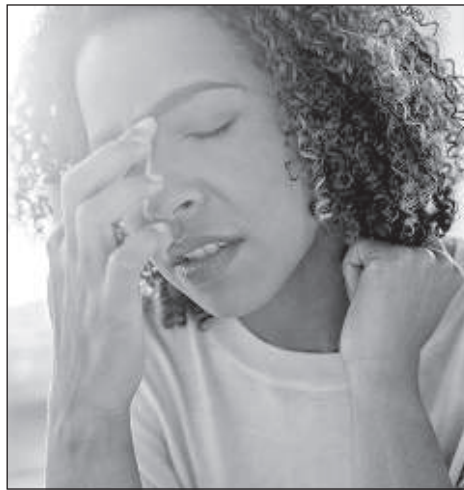
STRESS:

related to the coronavirus pandemic is 5.9. When asked to rate their stress level in general, the average reported stress for American adults is 5.4. This is higher than the average stress level reported in 2019, which was 4.9, and marks the first significant increase in average reported stress since the survey began in 2007.

Pandemic stress mixed with existing stress may require additional coping techniques.

- Turn negative thinking into positive thinking. The occasional pep talk can help people manage their stress. Rather than saying "Everything is going wrong," tell yourself "I can handle this, I have done it before." Find the silver lining in situations and they may not feel so stressful.

- Take things one step at a time. Getting ahead of yourself by looking too far into the future can compound stress. Focus on the here and now. Make to-do lists and take situations as they come day by day or hour by hour. Situations are often fluid, so worrying about something that is weeks away is often fruitless.



- Exercise regularly. Find opportunities to exercise. The Mayo Clinic says exercise in almost any form can act as a stress reliever. Physical activity can release your feel-good endorphins and distract you from daily worries. Exercise also can mimic the effects of stress, helping to condition the body to its effects and buffer the cardiovascular, digestive and immune systems from negative effects.

- Seek out social support. Chances

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are someone you know also is experiencing increased stress loads. Find the time for conversation, video chats or safe, socially distanced meet-ups with friends. Each person can share their unique frustrations and collectively you can work through the stress.

- Don't drown in perfectionism. Trying to be mistake-free can trigger anxiety and stress. Being perfect is impossible and everyone makes mistakes. According to Psych Central, mistake-making can lead to growth and experience, while perfectionism may stanch growth because a person is too afraid to take chances. Not every decision you make will be ideal, but each is a learning experience.

Stress is something most people come up against in their daily lives, perhaps more so than ever this year. But stress can be wrangled and minimized.

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the front lines in the fight against the COVID-19 virus for months on end. Stressful working environments and concerns about bringing the virus home and potentially infecting their families have made the challenges of fighting the pandemic even tougher for health care workers. Supporting such workers in these uncertain times can be a great way for people to show just how much they appreciate the extraordinary efforts of doctors, nurses, EMTs, and others who continue to confront COVID-19 every day.

- Keep it simple. Efforts to give back to health care workers need not be extraordinary. Simple gestures like preparing a weeknight meal for health care workers and their families, offering to babysit on a weekend afternoon or tackle a few chores around the house can help exhausted health care workers catch their breath.

- Donate more than just your time and effort. An actively engaged general public can reassure health care workers that they're not alone in the fight against COVID-19 and other potentially deadly viruses and diseases. While blood is not used to treat COVID-19, various health organizations, including the U.S. Surgeon General's Office, have expressed concerns that hospitals will not have enough blood on hand to treat accident victims and sick people who need blood to survive. Social distancing measures may be keeping potential blood donors away, but the American Red Cross is urging people to continue donating blood so health care workers can meet the needs of patient care.

- Support efforts to procure more funding for hospitals. Since the outbreak of COVID-19, both the American Hospital Association and the American Nurses Association have expressed hospitals' need for more financial support as they continue to battle the virus. By supporting such efforts and encouraging others to do the same, people looking to give back can send a message to health care workers that they're supported and that their voices are being heard.

Health care workers continue to confront the COVID-19 virus every day. Giving back to these valued members of the community is a great way to show just how much their efforts are appreciated.

Signs of stress in children

The global pandemic sparked by the spread of the novel coronavirus COVID-19 caught many people off guard. Life changed seemingly overnight, causing a host of unforeseen consequences that people were still confronting months after the pandemic began.

The pandemic has proven stressful for many people, and the Centers for Disease Control and Prevention notes that should not come as a surprise. According to the CDC, fear and anxiety about a new disease and what could happen can be overwhelming. Public health actions, such as the social distancing measures implemented during the COVID-19 outbreak, can increase anxiety and stress. That's even true among children, millions of whom have been separated from their friends and forbidden from participating in extracurricular activities for several months.

The U.S. National Library of Medicine notes that children may not recognize that they are stressed. That makes it imperative that parents learn to recognize the warning signs that stress is affecting children. The USNLM says increased stress can manifest itself both physically and emotionally.

Physical symptoms

The physical symptoms of stress can mimic symptoms of other conditions, so parents should not jump

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to any conclusions before consulting their children's pediatricians. In addition, the CDC says not all children and teens respond to stress in the same way. However, there are some physical indicators that may be warning signs that a child is stressed.

- Decreased appetite or other changes in eating habits
- Unexplained headaches or body pain
- New or recurrent bedwetting
- Nightmares
- Sleep disturbances
- Upset stomach or vague stomach pain

The CDC also notes that children may confront stress by using alcohol, tobacco or other drugs.

Behavioral symptoms

According to the CDC, children and teens react, in part, on what they see from the adults around them. So the ways in which adults are responding to the pandemic could be affecting their children's behavior. Some of the behavioral symptoms to look for include:

- Excessive worry or sadness
- An inability to relax
- New or recurring fears, such as fear of the dark, fear of being alone and/or fear of strangers
- Clinging behaviors, such as an unwillingness to let their parents out of sight
- Anger, crying or whining
- Inability to control emotions



- Aggressive or stubborn behavior
- Going back to behaviors present at a younger age
- Avoidance of things enjoyed in the past, including family or school activities
- Irritability or acting out, especially among teens
- Difficulties with attention and concentration

Many people, including children, have had to deal with heightened stress levels during the pandemic. Parents who recognize signs of stress in their children should consult their kids' pediatricians immediately.

“Healing takes time, and asking for help is a courageous step.”

— *Mariska Hargitay*



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HRMC offers medically assisted treatment for opioid addiction

HRMC Offers Medically Assisted Treatment for Opioid Addiction

Huron, S.d. – Dramatic increases in the number of opioid prescriptions have led to a crisis in our nation and in South Dakota, according to the Avoid Opioid Prescription Addiction program.

According to the South Dakota Department of Health, 37 people died due to opioid addiction in 2019 – up from 27 in 2018. Providers at hospitals across the state, including Huron Regional Medical Center, are committed to reducing opioid prescriptions by offering alternative pain treatment options, such as



Christopher Bronson, MD

therapy and nerve blocks, and prescribing only the amount of opioid needed

when appropriate.

Additionally, HRMC's newest internal medicine physician Christopher Bronson, MD, is offering medically assisted treatment at the HRMC Physicians Clinic.

Not every person who is prescribed opioids gets addicted, according to Dr. Bronson. But for some, they can become tolerant - which means that more of the drug is needed to obtain its effects. It is also possible to become dependent on opioids. This means that if a person stops taking them, they feel sick and experience withdrawal. Dependence is not the same as addiction, but sometimes

dependence leads to addiction.

Dr. Bronson is certified to prescribe buprenorphine, which is one of three medications commonly used to treat opioid addiction. The medication is administered slowly and under careful supervision. A patient taking buprenorphine feels normal, not high. However, the brain thinks it is receiving the problem opioid, so withdrawal symptoms stay away. Buprenorphine also reduces cravings.

For more information or to make an appointment, call the HRMC Physicians Clinic at 605-353-7660 or visit www.hrmcphysiciansclinic.org.

Human Services Center aims for zero suicides

YANKTON — The goal is zero. South Dakota's only state run inpatient psychiatric facility, the South Dakota Human Services Center, is using "Zero Suicide" practices to help save lives.

Zero Suicide is both a concept and a practice developed by national suicide prevention organizations. The Human Services Center (HSC) began implementing "Zero Suicide" in 2017. The intent is to continue de-stigmatizing mental health and treat it like any other medical condition.

"We're striving to create a culture that promotes openly talking about suicide and what we can do to further support our patients," said HSC Administrator Jeremy Johnson.

Three key elements of "Zero Suicide" include:

- Assessing suicide risks at admission, during treatment, and before discharge;
- Effective treatment for suicidal feelings, and training all staff on how to talk with someone about those feelings;
- Linking people to the needed resources as they transition from inpatient care to supports within the community.

Staff at the HSC is trained to use effective screening tools that help determine the severity of suicidal thoughts, while also facilitating a conversation between the patient and their treatment team member.

"We are empowering all of our staff to recognize they're part of the care we provide," Johnson said. "The intent is not to have them 'fix' the thoughts, but rather listen,



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HRMC CNA youth apprenticeship offers dual credit/employment

HURON — Earlier this year, Huron Regional Medical Center was selected as one of four businesses in South Dakota to develop a youth apprenticeship, according to Brooke Sydow, EdD, project manager for HRMC.

Through a partnership with the State Department of Labor, area school districts, Southeast Technical College and a \$50,000 grant, HRMC is adding an apprenticeship for 11th and 12th grade students interested in becoming a certified nursing assistant (CNA).

The youth apprenticeship allows high school students to take a certified



Brooke Sydow

nursing assistant class dual credit through Southeast

Technical College, right here in Huron, while earning both high school and college credit. Students who earn their certification will then be eligible to participate in a paid internship as a CNA at HRMC. The internship will also allow students to earn dual credit and give them an excellent opportunity to explore patient care in the hospital setting. In addition to the hands-on experience, students will also be introduced to a curriculum through the State Department of Labor that builds workplace skills. The program is shaped around the student's schedule and could be completed over

the course of one academic year, or during the student's summer break.

The youth CNA apprenticeship is set to launch in January 2021, and will join HRMC's registered apprenticeships in nursing and respiratory therapy, as well as an introduction to health-care pre-apprenticeship for English Language Learners.

If you are interested in exploring in the world of health care through an apprenticeship contact Brooke Sydow at 605-461-8364 for more details. For more information about careers at HRMC, visit www.huron-regional.org/explore-careers.

**"Sickness comes on horseback,
but goes away on foot."**

— William C. Hazlitt

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support, and connect our patients with a professional member of the treatment team."

Before discharge, the HSC treatment team works with the patient to establish a safety plan outlining what the patient can do if thoughts of suicide return. This plan empowers the patient to use the skills they've learned in treatment. The team works with them to schedule follow-up appointments with necessary providers to continue treatment in an outpatient setting.

After discharge, staff send Caring Cards, which are supportive and inspirational postcards that remind the patient that someone cares about them.

In South Dakota, the Zero Suicide framework is also used by many groups including community mental health centers, substance use disorder treatment agencies, inpatient behavioral health systems, and outpatient primary care providers.

To find help in your area, visit dss.sd.gov and click on the Behavioral Health tab or go to www.sdsuicideprevention.org.

If you, a family member, or friend are feeling overwhelmed with emotions such as sadness, depression or anxiety, please reach out to the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text the Crisis Text Line "Hello" to 741741.

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