

NOVEMBER 2020

Pioneer Lifeline

Letter from our CEO:

Throughout the COVID-19 pandemic, Pioneer Memorial Hospital & Health Services has been dedicated to keeping our residents, patients, team members, and communities safe. THANK YOU for the support and understanding during these very unprecedented times.

As the Coronavirus continues to evolve in our world, nation, South Dakota and in our communities, we all continue to face challenges head on. Change has become the new normal in the healthcare field and our team continues to navigate, doing a tremendous job of rising to the challenge. As much as we all look forward to returning to our pre-COVID lives, it appears we still have some time before that can happen. In the meantime, we will continue to provide the best care for our patients and residents at Pioneer Memorial. We are receiving regular updates from national, state, and local public health agencies and are in routine contact with them.

Our clinics and hospital have been doing an incredible job of caring for patients with their usual healthcare needs and also adding all of the health needs of COVID-19 on top of that. We have been very fortunate with the ability to collect and perform COVID testing efficiently and effectively to provide the best care for our communities. We have also just recently expanded the COVID antigen testing to our Centerville and Parker clinics as well as Viborg.

As we head into the winter months, plans are in place to conduct indoor visits in Long Term Care when allowable by regulations. We understand how important it is for the residents to be able to spend time with their loved ones and want to be able to offer that as much as possible while still following all guidelines for visitation. More information on these plans will be communicated to families. We appreciate your patience while we work hard to maintain the well-being of residents, patients, and employees. We also encourage you to continue to keep in touch with your loved one via phone and video visits.

I am so proud of our staff and their creativity in planning new, fun activities each week. You can follow our page on Facebook, as much of the fun is posted there! The staff continue to come up with new ideas each week.

I would like to once again recognize our fantastic employees. They are rock-stars in regards to working in a changing world and working extensive hours, all in order to keep our patients, residents, and each other safe! They are extremely dedicated, hard-working, and compassionate. I am so proud of how resilient and committed they have been during this challenging time. Please help me thank them when you see a healthcare worker in your community!

Again, I sincerely want to thank all of you for your support through this time. These truly are unprecedented times and we all need each other to make it through them with love, praise, encouragement, healing and faith. God created the rainbow after the storm and He's already showing us bits and pieces of it. We will persevere.

Sincerely,
Lindsey Hauger, CEO



PIONEER MEMORIAL
HOSPITAL & HEALTH SERVICES



PIONEER MEMORIAL
HOSPITAL & HEALTH SERVICES

"Right Care ... Right Next Door"

FAMILY HEALTH CARE NEWBORN THROUGH GERIATRICS

Adult Medicine	Radiology
Women's Health	Laboratory Services
Pediatric Medicine	Disease Management
Athletic Physicals	Rehabilitation /
Wound Care	Therapy Services
Minor Surgery	Specialty Outreach Services

VIBORG MEDICAL CLINIC
[605] 326-5201

CENTERVILLE MEDICAL CLINIC
[605] 563-2411

PARKER MEDICAL CLINIC
[605] 297-3888



Dr. Denise Hanisch, MD



Dr. Gabriel Johnson, DO



Kayla Mehlhaf, CNP



Alex Kalsbeck, CNP



Anna Husman, CNP



Emily Fedders, PA-C



CENTERVILLE MEDICAL CLINIC WELCOMES EMILY FEDDERS, PA-C

Pioneer Memorial Hospital & Health Services is pleased to announce the hiring of Emily Fedders, PA-C. Emily obtained her Master of Physician Assistant Studies at University of South Dakota in 2020, and her Bachelor of Science in Respiratory Care at Dakota State University in 2015. Since 2015 she has been working as a Registered Respiratory Therapist at Sanford USD Medical Center in Sioux Falls and was a member of the Sanford AirMed Flight Team before returning to PA school. Emily is board certified with the American Academy of Physician Assistants. She is also certified in Advanced Cardiovascular Life Support (ACLS), Pediatric Advanced Life Support (PALS), and Basic Life Support (BLS).

Emily grew up in Yankton, SD and currently lives in Sioux Falls. She is engaged to be married to her fiancé Nolan Bostic in August of 2021 in Okoboji, IA. While not working, she enjoys spending time with her family at their place in Lake Okoboji and spending time with friends. She also loves being outside especially boating and water activities. Emily stated: "I am looking forward to serving the community of Centerville. I am very excited to meet and develop relationships with each patient and family member that comes into the clinic."

Emily will begin seeing patients at the Centerville Medical Clinic in November. We are excited to have her join our medical staff at Pioneer Memorial Hospital & Health Services. To schedule an appointment, please call [605] 563-2411.

DRIVE-THRU FLU SHOT CLINICS A HUGE SUCCESS



With COVID-19 & flu season together, it's never been more important to get a flu shot - that is why Pioneer Memorial decided to hold 3 drive-thru flu shot clinics in October. The clinics were a huge success; & the community was appreciative on how safe, easy, & convenient the clinic was. This year we have been faced with pandemic issues where we are trying to maintain social distancing. Therefore, the drive-thru flu shot clinic was ideal because all people had to do was pull up, stay in their cars, and we provided the flu vaccines through the window. It was also a very convenient option for parents with small children, so they didn't have to get them out of the car. We were very pleased with how well it was received from the community, and it was a great way to make sure we are working to keep our families healthy in our community.

If anyone still needs a flu shot and was not able to come to one of our drive-thru clinics, call (605) 326-5201 to schedule an appointment to come into one of our clinics to get your vaccine.



IS IT A COLD, FLU OR COVID-19?

With the flu season soon coming, it's important to be aware of the differences between a cold, the flu and COVID-19.

COVID-19 symptoms may appear 2-14 days after exposure to the virus. The symptoms of a cold may come on gradually, while the flu usually starts abruptly. Below is a chart that may help determine which illness you have.

SYMPTOMS	SYMPTOM FREQUENCY		
	COLD	FLU	COVID-19
 Cough or chest discomfort	COMMON	COMMON	COMMON
 Sore throat	SOMETIMES	COMMON	COMMON
 Muscle aches	SOMETIMES	COMMON	COMMON
 Headache or fatigue	SOMETIMES	COMMON	COMMON
 Fever	UNCOMMON	COMMON	COMMON
 Difficulty breathing	UNCOMMON	COMMON	COMMON
 Chills	UNCOMMON	COMMON	COMMON
 New loss of taste or smell	UNCOMMON	UNCOMMON	COMMON
 Nausea or vomiting	UNCOMMON	UNCOMMON	COMMON
 Diarrhea	UNCOMMON	UNCOMMON	COMMON
 Stuffy or runny nose	COMMON	COMMON	SOMETIMES
 Sneezing	COMMON	SOMETIMES	UNCOMMON

Pioneer Memorial Foundation ... your gifts have made an impact!

The Pioneer Memorial Foundation has been the recipient of extraordinary community support over many decades, allowing us to purchase new equipment, to support multiple projects aiming at improving patient care, & providing scholarships to students pursuing degrees in health care. By looking at past support, your willingness has made a huge difference in allowing us to improve our health care facility & to see your gifts at work:

2020- Hospital Telemetry System
 2019 - Nursing Home Dining Room Tables & Chairs
 2017 - Front Lobby Furniture
 2016 - Nustep Exercise Machine for Nursing Home
 2015 - Nustep and Treadmill for Wellness Program
 2014 - Covered Patio
 2013 - Bariatric Lift Chair & Bed
 2012 - Glide Scope
 2012 - Operations Analysis
 2012 - Defibrillator
 2012 - Pharmacy Sterile Isolator
 2011 - Colonscope
 2011 - Nursing Home Window Blinds
 2010 - Centerville Pharmacy
 2009 - Whirlpool Tub Project



Through your generosity over the years, you have had an impact and made a difference. None of this would happen without our supportive community, and we are grateful for you.

For information on being part of our giving program, contact Pioneer Memorial Hospital & Health Services at (605) 326-5161. Please note that charitable donations are tax deductible and receipts will be provided for tax purposes.



STAFF & RESIDENTS SHENANIGANS

Lights! Camera!
ACTION

Smiles shine! Our residents and staff know how to make the best of things! The tune of "Rockin' Robbin" was played down the hallways at Pioneer Memorial one afternoon, to bring smiles and laughter to everyone as residents and staff danced away to the music! We may be in the midst of a pandemic, but that is not going to stop Pioneer Memorial Hospital & Health Services from having a good time!



BRETT HARTMAN ... PIONEER MEMORIAL EMPLOYEE OF THE YEAR!



The 2020 Pioneer Memorial Hospital & Health Services Employee of the Year was presented to Brett Hartmann. Brett began employment at Pioneer Memorial in 2007 as a Maintenance Assistant. He is responsible for snow removal, lawn care, taking care of the Pioneer Court Apartments, general maintenance duties & helping with all other maintenance for the facility that is required.

Brett has been a great employee and has been nominated employee of the month 3 times since he started with Pioneer Memorial. He is a team player, always willing to help back up in other departments when needed & he enjoys keeping busy. As described, "Just ask Brett, he gets it done! He even helps in Laundry once in a while!"

Brett lives in Viborg with his wife Julie. His parents are Gladys and Jim Hartmann (both past Employees of the Year for Pioneer Memorial)! Brett has 2 brothers, sister-in-laws and nieces and nephews. He enjoys spending time outdoors with family. We are proud to announce Brett as our 2020 Employee of the Year!

Other employees who were nominated for this award this past year were: Kelli Zimmerman, Donna Vandemore, Christy Johnson, Ashley Voog, Ella Odland, Dawn Kludt, Hanna Alverson, Matt Berry, John Edelman, Nancy Brockmueller, and Morgan Myrvik

STAFF GOES ALL OUT FOR HALLOWEEN!



HALLOWEEN COSTUME CONTEST!

Pioneer Memorial staff went all out when it came to decorating pumpkins and dressing up for Halloween this year! Staff wished all the residents a Happy Halloween by walking through the hallways to Monster Mash music and passing out goodies. They had fun bringing

the spirit of Halloween to everyone to help brighten the day! The Business Office had the largest participation with their costumes; and 1st place went to Kathy Berg from Activities dressed as a Nun, while Nancy Brockmueller received 2nd place dressed as a scarecrow.



PAINTED PUMPKIN CONTEST!

Congratulations to the Viborg Clinic for being the winners of the painted pumpkin contest! A lot of creativity went into these pumpkins that were displayed throughout the facility for residents & staff to vote on. 2nd place went to the Business Office; and 3rd place the Maintenance Dept.



1st



2nd



3rd



VETERANS DAY

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
THANKS

FOR ALL YOU'VE GIVEN

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Here are some memories that our residents who served shared with us.
Thanks for all you've given ... your heroism will never be forgotten!**

Charles "Chuck" Feikema

Chuck enlisted in the Air Guard after graduating from high school along with several high school friends. He did his basic training at Lackland AFB in Lackland TX, which is near San Antonio. He served in the Air Guard for a period of 6 Years from 1969-1975. His unit was never activated or called to serve in active duty, even though the Vietnam War was going on during those years. He remembered basic training being a very rigorous 6 weeks and feeling homesick for things back home. After basic training they were required to serve one weekend a month for drills and review. One of the things he talked about most was when they went to their 2 week annual summer training each year, particularly enjoying his 2 week period in Las Vegas. When their unit arrived, all the barracks at the base were full so their unit was put up in great accommodations right on the strip where all the activity was going on. Even though they had to work during the day they had their evenings free and on their own. Being on the Las Vegas strip when you are in your early 20's was pretty exciting and memorable!

Robert Wirth:

Robert served in the Army for 18 months. Completed basic training in Livingston Louisiana in 1945. Dropped the Atomic Bomb while in camp. Fun fact: He graduated one day and left the next day for basic along with 30 draftees. Robert is the only one left of those 30.



Virgil Null:

Virgil served with the Army for 8 months before he was wounded. He completed basic training in Fort Sill, Oklahoma; & also served in the Koren War. Favorite memory: when one time he took a huge check to the bank and he was wondering if they would cash it. They didn't...

Harold Spomer:

Harold served in the Army for 2 years, and completed basic training in Texas. He served in WWII. Favorite memory: making real good friendships that lasted many years. Fun fact: Harold was stationed in Japan and drove up to Mt. Fuji with a jeep as far as he could.



Art Wirth:

Art served in the Army for 23 months, and completed basic training in Breckenridge Kentucky. Served in the Korean war. Favorite memory: Art left on New Year's Eve on a big ship going to Germany with 1500 civilians and 1,500 GI's, and only 1 did not get sea sick. They were on the water for 9 days, Art got sick on day 7. Fun fact: Art was 15 kilometers from the Berlin Wall, the CQ called and told Art that the Russian's just passed there and asked what he was going to do. Art told him the code and the CQ told him he had taken care of everything...



Alvin Sudbeck:

Served in the Army for 2 years. Completed basic training at Camp Taffy, Arkansas in 1943. Alvin states that there are too many good memories to just share one.



Doug Morse:

Served in the Navy for 31 years. Completed basic training at the University of Omaha with a general engine degree. He was Civilian Contracted by the Navy and inspected the ships. Served in Vietnam, Panama Canal, Guantanamo Cuba. Favorite memory: Douglas met his wife in San Diego, California and they were married for 28 years.

Jon Parsons:

Served with the Army for 3 years. Completed basic training at Fort Riley, Kansas.

DaVonna Sheridan:

DaVonna served in the Women's Army WAC for 2 years. Completed basic training at Ft. Alabama.



Charles Gauker:

Served in the Navy for 4 years. Completed basic training in Great Lakes, Michigan in 1961. Served in the Vietnam war. Fun fact: Charlie got married while he was in Japan at the church on the base.

Roland Spomer:

Served in the Army for 2 years. Completed basic training at Fort Riley, Kansas. Served during the Korean War. Roland states that his favorite memory was getting discharged. Fun fact: He almost didn't make it home because they misspelled his name as 'Epomer' instead of Spomer.



Happy Veterans Day

"A hero is someone who has given his or her life to something bigger than oneself." -Joseph Campbell

thank you

for your service, protection and support



Betty Rist, Pioneer Inn Assisted Living Resident, uses her talents to sew during COVID-19



Betty Rist, Resident in the Pioneer Inn, spends much of her time during the day knitting. She recently knitted pot holders for some of the staff in the

Inn. She has knitted over 50 afghans, doll clothes, and much more. Betty

commented, "I like to keep my hands busy

throughout the day. And it is a great way to exercise my mind. I do it because it is fun and I love making crocheted items to give to people.



Marilyn Bondesen, Pioneer Inn Assisted Living Resident, shares her talents of making beautiful beading projects



Most afternoons you can find this group of ladies from the Villa socializing and playing an intense game of cards!



SMILES SHINE ... MAKING THE BEST OF THINGS

The social distancing measures of the pandemic have meant that many of our residents find themselves with extra time on their hands. Many of our residents have been spending their time with hobbies they enjoy to keep the mind busy and providing a sense of accomplishment.



Helen Sorensen, Villa Resident, shares her beautiful talent with the other Villa residents

Music has power ... it has the amazing ability to bring peace and joy to other people.

MAKING VIRTUAL CONNECTIONS!

We have all learned to "connect" in new ways over the past few months. We encourage families and friends to continue to engage in alternate means of visiting with their loved ones while "no visitor" restrictions are in place. While facing this time of uncertainty, we continue to find positive ways to look after each other at Pioneer Memorial Hospital & Health Services!

Please call Breanne Nelsen, Director of our Activities Department at (605) 326-3014, or email breanne.nelsen@pioneerhospital.org to talk about the numerous options available to connect with your loved one.

We also encourage the community to write a letter or send a card to our residents. Everyone loves getting mail and you will definitely put a smile on their face! We thank the community for keeping their loved ones and our staff in their prayers during this time.



Check out
what our
residents
have been
up to!



ENJOYING THE FALL DAYS!

Our residents have been enjoying the beautiful fall weather and being outside every last chance they can before the weather changes! Bus tours to check out neighboring towns and crops, outdoor crafts, special window visits from some beautiful horses, music from Matt Kiger outside the windows, and special Friday afternoon treats ... they have enjoyed every moment!

Our residents are our family, and we have been trying our best to make sure they are in the best of care at Pioneer Memorial during these challenging times!



DIABETES awareness month in the midst of covid-19:

Know your Risks: Stay Aware

Diabetes and COVID-19

As we have come to learn over the last several months dealing with COVID-19, those who are elderly & those who are immunocompromised are typically more vulnerable to the effects of the virus than the population at large. This would include those with type 1 diabetes, which is classed as an autoimmune disease.



Here's the challenge: when you have diabetes & are sick, management of the disease becomes more challenging because of probably changed eating habits. Naturally, we tend not to eat as well as we likely should when we're sick, & given management of personal glucose levels is critical if you have diabetes, these levels go somewhat sideways if you are sick. For whatever reason, those with autoimmune conditions are more prone to acquiring COVID-19, & when you are sick, the management of diabetes becomes more difficult.

What we know is that it's recommended that if someone who has diabetes believes they've contracted COVID-19, they have enough medications for 1 or 2 weeks if they can't make it to the pharmacy to refill their prescriptions, to have enough device supplies for things like their glucometer or their pump, & to ensure all medical information is handy. Certainly, monitoring the diabetes in the event of any sort of viral infection at all is important, to ensure that blood sugar levels are within normal levels.

There are other complications that can come with diabetes that might not quite be managed as a result of illness. If diabetes is poorly managed, whether as a result of illness or lack of medication, confusion or even delirium could result. There is a greater risk of cardiovascular conditions, kidney disorders, & other medical complications.

With the medical issues that already exist surrounding COVID-19, it becomes even more important for those with diabetes take appropriate precautions to manage their symptoms and their risk for COVID-19. That can take a toll walking that tightrope; you're already trying to manage a disease that might be unpredictable, depending on your stage of life & there might be issues with your mental health as a result.

That's why it's so important that in the management of diabetes, the person with diabetes has a support system in place to ensure that they continue to be healthy & their diabetes is appropriately cared for. It's important - as it is for anyone else in the battle against COVID-19 - to ensure the person with diabetes is taking appropriate precautions and, like the rest of us, feeling safe & sane when going through their daily lives during this pandemic.

While COVID-19 and any illness can play a significant role in the management of diabetes, it is important to be aware that those with diabetes are potentially coping with greater mental health strain as a result of this pandemic. Diabetics understand, probably better than anyone else, just how cautious they need to be because of the risks COVID-19 can pose to their overall health because of its impact on things like their blood sugar levels, among other issues. Diabetes can, if not properly managed, cause negative impacts on virtually every body system, and a virus, whether it's the flu, the common cold or COVID-19, can send a person living with diabetes into a tailspin.

That's why, in this year's Diabetes Awareness Month, we encourage you to be supportive of those living with diabetes in their lives. There's a lot more going on than you might be aware of.

Don't let your health
INSURANCE BENEFITS
go to waste!



Use your health
insurance benefits
before Dec. 31st or
you lose them!

Make your appointment today!



PIONEER MEMORIAL
HOSPITAL & HEALTH SERVICES

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(605) 563-2411

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Viborg Medical Clinic
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