Pioneer Lifeline January 2021

# COVID-19 VACCINE ARRIVES TO PIONEER MEMORIAL STAFF

Tonya Rudd, Clinic Director, administers 1st COVID-19 vaccine to Kayla Nielsen, Viborg Medical Clinic, CNP

## PHASE 1 OF COVID VACCINE BEGINS!

Kayla Mehlhaf, CNP at Viborg Medical Clinic, was one of the first employees at Pioneer Memorial Hospital & Health Services to receive her vaccination on Dec. 23rd. In receiving the vaccine Kayla stated, "Getting the vaccine will help protect those around me, especially my patients who are at high risk for severe illness from COVID-19. Unfortunately, I was ill with COVID about one month ago and, although I developed antibodies, it is unsure how long that immunity will last. Getting the vaccine now will hopefully help keep me healthy & able to continue working and providing care to my patients who need me."

Ginny Anderson, Director of Laboratory Services, also received her vaccine end of December. In regards to choosing to get the vaccine, she said, "For me, I have an underlying conditition & work directly with patients. With the pandemic raging, it's important that we all do everything we can to try to slow the spread of the disease."

"The vaccine offered a little bit of hope & reassurance that we're getting closer to the end of this. It is nice to see the end of the tunnel hopefully soon approaching," Lindsey Hauger, CEO at Pioneer Memorial commented.

Sharon Jacobsen, Director of Nursing at Pioneer Memorial said, "It's been a long, rough year for a lot of people in health care. Not just as being a health care worker, but also for us personally because we're missing family members. There's a lot of people we haven't been able to see. Our residents are getting to see their families some now. So hopefully we are turning the corner and getting to the point of feeling like we are getting back to normal again."

Pioneer Memorial has worked with the SD Dept. of Health for several months in preparation of the vaccine. No doses are available for the public at this time. As doses become available, the next phase will be to vaccinate our long-term care residents. After that, additional Phase 1 subgroups will be given the opportunity to receive the vaccine, including other healthcare workers, first responders, individuals with underlying medical conditions, teachers, & critical infrastructure workers. Phase 2 of the Dept. of Health's plan will make vaccines widely available to the general public. Depending on the vaccine supply, the Dept. of Health hopes to initiate Phase 2 in April or May. While the vaccine is great news in our COVID fight, we cannot give up on the basics – wear your mask, wash your hands, & social distance!

Anna Husman, CNP at Parker Medical Clinic is shown receiving her 1st vaccine from Kari Novak, VMC Lead Clinical Support

As we end 2020, we reflect on how blessed we are with a compassionate team of hardworking individuals who care for our patients and communities. We thank the communities we serve for your efforts to help slow the spread of COVID-19. Our heart goes out to those in our community who have suffered pain and loss due to this disease, particularly those who have lost loved ones.

www.pioneermemorial.org

PIONEER MEMORIAL HOSPITAL & HEALTH SERVICES

# COVID VACCINE

## FREQUENTLY ASKED QUESTIONS

### IS IT SAFE?

Ensuring a vaccine is safe & effective is the top priority before it receives authorization or approval. A COVID-19 vaccine must have approval from the U.S. FDA and /or through an Emergency Use Authorization before being distributed within each state.

### ARE THE GUIDELINES NOW RELAXED?

It is vital to keep following guidelines. The best way to prevent COVID-19 spread is still by wearing a mask, practicing social distancing, & washing your hands frequently.

### WHY CAN'T I HAVE THE VACCINE RIGHT NOW WHEN OTHERS ARE GETTING IT?

Unfortunately, at this time, there isn't enough vaccine for everyone who's requesting it. We are following best practice guidelines to distribute the vaccine to those most at risk, including those living in long-term care facilities. It is our hope to have enough vaccine for everyone requesting it during the spring of 2021.

### IF I'VE HAD COVID-19, DO I NEED A VACCINATION?

Yes, we are recommending all employees and community members to get the COVID-19 vaccine, regardless of whether they have recovered from a previous COVID-19 infection, once it is available to their group. According to the CDC, there is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again; this is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this.

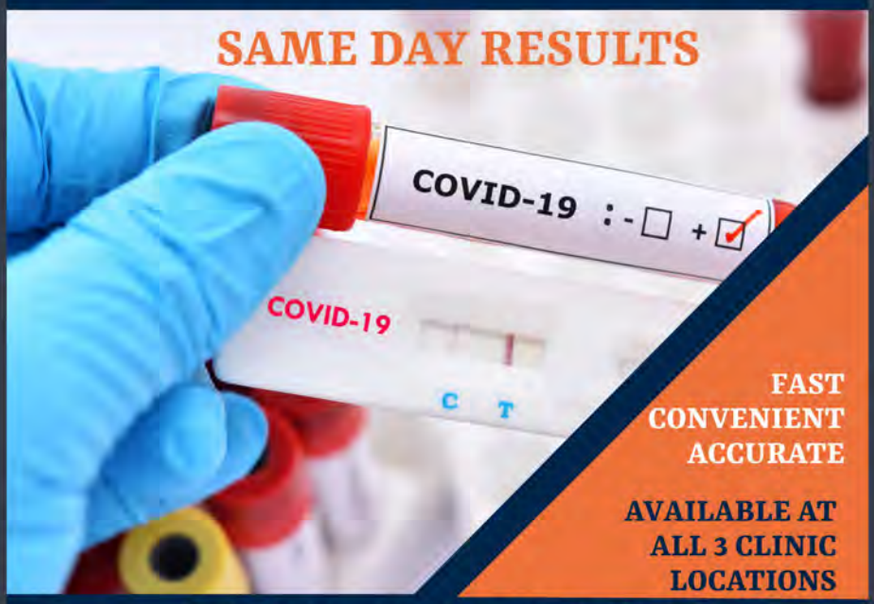
### WHY ARE 2 DOSES NEEDED?

If you don't receive the second dose of the vaccine, you may not develop immunity. Your second dose is critical to achieve 95% efficacy.

### DOES THE FLU SHOT INCREASE MY CHANCE OF GETTING COVID?

The flu shot does not increase your chance of getting COVID-19. It actually decreases your chance of getting sick. A flu vaccine will not protect you from getting COVID-19, but it can prevent you from getting the flu at the same time as COVID-19. This can keep you from having a more severe illness. While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading during that time. That means that getting a flu vaccine will be more important than ever.

## COVID-19 TESTING AVAILABLE




**SAME DAY RESULTS**

**FAST**
**CONVENIENT**
**ACCURATE**

**AVAILABLE AT ALL 3 CLINIC LOCATIONS**

**APPOINTMENT NEEDED**

**VIBORG MEDICAL CLINIC**
**(605) 326-5201**

**PARKER MEDICAL CLINIC**
**(605) 297-3888**

**CENTERVILLE MEDICAL CLINIC**
**(605) 563-2411**

# EXPECTED COVID VACCINE AVAILABILITY

COVID-19 vaccination doses aren't available for the public yet, as it is still in Phase 1 of those that are eligible to receive the vaccine. Pioneer Memorial Hospital & Health Services is following the guidance set by the CDC and each state's dept. of health to administer vaccines to those defined priority populations once sufficient doses are available. Although you may be eligible to receive a vaccine, due to limited quantities at this time, there may not be a dose available for you. Due to limited quantities, you cannot schedule a vaccine appointment or go to your clinic until after you receive the notification that we are ready to give you your vaccine.

After you receive your notification, you can schedule your appointment by calling the phone number included in your notification or by calling your primary care provider.

Here is a the expected vaccine availability timeline from SD Department of Health, of when it is expected for COVID-19 vaccine to be available to your group in South Dakota.

## *Expected Vaccine Availability in South Dakota*

| Phase | Population Group | January | February | March | April | May-December |
|---|---|---|---|---|---|---|
| 1A | Frontline healthcare workers and long-term care facility healthcare workers | ■ | ■ | ■ | ■ | ■ |
| 1B | Long-term care residents | ■ | ■ | ■ | ■ | ■ |
| we are here 1C | EMS/Public health workers | ■ | ■ | ■ | ■ | ■ |
| | Law enforcement, correctional officers | ■ | ■ | ■ | ■ | ■ |
| 1D | Persons with 2 or more underlying medical conditions | | ■ | ■ | ■ | ■ |
| | Persons aged 65 years and older | | ■ | ■ | ■ | ■ |
| | Residents in congregate settings | | ■ | ■ | ■ | ■ |
| | Teachers and other school/college staff | | ■ | ■ | ■ | ■ |
| | Funeral service workers | | ■ | ■ | ■ | ■ |
| 1E | Fire service personnel | | | | ■ | ■ |
| | Includes public-facing workers in essential and critical infrastructure | | | | ■ | ■ |
| Phase 2 | All others 16 years and older | | | | | ■ |

■ Estimated Vaccine Availability

# JOIN OUR TEAM!

## CURRENT OPENINGS:

**Nursing Home RN or LPN:**

Full-time or Part-time: Combination of night & day shifts.

**LPN or Medical Assistant:**

Full-time Viborg Medical Clinic

**Certified Nursing Assistant (CNA):**

Part-time day (6am-2:30pm); Part-time evening (2pm-10:30pm)

**Resident Assistant (Assisted Living):**

Part-time: 10:30pm-7:15am; every other weekend & rotating holidays.

**Registered Radiology Technologist:**

1 day shift / 1 night call weekly with 1 weekend of call monthly. Must be ARRT Registered or registry eligible. Modalities include X-ray, CT Scan, and DXA as well as other duties. Experience preferred. Position will also serve in a PRN status. As such, desired individual will be assigned as needed for illness and vacation coverage and may include days / evening call with rotating call on weekends, holidays, and evenings.

**Pick up an application at:**
315 N. Washington St
Viborg, SD 57070

**Apply online at:**
www.pioneermemorial.org/employment

**Call or Email:**
Lori Hisel at (605) 326-3028 or lori.hisel@pioneermemorial.org

# Activities brought joy to Residents over the holidays!

The holidays may not have felt like they normally do for many people across the country, but that's why the staff at Pioneer Memorial Hospital & Health Services took extra steps to spread holiday cheer to their senior living residents.

"Every season we want it to be as fun as possible, but especially this year, with COVID and the limitations and everything that has taken place, we wanted to make the best of it as we could. It was very important to us to keep everyone's spirits high and make the occasion as much fun as we could," commented Lindsey Hauger, Pioneer Memorial's CEO.

Staff hosted special Christmas activities for their residents throughout the month, which included filling the arboretum with decorated Christmas trees for residents, family members visiting their loved ones, and staff to enjoy. The departments held a contest to see who could win the most votes for their decorated tree!

## Managers serve Residents a special Christmas breakfast

Residents were part of a holiday breakfast served by managers. The breakfast was set up restaurant style with the managers as the residents' waitresses. It was fun to have all the fun breakfast choices for them and just another different thing we could do at Pioneer Memorial to make our residents feel special!

## Over 1,000 letters / pictures sent to us during the Holiday Season!

The response from our community & all around was unbelievable! We received over 1,000 cards, pictures, and artwork to share with our residents and staff! We truly felt the love!

Pictured above is our Viborg Medical Clinic with gifts & cards they received from the Get Up & Go 4-H Club from Irene!

## Holidays are a Reason to Celebrate!

Residents were able to take part in many crafts throughout the month ... including making a tie blanket, snowmen decor, and much more!

It was wonderful to have had Pastor Mark Ostrem from Calvary Lutheran Church come to our Nursing Home residents for devotions! Hearing his message warmed their hearts!

Thank you to Kayla Nielsen, CNP at the Viborg Medical Clinic for sharing her beautiful Christmas music with all our residents over the holidays!

# Parsons' Insurance donates gifts for our residents!

A huge thank you to Parsons' Insurance Agency for their generous donation of Christmas gifts they purchased for all of our senior living residents! It is wonderful to have such a caring community! The residents had a very special guest deliver the gifts to their door - Olaf and his Elf helpers!

# Santa Claus is coming to Town!!!

Our residents all were definitely on Santa's "NICE" list this year! Santa and his elves made deliveries to all the residents during their resident Christmas parties! Seeing him and receiving a special present, put a smile to their face!

## Our Residents want to Hear from you!

Our residents love hearing from their loved ones and friends in the community! It brightens their day to receive mail and pictures!

Go to: www.pioneermemorial.org/custom/resident-contact. Simply fill out the form to send us an email to a resident - even if they do not have an email address. Your emails will be delivered to our Activities Department, who will print all emails received, and deliver them to your loved one daily.

## Staff donates to local Community Food Banks!

Our trees and shelves were filled by staff members this holiday season! Staff brought in mittens/hats and canned food to have delivered to our local community food banks! There is no better feeling than being able to give back to our communities!

## In Remembrance of Our Residents who passed away in 2020

A small personal program for Nursing Home residents we lost in 2020 was held the end of December. A tree ornamental bulb was made in each of their remembrance to put on a lit tree.

Your loved one was like family. We cared for them and got to know them personally. Through your loved one, our hearts at Pioneer Memorial have been fulfilled with the memories we have of them.

# NEW LOOK AT PIONEER MEMORIAL

Pioneer Memorial is very fortunate to have such an outstanding Maintenance Department! They are great at their job and all go out of their way to help out the entire facility! They treat the residents like family and always have a smile for them! Recently they have taken on many additional duties, which has included removing old wallpaper to have all our walls repainted and also do an outstanding job of keeping our new flooring spotless! We appreciate our Maintenance team for all they do! The Maintenance Dept. includes: Mike Tirrel, Director; Ed Poll, Brett Hartmann, Jerry Berg, Craig Rothschadl, and Darrell Sampson.

# NEW HIRES AT PIONEER MEMORIAL

Kaliyah McBeth, CNA

Sarah Mellem
Receptionist

Dylan Aeilts, Dietary

Daniela Ancona,
Activities Assistant

Samantha Aune, CNA

Saebra Eberle, CNA

Penny Doty
Administration

Duana Lee,
Resident Assistant

Abby Volden,
Occupational Therapist

*Making The Difference!*

# AMANDA MARTS, PHYSICAL THERAPIST

WHAT DO YOU ENJOY ABOUT WORKING IN PHYSICAL THERAPY?

I get to work with patients with a big age range variety; all the way from little babies, to athletes, to middle-aged people, all the way up to the elderly. I also get to work with people with a variety of diagnoses: helping young kids meeting their motor milestones, helping athletes return quicker to play sports, helping people return to their jobs, or helping people with balance or walking problems. It is very rewarding to have such a great variety.

WHAT DO YOU ENJOY THE MOST ABOUT WORKING WITH YOUR PATIENTS?

I love to see their hard work pay off. I get to give them the tools, education, & instruction. They do the work, & when they can come to a session and tell me they can run without pain or walk without difficulty, or lift something over their head - it is so rewarding, and I love to see that smile on their face.

WHAT ARE SOME OF THE REASONS PATIENTS BENEFIT FROM GETTING PHYSICAL THERAPY SERVICES?

Here at Pioneer Memorial, they can receive quality care close to home. With PT, I can help them decrease their pain, improve their motion, their strength and stability, all to improve their function and achieve their goals.

Call (605) 326-3009 or visit www.pioneermemorial.org to learn more about the services our Physical Therapy Dept provides.

# Staying on top of your health in 2021!

A new year is always an opportunity for a fresh start. A new beginning. That's one of the big reasons so many of us set New Year's resolutions. Turning the page on the calendar gives us a chance to turn the page on unhealthy habits, resolve to be better, healthier versions of ourselves and look to the future with hope for what's to come.

Taking charge of your health is essential to your overall well-being. Establishing a good, trusting relationship with a primary care provider and scheduling annual physical exams and well visits can play a big role in helping you to do this. Annual exams can help prevent unwanted health surprises and setbacks, aid in early diagnosis of any conditions to help achieve the best outcomes to allow you to discuss any health concerns you have comfortably and confidentially. Your primary care provider can also ensure that you're on top of key health numbers like your blood pressure and cholesterol, keep you up to date on any needed immunizations, and help you manage any chronic conditions you may have.

It is also important to bring your kids for their well check every year. Your child's primary care provider will track his/her growth, discuss any health concerns, receive scheduled immunizations which prevent serious illness, and answer any questions. They can also speak with you and your child about proper nutrition and other ways to stay healthy.

If you need a primary care provider, Pioneer Memorial Hospital & Health Services can help. Call (605) 326-5201 or visit www.pioneermemorial.org to get connected with quality care today.

# As we begin a new year, we have so much to be thankful for...

OUR PATIENTS: We are thankful for our patients and their families. Thank you for trusting us as your partner in your health care needs. Your safety has been our highest priority during the COVID-19 pandemic; & our commitment to giving you a safe, reliable place to receive care is even more important to us.

OUR RESIDENTS: They give us a reason to smile & remind us what we do is important. Not being able to see their loved ones as they had before the pandemic has been very hard. However, they have trusted us & have kept a positive attitude with all the adjustments made.

OUR TEAM: We are thankful for our dedicated, talented, and hardworking "work" family. Your heroic efforts & long hours throughout the pandemic have saved countless lives; while you've risked your own lives to help save others. Our team of employees show the same passion & commitment to our patients & residents day in and day out.

OUR COMMUNITY: Thank you to our community for their steadfast support that has lifted our spirits & buoyed our strength during these uncertain times.

Alex Kalsbeck, CNP | Emily Fedders, PA-C | Anna Husman, CNP | Dr. Denise Hanisch, M.D. | Dr. Gabriel Johnson, D.O. | Kayla Mehlhaf, CNP