

AN EXTRA EDITION SPONSORED BY AVERA HEALTH

# she

FOR THE WOMEN OF SIOUX FALLS

## Versatile Fashion

LOOK GOOD INDOORS AND OUT

## New You

SKIN REJUVENATION  
OPTIONS GROW

## Healthy Eating

VEGGIES ARE A  
MIGHTY MEAL

# balance

GETTING BACK ON TRACK  
AFTER HORMONE LOSS

SPECIAL EDITION 2016  
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A GANNETT COMPANY



# WORDS of WISDOM

FROM YOUR AVERA PHYSICIANS

Leaders | Caregivers | Innovators | Mentors

As women we play many roles as mothers, wives and daughters. But we are more than that — we are guiding change, leading research efforts and mentoring people in the community. We are proud to be part of the innovative force that is guiding Avera in its quest to provide care and healing to all who need it.

Live better. Live balanced.

Avera 

**“DON'T BE FIXATED ON  
THE SMALLER PROBLEMS;  
FOCUS ON THE OVERALL  
PICTURE.”**

**Alissa Redding, DPM**  
Podiatry  
Marshall, Minn.

*With one free  
hour I'd ...  
try a new recipe.*



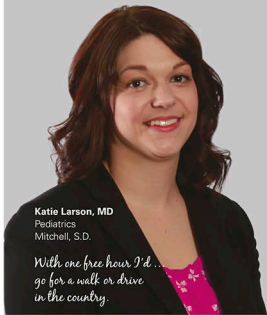
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“When there are things that need to be done around the house, I try to get my children involved so we can still spend time together.”

---

**Katie Larson, MD**  
Pediatrics  
Mitchell, S.D.

*With one free hour I'd ...  
go for a walk or drive  
in the country.*



**Amy Lueking, MD**  
Obstetrics and Gynecology  
Pierre, S.D.

*With one free hour I'd ...  
do a jigsaw puzzle.*



**“Investing in yourself now  
will save you so much time  
and pain in the future. It's  
never too late to start a  
wellness goal.”**



# WORDS of WISDOM

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As women we play many roles as mothers, wives and daughters. But we are more than that — we are guiding change, leading research efforts and mentoring people in the community. We are proud to be part of the innovative force that is guiding Avera in its quest to provide care and healing to all who need it.

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Avera 



"I would tell my younger self

**to relax!**

So many problems can be avoided by taking a step back and looking at a situation with a

**calm attitude."**

**Dena Jundt, MD**  
Family Medicine  
O'Neill, Neb.

*With one free hour I'd ... walk the dog.*

"I love seeing kids in my practice. Children never fail to bring a smile to my face — they help keep you young inside and out."



**Muna Ashraf, MD**  
Family Medicine  
Sioux Falls, S.D.

*With one free hour I'd ...  
get a massage.*



**Maria Lao, MD**  
Internal Medicine  
Aberdeen, S.D.

*With one free  
hour I'd ...  
get some exercise.  
It helps me  
find balance.*



# FRUIT SNACKS

The key to a healthy life is learning good habits early in life. It's recommended that adults and children eat more fruits and vegetables, five cups or more for adults, and limit sugary drinks and juices.



These snacks are 100 calories or less:

-  A MEDIUM-SIZE APPLE
-  A MEDIUM-SIZE BANANA
-  1 CUP BLUEBERRIES
-  1 CUP GRAPES
-  1 CUP CARROTS, BROCCOLI OR BELL PEPPERS WITH 2 TBSP. HUMMUS

Source: Centers for Disease Control and Prevention

Live better. Live balanced.

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**HjVee.**

Avera.org/she



Alli Heyd

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**She** magazine is published monthly by Argus Leader Media, 200 S. Minnesota Ave., Sioux Falls, SD 57117. 605-575-3628.

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PHOTO COURTESY OF AVERA

**Kendra Calhoun** pictured with her best friends, Frigg and Freja.

**Dear Readers,**

Happy Mother's Day! Avera is committed to the well-being of all women, throughout all phases of life. That's why Avera is sponsoring this special edition of "She" magazine.

Certainly, life is busy. But life is good! Avera wants you to enjoy life to the fullest extent, both through good health and convenient care.

When our schedules get full to overloaded, it's easy to push our own health to the back burner. That's why we've created AveraNow, an online video visit where you can connect with an Avera provider through your smartphone, tablet or laptop — anytime of the day or night. AveraNow kiosks are also available in Sioux Falls Hy-Vee stores. You can learn more at [Avera.org/now](http://Avera.org/now).

While it's great to have these options, nothing can replace a good ongoing relationship with a primary care provider, such as a family doctor. This person is absolutely key in helping you stay healthy and prevent disease or at least catch it in the early stages when it's easiest to treat.

It's all about living better and living balanced. This issue contains great features to help you do just that. You'll read about how to prepare healthy foods with fresh, colorful ingredients. You'll read how one woman overcame midlife health challenges to feel like herself again. Other stories cover navigation during cancer care, dealing with "unmentionables" such as pelvic pain and incontinence, overcoming fatigue and much more.

We also included some entertaining features about style and home living for a fun read and maybe even a few new ideas.

Please enjoy this special edition of "She" magazine, compliments of Avera. I invite you to learn more at [Avera.org](http://Avera.org). Thanks for reading!

**Best wishes,****Kendra Calhoun****Senior Vice President for Marketing, Avera Health**



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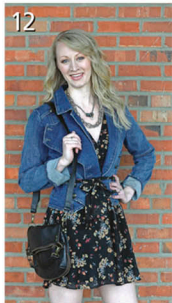
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# calendar OF EVENTS

## CLASSES AND EVENTS

**Mindfulness and Meditation for Stress Reduction** — 1 to 2 p.m. every Tuesday in the Prairie Center Movement Studio. This group is designed to teach basic meditation and mindful techniques for reducing overall stress and anxiety, and is open to all.

**FertilityCare Services Information Session** — Second Tuesday of each month at the Avera McKennan Fitness Center. For more details or to register, call 322-4434 or register online at [fertilitycare@avera.org](mailto:fertilitycare@avera.org).

**Pre-Diabetes Classes** — These classes provide information on how to manage pre-diabetes. You will learn tips for healthy eating, activity and other lifestyle changes that will help prevent pre-diabetes from becoming type 2 diabetes. Call the Avera McKennan Diabetes Center at 322-8995 for more information. Fee required.

**Mind-Body Classes** — Yoga, Tai Chi and Singing Bowls Relaxation/Meditation classes. See a schedule at [Avera.org/integrativemedicine](http://Avera.org/integrativemedicine) or call 322-3241.

**Mammogram Screenings** — Extended hours until 6 p.m. on May 19, June 16, June 30 and July 14, and from 7:30 a.m. to noon on May 14, June 11, June 25, July 9 and July 23 at the Avera Breast Center in the Prairie Center.

**Ideal Living Introduction Seminar** — 5:30 to 6:30 p.m. the fourth Thursday and 12:15 to 1:15 p.m. the second Monday of each month, Prairie Center. A free educational seminar about the Ideal Living weight loss program. Learn how to eat smarter and live your ideal lifestyle.

**New Baby in Our Family Class** — 10 to 11:30 a.m. June 11 and Aug. 13. Class helps big brothers and sisters prepare for the arrival of a new baby. Parents are required to attend this class with their children. Register online at [Avera.org](http://Avera.org). If you have questions, call 322-4481 or email at [deb.vigness@avera.org](mailto:deb.vigness@avera.org)

**Weight Loss Surgical Procedures To Be Well Events** — 1 to 2 p.m. June 15; 6 to 8 p.m. July 7; 1 to 2 p.m. Aug. 17; or 6 to 8 p.m. Sept. 1, Benedictine Room at Prairie Center.

**Maybe a Baby** — 6 to 8 p.m. June 16, Avera McKennan Women's Center Atrium and other locations throughout the region. Learn more at [Avera.org/maybeababy](http://Avera.org/maybeababy).

## SUPPORT GROUPS:

**Time to Heal for All Cancers Plus Caregivers** — A 12-week education and rehabilitation program for cancer patients who are ready to rebuild their lives after cancer care. Call 322-3000 or 1-800-657-4377 to inquire about registration.

**Time to Heal for Breast Cancer** — A 12-week education and rehabilitation program for breast cancer patients who are ready to rebuild their lives after cancer

care. Call 322-3000 or 1-800-657-4377 to inquire about registration.

**All Cancer Support Group** — For people impacted by cancer at any stage of diagnosis, treatment or survivorship, second Thursday of the month at 4:30 p.m., Prairie Center Board Room, first floor.

**Bone Marrow Transplant Support Group** — For people who have gone through or may be undergoing a transplant, second Thursday of the month from 4 to 5:30 p.m. in the Benedictine Room in the Prairie Center.

**Cancer Caregiver Support Group** — Open to all caregivers who care for loved one with any type of cancer diagnosis, second Thursday of the month at 4:30 p.m. in the Prairie Center, first floor Glass Conference Room

**Look Good . . . Feel Better** — 1 p.m. second Tuesday of the month and 4 p.m. fourth Wednesday at the Prairie Center. This program offers makeup tips and helps women apply makeup and concealer, making them look and feel beautiful as they deal with the outward side effects of chemotherapy and radiation on hair and skin.

**Men's Cancer Support Group** — 5:30 to 6:30 p.m. the first Tuesday of each month, Benedictine Room in the Prairie Center. For men with any cancer diagnosis and their spouse, friend or caregiver.

Unless otherwise noted, register for classes by calling 1-877-AT-AVERA (1-877-282-8372) or visit [Avera.org](http://Avera.org) and click on the events calendar.



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# books

WHEN  
BREATH  
BECOMES

air

PAUL KALANITHI  
HOW I LIVED AND DIED

## "When Breath Becomes Air" (Random House), by Paul Kalanithi

In his posthumously published "When Breath Becomes Air," Paul Kalanithi gets straight to the sudden turning point in his life: the day the Stanford neurosurgery chief resident looked at a scan showing he had advanced cancer and likely little time left.

What follows is a poignant account of his life, his quest to find meaning, his efforts to retain his humanity in the grind of becoming a doctor and, ultimately, his thoughts on dying.

As he and his wife, Lucy, grapple with whether to become parents in their remaining time together, she asks him: "Don't you think getting goodbye to your child will make your death more painful?"

He replies: "Wouldn't it be great if it did?" The heartrending exchange captures Kalanithi's full-throated approach to living.

One summer while in college, he applied for an internship at a research center as well as a job at a lakeside camp; he was accepted at both and had to choose. "In other words, I could either study meaning or I could experience it." He picked the latter.

Back on campus, Kalanithi summarized his dovetailing interests: "I studied literature and philosophy to understand what makes life meaningful, studied neuroscience and worked in an fMRI lab — functional Magnetic Resonance Imaging — 'to understand how the brain could give rise to an organism capable of finding meaning in the world.'"

It is no surprise, then, that Kalanithi chose the incomparably demanding field of neurosurgery. His reflection on the practice, responsibility, idealism and fallibility of medicine is a must-read for those in the field and those touched by it.

"As a doctor, you have a sense of what it's like to be sick, but until you've gone through it yourself, you don't really know. It's like falling in love or having a kid," Kalanithi writes.

When cancer struck, he went back to literature to understand his experience and make sense of death. Ultimately, he made a decision: "Even if I'm dying, until I actually die, I am still living."

He worked on building his strength to go back to the operating room. While working 16-hour days, he battled "waves of nausea, pain, and fatigue." But his calling as a neurosurgeon was a strong draw. "Moral duty has weight, things that have weight have gravity, and so the duty to bear mortal responsibility pulled me back into the operating room."

## "Charlotte Brontë: A Fiery Heart" (Alfred A. Knopf), by Claire Harman

Two hundred years after her birth, Charlotte Brontë's rage over social expectations for women and thwarted ambitions are as relevant as ever, and a new biography by Claire Harman makes the "Jane Eyre" author fresh and relatable to figures who might only loom in the Brontës as figures long buried in tragic myth.

Brontë and her sisters Emily and Anne published their poems and novels — including "Wuthering Heights" and "The Tenant of Wildfell Hall" — under pseudonyms in mid-19th century England. The works written from the perspectives of orphaned children and overlooked governesses

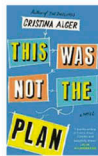
detailing unrequited love, financial hardships and the tedium of life for "proper" women caused a sensation that only the confirmation of their true identities could overshadow.

The daughters of an obscure parson, living over a graveyard, they seemed stalked by death. Their mother and two older sisters died while they were

young children, and they suffered from ill health all their lives, until only Charlotte Brontë remained to bear the burdens of their fame.

In Harman's analysis, the Brontë sisters were living the stories they eventually published, through observations they made while working away from home and fearless emotional explorations. In Charlotte's case, these explorations were made both in the letters she sent and in the fictions she wrote in response to the replies she did not receive.

Re-examining the symptoms of Brontë's death, Harman also casts new light on the end of her short life. Harman's Brontë is a fighter, with so much still to say.

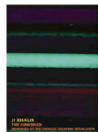


## "This Was Not the Plan" (Touchstone), by Cristina Alger

Charlie Goldwyn's life plan has gone awry. He didn't plan on being raised by a single mother. He didn't plan on his wife dying. He didn't plan on relying on his twin sister to help him parent his eccentric 5-year-old son, Caleb, who has only imaginary friends and an obsession with female accessories. Finally, he didn't plan on drinking three glasses of vodka at a company meeting, dimming onto the stage with a microphone, announcing his disdain for the entire law firm and waking up the next morning to find that the whole incident is now a YouTube sensation.

And that's how Charlie finds himself jobless and facing fatherhood, a role he has, until now, handily avoided by working around the clock in order to make partner at his firm. In between scheming to get his career back, Charlie must reacquaint himself with Caleb, which means everything from locating his son's preschool classroom to helping him make friends who exist in real life.

While at times the dialogue detours into neatly packaged lines only vaguely resembling real life, on the next page the characters slip into reliable banter. And though more than once the foreshadowing feels spoon-fed, there are enough surprises to keep readers engaged, laughing and even misty-eyed. With endearing characters and a 70-pound mutt named Norman who smells like cabbage and suffers from irritable bowel syndrome providing solid laughs, "This Was Not the Plan" proves a delightful read about parenting, love and plans gone awry.



## "The Cowshed: Memories of the Chinese Cultural Revolution" (New York Review Books), by Ji Xianlin

China doesn't make it easy for its people to openly discuss sensitive issues. Some were surprised, then, when a professor at one of the country's most prestigious universities published this memoir in 1998 of his abuse during the decade-long, deadly social upheaval known as the Cultural Revolution.

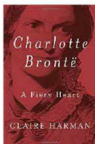
This book is a short, clear read, and now it's in English. Ji Xianlin writes that he had waited years for someone to step up and explain for younger

generations the chaos of the 1960s. Under Mao Zedong, youth turned on their elders and historical objects were smashed in a political frenzy.

What worried Ji was that so many of the perpetrators silently moved on with their lives as China opened to the world and transformed.

"It's the cancer cells of our socialist society, and letting them off the hook for their crimes was a mistake," Ji writes in the preface. "Chinese society today appears peaceful and harmonious, and things seem to be going well. But our society is ethically hollow, local government is often corrupt, and many individuals are incompetent. If we trace these problems to their roots, we are likely to find them in the Cultural Revolution and in the people mentioned above."

—Associated Press



## HOW DO YOU SIMPLIFY YOUR LIFE?

"I believe **IT IS ALL ABOUT GRATITUDE**. Taking time each day to recognize all the blessings God gives you puts things into perspective and allows life and all its chaos to seem a bit simpler." — *Jamie Arens*

"I make lists for all my errands, and organize them by the most efficient route as I travel around town. **MY GROCERY LIST IS WRITTEN TO MATCH THE AISLES IN THE STORE** so I can be in and out as quickly as possible. I love being able to cross everything off my list and know my work is done (at least for that day)." — *Mary Sand*

"To simplify is a challenge with two children, a husband, two dogs, a full-time job, a house and volunteering. **I'M VERY CHOOSY ABOUT WHAT I SAY 'YES' TO**, and have stopped feeling guilty anytime I need to say 'no.'" — *Micki Lundin*

"To simplify my life, **I HAVE MY HUSBAND HELP ME**. Does he do everything the way that I would do them? No, but that's OK. He actually does some things better than me, for example, vacuuming. His vacuuming skills are related to the way he mows the lawn. He is very methodical as a retired mechanical engineer." — *Robin Prunty*

"**I LIMIT MY TIME ON SOCIAL MEDIA** and my MacBook to roughly 15 to 30 minutes a day so I can relax and spend time in the 'here and now' and with the people I am in the company of." — *Wendy Loria*

"I have **CONVERTED ALL OF MY BILLS AND STATEMENTS TO ONLINE** notifications and payments. I don't need to open mail, write checks or worry about missing a payment." — *Kim Enebo*



GETTY IMAGES/STOCKPHOTO

# HAPPY MOTHER'S DAY

Enjoy this recipe that should give you a little burst of energy for whatever is coming your way.

Live better. Live balanced.

## CASHEW COOKIE FRUIT AND NUT BAR

Serves: 12 squares

### INGREDIENTS

- 1 cup Medjool dates, pitted
- 1 cup raw cashews
- ¼ cup peanut butter
- 1 tablespoon water

### INSTRUCTIONS

Combine dates, cashews, peanut butter and water in a food processor and puree until mixture starts to stick together. Add a little more water if necessary to help mixture come together.

Pick up date mixture and using your hands work to squeeze it together into one big clump. Mash it down on a cutting board or sheet of wax paper to form into one even rectangle shape using the sides of your hands (or a knife) to make the edges straight.

Slice into 12 even squares. For best results store in the fridge, although bars can be kept at room temperature.

Source: 100daysofrealfood.com

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# City girl, country girl

FROM CONCERTS TO CHORES, NURSE STRUTS STYLE

STORY BY BRENDA WADE SCHMIDT

PHOTOS BY EMILY SPARTZ WEERHEIM



Kut Ruthie button down dress, \$98; black tulle dress, \$37; Junk Food Blondie tank, \$45; Bed/Stu Manchester boots, \$285; Amy Louise cuff bracelet, \$30; and Amy Louise necklaces, \$70 to \$100.

**W**hen Molly Kuehl is enjoying city living, she might be wearing the boots she used to ride horseback, go turkey hunting or hike with her husband.

The 29-year-old Sioux Falls nurse wants her wardrobe to be versatile enough to work for her city girl, country girl life. "When I'm looking for basics, they really need to be nature friendly and versatile if I'm going to invest in them," she says.

Kuehl buys clothing she can dress up or down, depending on the event, and chooses natural fibers with their luxuriously soft feel. She likes earthy colors such as blues, greens and grays. Plus, she is particular about her boots because they go from horse stable to city concerts and need to work for both.

"It's worth investing in a pair of good quality leather boots," she says.


Kuehl, who is a registered nurse at Avera McKennan and is going to school to become a family nurse practitioner, says getting out with her husband, Josh, for a hunt or a hike and working with horses at her family's Valley Springs farm are ways to recharge and to slow down from the intensity of her job.

"You pour so much of yourself into other people. Being out in nature gives you a sense of peace. You can see a different aspect of God's creation," she says.

Molly Kuehl models clothing from Threads by Simply Perfect at 8th & Railroad Center, 401 E. Eighth St.



Free People floral slip dress, \$98; Free People sleeveless turtleneck, \$98; Lysse denim leggings, \$84; Bed/Stu Countess booties, \$220; and Lenny & Eva jewelry, \$20 to \$85.



Free People tunic, \$108; Kut denim, \$104; Free People Lennon sandal, \$178; canvas bowling bag, \$71; and Amy Louise necklaces, \$70 to \$75.



Free People floral dress, \$128; Free People denim moto jacket, \$148; Amy Louise necklace, \$45; and black Bed/Stu bag, \$160.



BB Dakota romper, \$99; Thread & Supply buffalo checked top, \$47; Vera Bradley leather backpack, \$258; and Bed/Stu Shuffle shoes, \$125.



Free People maxi dress, \$108; black MRena tank, \$39; Free People swing vest, \$98; Bed/Stu Petra sandal, \$162; Bed/Stu canvas tote, \$185; and Lenny & Eva jewelry, \$25 to \$85.





Free People Landslide bootie, \$168.



Lenny & Eva jewelry, \$20 to \$85.

#### SPRING TRENDS

Boots — tall and short — are made for walking even in the spring and summer, according to fashion trends.

Booties, in particular, are most often trumping sandals even for warm weather, says Holly Hendriks, manager of Threads by Simply Perfect.

"There's obviously some sandals because you can't get rid of the sandal," she says.

Other spring trends coming on strong are backpacks, rompers, high-waisted flare jeans and big hats, Hendriks says.



Bed/Stu Manchester boots, \$285.

# Doctors love

STORY BY BRYANN BECKER KNECHT, AVERA HEALTH  
PHOTOS BY EMILY SPARTZ WEERHEIM

# DIY



Wood and metal create an industrial look in the basement. Leah Prestbo built the sliding door with wood from her grandpa and help from her dad.



## RECLAIMED MATERIALS, RUSTIC DETAILS STAR IN PERSONALIZED BASEMENT

**L**eah Prestbo has her fingerprints all over her basement furnishings.

That's the way the Avera family medicine doctor and her husband, Aaron Prestbo, want it. The two — he's a family medicine doctor, too — loved taking on recent industrial-style home projects that brought their own touches to their home.

The basement features a wine cellar, entertainment space, family room, second master bedroom with attached bathroom and craft room.

It took about a year and half to complete the project, which included tiling, bricklaying and building several pieces of furniture. They did most of the work themselves, including creating the floor plans and design scheme.

"It's fun for us. That's part of what we love to do together," she says.

Leah Prestbo's love for projects developed from helping her dad, a carpenter by trade, while

growing up on a dairy farm in Quinn. Aaron Prestbo also grew up around projects; his dad is a retired electrical contractor.

Features in the basement include two sliding barn doors that she built with her father, a table made from a cross-section of a black walnut tree from the Black Hills and shelves that she and her father made from reclaimed wood from her grandfather's barn in Wasta.

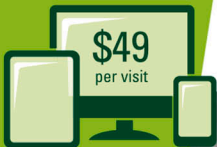
Along with the reclaimed building materials, the basement also is filled with family heirlooms and relics, including a gold-framed mirror from her great-great-grandmother and a milk jug from Leah Prestbo's grandfather's dairy farm.

"I wanted to include older family items. I love tying in family history," she says.

The family room also has a bench that her parents made from reclaimed farm wood; the picket fence that forms the backrest is from her mother's childhood home in Wasta.

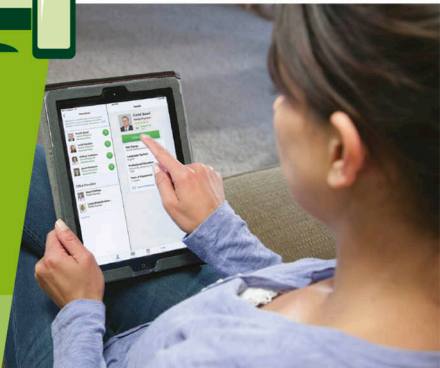


Dr. Leah Prestbo's basement has an industrial feel, a project she and her husband worked on themselves.



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## Rustic design elements

To create an industrial yet rustic feel, the Prestbos incorporated barn wood, other wooden features and industrial design elements.

Galvanized metal light fixtures that look like upsidedown baskets hang above the bar table built out of the black walnut. Black plumbing pipes are used in multiple shelving units behind the bar and next to the fireplace, which has a metal mantle crafted by a family friend.

Leah Prestbo wanted to take a modern spin on rustic elements, and she often used texture to create that look. Vinyl tile flooring replicates the look of old wood.

The basement also highlights artwork and décor from the couple's travels. In the basement master bedroom where they spend time during the hottest months of summer, Aaron Prestbo's photos from their recent trip to France and the United Kingdom are enlarged onto canvas prints. In the family room, a buffalo painting by Rapid City artist Sarah Rogers and a fox pillow that the couple brought back from Paris add color to the neutral decor.

## Welcome to wine

The couple most recently completed the brickwork for the wine cellar, which houses their wine collection. The location in the corner of the basement is cool and dark, ideal conditions for storing wine.

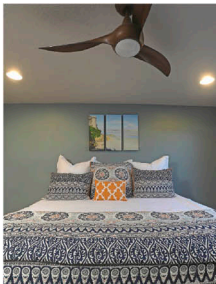
The bottles also serve as reminders of their travels. They've visited California several times, along with the Rhône Valley in the south of France.



The bar area has a table made from black walnut from the Black Hills.



Prestbo decorates with items from her travels, including this fox pillow.



Prestbo's master bedroom in the basement of her home is a cool place where she and her husband head when it is hot outside. Photographs from their travels decorate the area.



The wine cellar includes a selection of bottles purchased on trips.



Prestbo's basement bathroom has a spa-like feel.

"It's been an interest of ours to collect wine," Leah Prestbo says.

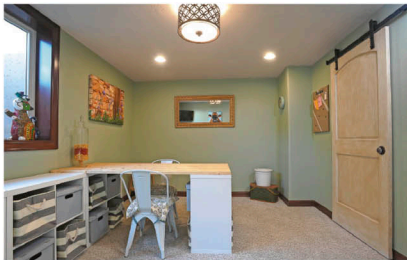
The space features a silver ceiling tile and a modern light fixture, pieces that continue the industrial aesthetic in the small space.

#### Next steps

The Prestbos also aren't afraid to mix design styles. In the bathroom, Leah Presto incorporated open Edison bulb fixtures with mercury glass. "Not all fixtures match, but they tie together," she says. The result is a spa-like look.

One of their next projects will take their footprints outside, where they have plans for exterior design.

"We use our left brain at work. This is a great outlet for the right brain," she says. ■



Prestbo's craft room includes an industrial-style door, storage and a heirloom mirror.



Emily Sass talked with Nancy Terveen, a navigator and Certified Nurse Practitioner, who helped Sass with appointments and understanding her treatment plan for breast cancer.

## Navigating the course through cancer treatment

### nav-i-ga-tor

nave,gäder/ *noun*  
a person who directs  
the route or course

STORY BY DONNA FARRIS,  
AVERA HEALTH

PHOTOS BY EMILY SPARTZ  
WEERHEIM

**W**ith no warning or expectation, Emily Sass was plunged into uncharted waters with a breast cancer diagnosis at age 30.

When she first felt a lump, Sass doubted that it could be anything

serious. After all, she was young with no family history of breast cancer.

It was shocking and unnerving to learn she had cancerous tumors on both sides. Her treatment plan was complex, involving chemotherapy, surgery, radiation and hormone therapy.

When Sass was introduced to her breast navigator, Nancy Terveen,

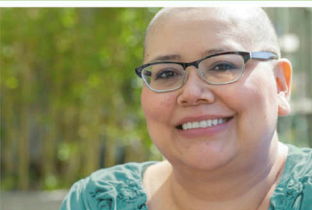
### Navigation Center

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CNP, she was hesitant. "I didn't even know what a patient navigator was," Sass says. For her, having a breast navigator just drove home the painful truth that she did indeed have cancer.

# THE DIFFERENCE IS...



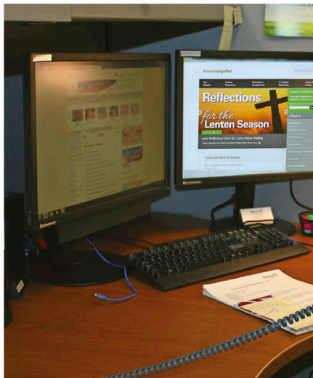
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Terveen began meeting Sass where she was, whether that was in the exam room after a doctor's appointment, during chemo sessions or in the hospital after surgery.

"She would always just come and find me. The more I absorbed the fact that my diagnosis was real, the more open I was to talking with her," Sass says.

Sass, of Brookings, gained greater appreciation for the navigation relationship as Terveen helped ensure that all her appointments in Sioux Falls were scheduled on the same day so she wouldn't have to make multiple trips.

Terveen also eased communication with physicians and answered her questions. "I could just contact Nancy and wouldn't have to call around to







**SUBMITTED PHOTO**  
**Jordan Flegen, MSW,**  
is a social worker for  
the Avera Navigation  
Center.

**Jeannine Vanderpol**  
gets a cancer  
treatment while  
Nancy Terveen, a  
navigator and CNP,  
goes over  
Vanderpol's doctor  
appointments at  
the Prairie Center in  
Sioux Falls.

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### 24/7 support for a 24/7 disease

The Avera Cancer Institute Navigation Center is an immediate source of support and information to patients and their families across Avera's 72,000 mile footprint.

"We want to connect all patients with all the helpful resources, education, experts and services we can to help make their cancer care journey successful," says Jamie Arens, director of the new Avera Cancer Institute Navigation Center, which serves patients from all six Avera Cancer Institute regional centers.

Patients call the Navigation Center for a variety of reasons, including seeking help managing symptoms, finding resources for emotional support and getting help for the whole family experiencing the effects of cancer and treatment. Anyone can call the Navigation Center—they do not need to be an Avera patient.


Navigation Center calls are answered 24/7, with services by registered nurses and social workers available from 8 a.m. to 8 p.m. During the overnight hours, calls are answered by Ask-A-Nurse RNs. Navigation staff reach out the following business morning for follow-up.

For several years, Avera has had disease-specific navigators who help cancer patients from diagnosis to survivorship. This service expands navigation, making it available across the entire Avera system.

"This offers an added layer of support to connect people to the help they need in their moment of need," Arens says. This community-based model connects people to resources closest to home; for example, support groups, transportation resources or physician outreach clinics. The Navigation Center, located on the first floor of the Prairie Center in Sioux Falls, is a call center, yet it's also set up to handle anyone who walks in seeking assistance.

"Our goals are to overcome barriers to care, reduce burdens of cancer and improve access to quality care as we connect people back to resources that are close to home," Arens says.





Sue Beaumont, RN, talks with Nancy Terveen, a navigator who helps cancer patients, at the nurses desk at the Prairie Center in Sioux Falls.



Terveen reviews doctor appointments with patient Jeannine Vanderpol.

the different doctors' offices. More often than not, Nancy got back to me within an hour with a complete answer to my question," Sass says.

On average, Terveen works with 80 to 90 patients each month at different stages of their treatment. "I work closely with patients from their initial diagnosis to survivorship," she says.

That number surprised Sass, who felt like she always had Terveen's undivided attention. "Every time she would come to see me, she remembered our past conversations and where I was in the treatment process."

Terveen checks to see how each patient's last chemo session went, how her labs looked or how she is recovering from surgery.

"One of our biggest roles is to identify any barriers to care," Terveen says. That can include finances, child care or elder care responsibilities, fears, misconceptions, transportation or lodging. Once any barriers are identified, Terveen can direct patients to the right resources.

Sass appreciated the time her physicians spent with her, but that time goes fast and the information could become

blurred in her mind. So Terveen did a lot of re-explaining. "She also explained why my doctor had ordered a certain test or treatment," Sass says.

Sass was diagnosed in the fall of 2014, and her treatment continued throughout the summer of 2015. As her treatment ended, Sass found herself feeling alone and a bit fearful, so Terveen helped set her up with a counselor for added support through that season as well.

In addition to breast cancer, Avera Cancer Institute Sioux Falls offers disease-specific navigators for lung, gastrointestinal and genitourinary cancers as well as precision oncology, individualized treatments for cancer. The Avera Cancer Institute Navigation Center is a call center that provides 24/7 services across the entire Avera region.

For Sass, the term "navigator" is just as the nautical definition suggests – "to direct the route or chart the course."

"Navigators help you move through a process that can be really scary, understand what's going on and why, and get in touch with the supportive resources that are available," she says. ■



Dr. Jana Johnson uses the elos Plus machine to remove sun spots on Patrice Metzger at Avera Medical Group Dermatology Sioux Falls.

# Skin repairs

REJUVENATION CAN BRING  
NEW LIFE TO DAMAGED SKIN

STORY BY KELLY THURMAN,  
AVERA HEALTH

PHOTOS BY EMILY SPARTZ  
WEERHEIM

**M**any women find themselves yearning for younger-looking skin as they age. Whether it's wrinkles, sun spots or spider veins they're fretting over, the damage likely is due to sun exposure.

The good news: People in their 20s or younger still can protect their skin from all these ailments. The answer is simple — daily application of a broad spectrum sunblock, 30 SPF or higher.

"I can't say it enough — sunscreen, sunscreen, sunscreen," says Dr. Jana Johnson, dermatologist with Avera Medical Group Dermatology Sioux Falls. "Everything we're fixing now for women in their 50s and 60s is almost entirely sun related. Unfortunately, most of us start thinking about our skin kind of late."

Women who would like to make some repairs to their skin have quite a few options, starting with facials to more long-term results like laser treatments. Here are



Dr. Valerie Flynn



Dr. Mark Shashikant



Dr. Jana Johnson

other ways to rejuvenate skin.

- » A prescription retinoid can smooth and tighten skin.
- » Botox can help smooth wrinkles and also can be a preventive measure.
- » Chemical peels can help to brighten the skin.
- » Photofacials remove pigment from the skin and other sun damage.
- » Laser treatments can help with skin discoloration and tightening of the skin.

Dr. Mark Shashikant, plastic surgeon with Avera Medical

Group Plastic and Reconstructive Surgery Sioux Falls, says laser procedures can produce long-term results but also require more downtime — sometimes up to several weeks.

"Using a combination of these procedures ranging from Botox to laser treatments, I've found that many women can avoid cosmetic surgery," Shashikant says.

Women who are contemplating a long-term solution such as a laser treatment have many options depending on the type of damage they want to repair. A new option at Avera Medical Group Dermatology is *elōs*, a new technology that offers two separate treatments in one machine.

An Intense Pulsed Light (IPL) laser repairs sun spots or other discoloration issues. A subablative laser uses radiofrequency technology to create a cone of thermal heating that gets down into the dermis to help the body regrow collagen to reduce wrinkling and improve skin tone and texture. These treatments can be done one after the other for added convenience.

The treatment leaves normal skin

alone, meaning that recovery time is much less — about four days versus a few weeks, says Dr. Valerie Flynn, dermatologist with Avera Medical Group Dermatology.

"When people get rid of the brown patches on their skin it just looks so much healthier and younger," Flynn says. "Then when you decrease fine lines and wrinkles with step two you can see very dramatic results."

Skin care is important to prevent more serious threats such as skin cancer, but healthy skin can also be a confidence booster.

For everyday care, in addition to sunblock, most women should find a good moisturizer. A prescription retinoid can help tighten the skin and reduce wrinkles, Johnson says.

But your skin care products and regimen also depend on what type of skin you have. Shashikant recommends women talk with an expert to create a regimen tailored to their skin type.

"Otherwise you can spend a lot of money and resources on generic products that aren't specific to your skin type," he says. ■



Laser treatments can help with skin discoloration and tightening.

# Substance abuse

## WOMAN FACES ADDICTION, HELPS OTHERS SEE HOPE

STORY BY BRYANN BECKER KNECHT, AVERA HEALTH

PHOTOS BY EMILY SPARTZ WEERHEIM

Looking back, Tina Franka didn't see that her methamphetamine use was unraveling her life. She just knew she was in pain.

She began taking meth to alleviate chronic pain from several surgeries after a serious horseback riding accident in high school. She convinced herself that using a small amount of meth wouldn't make her an addict.

But after a knee replacement surgery in 2009, her meth use increased, and deep depression sank in. "I thought, I can't handle this. I don't want to live this way. At that point, I had no stability. I made the choice then to go back into meth," Franka says.

What followed was a series of events that led to her arrest in 2012 for possession of meth. While on trial, she was federally indicted for conspiracy to distribute the drug and served time in state and federal institutions from 2012 to April 2015.

But Franka's story has become one of hope and recovery. Her purpose now is focusing on what matters in life — including her 16-year-old daughter and 7-year-old son — and helping others who are in recovery. She has worked as a recovery coach, given guest presentations at treatment centers and halfway houses and facilitated SMART Recovery meetings.

"The moment when people are struggling and lost and realize they have the power to change their own life is powerful to me. If I can help others realize they do have the power to change, that's worth it," she says.

And while she can't erase the dark times of her life, she knows that she's headed in a different direction. "I can't change the past. But that hopeless desperation isn't me. This is my life now. This is where I'm going now," she says.

Addiction is a serious health problem in the U.S. In 2014, 27 million people ages 12 or older used an illicit drug in the previous 30 days, which corresponds to about 1 in 10 Americans, according to The Substance Abuse and Mental Health Services Administration's 2014 National Survey on Drug Use and Health.

"When we look at drugs that are becoming a problem nationwide and in South Dakota, opiate overdoses and meth are problematic. It's a huge problem that treatment centers are trying to deal with," says Jackie Grote, LSW CAC, addiction services counselor at Avera St. Luke's Worthmore Addiction Services in Aberdeen.

Women seem to be susceptible to drugs such as meth. "It's a stimulant. If they have a lot of things to do, it keeps them motivated," Grote says.

Franka's wake-up call for recovery was completing the Residential Drug Abuse Program, an intensive 500-hour substance abuse rehabilitation program that is offered to federal prisoners on an application basis. The program centers on cognitive behavioral therapy, which focuses on exploring relationships between an individual's thoughts, feelings and behaviors. "I was taught to challenge the thoughts that drug addiction encouraged," she says.

Franka found success through the program. She even began helping other women get through treatment and also served as a tutor to women working on obtaining their GED. "I excelled at it. I learned a lot; I have a talent to



Tina Franka is a volunteer recovery coach and mentor who overcame a methamphetamine addiction.



Franka coaches a woman at Face It Together in Sioux Falls.

connect people," she says.

After Franka was released, she sought training for SMART Recovery and is now facilitating a recovery training. "The purpose is to help others challenge the thoughts that keep them stuck. I listen. I can say to them, 'I've been there. Let me help. Let me show you what worked for me.'"

Franka's focus is on the future — and there are exciting roads ahead. She has received a scholarship to pursue a program in addiction studies at the University of South Dakota. "I'm blessed that I have so much. I'm

thankful for the people who have helped me. I'm happy where I'm headed."

Franka's advice to those in recovery is to remember what's important in your life and pursue that. "To me, it was my kids and family. Put that in front of your brain. It takes time. There are crests and troughs. Push through it."

She also stresses how important it is for family members to provide support. "Your loved one is in a dark place. It takes time, but they can heal. Make sure you're there for them. They can't do it alone." ■

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Alli Heyd does meditation to relax.

# Back on track

GETTING TO THE ROOT OF HEALTH ISSUES IS THE BEST MEDICINE

STORY BY DONNA FARRIS,  
AVERA HEALTH

PHOTOS BY EMILY SPARTZ  
WEERHEIM

**O**nce she hit midlife, Alli Heyd found herself struggling more and more just to get through the day.

She tried remedies she'd read about in a magazine or on the Internet to resolve symptoms such as fatigue, headaches and uneven moods.

Heyd, a loan processor with CorTrust Bank in Sioux Falls, wanted to be active and enjoy her leisure time. "Our mothers' generation was told that you just have to put up with it," but as she neared her 50<sup>th</sup> birthday, Heyd wasn't ready to accept that.

"I tried to find ways to feel better. But no matter what I did, I had no energy. I wasn't sleeping well. I didn't feel like myself anymore. Something felt tremendously off, and I needed some adjustment to

get back on track."

Anything she tried just felt like a Band-Aid approach. Heyd was out walking with a friend when the whole issue of midlife changes came up in conversation.

Her friend asked if she'd heard about functional medicine — a patient-centered approach to addressing an underlying medical condition — and told her more about it. "I thought, 'Oh, my gosh, maybe this is the answer I have been looking for.'"





Heyd plays the piano help her relax and overcome fatigue, headaches and uneven moods.

**"I feel 10 years younger. I have so much more energy, I think more clearly, I'm relaxed. It turned my life around." -Alli Heyd**

Heyd decided she had nothing to lose and made an appointment at Avera Medical Group Functional Medicine, where she worked with Jessica Morrell, CNP.

Along with sharing a thorough health history, Heyd underwent tests for hormonal function, nutrient levels and more.

"One of the first things I learned was that I was low on vitamin D, due to our seasonal lack of sunshine in this part of the country," Heyd says. She noticed a positive difference in her energy level immediately after beginning to take a supplement.

Morrell suggested probiotics and glutamine amino acid powder to help Heyd improve her "gut health." Heyd also followed Morrell's recommendation to eliminate artificial sugars from her diet for a couple weeks.

The experiment showed that artificial sweetening was creating some digestive issues. "When I went back to it, I literally got sick." Heyd figured out that her previous attempts to cut calories through artificially sweetened drinks and treats were backfiring on her. "I was creating a toxic environment in my body."

The biggest correction for Heyd was achieved through a personalized hormone replacement program thanks to the compounding pharmacy at Avera.

"Rather than just taking a hormone formulation that's geared toward anyone, I could take something that's formulated for the specific hormones that I was lacking," she says. "It seemed to make everything even again, and I felt like my old self again."

Alongside all these changes to address her physical health, Heyd was encouraged to address her



All Heyd.



Heyd reads a book to help relax.

emotional and mental health, too. "The program looks at your entire wellness. They see you as a whole person," she says.

"I learned that emotional stress can do actual physical damage to your body," Heyd says. She began to carve out time every day to slow down and de-stress. She took up meditation and yoga and also enjoys reading, playing piano and walking her dog.

All the steps that Heyd took toward better health are good – but combined, they added up to the answer. "I feel 10 years younger. I have so much more energy. I think more clearly, I'm relaxed. It turned my life around."

## Medical professional: Right the ship before it capsizes

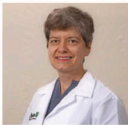
Are multiple health issues keeping you from getting the most out of life?

An approach to health care known as functional medicine might be able to help. Functional medicine addresses the underlying causes of disease, using a systems-oriented approach in a partnership with patients to improve their health.

"Functional medicine is getting back to the basics of what our bodies do at cellular level. Founded in the 1990s, it's based on scientific research and biochemistry," says Dr. Patty Peters with Avera Medical Group Functional Medicine. "As medical science progresses and we learn more about cells and



Jessica Morrell, CNP



Dr. Patty Peters

how they work, we have more information to give people to help them help themselves."

"Women often tell us they're just not feeling like themselves," says Jessica Morrell, CNP. Common issues

include fatigue, trouble sleeping, unexpected weight gain or recurring infections. Functional medicine is also an approach for preventive care — similar to annual checkups — and ongoing care for



Heyd does meditation to relax. While working with functional medicine experts she discovered that stress can cause physical damage.

chronic health issues.

Peters and Morrell are among the first cohort of practitioners trained in functional medicine in the world and among 350 to be certified in the specialty.

Inflammation is often to blame when it comes to feeling poorly. Aches, pains, bloating, headaches and worsening menopausal symptoms can all be possible signals of inflammation somewhere in the body.

Functional medicine practitioners begin with an in-depth look at a patient's current health, history, lifestyle, environment and more. They might do testing of GI microbiomes, hormonal function, toxic elements, nutrition deficiencies or C-reactive protein — a blood test that

can flag inflammation.

How all the results are addressed depends on the underlying causes. "Sometimes we're too quick to look to a pill or medicine," Peters says. What might be needed is a lifestyle change.

"Most of us have a goodly amount of stress. We run ourselves ragged. We rush off and buy whatever foods are easiest — fast foods and convenience foods. We run on high gear three-fourths of the day and then try to sleep," Peters says.

Peters and Morrell often give their patients these tips:

- » Drink plenty of water — not caffeinated pop or caffeine.
- » Cut back on sugar, which is inflammatory.
- » Change to an anti-in-

flammatory diet. Patients often work with a dietitian to get this right.

» Lose weight. Obesity also contributes to inflammation and a host of other health issues.

» Exercise.

» Address stress and slow down. Means for relaxation can include meditation or yoga, going for walks or spending time in nature.

» Address hormonal issues. One option is bioidentical replacement therapy, providing just the level of hormones needed to ease symptoms.

» Take vitamin D and fish oil supplements.

» Be mindful of what you're eating and how you're treating your body. "If you think about the fact that the

frosted cupcake you're about to eat or the beverage you're about to drink is pure sugar, you can also think about a more healthy alternative," Morrell says.

"It's learning a healthier way to live," Morrell says. Patients might be able to get off some of their medications or at least feel better.

Some conditions run in families, for example, high blood pressure, diabetes and high cholesterol.

"Yet, just because we have the genetic predisposition doesn't mean that we have to turn that gene on. There are measures we can take toward prevention," Morrell says.

"There are many times in which we can right the ship before it capsizes." ■



Avera

## STAY FIT – DON'T SIT

### THE MANY BENEFITS OF WALKING

Make walking a central part of your day:

- Start off on the right foot by taking a brisk, 10-15 minute walk in the morning. It's worth getting up a few minutes earlier.
- Save yourself the frustration of looking for a close parking spot, and park farther away.
- Walk to another office or cubicle, rather than sending an email.
- DON'T eat lunch at your desk. Spend 15 to 20 minutes of your lunch hour walking.
- Take a walk after work, or engage in some other exercise for at least 30 minutes five days a week.
- Play with your kids when you get home – hide and seek, tag or catch – or go for a bike ride.
- Don't dread your chores. Working in the kitchen, doing laundry, vacuuming and taking out the trash all add steps to your day.

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# Colorful Food

MORE THAN MEETS THE EYE



## PINEAPPLE SALSA

- 2 cups fresh pineapple, chopped
- 1 cup red and/or green bell pepper, chopped
- ½ cup sweet onion, chopped
- ¼ cup lemon juice
- 3 tablespoons cilantro, chopped
- 1-2 fresh jalapeno peppers, seeded and finely chopped

Blend pineapple, bell pepper, onion, lemon juice, cilantro and jalapeno pepper in a medium bowl. For a richer taste, refrigerate, covered for 4-24 hours, stirring occasionally. Serve with grilled chicken or seafood or as an appetizer with chips.

(Recipe from Avera Heart Hospital)



## SPRING-FORWARD SMOOTHIE

- ½ cup frozen berries (strawberries, blueberries, raspberries, etc.)
- ½ cup nonfat plain yogurt
- ½ cup skim milk
- ½ cup fresh spinach (small handful, sub ⅛-¼ cup frozen)
- 1 banana
- 1 teaspoon flax seed meal

Combine all ingredients in a blender. Pulse on the ice crush option until the berries are mostly blended and then put on puree for about two minutes or until smooth.

(Recipe from Avera Heart Hospital)

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Each spring, the earth awakens from its winter hibernation with bright, vivid colors – announcing the arrival of a new season.

Nature also uses colors to provide hints about the nutritional value of plant-based foods, such as fruits, vegetables, nuts, seeds, grains, beans and legumes.

While color is the clue, the nutritional power is packed into phytonutrients.

“Phytonutrients are active compounds in plants that can have great health benefits,” said Lauren Cornay, Registered Dietitian at Avera. “Each phytonutrient has its own unique benefits, so that’s why it’s important to have a colorful diet filled with a wide variety of fruits and vegetables.”

Research shows that phytonutrients may have benefits such as prevention against cancer, heart disease and age-related diseases such as macular degeneration. They also may protect against blood clot formation that could lead to heart attack or stroke, lower blood pressure and LDL cholesterol (“bad” cholesterol) and enhance immunity.

Keep in mind that these benefits are in addition to all of the vitamins and minerals found in plant-based foods. “The research surrounding phytonutrients solidifies why fruits and veggies are such an important part of our diets. That’s why we recommend filling half of your plate with them at each meal.”

And the benefits of a colorful diet aren’t only for adults. “It’s really important for kids to try new foods, such as fruits and vegetables, when they’re young. Encourage them to help pick out and prepare fruits and vegetables. If you involve them in the process, they’re more likely to be receptive to it,” recommended Cornay.

For more information about health and nutrition, call **605-977-7340** to talk with a Registered Dietitian, or visit **Avera.org**.



## Break out the **GRILL**

“People start using their grills more in the spring time, so I often recommend grilling vegetables. Asparagus, for example, is loaded with phytonutrients. All you need to do is lightly coat it in olive oil and grill it for 5-10 minutes. It’s a simple, delicious and nutritious side.”

- Lauren Cornay, Avera Registered Dietitian

# HEALTH BUZZ



## STRESSED?

### Listen to Your Body

Have you ever wondered how some people handle stress and adversity more effectively than others? It may be that they pay closer attention to what is happening inside their bodies, according to a new brain study of resilience in *Biological Psychology*. In scientific terms, resilience is the ability to rapidly return to normal, both physically and emotionally, after a stressful event. The study suggests that resilience is largely about body awareness and not rational thinking, noted the senior author. Improving internal communications with our bodies may be as simple as spending a few minutes each day in focused breathing.



Source: The New York Times

## Sign up

If you like this type of content and would like to see more, sign up to receive Balance electronically at [Avera.org/she](http://Avera.org/she).

## Counting Sheep Lately?

If you have trouble falling asleep, you're not alone. Some 42 percent of Americans average fewer than seven hours of sleep per night, according to a 2015 Gallup poll. To get your most restful night, keep these tips in mind:

- An hour before bed, say goodnight to all your devices. A recent Harvard University study showed that screen time before bed suppresses melatonin secretion, makes falling asleep take longer, and leaves you feeling less alert the next morning.
- No matter how tempting it may be to sleep in on weekends, it's better to wake up at your normal time.
- Plan to stop sipping any drinks with caffeine for four to six hours before lights out, so the effects have plenty of time to wear off.

Source: Health.com



# Pelvic pain

SPEAK UP, SEEK HELP IF SOMETHING HURTS

STORY BY ALYSSA KUECKER, AVERA HEALTH

**P**elvic pain is a silent condition. Not because women fail to notice it — they certainly do — but because women often feel they can't talk about it.



Dr. Matthew Barker

"One in six women will suffer from pelvic pain in their lifetime," says Dr. Matthew Barker of Avera Medical Group Urogynecology Sioux Falls, the region's only fellowship-trained urogynecologist. That's more than the number of women who face breast cancer, which affects one in eight. "So initiating the conversation, both with your physician and in society, is imperative."

The problems behind the pain and related symptoms are considered taboo subjects, or "unmentionables," Barker says. It's not always easy to talk about bowel problems or painful intercourse.

Some women experience discomfort all the time, while others only feel it during ordinary events, such as using the restroom. Barker offers five common categories of pelvic pain:

- » Urinary problems, including bladder pain, incontinence, frequent urination or infections.
- » Bowel problems, including incontinence, constipation or uncomfortable bowel movements.
- » Pain during intercourse.
- » Pelvic prolapse, in which the

uterus or other pelvic organs drop into the vaginal region.

» Pain in the muscles that support the pelvic floor in women.

Many of these problems stem from weak pelvic floor muscles, the bowl of muscles and connective tissue that enable sexual reproduction and emptying of the bowels and bladder. These are known as pelvic floor disorders. Weakness can be the result of normal aging or damage and stretching during childbirth.

Unfortunately, women sometimes will wait years before seeking help from a professional. "It's the social aspect, the social limitations, which prompt women to schedule an appointment. They have trouble sitting through church, exercising or traveling. Some generally feel homebound," Barker says.

There's a reason why women's incontinence pads are a \$6 billion

industry, he says.

Fortunately, effective treatment and therapies are available to address pelvic pain and its many causes.

"We approach each woman as an individual and then tailor a care plan to her exact needs," Barker says. "Before turning to surgical means, we attempt less invasive methods."

To relieve incontinence or constipation, behavioral and dietary modifications may be tried first. For example, eliminating caffeine, a diuretic and stimulant, may reduce the number of sudden "gotta-go-right-now" episodes. Adding fiber-rich foods, regular workouts and stretching to your lifestyle can jump-start sluggish bowels.

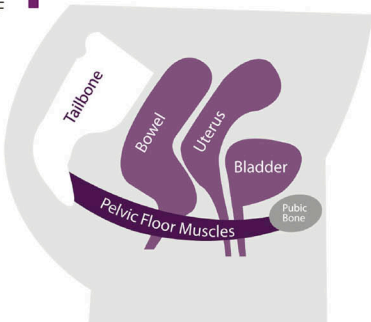
A common approach involves physical therapy and exercises to strengthen the pelvic floor muscles. Kegel exercises — squeezing and

holding the muscles you can lift in the pelvic floor — build resilience against pain and aid in recovery after childbirth.

Sometimes these conditions can be treated with medications. And for structural changes, such as pelvic prolapse, surgical and nonsurgical options are used to repair or support the damage.

An unconventional method to easing pain is losing weight. "Excess weight, particularly around the middle, adds unnecessary pressure to the bone and tissue in the pelvic region," Barker says.

Pelvic pain isn't just "something made up in your head," says Barker. That's why education and awareness about pelvic pain are important. "There seems to be a negative connotation tied to pelvic pain when there doesn't have to be; the only negative should be the pain." ■



16-AVHE-0830

# FRESH FLAVORS

## REVAMP VEGGIES INTO NUTRITIONAL POWERHOUSE

STORY BY BRYANN BECKER KNECHT,  
AVERA HEALTH

PHOTOS BY EMILY SPARTZ WEERHEIM

**I**f your typical side dish is an iceberg lettuce salad, it's time to shake things up.

From creamy asparagus soup to cauliflower "steaks," there's no reason to get bored with vegetables.

"It's easier than you would think to cook healthy when you're dealing with fresh veggies. Just try it," says Dr. Julie Reiland from Avera Medical Group Comprehensive Breast Care. Reiland is a big proponent of healthy eating for breast health, as well as overall wellness and disease prevention.

For Reiland and her family, eating healthy means cooking at home most nights and relying on fast, easy recipes, including roasted broccoli florets that have been tossed in flavored olive oil. "I don't do anything that's difficult," she says.

There's never been a better time to get acquainted with the produce aisle, especially as research continues to show the myriad benefits of a healthy diet and exercise. A healthy diet helps with weight management, which is critical to cancer prevention.

If current trends continue over the next 20 years, it's estimated that at least 500,000 cancers attributable to obesity will be diagnosed in the U.S. Even losing a few pounds is associated with health benefits. If every adult in the U.S. decreased their weight by 2.5 pounds, 73,000 to 127,000 fewer cancers would occur, according to the National Cancer Institute.

Here are a few creative ways to cook fast and healthy:

**Focus on fresh versus processed flavors.** When you're cooking fresh foods, you'll get more flavor. Try an asparagus soup: Asparagus, leeks and frozen peas form the base of this creamy soup that's done in less than 30 minutes.

**Experiment with new recipes.** Reiland and her family often try out new recipes from friends or family members. She recently prepared chimichurri, a green sauce made with flat-leaf parsley and cilantro, to complement roasted cauliflower.

**Plan ahead.** Make sure that you have fresh vegetables and ingredients on hand to ease meal prep time. Buy pre-cut vegetables, or prepare portions of a recipe in advance or on the weekends.

**Swap out pasta for vegetables.** Reiland often uses slices of zucchini instead of pasta in lasagna. Use a spiralizer to turn vegetables such as zucchini into faux noodles, or roast a spaghetti squash, whose strands have the consistency of noodles.



Dr. Julie Reiland enjoys cooking healthy and simple recipes.



Asparagus soup can be made in less than 30 minutes.



### CREAMY ASPARAGUS SOUP

- 2 pounds asparagus, trimmed
- 2 leeks, halved and sliced thinly, washed
- 1 tablespoon unsalted butter (optional) or substitute 1 teaspoon butter-flavored oil
- Salt and pepper to taste
- 3 ½ cups broth (vegetable or chicken)
- ½ cup frozen peas
- 2 tablespoons grated Parmesan cheese
- ¼ cup half and half (optional)
- ½ teaspoon lemon juice

Cut off asparagus tips. Bring ½ cup of water to boiling, add tips, cover and cook until tender, about 2 minutes. Drain, pat dry and set aside.

Combine the rest of the asparagus, cut-up leeks, butter, salt and pepper in saucepan. Cover and cook over medium low, stirring occasionally until softened, about 8-10 minutes. Add broth, bring to simmer, and cook until completely tender, about 5 minutes. Stir in peas and Parmesan.

Working in batches, process soup in blender until smooth. Return to saucepan; add lemon juice and half and half (if using) and heat through. Ladle into dishes; garnish with tips.

**Source:** Modified from Cook's Country



Reiland cuts asparagus for soup. A proponent of nutritious eating, she says vegetables can help people stay healthy.



### ROASTED BROCCOLI

4 cups broccoli florets

1 tablespoon olive oil of your choice (such as herb-flavored oils)

Garlic powder (1/2 to 1/4 teaspoon)

Salt and pepper to taste

Preheat oven to 350 degrees. Place broccoli in a bowl; add olive oil and garlic powder. Toss to distribute. Place broccoli on baking sheet. Roast for 12 minutes or until crisp and browned.

Roasted broccoli.



Reiland blends herbs, olive oil and other ingredients into a chimichurri sauce.

## CAULIFLOWER STEAKS WITH CHIMICHURRI

1 large head cauliflower

1-2 tablespoons coconut oil or ghee (or other fat or oil)

Salt and pepper

### CHIMICHURRI

(makes about 1 cup)

1 cup packed flat-leaf parsley (about 1/2 cup finely chopped)

1/2 cup packed fresh cilantro

1 teaspoon dried oregano (or 1 tablespoon fresh)

1/4 to 1/2 cup extra virgin olive oil

2 tablespoons red or white wine vinegar

1 tablespoon lemon juice (or additional vinegar)

2-4 cloves garlic

1/2 teaspoon cumin (optional)

1/2 to 1 teaspoon salt, to taste

1/8 to 1/4 teaspoon pepper, to taste

Preheat oven to 425 degrees.

For chimichurri: Wash and dry your herbs. Add everything except the oil to food processor and pulse until you reach the desired consistency. Transfer to a nonreactive bowl or Mason jar and pour oil over mixture. Add salt and pepper to preference. Adjust flavors and add more oil if desired. Let stand for about 20 minutes at room temperature (while you roast cauliflower). If you make ahead, bring to room temperature before serving.

For cauliflower: Remove leaves and trim the stem from the cauliflower while leaving the core intact. With core side down, cut cauliflower in half, and then cut two 1/2-inch steaks from each half (amount will depend on size of cauliflower). Cut smaller steaks from broken pieces or use for another purpose. Rub steaks with ghee (or with extra virgin olive oil or coconut oil), sprinkle salt and pepper on both sides and place on baking sheet. Roast for 15 minutes, flip steaks carefully, and then roast for another 10-15 minutes or until browned and tender. Serve topped with chimichurri sauce.

Notes:

» Chimichurri can be refrigerated for several weeks. Serve with cauliflower steaks, regular steaks or anything else desired (you can use it as a marinade as well).

» Cutting the cauliflower into steaks is easier with a fresher cauliflower. You may only be able to get two steaks from one cauliflower. Cut in half first, then cut steaks from each side. The outer sections are more likely to fall apart.

» You can also just use roasted cauliflower florets.

**Source:** "Live the Crunchy Life" blog ■



Chimichurri sauce tops cauliflower steaks.

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AND ME"  
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# Tiny tummies

MOTHER  
NOURISHES  
TWINS,  
DONATES  
BREAST MILK  
FOR OTHER  
BABIES

STORY BY KELLY THURMAN,  
AVERA HEALTH  
PHOTOS BY EMILY SPARTZ  
WEERHEIM

**A**fter the birth of their twins, Kelsey and Bryce Mitteis focused on nurturing their premature babies with breast milk.

The efforts paid off for Henley and Drake Mitteis, born at 24 weeks — and for other tiny tummies, too. From the start, Kelsey Mitteis started working on producing breast milk, even though the twins weren't yet able to breast-feed. Months later Mitteis is able to feed her twins and donate milk through the Milk Collection Depot at Avera McKennan Hospital & University Health Center for the Mother's Milk Bank of Iowa.

"Especially as premature babies, they needed as many of the daily antibodies as possible because they're so susceptible to everything," she says. "We wanted to help them in any way we could, and breast milk was the best option."

**Milk Collection Depots**  
Avera McKennan Hospital & University Health Center in Sioux Falls and Avera St. Luke's Hospital in Aberdeen are both Milk Collection Depots for the Mother's Milk Bank of Iowa.  
To become a donor, call: 877-891-5347



Kelsey Mitteis with her twins Drake and Henley, 5 months old. Her babies were in the NICU for more than 100 days. She was able to produce breast milk for them and also donate to the milk bank.





Donated breast milk at Avera McKennan NICU.

When she was able to produce more breast milk than her twins could use, she wanted to give to others.

"We have plenty of milk for Henley and Drake, so we got set up to donate milk," Mitteis says. "We've donated 800 ounces so far and have plenty more."

When Mitteis or other women donate, the milk is collected, processed and distributed to mothers in need. Because there is a cost associated with processing the donated milk, it is typically best used for premature or newborn babies in the early days and weeks as mothers grow their supply, says Lynn Josten, coordinator of breast-feeding support services at Avera



Dr. Dawn Boender

McKenna and an International Board Certified Lactation Consultant.

Breast milk is proven to benefit both mother and baby. It can

lower baby's risk of a number of illnesses ranging from ear infections and stomach troubles to RSV and long-term conditions such as asthma and diabetes. Breast-fed babies are also less likely to die from sudden infant death syndrome (SIDS).

The American Academy of Pediatrics recommends mothers breast-feed exclusively the first six months and combined with food until at least 12 months old.

Trained nurses at Avera birthing locations help mothers get started breast-feeding following delivery, if the women choose. The hospital is one of several Avera sites with International Board Certified Lactation Consultants who support

### The Benefits of Breast-feeding

#### Baby

- » Fewer infections
- » Reduced incidence of allergy, eczema, childhood cancers, diabetes
- » Reduced obesity
- » Fewer stomach issues
- » Improved IQ

#### Mom

- » Faster weight loss
- » Reduced risk of obesity-related diseases
- » Reduced risk of osteoporosis
- » Reduced risk of breast, uterine and ovarian cancers



**Kelsey Mitteis feeds Henley, 5 months old. Mitteis' twins were in the Neonatal Intensive Care Unit at Avera McKennan for more than 100 days, and she now donates breast milk to the milk depot.**



**Registered Nurse Linda Klein holds Drake Mitteis, while his mom Kelsey feeds his twin sister, Henley. Mothers who choose to breast-feed receive lactation help and follow-up care.**

mothers in the hospital and through follow-up visits after they go home.

The breast-feeding specialists at Avera McKennan helped Mitteis

get started using a breast pump and also provided support as questions arose.

Breast-feeding specialists often meet with new mothers before

delivery and in the hospital to answer questions. In addition to providing information about the benefits of breast-feeding, they can help with a number of concerns, including latching problems, sore nipples, milk production, proper positioning and breast pump selection and use.

"My role is to make sure new mothers know their options and understand the benefits and to help them be successful in whatever their definition of success is," Josten says.

While breast milk is the best option if at all possible, experts know that it doesn't always come easy.

"I think we have an assumption that breast-feeding is going to be very easy and very natural for all moms," says Dr. Dawn Boender, OB/GYN with Avera Medical

Group Obstetrics and Gynecology Mitchell. "We're here to help and encourage moms, but I also tell them if they're struggling not to get too stressed out about it."

Boender works with moms to answer questions and also refers them to breast-feeding specialists. She said sometimes mothers need a reminder that their babies will get along fine on formula as well.

"I feel like moms feel a sense of guilt if breast-feeding is not working for them," she says. "If they ultimately decide that breast-feeding isn't for them, they need to hear that it's OK. They're still a good mom if they choose not to breast-feed, and formula is a good option."

A major concern for new mothers in the first weeks after birth is whether baby is getting

enough food. Feeding assessments are a great way to put moms at ease, says Kim Richter, an International Board Certified Lactation Consultant and Coordinator of the Lactation Program at Avera St. Luke's Hospital in Aberdeen.

During an assessment, a breast-feeding specialist will weigh the baby, allow the mother to nurse and then weigh the baby again to get a better idea of how much baby is taking in.

Every mother is different based on supply, work schedules, family size and a host of other factors that can determine a mother's path. While experts agree that exclusive breastfeeding is a great goal, it's important to remember that any amount of breast milk is good for baby.

"When I talk to a mother about her goals, I always talk in terms of there being no right or wrong with breast-feeding. There's just good, better and best," Richter says.

Josten says women typically know in two to three weeks what to expect in terms of milk production. It's also possible to supplement with formula.

But it can take two to three months before breast-feeding in general starts to feel natural and mothers get into a routine.

"I always tell mothers the first couple of months is like a fourth trimester," Josten says. "You need to adjust to being a new parent."

In addition to providing important antibodies, breast-feeding has been important to Mitteis and her twins in other ways.

"It was just rewarding that something I'm making can help so much, because we felt pretty helpless at times in the NICU," she says. "My bond with each baby has grown, and I get to have time with them each individually." ■



Mitteis burps her son, Drake, 5 months old.



# Put a little heart into it.

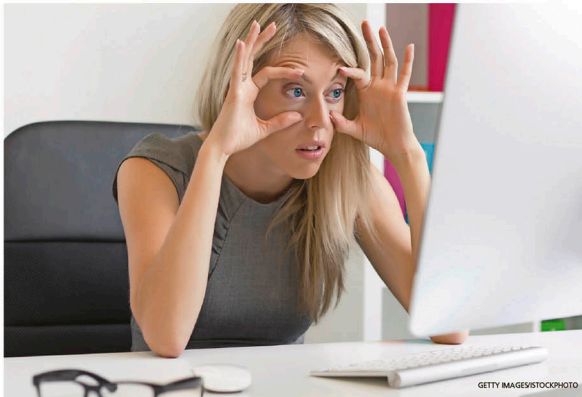
Your heart has  
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- ✓ Get a heart screening to learn more about your risks

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GETTY IMAGES/ISTOCKPHOTO

# Tired all the time

## FATIGUE CAN POINT TO UNDERLYING MEDICAL CONDITIONS

STORY BY BRYANN BECKER KNECHT,  
AVERA HEALTH

**S**ome days it's clear why you need that extra cup of coffee. Blame it on a work project or Netflix, or maybe you were up late with a sick child.

But how do you know if your fatigue is just from a lack of sleep or if it's more serious? Sometimes the line can be difficult to establish, said Dr. Alissa Brummond, Avera Medical Group Internal Medicine Sioux Falls.

Consider whether you have symptoms other than feeling unwell or tired, such as a fever or chills, losing weight when you're not trying to, not sleeping well, or feeling sad, down or anxious. "If the symptoms have been around for over a month, it's probably worth going in to see your provider," Brummond says.

Fatigue can point to anything from anemia to

hypothyroidism, but the most important thing is the details of your patient history. After hearing your history, your provider may consider doing a basic lab evaluation, if needed, to check any underlying concerns.

Here are some things to consider:

**Lifestyle choices:** If you're feeling more tired than usual, first look at your lifestyle choices.

"By far, the most common causes of fatigue are things like not getting enough sleep, drinking too much caffeine, having a poor diet, having unrecognized or untreated depression or anxiety, or not getting enough physical activity," Brummond says.

**Hidden causes of fatigue:** Other less common reasons for fatigue include hypothyroidism, kidney or liver trouble, anemia or sleep apnea. Again, see your provider, who will determine if a basic lab

evaluation or additional testing is needed.

**Get your vitamin D:** Low levels of vitamin D can cause low energy and depression.

"Living in the northern climate, almost all of us don't get enough vitamin D. When the nights are longer than the days, take 1,000-2,000 IU of vitamin D3 per day," she says.

**Remember to take time for yourself.**

For many women, self-care often takes second place to caring for others. Carve out enough time to focus on your personal wellness, whether it's 30 minutes of exercise before work or an hour of yoga three times a week.

"I always tell people, even if you're overweight but fit, you're better off than a thin unfit person. The benefits of 30 minutes of moderate activity at least four to five times a week can't be overstated," Brummond says.

# Art therapy reduces cancer fears, anxieties



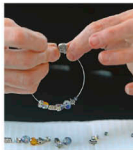
Measure memory wire around your wrist, overlapping about an inch.



Leave ¾ inch of wire on the end.



Use pliers to make another tight loop on the end.



Starting with smaller or lightweight beads, string beads onto the wire. End with smaller or lightweight beads.



Denise Nelson is the artist in residence at the Prairie Center.



#### Supplies

Assorted beads (plastic, metal, etc.)

Memory wire

Needle-nose pliers

Regular wire cutters

#### Tips and Tricks

» Save money by repurposing old jewelry for beads.

» Store beads in an old toolbox, fishing tackle box or makeup container.

» Memory wire will dull your jewelry wire cutters, so use regular wire cutters you'd find in your garage.

» If your bracelet becomes loose, simply twist the bracelet into a coil to tighten.

» Use a nail file to dull away any sharp ends of the wire.

STORY BY ALYSSA KUECKER, AVERA HEALTH  
PHOTOS BY EMILY SPARTZ WEERHEIM

**W**ith art, the process can be as important as the product. Maybe even more so when it's considered art therapy.

Art is especially blissful when it helps patients take their minds off the pressures of work and day-to-day life — not to mention the challenges of fighting cancer.

"There is scientific evidence to support that participating in art during cancer treatment greatly reduces patients' anxiety and fear," says Carol Rogers, art therapist at Avera. "In fact, it can be an enjoyable time for families to bond."

The Prairie Center offers various art projects to patients, including alcohol ink pendant, wire-wrapped ring, wire-wrapped pendant and felted brooches.

Here, Rogers and Denise Nelson, Avera artist in residence, show step-by-step how to make a simple, inexpensive bracelet. It's one project that patients can make during cancer treatments.

Arts Escape at Avera hosts a variety of free classes at the Prairie Center funded by the Avera McKennan Foundation. For upcoming classes, look for "Arts Escape Classes" in the Avera McKennan events calendar printed every other Sunday in the *Argus Leader*. Or find Arts Escape brochures at the Prairie Center welcome desk. Open to patients, families and staff touched by cancer. Preregistration required. Call Carol Rogers at 322-3000 to register.

Avera's art program gladly accepts donations of old art supplies, such as scrapbooking materials, cloth/fleece, beads, jewelry, paint and canvas.

# One Thing

STORY BY ALYSSA KUECKER, AVERA HEALTH  
PHOTO BY EMILY SPARTZ WEERHEIM

SHOOTING  
STAR  
SCULPTURES  
SEND HOPE

**B**etween cosmic swirls of purples, pinks, blues and yellows, encouraging phrases of "follow your heart" and "discover" inspire onlookers to find happiness and identify their talents.

Shooting Star Sculptures are among the newest merchandise at the gift shop at Avera McKennan Hospital & University Health Center in Sioux Falls.

The artist, Kelly Rae Roberts, left her social work career to follow her stars — creating beau-

tiful mixed media pieces, from crosses to pictures to figurines. Acrylics, oils, ink and collage fragments are layered into a colorful world of remembrance and hope.

The set of two are \$69.95, with the large star just over a foot high and the smaller star more than eight inches. The sculptures are made of wood and paper and either stand or can be hung on a wall. They are produced by Demdaco, which also produces Willow Tree angels.



Kelly Rae Roberts design  
at Avera McKennan Gift  
Shop in Sioux Falls.

LAST PAGE



# Caring by sharing

VOLUNTEER WITH WARM HEART CRAFTS BABY HATS, BLANKETS FOR NEWBORNS

STORY BY ALYSSA KUECKER, AVERA HEALTH  
PHOTO BY RANDY SCHULTZ

**B**renda Elton has a crafty side, and she's using it to inspire others.

Nearly 10 years ago, an ad in the local newspaper caught the eye of this Marshall, Minn., teacher. Avera Marshall Regional Medical Center was calling for volunteers to make baby hats and blankets.

Over the years, Elton has finished numerous fleece blankets and crocheted hats for the small miracles born at the hospital.

"I was brought up with the idea to help others," says Elton. "My mother taught me how to sew and crochet when I was young and in 4-H so I'm glad I can use that skill to impact others."

She started bringing her projects to sewing retreats held through her church. As friends caught up with each other and their crafts, they took notice of the hats and blankets Elton was making. It wasn't long before some of them started making them, too.

"This past January, I created a sewing class at the alternative school where I teach. The students learned basic sewing techniques. Once they got the hang of crocheting, they really enjoyed it. It was a special opportunity to give back to the community and also make gifts for their friends."

More than 500 babies are born annually at Avera Marshall, and

*"I was brought up with the idea to help others."*  
—BRENDA ELTON

each one is snugly wrapped in a hat and blanket before going home. Though the hospital accepts these items year-round, each year the Avera Marshall Foundation donates money to buy fleece and yarn for volunteers to use between the months of February and March. This money is given to Fabrics Plus in Marshall, which recruits volunteers to make hats and blankets. Finished items are returned to Fabrics Plus or Avera Marshall.

Elton encourages others to find volunteering opportunities in their communities.

"Choose something that you are passionate about. For me, it was doing something artsy. If you can play an instrument, ask the hospital or retirement home when you can share your music. You can also work in areas that have had significance in your life, such as a cancer or obstetric department. I think you extract the most meaning out of the experience when it's personal."





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# BREAST ? CANCER ? NOT IF I CAN HELP IT.

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Avera.org/mammo

## RISK FACTORS

- Age 40 and older
- Family history of breast cancer
- Overweight
- Consume alcohol