



Community Connection



Faulkton Area Medical Center Listed as a Top Critical Access Hospitals in US

The Chartis Center for Rural Health recently released their annual list of the top 100 critical access hospitals in the US. The Faulkton Area Medical Center was one of seven critical access hospitals named from the state of South Dakota.

The Chartis Center used the Hospital Strength Index, which assesses performance in eight areas: inpatient market share, outpatient market share, quality, outcomes, patient perspective, cost, charge and financial efficiency.

FAMC shares this honor with the following South Dakota hospitals: Madison Regional Health, Avera Hand County Memorial Hospital (Miller), Mobridge Regional Hospital, Philip Health Services, Community Memorial Hospital Avera (Redfield) and Sanford Vermillion Medical Center.



“Congratulations to all of the staff at FAMC for your hard work and making FAMC one of the top 100 critical access hospitals in the US. It takes a team to attain these types of results, even during the pandemic, FAMC has been able to keep on track with its required reporting responsibilities that has helped us achieve a spot on this list. I am very proud of the staff, management team and providers that made this achievement possible” stated Heather Bode, CEO/Administrator.

Cookies Enjoyed by Staff & Patients

Faulkton Area Medical Center is seeking applicants for several positions. FAMC has a comprehensive benefit package available for successful applicants meeting the hour requirements. *For a full description of each position and sign-on bonus requirements, please go to www.faulktonmedical.org or contact Blythe Smith, HR 605-598-6262; email: blythe.smith@faulktonmedical.org*



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Basic Life Support (CPR/AED) Class

Thursday, June 2nd

12 - 3pm

FAMC Meeting Room 3

\$30/person



To register: email or call
april.sorensen@faulktonmedical.org
605-598-6262

Free Medication Lock-box SD Opioid Abuse Advisory Committee

South Dakota Opioid Abuse Advisory Committee Developed *South Dakota's Statewide Targeted Response to the Opioid Crisis.*

Storing medications safely at home and on-the-go can help keep everyone safe. A medication lock box is a secure container that ensures medicine is only accessible to the prescription holder and will help reduce accidental overdose or misuse of medication.

Lock boxes can be used by anyone, including:

- Individuals
- Realtors (for safe storage during clients' open houses)
- Senior living centers
- Pharmacies
- When traveling

Individuals can go to the website below and get a free lock box.

<https://www.avoidopioidsd.com/take-action/medication-lock-boxes/>



Now Available!

BETTER CHOICES
better health®
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

**WORKSHOPS YOU
CAN ACCESS @HOME**

For more information,
call 1-888-484-3800

Take Charge. Live Healthy.

Better Choices, Better Health® SD offers chronic disease self-management education workshops that are designed to help adults living with ongoing physical and/or mental health conditions and caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes.

The program consists of different self-management workshops: chronic disease, diabetes, chronic pain, and worksite chronic disease. Workshop participants will find a supportive community to help them get through their daily activities and manage physical and mental health wellness. When they have the support and tools to make healthier choices, they can improve their health and lead fuller lives.

Register by calling 1.888.484.3800 or by going to this website:
<https://goodandhealthysd.org/bcbh/register-for-a-workshop/>

LifeServe Blood Center Selected as Primary Blood Provider

LifeServe Blood Center, ranked as one of the top 15 blood centers in the country, is now the sole supplier of all blood and blood products to eleven new hospitals across South Dakota including Faulkton Area Medical Center.

LifeServe Blood Center, one of two non-profit, community-based blood centers in South Dakota, provides 100% of all blood products needed to more than 130 hospitals across South Dakota, Nebraska, and Iowa. Faulkton Area Medical Center started receiving blood products needed for patient care from LifeServe Blood Center this April.

"FAMC is excited for this opportunity to work with LifeServe to provide blood to the residents of Faulk County, we understand that having these products available to us is critical in our rural communities," said Heather Bode, CEO at Faulkton Area Medical Center. "By using LifeServe, community members who donate blood at our local blood drives will be helping their neighbors and friends. This unique offering that LifeServe has created where locally donated blood goes back to our community is wonderful. It is vital that everyone support LifeServe when they are in Faulk County and organizations are hosting blood drives."

LifeServe Blood Center is not new to serving the needs to South Dakota hospitals. In fact, they have locations in Mitchell and Yankton where they have been serving as the only blood provider to those hospitals for years.

"The expansion into northern South Dakota is a natural extension of our mission of saving lives," said Danielle West, LifeServe Blood Center Director of Public Relations and Marketing. "We're honored that these additional hospitals have chosen us to be their blood provider and partner in saving lives. We already have team members who live and work in South Dakota, so expanding our lifesaving mission farther into the state is near and dear to our hearts," said West.

As a community-based blood center, LifeServe Blood Center only hosts blood drives in the communities where that blood will go back into the area hospitals. Blood donors in northern South Dakota may not be familiar with LifeServe. To ensure blood donors in the community continue to support their local hospital, LifeServe will honor any blood donor's current donation and gallon level milestones when they donate with LifeServe.

"It doesn't seem fair to host blood drives in areas where we are not providing that lifesaving blood back to that community," West said.

LifeServe is working to begin operations in Aberdeen to give local blood donors the opportunity to support their hospitals. An Aberdeen-based facility will hopefully be operational in the next six months and will employ team members with various skillsets including blood collection, blood processing and blood donor recruitment. If you are interested in learning more about LifeServe's open positions visit lifeservebloodcenter.org or call LifeServe at 800.287.4903.

Blood donors do more in one hour than most will do in a lifetime by giving the gift of life! If you're interested in donating blood or hosting a blood drive at your business or organization, visit lifeservebloodcenter.org or call LifeServe at 800.287.4903.

LifeServe Blood Center is a non-profit, community-based blood center that has served the needs of local hospitals and patients in our regions since 1963. As one of the 15 largest blood centers in the country, LifeServe Blood Center is the **SOLE** provider of blood and blood products to more than 130 hospitals located across Iowa, Nebraska, and South Dakota.

LifeServe is committed to saving lives by providing premier service to volunteer blood donors and access to a safe, quality blood supply for hospitals and patients. Your donation with LifeServe will help save your neighbor, a friend or family member or a stranger on the street. **YOU** make a difference in **YOUR** community. For more information about blood donation or to schedule an appointment to donate blood, call 800.287.4903 or visit www.lifeservebloodcenter.org.



COVID-19 Treatments Available at FAMC

Dr. Sylvia Anderson & Paula Winther, RPh



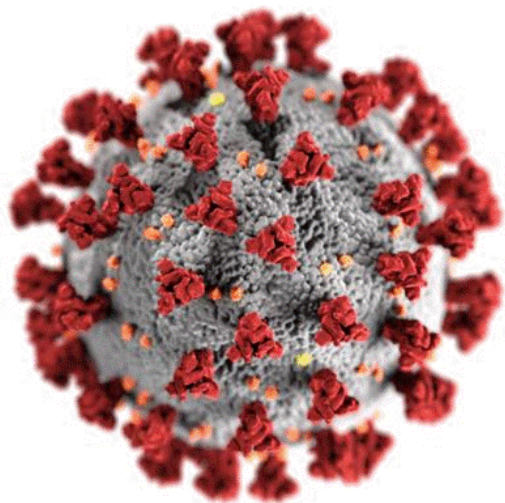
The COVID-19 pandemic is almost to the end. United States statistics show COVID-19 was the 3rd leading cause of death in 2020, behind heart disease and cancer. Mortality data is not out yet for 2021 or early 2022. We cannot minimize the negative effect that this virus has had on our families and local communities. We still don't understand multiple things about this virus; it is a new type of virus to the United States. When certain conditions are right, COVID-19 causes severe pneumonia, blood clots, strokes, heart and brain damage. However, we are turning the corner in medical response to this virus. We are now learning to live with it, kind of like we live with influenza, the common cold, croup, etc. This is the endemic phase that you may read about in the news.

Vaccinations and immunity from previous COVID-19 infections have decreased the virus' ability to infect multiple people at the same time. People taking measures to lose weight, eat healthy, boost the immune system, and keep chronic medical disease under control have decreased severe infections. New treatments to prevent those with risk factors for severe COVID-19 are available for those whose body may not be able to mount a good immune response.

Faulkton Area Medical Center (FAMC) has stayed at the forefront of treatments that are safe, effective, and available. As we worked through the pandemic, and are now entering the endemic, learning to live with COVID-19 phase, we have options available to prevent and treat it. Treatment options depend on risk factors for severe illness from this virus. Older adults, pregnant women, and people with chronic medical conditions of any age, are at risk for more severe illness including: obesity, diabetes mellitus, chronic kidney disease, cardiovascular disease, chronic respiratory disease, hypertension, and immunocompromised patients.

Vaccines are the first line of defense to prevent severe illness and death from COVID-19. The Pfizer and Moderna vaccines are now FDA approved. Current guidelines are for people over age 5 to complete initial vaccine series and have a booster. Some people at high risk for serious illness can have a second booster. FAMC has COVID-19 vaccines on hand, please call to schedule a vaccine appointment!

The FDA has also approved emergency use of a long-acting antibody shots that can prevent COVID-19 for up to 6 months in people who cannot develop immunity from vaccines. These patients include: active treatment for solid tumor or hematologic malignancies, recipient of an organ transplant, patient's being treated with immunosuppressive therapy, individuals with advanced or untreated HIV infection, and patients being treated with high-dose corticosteroids.



For someone at risk for severe COVID-19, who has developed symptoms in the first 5 days of infection, monoclonal antibodies are available to decrease risk of hospitalization. FAMC has several of these available, with some of them being more effective against certain strains of the COVID-19 virus. We also have access to two oral antiviral pills, which may be appropriate treatment for select individuals depending on the patient's age and current drug therapy being used. For people with severe illness who require oxygen and need hospitalization, we have steroids, IV antivirals, and blood thinner medicines.

If you have questions, we encourage you to visit with your medical provider.

What is Life's Simple 7[®]?

Life's Simple 7 is defined by the American Heart Association as the 7 risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health.

Manage Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

Reduce Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

Get Active

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

Eat Better

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!

Lose Weight

When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.

Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have--to live a long, productive healthy life.

What is My Life Check[®]? My Life Check is an interactive online tool that helps people assess and track their heart health information and gain a better understanding of their risk of heart disease and stroke.

When you register for My Life Check, you'll be asked to enter a Company Code. Please enter AHA022.

[My Life Check[®] | Welcome \(heart.org\)](#)



4 Simple Steps to Manage Sugar Cravings April Sorensen, RDN



Are sugar cravings sabotaging progress towards your health and wellness goals? If you answered yes, you are not alone. 98% of women and 68% of men have had similar issues. Most people don't understand that cravings are usually the result of a complex biochemical response—not a lack of willpower. Food has an enormous impact on your biochemistry, and sugar (and carbohydrate) cravings typically have four main culprits:

1) An imbalance in your blood sugar— the brain requires a steady supply of energy, usually in the form of glucose (a simple sugar) along with vitamins, minerals, neurotransmitters (made from proteins) and healthy fats. When people go on low calorie diets in an attempt to lose weight, these eating patterns cause the opposite problem, increased cravings.

Maintaining control of your blood sugar represents the first step in managing cravings.



To explain, all carbohydrates (including grains, starchy vegetables, fruit, milk, yogurt, snack and sweets), break down into sugar (glucose). To move the glucose out of your blood stream, your body naturally produces hormone, called insulin, that takes sugar from the blood and deposits it into the cells. If meals are skipped, your blood sugar can get too low, resulting in cravings. On the reverse, if large quantities of carbohydrate are consumed, the body produces excessive insulin to drive the sugar out of the bloodstream. This often overcorrects and results in a low-blood sugar. To break this pattern of rising and falling blood sugars, I recommend eliminating processed foods and eating in balance.

Eating in balance = healthy carbohydrates (whole grain/vegetables/fruit), lean protein, quality/natural fat. Half of your plate should be non-starchy vegetables, a quarter (or the size of your palm) should be lean protein and the other quarter should be fruit or healthy carbohydrate. Fat should be limited to the amount equal to the tip of your thumb. Eating should be spread out throughout the day to avoid overloading on the front or tail end of your day. Eating in balance is the key to maintaining good blood sugar control.

2) Mineral deficiencies— the two main culprits for sugar cravings are magnesium and zinc. It is estimated that 68% of Americans are deficient in magnesium and 73% are deficient in zinc. However, don't start taking supplements just from reading this article. There are different types of supplements and they all serve a different purpose. For example, magnesium oxide is inexpensive and great for treating acid reflux, but does not get absorbed very well, so it may not be your best source to treat your sugar craving. Magnesium glycinate (or by-glycinate) is magnesium attached to a soothing amino acid. It has a high absorption rate and can help with cravings, muscle cramping, migraine headaches, and sleep but it is hard to purchase over the counter. Magnesium citrate in liquid form works well for severe constipation and the pill form is the often the formulary found in multivitamins. Magnesium malate has an energizing effect and is often used by athletes before or after a sporting competition. The type of magnesium you use is just as important as the condition you are trying to treat. If you are looking to manage cravings, then magnesium glycinate or gluconate is your best bet. However, every person is unique, so it is best to discuss what type of magnesium you should be taking with your doctor or dietitian and let them help guide you on the supplement that will work best for you.

Indications that you may be deficient in magnesium is a strong chocolate craving. You may also experience muscle cramps, spasms or twitches. Magnesium is used in over 300 processes in your body and low levels can affect your sleep and relaxation mechanisms. Magnesium is often used in combination with other therapies in the treatment of constipation, headaches and anxiety and depression. Foods high in magnesium include nuts and nut butters, seeds, dark green

leafy vegetables, legumes, yogurt, milk and whole grains.

A zinc deficiency can show up as an intense craving for something sweet (not necessarily chocolate) after a meal—think skittles, jelly beans, starburst, soda, etc. Zinc deficiencies can result in an individual having a loss of appetite for healthy foods and only having sugar (and carbohydrate) cravings. Part of this has to do with how zinc helps maintain your gastrointestinal integrity. Foods high in zinc include beef, pork, poultry, eggs, dark green leafy vegetables, legumes, nuts and seeds. (similar groups to the magnesium list above).

3) Lack of quality fat intake—for years we have been told to stop eating natural fats like butter and cream and that low-fat or fat-free was the way to go. We were told that eating too much fat would cause us to gain weight and increase cholesterol. We were encouraged to use margarine and manufactured fats. This was an experiment gone wrong. Research has finally pointed out that its trans fats (manufactured fats) that are detrimental to our health. Healthy fats like avocado, butter, coconut oil, heavy cream, nuts, olives and olive oil help us to absorb needed nutrients and are needed to help balance our blood sugar. Real fats help you recognize when you have eaten enough and signal that you are full. Real fats are also needed by the brain, bones and other parts of our body. Cut out manufactured fats/trans fats by looking for the words ‘hydrogenated’ or ‘partially hydrogenated’ on the label and eat real fats in balance (1-2 servings per meal would be the amounts equivalent to the tip of your thumb).

4) Poor intestinal health—intense sugar cravings are common after completing a course of antibiotics. This is because the antibiotics not only attack the bad bacteria that made you sick, but it destroys our good bacteria. Bifidobacteria is the most plentiful healthy bacteria in the GI tract. When bifidobacteria is low in numbers, the bad bacteria can take over. They require energy or sugar to survive, so you’ll experience increased sugar cravings.

The second most common healthy bacteria is Lactobacillus Acidophilus. This probiotic is used by the body to aid in the digestion of proteins. It acts like an acid to snip apart the proteins into amino acids. Protein digestion is a vital component to balancing blood sugars and keep your cravings at bay. A good probiotic supplement will have at least these two strains (Bifidobacteria and Lactobacillus Acidophilus) along with a third strain, sometimes more.

Please note: every probiotic strain is designed to serve a different purpose. For this reason, one brand of probiotic may work for you while others do not. It is best to discuss your probiotic use with a medical professional who knows your medical history and can guide you on what brand may work best for you.

Sometimes, it’s not the bacteria in your GI tract that’s the problem. Instead, it could be the integrity of your gut lining, one of the thinnest membranes in the human body. Because it is so thin, it easily becomes damaged and special care is needed to maintain integrity. This may include adding in a collagen supplement or amino acids or eating the right types of food. A Registered Dietitian, Nutritionist can help you sort through this and your other nutrition issues and provide guidance on how to manage your cravings. Call 605-598-6262 or email april.sorensen@faulktonmedical.org.

Faulkton Alerts

TextMyGov™

91896

FAULKTON

You've requested to join City of Faulkton's notification list. Reply 'YES' to opt-in. Msg & data rates may apply. Freq varies. For support, text HELP.

Yes

You have successfully opted-in. Text STOP at any time to opt-out.

Sign up to receive city text message notifications!

Opt-in today,

Text **FAULKTON**

To: **91896**

What to Expect:

After the initial keyword is sent, you will receive a confirmation message asking you to reply YES to verify opt-in.

View terms and privacy policy info at: textmygov.com/opt-in-terms-conditions Msg & Data rates apply. Msg frequency varies. Text STOP at any time to opt-out. Text HELP for contact info.

Meningococcal Disease Vaccines Available at FAMC

Teens and young adults are at increased risk for meningococcal disease. Meningococcal disease is a rare, but very serious illness caused by a type of bacteria called *Neisseria meningitidis*. Even if treated quickly, meningococcal disease can cause long-term problems or be deadly. Getting vaccinated is the best way to prevent meningococcal disease.

Meningococcal Disease Can Lead to Meningitis or Bloodstream Infection.

Meningococcal disease has two common outcomes – meningitis and bloodstream infection. These infections typically appear within 3 to 7 days after being exposed to the bacteria. Both of these conditions are very serious and can be deadly. In fatal cases, deaths can occur in as little as a few hours. People who recover from meningococcal disease can have lifelong complications, such as loss of limb(s), deafness, nervous system problems, or brain damage.

When someone has meningococcal meningitis, the tissue covering the brain and spinal cord becomes infected and swells. Symptoms of meningococcal meningitis include sudden onset of fever, headache, and stiff neck. There can be additional symptoms, such as:

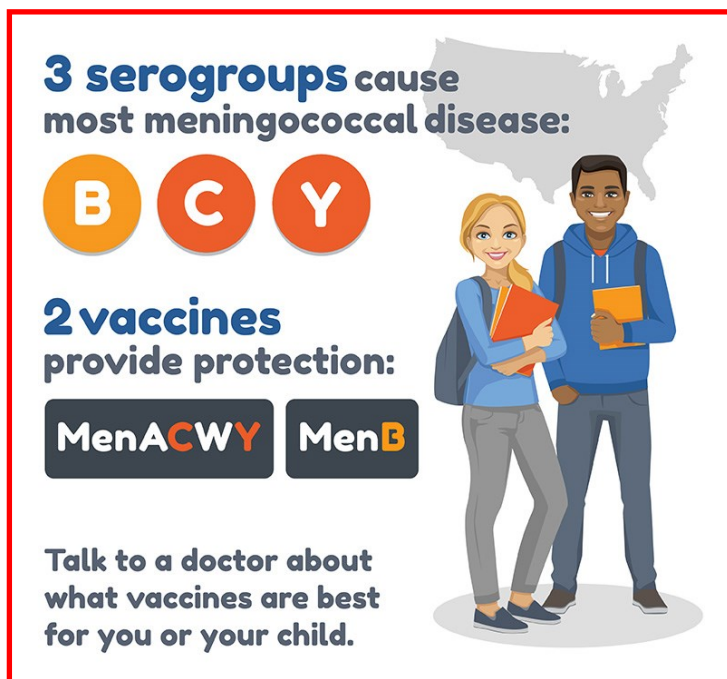
- Nausea
- Vomiting
- Confusion.

In babies, these symptoms can be difficult to notice or may not be there at all. Instead, a baby may appear slow or inactive, be irritable, vomit, or feed poorly.

When someone has a meningococcal bloodstream infection, the bacteria can enter the bloodstream and multiply, damaging the walls of the blood vessels and causing bleeding into the skin and organs. Symptoms may include:

- Fever or cold chills
- Tiredness (fatigue)
- Vomiting or diarrhea
- Cold hands and feet
- Severe aches or pain in the muscles, joints, chest, or belly (abdomen)
- Rapid breathing
- A dark purple rash

CDC recommends routine MenACWY vaccination for all preteens and teens, as well as other children and adults at increased risk for meningococcal disease. CDC recommends routine MenB vaccination for people 10 years or older at increased risk for meningococcal disease. Talk with your or your child's doctor if you have questions about meningococcal vaccines.



3 serogroups cause most meningococcal disease:

B C Y

2 vaccines provide protection:

MenACWY MenB

Talk to a doctor about what vaccines are best for you or your child.

The infographic features a map of the United States in the background. In the foreground, there are two cartoon characters, a young woman and a young man, both wearing backpacks and holding books, representing students. The text is arranged in a clear, bold, and easy-to-read format, with the vaccine names MenACWY and MenB highlighted in separate boxes.



HealtheLife is the FAMC Patient Portal. HealtheLife helps individuals and families to stay informed, stay educated, and take a more active role in their health. Through the HealtheLife mobile app, you have real-time and easy access to your health care organization's online portal. This portal shows your latest health care information and provides services needed to plan, understand, and engage in your care.

Sign up for access with the FAMC Patient Registration team or call 605-598-6262!

Developmental Milestones Jean Mitchell, Occupational Therapy



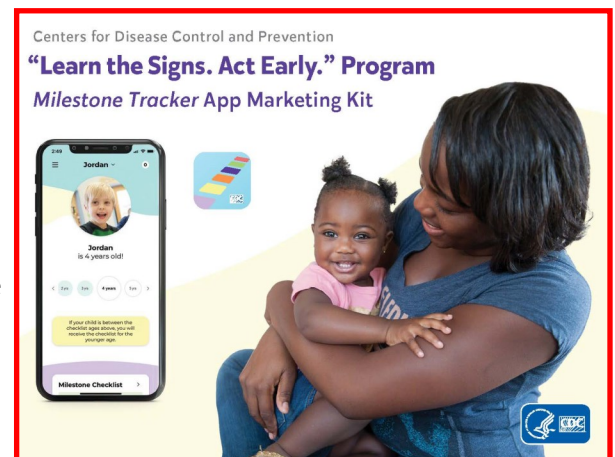
Have You Heard About the CDC's Changes in Developmental Milestones?

In 2004, the CDC's *Learn the Signs. Act Early.* program developed free developmental milestone checklists for parents, pediatricians, and early childhood professionals. The goal was to help parents recognize typical developments, improve discussions between parents and professionals, and promote formal developmental screenings to address concerns.

After 15 years of use, three areas of improvement were identified by the CDC. First, the milestones needed to be validated by research. Second, the original milestones were based on when 50% of children meet that milestone and that left 50% of children not meeting it by the designated time. This led to a "wait and see approach" instead of referral for more formal testing. Third, new checklists were needed at 15- and 30-months to coincide with recommended health supervision visits.

The new checklists include milestones that 75% of children would be expected to obtain by specific health supervision visit ages. Developmental categories include social/emotional, language/communication, cognitive, and movement/physical. The checklists are available in a variety of forms. The CDC's website <https://www.cdc.gov/ncbddd/actearly/milestones-app.html> has checklists, developmental activities, and educational materials. You can download the CDC's free Milestone Tracker App.

If you have concerns about your child's development, talk to your healthcare provider. Developmental screening is available through the Birth to Three program (1-800-305-3064). If your child is older than three, you can contact your school district (Faulkton Area School District 605-598-6266). The therapists at FAMC can discuss movement/physical development as well, contact us at 605-598-6262.



Milestones Matter

Track your child's developmental milestones and try brain building tips to add learning to everyday moments!

Track Your Child's Development

Track how your child plays, learns, speaks, acts, and moves with CDC's Milestone Tracker app—and share all progress and any concerns with their doctor during well-child visits. www.cdc.gov/MilestoneTracker



BY 18 MONTHS:
Points to show you something interesting

BY 12 MONTHS:
Plays games with you, like "peek-a-boo"



BY 6 MONTHS:
Laughs with you



BY 2 MONTHS:
Smiles at you

Brain Building Tip:

Suggested Age: 0–2 years

Powered by **vroom**

We're surrounded by words that are ready for reading. Try reading signs aloud to your child and talk to them about what they mean. It doesn't matter if it's a book, magazine, or billboard – it all counts! Reading to your child, anywhere and everywhere, helps them develop a rich, diverse vocabulary. Find more tips at vroom.org.



Centers for Disease Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO

Do you have concerns about how your child plays, learns, speaks, acts or moves? Visit www.cdc.gov/concerned and talk with your child's doctor.

CDC does not endorse private products, services, or enterprises. Vroom Tips are not a diagnostic tool.

Introducing HealthLife Patient Portal

FAMC is pleased to announce the availability of their new patient portal, HealthLife. This new patient portal provides 24/7 online access to your health records from any computer, tablet or smartphone.

Access your records by logging onto www.faulktonmedical.iqhealth.com or download the HealthLife app on your iOS or Android devices.

Ask us how to sign up!



ARE YOU PLANNING TO TRAVEL?

ATTENTION: HealthLife Patient Portal Users!

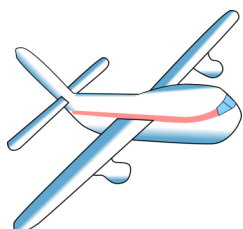
HealthLife Patient Portal now offers QR codes for your COVID-19 Vaccination information. This is great for travel since QR codes can be scanned using a SMART Health Card Device allowing those scanning it access to your COVID-19 vaccine record information.

To access the QR Code follow these steps:

- 1) Log into HealthLife Patient Portal.
- 2) Select Menu-Health Record.
- 3) Go to COVID Center, this will be toward the bottom of the list.
- 4) The top of the screen will have COVID-19 Vaccine Verification-View Vaccine Verification, select this icon.



- 5) After a few seconds a screen will open with your vaccines listed and a QR code. Take a screen shot of the QR code and save it in your mobile device for easy access and offline viewing.



The QR Code is the black/white box just below the vaccination record. This QR code is not a normal QR code. It is specifically designed to be decoded by a SMART Health Card device or app.

COVID-19 Vaccine Verification

COVID-19 Vaccination Record Card

Name
Date of Birth

1
Moderna COVID-19 Vaccine, Lot No. 041L20A
Jan 13, 2021, Faulkton Area Medical Center Clinic

2
Moderna COVID-19 Vaccine, Lot No. 015M20A
Feb 12, 2021, Faulkton Area Medical Center Clinic

3
Moderna COVID-19 Vaccine, Lot No. 030H21B
Dec 01, 2021, Faulkton Area Medical Center Clinic



Dacotah Bank Pledged \$25,000 Kelly Ortmeier, Foundation Coordinator

Dacotah Bank has pledged \$25,000 to the Dr. Ken and Twyla Bartholomew Scholarship Fund through the Faulkton Area Medical Center Foundation. This scholarship fund will support preparation for employing future medical professionals as a part of succession planning. This donation will assist a medical student with paying back their student loans in exchange for commitment of service to the Faulkton Area Medical Center.

"Dacotah Bank is proud to give back to the communities in which it serves, and all made possible by doing business local," said Brandon Spanier, Market President of Dacotah Bank in Faulkton.

There is history with this type of process in that Dr. Bartholomew was attracted to the area back in the 1970's through a similar program.

If you have questions about the scholarship opportunity or would like to donate, please see a FAMC Foundation board member or Kelly Ortmeier, Foundation Coordinator (605-598-6262).



Scholarship Progress

Currently, the Foundation has raised just over \$34,000! Thank you to everyone who has donated already.

The Foundation is over half way to hitting a goal of \$50,000 by the end of 2022. When the Foundation reaches \$50,000, Dr. Ken Bartholomew and his wife, Twyla, will match the donation.

Recruitment of a physician for our Medical Staff Team here at FAMC is vital to the continued success of our organization! We ask you to consider making a donation to the Dr. Ken and Twyla Bartholomew Scholarship Fund.

In Memory/Honor Of

Denny Duncan Memorial
- Corrine Bowar

Gloria Miedema-Abdenbi Memorial
- JD & Sylvia Anderson

Richard Bent Memorial
- Jerry & Vicki Kegler

Jerry Kegler Memorial
- Bev Hanson & Family
- Mary Sandness
- Jim & Virgene Wagner
- Glenn & Sheilah Fischer

Lloyd Bellack Memorial
- Jim & Virgene Wagner

Nila Potter Memorial
- JD & Sylvia Anderson
- Kelly & Dawn Melius
- Roger & Janet Melius

James Beidler Memorial
- Kurt & Karla Hall
- Kim Joy-Nelson
- Leah Kellen
- Common Sense Mfg, Inc
- Randy & Shirley Schultz
- Dennis & Dawn Thyen
- Kathy Torres

Phyllis Tisher Memorial
- Jim & Virgene Wagner

Equipment Purchases 2021—Current

- 3 Vaccine Coolers
 - Whirlpool Tub
 - Cardiac Rehab Equipment
 - Purchase towards a hospital bed
 - PEDS Pump
 - PEDS airway mannequin
- Approx.
\$30,000

Faulkton City Pool Water Aerobics/Adult Lap Swim Summer 2022 Fitness Class Start June 6th

Mon	Tues	Wed	Thurs	Fri
Aqua Fitness (shallow water) 8:00-8:45	Aqua Fitness (shallow water) 8:00-8:45	Aqua Fitness (shallow water) 8:00-8:45	Aqua Fitness (shallow water) 8:00-8:45	
Aqua Dynamics (shallow/deep water) 6:30-6:15pm			Aqua Dynamics (shallow/deep water) 6:30-6:15pm	

Lap Swim

Adults and teens age 11 years or older are welcome to come in for Lap Swim during any of the Water Aerobic Class time. One lane will be reserved and only lap swimming/water walking or treading in the deep end will be allowed.

Cost

Water Aerobic and Lap Swim are now included in your pool membership.
Or pay the daily rate \$5 Adult, \$3 Ages 11-17 to participate in class.

Family Season Membership: \$150
Individual Season Membership: \$50
Payable to Faulkton City Pool



Faulkton Area Medical Center & Foundation



(605) 598-6262
1300 Oak St
PO Box 100
Faulkton, SD 57438



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Community,
Growing to Meet
Your Needs*

**LOCAL POSTAL
CUSTOMER**



We're on the Web
www.faulktonmedical.org

Have you or a loved one been a patient in our facility?
Would you like to give a gift in honor or memory of someone?
Make a tax free donation or contribution to FAMCF.

OR you may go to www.faulktonmedical.org/giving and donate online!

In support of Faulkton Area Medical Center Foundation, I/we would like to make a donation:

I choose to make a gift of \$ _____ to FAMCF/ Dr. Bartholomew Scholarship

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FAMC Foundation, PO Box 100, Faulkton, SD 57438

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Card # _____ Exp Date _____

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City _____ State _____ Zip _____

Thank you for your support!