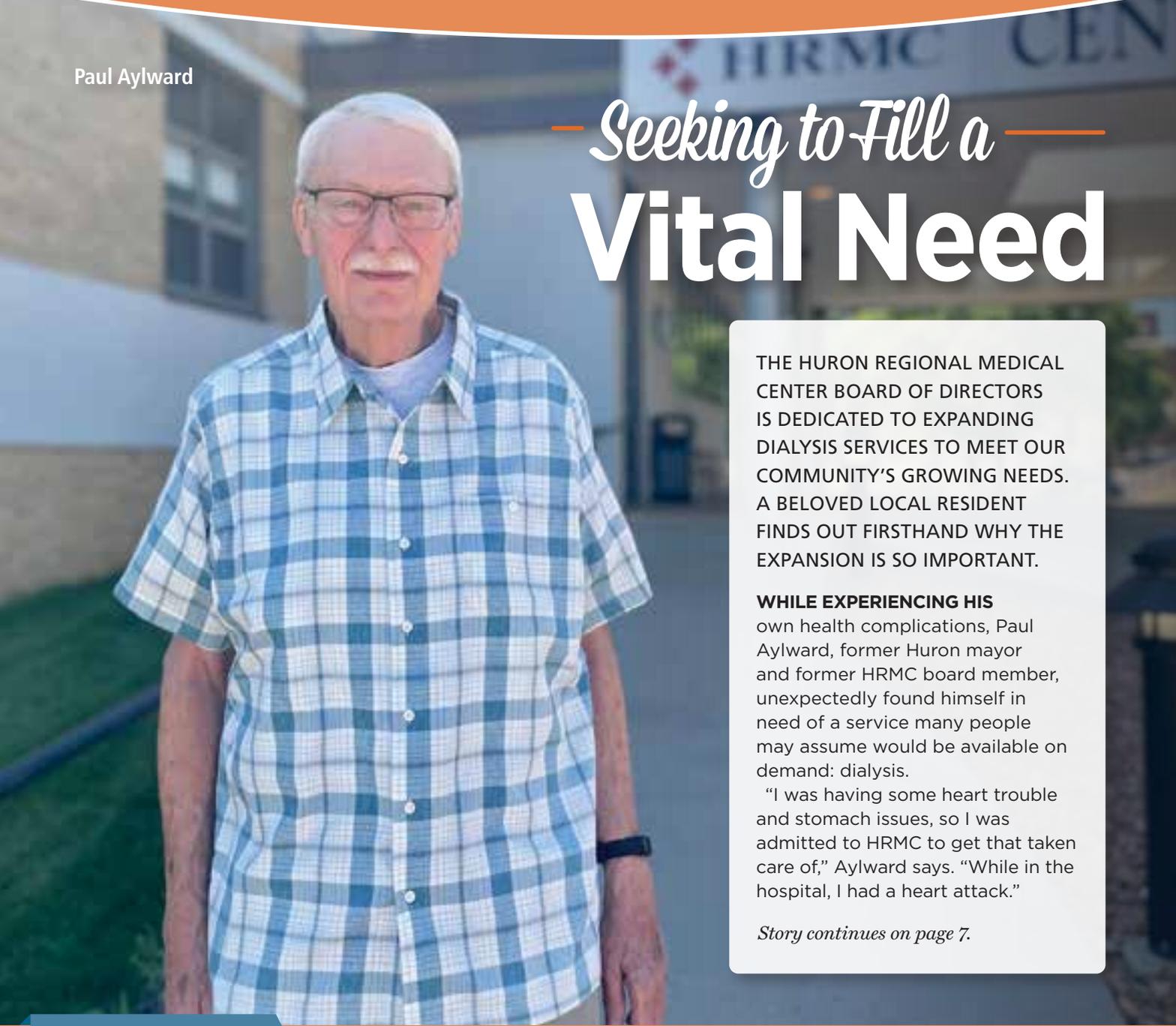




Connection

Paul Aylward



— Seeking to Fill a — Vital Need

THE HURON REGIONAL MEDICAL CENTER BOARD OF DIRECTORS IS DEDICATED TO EXPANDING DIALYSIS SERVICES TO MEET OUR COMMUNITY’S GROWING NEEDS. A BELOVED LOCAL RESIDENT FINDS OUT FIRSTHAND WHY THE EXPANSION IS SO IMPORTANT.

WHILE EXPERIENCING HIS own health complications, Paul Aylward, former Huron mayor and former HRMC board member, unexpectedly found himself in need of a service many people may assume would be available on demand: dialysis.

“I was having some heart trouble and stomach issues, so I was admitted to HRMC to get that taken care of,” Aylward says. “While in the hospital, I had a heart attack.”

Story continues on page 7.

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Celebrating 75 Years of Healthy Huron



Erick Larson

THIS YEAR, HURON Regional Medical Center will celebrate a 75-year milestone, which is a testament to our dedication to the health of our community and a continuation of our uncompromising promise to serve our friends and neighbors. Our partnership and recent integration with Tschetter & Hohm Clinic guarantees the continuation of our work to provide better health outcomes for Huron.

When Robert Hohm, MD, approached us about forming this relationship, it was clear our goals, core values and vision were aligned. We're thrilled to welcome Tschetter & Hohm Clinic patients into our growing provider base at the newly expanded HRMC Physicians Clinic. The availability to have primary care for the entire family, as well as general surgery, orthopedics,

women's care and urology, all in the same location, allows us to take care of our patients in a comprehensive way, ensuring that a provider is available when a patient needs one.

The next 75 years will see us elevate our community commitment to new heights, bringing with it an ever-mindful eye to the future of medicine, dynamic and thoughtful approaches to the way we deliver care, and a holistic view of the impact we can have in the lives of those we serve.

Erick Larson
President and CEO
Huron Regional Medical Center



Stop the Stinger

PREVENT THIS COMMON SPORTS INJURY WITH A FEW EASY TIPS.

A STINGER IS a sports injury where the nerves in the neck and shoulder are compressed after an impact. Named for the stinging pain they cause, stingers often occur during contact sports. They typically affect only one arm at a time. Symptoms often come and go and may include:

- burning
- numbness or weakness
- pain

"When the arm is pulled and the head tilts to the side, the brachial plexus nerves at the neck become pressed, causing pain," says Todd Anderson, MD, board-certified orthopedic surgeon at Huron Regional Medical Center. "Luckily, stingers are often temporary with easy treatment options."

At the HRMC Physicians Clinic, patient-centered orthopedic care is important.



Todd Anderson, MD,
board-certified
orthopedic surgeon

"I empower each patient to choose the right treatment options for them," Dr. Anderson says. "This speeds healing, so patients get back to their busy lives as soon as possible."

TAKE THE STING OUT OF SPORTS

To prevent stingers and other nerve injuries:

- Try exercises to strengthen the neck and shoulders and improve range of motion.
- Wear proper protective gear to protect the neck and shoulders and prevent overextension.

If you suffer a stinger, icing the affected area and taking an over-the-counter pain medication can help. Also, talk with your health care provider about how long to sit on the sidelines to let your injury heal.

■ **Do you have a sports injury?**
Call (605) 353-7660 to schedule an appointment with Dr. Anderson.

A Familiar Fit

INTERNAL MEDICINE PHYSICIAN REBECCA RUNGE, MD, SPENT YEARS WORKING HARD IN MEDICAL SCHOOL AND RESIDENCY TO GET BACK TO WHERE SHE STARTED: SMALL-TOWN SOUTH DAKOTA.



Rebecca Runge, MD

A NATIVE OF Wessington, Dr. Runge earned her medical degree from the University of South Dakota Sanford School of Medicine in Sioux Falls before completing her residency there this summer. She will join the internal medicine group at the Huron Regional Medical Center Physicians Clinic in September.

“I’m excited to be coming home,” Dr. Runge says. “I’ve waited a long time to make this move. I’m looking forward to connecting with my community again, getting to know my patients and being there for them during life’s highs and lows.”

THE BEST OF BOTH WORLDS

Dr. Runge became interested in medicine while growing up, watching her mother run the local emergency

medical technician service. When Dr. Runge began medical school, one certain specialty captured her attention.

“Internal medicine encompassed everything I wanted,” Dr. Runge says. “It allowed me to care for patients with complex issues while also forming close bonds with them.”

At the HRMC Physicians Clinic, Dr. Runge will provide primary care for acute and chronic conditions. She will also serve as a hospitalist at HRMC.

■ **Dr. Runge is now accepting appointments. Call (605) 353-7660 or visit www.huronregional.org/find-a-doc.**

Expanded Pain Management Services at HRMC



Jason Barnhard, CRNA

YOU DON'T NEED OPIOIDS TO MANAGE YOUR CHRONIC PAIN.

TAKING A PILL may seem like the easiest way to reduce pain – but anti-inflammatory and opioid medications can have unpleasant side effects, including addiction.

“Opioids don’t actually relieve pain, they just trick the mind into thinking the pain is taken care of,” says Jason Barnhard, certified registered nurse anesthetist at Huron Regional Medical Center.

Barnhard recently completed a fellowship program in acute and chronic pain management and is offering expanded outpatient services.

COMPREHENSIVE PAIN INTERVENTION CAN HELP

To truly treat chronic pain, you need a complete physical examination, as joint pain could be treated differently than pain in muscles or nerves. Additionally, the source of your pain could be somewhere else in your body than the site of your pain, such as an issue in your lower back causing pain in your hip or upper thigh. Even some types of abdominal pain can be managed without surgery.

“There are numerous interventions and injections that can improve pain and quality of life over the use of opioids,” Barnhard says. “These interventions can be discussed with your primary care provider.”

■ **Ask your orthopedic or primary care provider for a referral to pain management services at HRMC.**



A newly installed sliding handicap door helps ensure easy access for all. Central registration greets patients and directs you to your provider's waiting area on the first or second floor.

HRMC Physicians Clinic: *Growing with the Community*

THE RECENT EXPANSION OF THE HURON REGIONAL MEDICAL CENTER PHYSICIANS CLINIC PROVIDES MORE SPACE AND A WEALTH OF NEW OPTIONS FOR CARE. BY PARTNERING WITH TSCHETTER & HOHM CLINIC, WE ARE WELL-POSITIONED TO OFFER A MORE ROBUST SPECTRUM OF EXPERT CARE DURING TIMES THAT ARE CONVENIENT FOR OUR COMMUNITY.

"We have providers with many years of experience and knowledge, as well as young providers with new technology practices. We want our patients to leave feeling like they were heard, their questions were answered and they can call back with questions and not feel as if they are a bother."
Kristin VanBuskirk, MSN, FNP-C



"It's great to be in the expanded clinic with multiple specialties and additional providers. It is definitely a benefit to our patients." **Jayme Hershman, RN**



"With more providers and specialties under one roof, it's easier to collaborate and provide continuity of care for our patients. It is our goal to continue the legacy of patient-centered care that Tschetter & Hohm is known for." **Kristina Boetel, CNP**





Procedure room



Staff work area



Spacious exam room

The second story added another 23,000 square feet and was designed with the patient in mind. It features large windows to provide an open feel, as well as an elevator to help patients access the second floor. Patients are greeted by a nurse and taken to a spacious exam room through a patients-only hallway. These rooms are equipped for wheelchair access and provide plenty of space for family members.

Central work areas allow staff and providers to collaborate and maintain patient privacy. Large procedure rooms, including the one pictured above, which is specially designed for obstetrics patients, make the newly expanded facility a place for the entire family to receive care. In addition to on-site X-ray, an expanded in-house laboratory provides capacity for quicker testing and results.

As part of our focus on convenience, we have added a call center to allow quick, easy scheduling of appointments or a connection to a triage nurse to meet same-day patient needs.



“Tschetter & Hohm Clinic has been a cornerstone of Huron for decades. Combining their expertise with that of HRMC will allow our physicians to better serve the community. It is a pleasure to work with these providers.” **Vincent Oyler, MD**



“Having more providers under one roof allows for easier in-person collaboration, making sure all the complex medical patients in the community get the most optimized treatment and management.” **Christopher Bronson, MD, MS**

Providers at HRMC Physicians Clinic

- **Todd Anderson, MD**, orthopedics
- **Shawn Bartel, MD**, internal medicine, pediatrics
- **Nathan Bockholt, MD, MBA**, urology
- **Kristina Boetel, CNP**, family medicine
- **Doreen Boomsma, CNP, MS**, internal medicine
- **Christopher Bronson, MD, MS**, internal medicine
- **Alese Fox, MD**, family medicine with obstetrics
- **Julio C. Guerra, MD**, gynecology, obstetrics
- **Cy B. Haatvedt, MD**, general surgery
- **Darlys Hofer, MD**, urology
- **Robert C. Hohm, MD**, internal medicine
- **Kristen Hughes, MD**, internal medicine
- **Brett Mathers, DO**, internal medicine
- **Vincent Oyler, MD**, family medicine
- **Danielle Rathjen, DNP**, internal medicine
- **Virginia Stewart, MD, FACS**, general surgery
- **Rebekah Storm, DNP**, family medicine, women's wellness
- **Aileen B. Treto, MD**, family medicine with obstetrics
- **Kristin VanBuskirk, MSN, FNP-C**, family medicine



Shawn Martin,
Executive Director

We at HRMC Foundation are incredibly thankful for our generous donors, including those we acknowledge here from the last few months and everyone who has given throughout the year. We also would like to extend additional appreciation to everyone who helped make the annual Golfing for a Cause Breast Cancer Awareness tournament a

success. Together, 16 teams raised nearly \$7,000 to cover the cost of mammograms and breast cancer education for women in the community.

The 23rd annual HRMC Humanitarian Golf Tournament on Sept. 10 offers another opportunity to support community wellness. Visit www.hrmcfoundation.org or call (605) 353-6319 to learn more!



Scan this code to **Donate Now**

HRMC Foundation Donors, April 1 through June 30, 2022

Golfing for a Cause Tournament Sponsors

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Greater Huron Development Corporation
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Erick and Nicola Larson *
Jake Lindgren
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Josh and Bridget Carr ▲
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Penny Glanzer
In Memory of Mahalia Connell
Janice LaMont

In Memory of Richard Langenfeld
Doug and Rhonda Kludt

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Bob Myers Memorial Tournament
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We've Got You Covered
Hitchcock-Tulare School District

Dr. Paul & Carol Hohm Healthcare Scholarship
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Tom Light ▲
Terry and Nancy Schiltz
Darrin and **Laurie Smith ▲**
Doug ▲ and Chris Stahly

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Helping Hands

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Crystal Bender ★
Rodney Bender ★
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Diane Blue ★
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Dennise Brock ★
Ruth Anne Brott ★
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Michelle Carlson ★
Amy Cartney ★
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Cheryl Costello ★
Jennefer Cruse ★
Susan DeGeest ★
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Nikki Fechner ★
Mati Felderman ★
Destiny Finn ★
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Dialysis Dash (Dialysis Endowment)
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Carr Chiropractic Clinics PC
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Dakotaland Federal Credit Union
Janet L. Erickson
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HRMC
Jennifer Kalahar ★
Robert Kneen
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Merle Norman
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Tammy Peterson
People's Transit
Dale Sattgast
Keto Coach-Norma Torres

Tschetter & Hohm
Clinic PC
Marcia Zwanziger ★

Hospice Endowment
In Memory of Darwin Peterson
Signe and Rodney Harmon

In Memory of Norma Will
Signe and Rodney Harmon
Jeanette Johnson
Betty Krutzfeldt
Alex and Sara Solem

In Memory of Bonnie Kuhns
Jeanette Johnson

In Memory of Lester Meyer
Jeanette Johnson

In Memory of Fred Ehrk
Sandy Ehrk
Wanda Hanson

In Memory of Leo Sr., Leo Jr., George and Daniel Nelson
Sharon Nelson

In Memory of Rhonda Bell
Jeanette Johnson

In Memory of Bob Peskey
Lois Polfus

In Memory of Jill Marvel
Lois Polfus

In Memory of Bill Anderson
Jean Anderson and family of Bill Anderson
Janice Christensen ★
Janice LaMont

In Memory of Rita Schulte
Brenda and Tony Arteman
Tom and Margie Hansen
John Schulte and Family
Boyd and Elaine Van Winkle

In Memory of Wayne Waldron
Kathleen Waldron

In Memory of Idel McDonald
Artie and Kevin Reilly

In Memory of Jean Anne Janes
Brenda and Tony Arteman

In Memory of Charles Israel
Janice Israel

In Memory of Katrina White
Rodney and **Crystal Bender ★**

In Memory of Randy Howe
HHS Class of 1960

In Memory of Dolores Ford
Nancy Adams

In Memory of Marvin Matthews
Rita Matthews

In Memory of Kevin Peterson
Tammy Peterson

In Memory of Cathy Rist
George and Deb Kuhler

In Memory of Gerri Boyd
Janice Christensen ★

In Memory of Richard "Dick" Shelton
Katrina & Kent Shelton

In Memory of Jane Sanderson
Tony and Brenda Arteman

★ Denotes HRMC Employee

▲ Denotes HRMC Foundation Board Member

● Denotes HRMC Board Member

During the follow-up examinations that doctors performed on Aylward, they discovered his kidneys were not functioning properly. Dialysis would be required to address the issue. Naturally, Aylward tried to schedule his dialysis treatments at HRMC, his community hospital, but because of the number of patients needing dialysis at that time, there was a waiting list.

“I didn’t realize how many people need this service,” Aylward says. “I was number 14 on the waiting list, but I couldn’t wait. I needed my dialysis.”

With no local options available at the time, Aylward made the drive to Mitchell three times a week for 3.5-hour dialysis sessions. But the solution was not ideal.

“Going out of town was a real hardship,” Aylward says. “The doctors and nurses were wonderful there, but it would have been nice to be able to stay here at HRMC. My experience forced me to realize we need to expand our dialysis facility to be able to meet the fluctuating need of patients in our region.”

A WIDESPREAD NECESSITY

Aylward’s experience is not unique, unfortunately. Kidney disease, which occurs when damaged kidneys cannot filter waste from blood, is one of the fastest-growing conditions in the country. Those living with the disease are at risk for serious health complications, including heart disease, damage to the central nervous system and increased risk of infections due to compromised immune function.

Dialysis is essential in mitigating those complications in patients like Aylward. The machine used during this process takes over the responsibility of filtering waste from the blood. But like Aylward, others living with kidney complications could travel as much as an hour or more to receive life-sustaining dialysis. For some, accessing timely dialysis services means making a five-hour, round-trip drive, on top of three to five hours of treatment. And according to HRMC dialysis director Jennifer Jungemann, RN, BSN, the trip doesn’t always happen.

“Traveling out of town for dialysis is a full-time job,” Jungemann says. “Some don’t have the resources or time to manage the trip, so they don’t. As a result, toxins build up in their system and they can get quite ill.”



Jennifer Jungemann, RN, BSN

ON A MISSION TO MEET THE NEED

Since 1982, HRMC has offered dialysis in the medical center’s Central Tower, where seven dialysis chairs serve 21 patients a week. Aylward’s experience illustrates that those seven chairs are simply not enough to serve our community.

HRMC leadership and the board’s construction committee are researching options to expand the dialysis unit and offer this life-saving treatment to more

patients locally. In addition, the HRMC Foundation has committed to increasing support available to the dialysis department through the dialysis endowment, which will help to offset some of the operating losses.

“The people in our communities in need of dialysis are our neighbors, coworkers, leaders and friends,” says Erick Larson, president and chief executive officer of HRMC. “Though dialysis isn’t a profitable department for HRMC, it’s an essential service to those who are in need, and we’re thankful to increase access for them.”

■ If you or someone you know is concerned about kidney issues, call (605) 882-5455 to schedule an appointment with Tina Melanson, MD, FNKF, FACP.

“If everyone gives a little bit to support the dialysis department through the HRMC Foundation endowment, we could get this done. We could upgrade our facility so people do not have to wait for this important service and even help other communities nearby.”

– Paul Aylward

Your Neighbors Need You

As a supporter of the Foundation’s work, you know that Huron Regional Medical Center is committed to providing quality health care to our community. Sometimes that means making improvements to departments that are critical to the care of our community – but also operate at a loss. One such department is dialysis.

Our dialysis team works diligently to control costs without sacrificing care. Unfortunately, there are factors that no amount of efficiency can overcome. Most of our dialysis patients are Medicare or Medicaid, and payment from these programs does not cover the cost of treatment.

Even though dialysis is not a profit center for HRMC, our leadership and board are looking at options to expand and enhance dialysis services to offer this life-saving treatment to more patients locally. Due to our current unit’s limited space and equipment, we are forced to place patients on a waiting list. This is a tremendous hardship for residents who must drive out of town for dialysis, sometimes up to three times a week.

While HRMC leadership and the board’s construction committee research options to expand the dialysis unit, the HRMC Foundation has committed to increasing support available to the department through the dialysis endowment, which will help to offset some of the operating losses.

Our goal is to grow our dialysis endowment over the next few years so that annual interest from the endowment will help alleviate some of the financial burden for HRMC and allow us to continue expanding services while offering the same high level of care for our dialysis patients.

We ask you to partner with us to support this vital community project. Please consider a one-time gift, multi-year pledge or including the HRMC Dialysis Department in your estate plans.

■ To learn more about how to make your contribution, visit www.hrmcfoundation.org/giving or call HRMC Foundation executive director Shawn Martin at (605) 353-6315.

Local Students Receive HRMC Foundation Commitment Scholarship Funds

MORE THAN \$70,000 IN SCHOLARSHIP FUNDS WERE DISTRIBUTED TO FUTURE HEALTH CARE PROFESSIONALS.

AS A PART of our commitment to ensuring high-quality community health care, the HRMC Foundation has announced that \$70,000 worth of scholarships will be awarded to eight local students pursuing health care degrees.

Each student has committed to return to Huron for a role in a community medical facility following graduation. Scholarship amounts were based on the areas of study.

For students attending qualified technical school programs, additional funds were offered through Build Dakota, alongside the HRMC Foundation Commitment Scholarship. The overall support of the combined funds is equal to a full-ride academic scholarship.

Join us in congratulating the recipients of the 2022 HRMC Foundation Commitment Scholarship!



Amanda Barton
Licensed practical nursing program
Southeast Technical College



Gracie Culver
Radiologic technology program
Mitchell Technical College



Whitney Haake
Licensed practical nursing program
Southeast Technical College



Katherine Huntley-Gomez
Licensed practical nursing program
Southeast Technical College



Madelynn Lord
Medical laboratory technician program
Mitchell Technical College



Riley Myers
Medical laboratory technician program
Mitchell Technical College



Anna Tebay
Respiratory therapy program
South Dakota State University



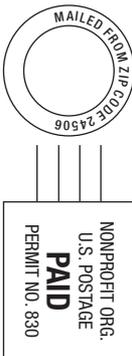
Paige Williams
Radiologic technology program
Mitchell Technical College



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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

HRMC
HURON REGIONAL MEDICAL CENTER
172 4TH STREET SE
HURON, SD 57350



■ Learn more about supporting the future of health care through scholarships at www.hrmcfoundation.org.

Career Catalysts

REGISTERED APPRENTICESHIP PROGRAMS AT HURON REGIONAL MEDICAL CENTER PREPARE STUDENTS AND BUDDING PROFESSIONALS FOR CAREERS IN MUCH-NEEDED HEALTH CARE ROLES.



Teresa Haatvedt, RN, BSN

IN 2018, HRMC launched a registered apprenticeship program for high school juniors and seniors who are interested in becoming certified nursing assistants (CNAs). Students participate in a CNA course through Southeast Technical College in Huron, complete a 160-hour internship at HRMC, receive high school and college credit, and earn a certificate from the State Department of Labor and Regulation.

HRMC also offers a licensed practical nurse (LPN) apprenticeship and surgical technologist apprenticeship.

Later this year, we'll kick off apprenticeships for aspiring respiratory therapists. Participants in any of the apprenticeships can obtain up to 2,000 hours of paid on-the-job training at HRMC.

PAYING OFF FOR PATIENTS

"Brooke Sydow, EdD, HRMC program manager, secured grant funds through the South Dakota Department of Labor and Regulation to assist us with our health care workforce needs," says Teresa Haatvedt, RN, BSN, health care career development specialist at HRMC. "A goal of these apprenticeships is to train individuals who may one day join our staff."

Mission accomplished: two former LPN apprentices are now HRMC employees, and three youth apprentices are working part-time as CNAs.

■ To learn more about careers at HRMC, call Haatvedt at (605) 353-6589 or visit www.huronregional.org/exploring-careers.