

well one CONNECTION

A publication from your friends at Huron Regional Medical Center | **SPRING 2023**

Life-Preserving Treatment

Close to Home

LOCAL DIALYSIS SERVICES PROVIDE ESSENTIAL CARE TO OUR FRIENDS AND NEIGHBORS.

AFTER YEARS OF living with undiagnosed high blood pressure, Kirk Olson, local farmer and rancher, learned he was in need of a kidney transplant and had to endure significant time on dialysis as he waited for a kidney. Olson was grateful to undergo treatments close to home in Huron until his prospect of a transplant became a reality.

“I was receiving dialysis when I got the life-changing call that I was going to Sioux Falls for a transplant,” Olson says. “After three years of dialysis and five years on the transplant list, I was going to get back to what I love – getting up early to feed the cows.”

Story continues on page 4



Kirk Olson, former dialysis patient

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A Letter From Our CEO



Erick Larson,
President and CEO

CONSTANT CHANGE IS the one variable we can count on in health care. At Huron Regional Medical Center, we are excited about changes that will enhance our ability to provide community-focused, patient-centered care.

We are pleased to welcome internal medicine physician Raul Octaviani, MD, HRMC Foundation executive director Levi Kary and certified nurse practitioner Stephanie Vanden Berge to the HRMC family. All three individuals bring with them extensive experience in their fields and a shared passion to serve others.

We have also moved our wound care clinic to our HRMC Physicians Clinic, improving both accessibility for patients and functionality for staff. In addition, we look forward to the unveiling of our expanded dialysis unit. With

the addition of five more beds, we have the capacity to serve up to 36 patients a week. We know our community will be better served because of having this service refreshed and renewed with the capacity to ensure no local resident needs to look anywhere else for this life-sustaining service.

I am tremendously proud of the commitment to selfless service I witness on a regular basis and fully appreciate the level of effort required by so many. Onward and upward!

Erick Larson
President and CEO
Huron Regional Medical Center

— Save the Date for —

GOLFING FOR A CAUSE

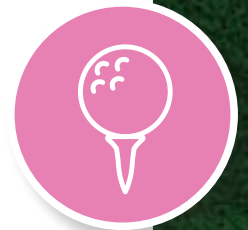
GOLFERS, GET YOUR PINK POLOS AND PUTTERS READY. IT'S ALMOST TIME FOR THE HRMC FOUNDATION'S GOLFING FOR A CAUSE TOURNAMENT.

JOIN US AT Huron's Broadland Creek Golf Course on Wednesday, June 14, for Golfing for a Cause, one of HRMC Foundation's premier fundraising events. This year's tournament has space for 18 four-person teams. Each team will compete in a "breast ball" scramble benefiting the HRMC Foundation We've Got You Covered fund, which provides free mammograms for women in need.

"Golfing for a Cause is going to be one of the first local golf tournaments of the year," says Levi Kary, executive director of the HRMC Foundation. "After the winter we had, I'm looking forward to being out on the course and seeing everyone enjoy themselves."

We hope to see you for a fun day of golf to help support women's health through the We've Got You Covered program.

■ To sign up for Golfing for a Cause or donate to the HRMC Foundation, call (605) 353-6315 or visit www.hrmcfoundation.org.



— Meet — Dr. Octaviani

INTERNAL MEDICINE PHYSICIAN RAUL OCTAVIANI, MD, IS EXCITED TO JOIN HURON REGIONAL MEDICAL CENTER, BUILD LONG-TERM PATIENT RELATIONSHIPS AND PUT DOWN NEW ROOTS IN SOUTH DAKOTA.



BORN IN PUERTO Rico, Raul Octaviani, MD, spent much of his youth moving around the U.S. while his father, also an internal medicine physician, cared for patients at different health care facilities.

“My father was part of the VA Medical Center and got to work in different sites,” Dr. Octaviani says. “When I was about 5, we were living in Michigan’s Upper Peninsula. I remember late at night, he would have to go to the hospital to see a patient and take me with him. That’s where I got really interested in medicine.”

PATIENT CENTERED, HOLISTIC HEALTH CARE

Today, Dr. Octaviani works with his own patients at the hospital and HRMC Physicians Clinic. As an internal medicine physician, he partners with his patients to find the root cause of their health issues and create tailored treatment plans that match each individual’s goals and lifestyle. His approach is to care for the whole person, not just their symptoms – because everyone is different.

“Hospitals in large cities are moving toward cookie cutter care and away from personalized, individualized medicine,” Dr. Octaviani says. “In the small community environment, we retain the traditional components of medicine. You get to know patients and develop a connection and bond. We bring the focus back to holistic medicine.”

PLANTING ROOTS

When he is not working, Dr. Octaviani is thrilled to share farm life with his family. The environment is also a perfect fit for one of his other passions – dog training. Dr. Octaviani participates in competitions with his dogs and volunteers for a charity that donates trained dogs to underserved police departments. Brazilian Jiu Jitsu is another great interest of Dr. Octaviani’s. He hopes to spark community interest in the activity and start a local club.

■ **Call (605) 353-7660 to make an appointment at the HRMC Physicians Clinic with Dr. Octaviani or Stephanie Vanden Berge, CNP.**

“ From a medical standpoint, my focus is on the individual and their goals. When we keep those things in mind, everything else will fall into place.”

— **Raul Octaviani, MD, board-certified internal medicine physician**



Welcome to the Team!

HRMC Physicians Clinic welcomes Stephanie Vanden Berge, certified nurse practitioner (CNP). Vanden Berge has a wealth of experience in urgent care and will be available to perform DOT physicals, wellness exams and a variety of primary and same-day care needs. Vanden Berge is welcoming new patients.

“The Huron dialysis staff are a group of very smart, professional and compassionate caregivers that genuinely care about their patients. They become like family to one another.”

— Tina Melanson, MD, FNKF, FACP, nephrologist and dialysis medical director at HRMC



Lucas Bergquist, former dialysis patient

For many patients living with kidney disease, kidney failure and those awaiting transplant, dialysis can be a life-preserving and even life-saving treatment. Lucas Bergquist, a former corrections officer and father of two, was equally grateful for the opportunity to receive his own dialysis treatments at HRMC.

“Having a rare kidney disease caused a progressive shutdown of my kidney function,” says 35-year-old Bergquist. “I was doing the best I could, but I was very weak. It was hard for me to get around and do simple things.”

Bergquist received dialysis for five years as he awaited kidney transplant. Due to capacity limitations and water system shutdowns, Bergquist occasionally had to travel out of town for his treatment.

“Receiving dialysis gave me hope to hang in there and fight until I got a new kidney, but the weakness that it caused made travel extremely difficult,” Bergquist says. “Being able to receive dialysis close to home until I received my transplant was a huge benefit.”

FILTERING THE FACTS

When a patient’s kidneys fail, the dialysis machine takes over, removing toxic body waste products and extra fluid. The most common causes of kidney failure in the U.S. are diabetes and high blood pressure.

In patients awaiting kidney transplant, like Bergquist and Olson, dialysis can be seen as a bridge to an opportunity for a more normal quality of life. Dialysis also gives people time to improve some of their chronic medical conditions so they can have a more successful transplant.

“A lot of education goes into being on the transplant list,” says Jennifer Jungemann, RN, BSN, director of dialysis at HRMC. “We work with patients individually to ensure they’re physically and emotionally ready for the journey.”



Jennifer Jungemann, RN, BSN

Dialysis Center Expansion This Summer

The \$2.45 million project to relocate and renovate the Huron Regional Medical Center dialysis unit, which kicked off in December 2022, is expected to be completed this summer. The new unit accommodates 12 chairs, increasing the number of patients helped each week from 21 to 36.

More features of the expanded unit include:

- ground-level access to treatment
- same highly trained and empathetic staff
- two additional isolation rooms for people who are ill
- upgraded water system

HRMC’s hemodialysis technicians have been training since November 2022, and departments across the hospital have coordinated to make sure the new unit will be ready on time.

■ You can help provide this life-saving treatment. To find out how you can support the HRMC Foundation’s dialysis endowment or capital campaign, please contact the HRMC Foundation at (605) 353-6315.



Here's to a **Healthy Summer!**

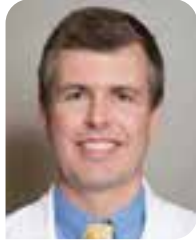


HURON REGIONAL MEDICAL CENTER SPECIALTY CLINIC PHYSICIANS WEIGH IN ON BEST PRACTICES TO SAFELY CELEBRATE THE WARM WEATHER SEASON.

SKIP THE SNEEZING

In South Dakota, grasses and ragweed can cause many summer allergies. Itchy and teary eyes are common, as are hives and rashes. Allergies can also result in nasal congestion and/or a runny nose, which can lead to sinus infections.

“When over-the-counter medications, such as antihistamines, do not help or if you also have asthma, visit an allergist,” says Greg Danielson, MD, allergist and otolaryngologist. “Today’s immunotherapy options given in the form of allergy shots or drops under the tongue can provide effective, long-lasting relief.”



Greg Danielson, MD, allergist and otolaryngologist

KEEP SKIN SAFE AND SOUND

“Roughly 80% of my workday is spent addressing skin cancer,” says Jeff Smith, MD, dermatologist. “By following a few simple steps, you can significantly reduce the damage caused by chronic sun exposure while also enjoying time outside.”

For effective protection, liberally apply sunscreen with a sun protection factor of at least 30 before going outdoors. Choose cream options instead of spray, as it is easier to see areas you may have missed. Set a goal to reapply every two hours.

An even easier option is to wear breathable, sun protective clothes and hats that completely cover your ears and face. But don’t forget to apply sunscreen to areas that are still exposed, like the back of your neck and top of your hands.



Jeff Smith, MD, dermatologist

A Recipe for Two:

Strawberry Avocado Spinach Chicken Salad With Homemade Dijon Mustard Dressing



Kelsey Raab, RD, LN, CDCES, registered dietitian

“This fresh and seasonal salad features bright flavors and a satisfying burst of protein,” says Kelsey Raab, RD, LN, CDCES. “It will energize you without weighing you down.”



INGREDIENTS

- 1 5-ounce package spinach
- 2 medium chicken breasts
- 1 medium avocado, sliced
- 8 ounces strawberries, sliced
- 1 medium cucumber, sliced
- 2 tablespoons sliced almond
- 2 tablespoons Parmesan cheese
- 1/4 cup red wine vinegar
- 2 tablespoons white sugar (or use honey)
- 1/4 cup avocado oil
- 1 tablespoon stone ground Dijon mustard
- 1 tablespoon olive oil mayonnaise

DIRECTIONS

1. Cook chicken breast in oven at 425° F until internal temperature reaches 165° F. Remove from oven and slice.
2. While chicken cooks, wash strawberries and cucumber and set aside.
3. In a mason jar, combine vinegar, sugar, avocado oil, mustard and mayonnaise. Add lid and shake to combine. Set aside.
4. In two serving bowls, layer spinach, strawberries, almonds, Parmesan cheese and cucumbers. Top with chicken breast and drizzle with dressing.

Note: Save extra dressing in the refrigerator and use again.

NUTRITION INFORMATION per serving

Calories: 544
Total fat: 39g
Saturated fat: 7.4g
Trans fat: 0.2g
Cholesterol: 96mg
Sodium: 203mg
Potassium: 881mg
Total carbohydrates: 15.5g
Fiber: 5.7g
Sugars: 7.2g
Protein: 34.2g

A Note From the **New HRMC Foundation Executive Director**

I'M LEVI KARY, and I joined the HRMC Foundation on a part-time basis in February 2023 before stepping into the role of executive director full-time in March.

Growing up in a rural community in South Dakota, friendly people and a supportive, hometown feel are important to me. My wife, a native of Huron, and I joined the community seven years ago and are raising our two boys here. Huron has truly become home for us, and I am passionate to ensure we sustain quality health care for years to come.

Prior to joining the HRMC Foundation, I worked in the local banking and trust industry and served on several community boards. When this opportunity became

available, I jumped at it. HRMC is vitally important to the community, and working to ensure it continues to thrive is incredibly gratifying.

I've learned in a short period of time that we have an extremely generous community. I look forward to visiting with members of our community and highlighting the great work HRMC is doing.



■ **To learn more about the HRMC Foundation and opportunities to get involved, call us at (605) 353-6319.**



Levi Kary,
HRMC Foundation
Executive Director

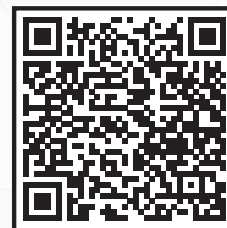
HRMC Foundation Donors, Jan. 1 through March 31, 2023.

Thank You



WE AT THE 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 appreciate your support!



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Continuing a Rich Legacy of Service

A LOT HAS CHANGED AT HURON REGIONAL MEDICAL CENTER DURING OUR 75-YEAR HISTORY. THE SELFLESS SUPPORT OF HRMC AUXILIARY VOLUNTEERS HAS REMAINED.

FOR GENERATIONS, HRMC Auxiliary volunteers have played a vital role in greeting patients and visitors and helping them find their way around HRMC. They deliver flowers, newspapers and other items to brighten patients' days and operate our gift shops. HRMC Auxiliary membership dues and gift shop proceeds fund scholarships to students pursuing medical degrees and support various needs at HRMC, such as tablets for hospitalized children and extra clothing for patients in the emergency department.

STILL GOING STRONG

After decades of service, the HRMC Auxiliary shows no signs of slowing down. In 2022, members contributed more than 4,200 hours of their time to HRMC.

You can help keep the tradition going by becoming an HRMC Auxiliary member. HRMC patients and visitors aren't the only ones who stand to benefit. Being part of the HRMC Auxiliary is a great way to stay active, meet new people and find purpose through service.

■ Interested in joining the HRMC Auxiliary? Call Bonnie Sheridan at (605) 354-1233.



Auxiliary Desk Volunteers



Dianne Gropper, HRMC Auxiliary Volunteer



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