

wellOne a publication from your friends at Huron Regional Medical Center

Connection

*We're
Growing
for You*

TO ACCOMMODATE OUR GROWTH, HRMC PHYSICIANS CLINIC IS ADDING A SECOND STORY.

EVERY DAY, Huron Regional Medical Center strives to provide expert medical care with compassion. With a number of exciting new developments, the future looks brighter than ever.

After years of being home to excellent care, the HRMC Physicians Clinic will begin an expansion project so even more local residents will have access to quality care for the whole family—under one roof. Once completed in summer 2022, the clinic will be transformed from a single-story structure to a two-level clinic.

Story continues on page 4.



Erick Larson, HRMC president and CEO, Justin Picek, HRMC board member, and Dr. Robert Hohm, Tschetter & Hohm Clinic, pose for a photo in front of the HRMC Physicians Clinic as they review the construction plans for HRMC's expansion.

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Erick Larson

A Letter From Our CEO

In Praise of Our People

WE RECENTLY CELEBRATED National Hospital Week at Huron Regional Medical Center. For years, we've used this special time to pay tribute and express our gratitude to the staff and physicians who make our mission of caring for our community possible. This year, more than a year into the COVID-19 pandemic, National Hospital Week took on a deeper meaning as all of us have come to realize just how essential (and exceptional) health care workers are.

Throughout the pandemic, HRMC staff have demonstrated their commitment to our patients in countless ways while dealing with a never-before-seen virus and its effects on them and their families. Last fall, when we were caring for our highest number of patients with COVID-19 to date and several staff members tested positive for the coronavirus, their colleagues stepped in to ensure care continued uninterrupted. A pair of young nurses – a husband and wife – volunteered to staff our COVID-19 unit for several weeks last fall to protect their higher-risk colleagues from potential exposure to the coronavirus.

Those are far from the only examples of selflessness our staff members have displayed during the pandemic. Our providers volunteered to staff the COVID-19 testing center in Huron every week for months. Others performed COVID-19 tests in our emergency department. Our staff's spirit of service wasn't confined to HRMC – a nurse practitioner who wasn't part of our team volunteered to serve as a nurse in our COVID-19 unit to help her community.

During National Hospital Week, in addition to recognizing our incredible staff, we memorialized and celebrated the dozens of people in our community who lost their lives to COVID-19. We mourn their passing, yet we're also grateful that we've been able to help hundreds of patients during the pandemic. We did this together because no one could have done it alone. It takes all of us.

Erick Larson
President and CEO
Huron Regional Medical Center

SAVE THE DATE: 22nd Annual Humanitarian Golf Tournament

MARK YOUR CALENDAR FOR A SATURDAY ON THE GREEN.

THE 22ND ANNUAL Humanitarian Golf Tournament, presented by the Huron Regional Medical Center (HRMC) Foundation, is set for Saturday, September 11, 2021 at Broadland Creek Golf Course. This year's fun-filled event will be a four-person scramble with a wide variety of pin prizes. The cost is \$350 for a four-person team and includes green fees, cart, and four complimentary meals, a sack lunch and dinner. Watch for details!



HRMC
Huron Regional Medical Center

Let's Talk About

Joint Pain Relief

Learn more at our free joint pain seminar:

June 10 at 5:30 p.m.

RSVP at www.huronregional.org/BeWell | HRMC Legacy Plaza Auditorium (or via Zoom)
When you RSVP and sign up for HRMC's BeWell eSeries, you'll be entered for a chance to win a healthy gift pack.

Welcome, Dr. Oyler!

OUR NEWEST PHYSICIAN IS JOINING US FROM TEXAS.



Vincent Oyler, MD

ON MAY 10, Vincent Oyler, MD, officially joined the Huron Regional Medical Center team. Dr. Oyler joins us from UT Health East Texas, where he has worked since 2016.

Board-certified in family medicine, Dr. Oyler will be working to transition care for patients of Mark Belyea, MD, as he prepares to retire May 28. Dr. Oyler will also be seeing new

patients of all ages at HRMC Physicians Clinic.

Dr. Oyler believes in advocating for patients and working together to create care plans. He chose to specialize in family medicine because of the diversity and problem-solving that the specialty provides.

Over the past year, Dr. Oyler has also excelled in building a telemedicine practice, and he's

excited to continue providing remote care to our more rural patients. He hopes the convenience of video visits will encourage more people to stay on an appointment schedule for their chronic conditions.

Dr. Oyler is a graduate of The University of Texas Medical Branch and the University of Houston. In his spare time, he enjoys ballroom dancing, weight lifting, travel and reading comic books.

■ Visit www.hrmcphysiciansclinic.org to schedule an appointment with Dr. Oyler.

A Good Night's Sleep

A NEW PROCEDURE COULD GET SOME SLEEP APNEA PATIENTS OFF CPAP.

MANY PEOPLE WITH sleep apnea use a continuous positive airway pressure (CPAP) machine to safely sleep through the night. But the noisy machine and uncomfortable mask is not beloved by patients.

That's why Greg Danielson, MD, a board-certified otolaryngologist at Midwest Ear, Nose, Throat & Allergy in Sioux Falls who has monthly visits at Huron Regional Medical Center, is now offering the FDA-approved Inspire treatment to patients with moderate to severe sleep apnea.

The small device uses technology similar to a pacemaker to stimulate a nerve under the tongue during sleep. This gentle pulse moves the tongue to prevent breathing blockages without the use of a CPAP machine.

After patients heal from the minimally invasive outpatient surgery, they operate the implant at bedtime via



Greg Danielson, MD,
Otolaryngologist

a remote control with adjustable settings. Then the implant, triggered by the patient's breathing, gently pulses as the patient sleeps.

"Normalizing oxygen levels during sleep has overall health benefits," Dr. Danielson says. "Also studies show that 90% of people's spouses say snoring is completely gone or has been reduced to just soft snoring."

Not everyone is a good fit for the Inspire technology, and insurance may not cover it for people who are considered significantly obese.

■ If you're on CPAP, find out if Inspire could work for you. Schedule an appointment at www.huronregional.org/find-a-doc.



Securing the Future of Local Medical Care

After World War II, Drs. Paul, John and Joseph Tschetter and Drs. Paul and Ted Hohm founded Tschetter & Hohm Clinic. Nearly 30 years later, Paul's son, Robert, joined the clinic after finishing medical school.

Fast forward to present day. After caring for patients for more than 40 years in the clinic his family built, Robert Hohm, MD, internal medicine physician, was thinking of retirement and needed a plan.

"My family has cared for patients at the same office since Christmas of 1949," says Dr. Robert, which is the name patients quickly adapted to refer to the younger Dr. Hohm. "My primary concern is to maintain local health care in the Huron area, and turning the clinic over to HRMC is the best way to do that."

HRMC plans to assume clinic operations on July 1, 2021 and the physicians, providers and staff will become HRMC employees, but remain in the same building.

"This isn't something we came up with on the spur of the moment," Dr. Robert continues. "As the clinic's partners plan to retire, I wanted to transition the clinic in an orderly fashion, before the transition turned into an emergency situation."

While the clinic will change owners, Tschetter & Hohm Clinic patients can rest assured care will remain for future generations. The same services will be provided and a number of familiar faces will stick around. When the HRMC expansion is complete in summer 2022, employees and some of the providers will move into the HRMC Physicians Clinic.

"The most important part of this transition is that our patients can continue to receive the care they've come to expect without having to travel out of town," says Dr. Robert.

Story continued from cover.

"We're going to be breaking ground in early June to begin an expansion of our clinic, making space to accommodate the addition of three new physicians, as well as staff and patients of Tschetter & Hohm Clinic," says Erick Larson, MBA, president and CEO of HRMC. "Part of our responsibility to our community is to make wise investments to further the quality of the care they can receive in the community. Great quality care here at home is really what we're after."



Driven by Community Trust

"This is an exciting time to be part of HRMC," says Justin Picek, owner of Picek Construction Co., Inc., and an HRMC board member. "As our community's demographics and culture change, HRMC continues to provide quality patient care. They do it by attracting excellent providers to the area."

Picek is serving as the owner's representative working with the HRMC construction committee and facilities staff, as well as the architect and construction manager, to ensure the project will serve the needs of HRMC and the community for years to come.

With twice the room, the clinic will have space for 10 additional physicians. However, the extra room isn't a luxury. It's a necessity, driven by the community's trust.

We're not only adding a second floor to the HRMC Physicians Clinic. We're also welcoming new faces. In addition to Vincent Oyler, MD, who joined HRMC this month (see Page 3), two new internists, Kristen Hughes, MD, and Brett S. Mathers, DO, are joining HRMC Physicians Clinic in September.

"Since the clinic opened in 2014, we've had a tremendous impact on our community," says Jennifer Kalahar, CPME, HRMC Clinics and Outreach Director. "This growth will further enhance our ability to serve people and keep them from having to travel far to receive necessary care."

"We want our community to believe, feel and know we're a community asset and that we're here for them," says Larson. "All our investments are made with one purpose in mind – to further the quality of care available to our community."



Jennifer Kalahar, CPME
HRMC Clinics and
Outreach Director

Watch for more details on the clinic expansion on www.huronregional.org and our Facebook page.

- Prepare for a — Safe *Summer*

WHETHER IT'S SWIMMING OR A STROLL IN THE SUN, HERE'S HOW TO KEEP YOUR FAMILY SAFE WHEN HAVING SUMMER FUN.

EVEN THOUGH SCHOOL will be out soon, safety doesn't take a summer vacation. And regardless of how you and your loved ones will spend your days, we want you to prioritize your health. If you need inspiration on how to start your summer, we've got three ideas for weekend activities, as well as advice from three providers about how to keep you and your family safe.

A Picnic in the Park

To avoid becoming a snack for mosquitoes, select a bug spray that contains 10-30% DEET.

Bug sprays with DEET should only be applied once a day. Spray clothing and exposed skin, but avoid the hands and face.

A Day at the Pool

If you take your kids swimming, watch them the entire time they are in the water. Drowning can happen silently and sometimes in a matter of seconds.

Avoid inflatable float toys for kids who are not strong swimmers. Instead, have your child wear a Coast Guard-approved life jacket.



A Walk in the Woods

"Forest bathing," or spending time in nature, has been shown to have numerous benefits for mental health. You don't need to go to an actual forest either; a simple walk outdoors will do. Just remember to use sunscreen, even when you're in the shade.

Even on cloudy days, 80% of the sun's ultraviolet rays can reach your skin. Choose a sunscreen with broad-spectrum protection and a sun protection factor (SPF) of at least 30.

Apply sunscreen on skin that isn't covered by clothing, and wait 15 minutes before going outside. If your walk will last two or more hours, bring the sunscreen with you to reapply.

■ To learn more about summer safety, visit our Health Library at www.huronregional.org.

3 Reasons to Start Gardening

1

All that digging, weeding and watering is a great way to get exercise.

2

Investing time in a relaxing hobby can help alleviate stress.

3

The whole family can get involved. Gardening's an opportunity to teach kids how things grow.

Try planting these in your home garden.

- Broccoli
- Cabbages
- Carrots
- Cucumbers
- Green beans
- Lettuce
- Tomatoes
- Strawberries
- Zucchini



Sara Braskamp
Registered Dietitian

Bonus Reason: Delicious, Nutritious Food

"A diet rich in fruits and vegetables has many health benefits, including a reduced risk of heart disease, lower blood pressure and a lower risk of eye problems," says Sara Braskamp, a registered dietitian at Huron Regional Medical Center. "If you want organic produce, you can skip the fertilizer and pesticides."



Shawn Martin,
Executive Director

Thank You



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 appreciate your support!

HRMC Foundation Donors, Jan. 1, 2021 through Mar. 31, 2021

COVID-19 Response

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Duane's Carpet Outlet
Esther M. Gilchrist
TG Westphal and Liz Hiles

Dialysis Endowment

In Memory of Robert "Bob" Cameron
Alan and Susan Hattel
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Dr. Paul & Carol Hohm Scholarship Endowment

In Memory of Carolyn Gray

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In Memory of Dr. Clifford and Virginia Lardinois

Michael and Carolyn English

In Memory of Dick Shelton

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• denotes HRMC Employee

* denotes HRMC Foundation Board Member

◆ denotes HRMC Board Member

22ND ANNUAL Papa Luigi Virtual Tour Raises \$33,000

With the in-person Papa Luigi event canceled, supporters contributed to the cause through an online auction, a virtual raffle and a fun video challenge. Funds raised help provide scholarships to future medical professionals, purchase state-of-the-art equipment and ensure the health and well-being of Huron for generations to come. Thanks to everyone for your support!



DOUG AND MARLYS BALVIN



A PRACTICAL GUIDE to Giving

By Gordon Wollman, MS-Financial Planning, CFP®
Founder & CEO, Cornerstone Financial Solutions
Wealth Advisor, RJFS



MAKING A DIFFERENCE. Helping those in need. Establishing a family tradition of giving. Whatever your inspiration, you don't have to be Bill Gates to be a successful giver. Start with some questions:

1. How involved would you like to be in giving decisions?
2. Do you want to give during your lifetime and see the impact firsthand or simply include gifts in your estate plan?
3. Do you want to involve family members?

Next, think about how you'd like to give. Volunteering and outright gifts like cash offer flexibility and the ability to respond to immediate needs. Donations can have a bigger impact if you limit tax consequences for yourself and the organization:

- **Qualified Charitable Distribution (QCD).** At age 70½ and older you can transfer up to \$100,000 directly from your IRA to a charity, including all or part of your Required Minimum Distribution (RMD), then exclude that amount from your reported income.
- **“Bunch” your gifts** into one of two tax years to more easily meet the higher standard deduction caused by the 2018 tax law change.
- **Donate long-term appreciated stock** held for more than a year. Claim fair market value as an itemized deduction and avoid paying capital-gains tax.

- It's also possible to **donate complex and illiquid assets**, such as private company stock, restricted stock, real estate, alternative investments or other long-term appreciated property, which often have a relatively low cost-basis.

Your financial advisor or attorney may suggest **planned giving**, such as naming a charity in your will, creating a revocable trust, or naming a charity as beneficiary on your insurance policy or IRA. Or, you may require a more complex solution, such as:

- **Irrevocable charitable remainder trust (CRT)** – Income during your lifetime, remainder to the charity after death
- **Charitable lead trust (CLT)** – Charity receives income for a set period first, heirs receive the rest
- **Donor-advised fund (DAF)** at a public charity
- **Private foundation** – Makes donations (grants) to other charities, recipients are up to you (some restrictions)

Money and financial decisions can be emotional, and your estate plan and charitable giving should coordinate with your investments and tax strategy. Take the time to clearly define your goals, and work with your financial advisor or attorney to design a strategy that aligns with your financial plan.

Sources: raymondjames.com/commentary-and-insights

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Papa Luigi Donors

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♦ Denotes HRMC Board Member

OPEN THE DOOR TO MORE

Convenient Health Care

WITH THE NEW HURON REGIONAL MEDICAL CENTER HEALTHLIFE PATIENT PORTAL, ANYTIME IS A GOOD TIME TO MANAGE YOUR HEALTH CARE — AND YOU ONLY NEED ONE TOOL TO DO IT.



PART OF HRMC'S new electronic health record system by Cerner, HealthLife is a one-stop destination for reviewing your health information, requesting appointments, communicating with providers and more. Using our new patient portal, you can see your health profile, lab results, patient education and discharge instructions, as well as pay for services rendered in any HRMC clinic or medical center department whenever you want. That includes the HRMC Physicians Clinic, Women's Wellness Center and HRMC Pro Rehab.

HealthLife also allows you to:

- Access lab results
- Request or cancel medical appointments
- Request prescription refills
- Send secure messages to your providers
- View a list of your medications and immunization history

Best of all, you can complete health care-related tasks, such as requesting a prescription refill, when it's most convenient for you, whether it's before the workday begins, late at night once your children are in bed or on the weekend.

How to Sign Up

HealthLife became available on February 15. If you've visited the hospital or your provider's office since then, you've likely received an invitation via email to enroll in the portal. Click the "Accept Invitation" link in the email and follow the instructions to create your account. You can access the portal through your internet browser or by downloading the "HealthLife by Cerner Corp" app from the Apple App Store or Google Play.

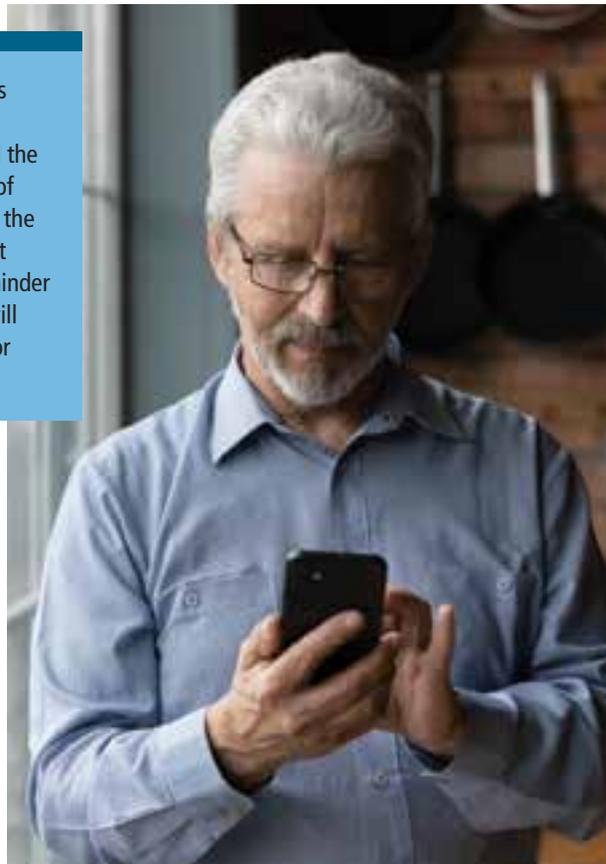
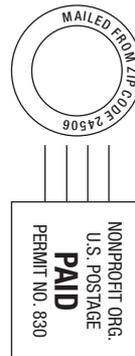
■ **If you haven't enrolled in HealthLife, ask for an email invitation at your next medical appointment or call your provider's office to request an invitation. Learn more about our new patient portal by visiting www.huronregional.org/patients/follow-up/healthlife-portal.**

Worried you'll miss your next medical appointment amid the hustle and bustle of everyday life? Use the HealthLife patient portal to set a reminder for yourself that will send as an email or text message.

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HRMC
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