



wellOne

a publication from your friends at Huron Regional Medical Center

Connection



A Message From the

Heart

MARLENE SCHUELKE HESITATED TO LISTEN TO HER HEART WHEN IT TRIED TO TELL HER IT WAS IN DANGER. SHE WANTS OTHER WOMEN WHO EXPERIENCE HEART CONDITION SYMPTOMS TO TAKE THEM SERIOUSLY.

FAMILY IS EVERYTHING to Schuelke, a 59-year-old wife, mother and grandmother from Willow Lake who works in the central scheduling department at Huron Regional Medical Center. She enjoys spending time with her nine children and 11 grandchildren, as well as taking weekend trips with her sisters. During late spring of 2020, however, a heart problem threatened her ability to continue making memories with the people she loves.

On June 4, 2020, Schuelke headed inside after playing with her grandchildren in the yard when frightening symptoms struck.

“I opened the patio door and instantly felt a crushing pain in my chest,” she says. “As quickly as the chest pain occurred, I also felt a terrible burning sensation down my left arm. I was hot and sweaty and felt like I might pass out.”

Story continues on page 4.



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Take This to HEART

WHAT YOU DON'T KNOW ABOUT HEART DISEASE COULD HURT YOU.

FOR YEARS, HEART disease has remained the top cause of death in men and women. Why is it so deadly, year after year?

Here are two reasons you may not know.

REASON 1: It Affects Anyone

While your heart disease risk increases as you age, it doesn't start then. In fact, one in five heart attack survivors is age 40 or younger. While heart attack rates are dropping overall, they are on the rise among younger adults, particularly women.

What can you do?

Take heart disease prevention seriously. Take action today to protect your most valuable muscle. Eat a healthy diet, get plenty of exercise and see your provider for your annual screenings.

Do this and you'll be prepared to keep heart disease and other diseases at bay, no matter your age.

REASON 2: COVID-19

You know COVID-19 is bad news for your body, especially your heart.

Recent research has found that COVID-19 does more than cause fever, cough, breathing problems and loss of smell or taste. It also damages your heart.

Don't have heart disease? That's no reason to put your guard down. Studies have found that some COVID-19 survivors wind up with heart damage. Many of these survivors don't experience symptoms bad enough to be admitted to the hospital.

Wash your hands often, wear a mask and keep your distance. But don't stop there when it comes to protecting yourself from COVID-19. Eat a variety of fruits and vegetables each day. This will help your body get plenty of vitamins and minerals, which are needed to help your immune system do its job.

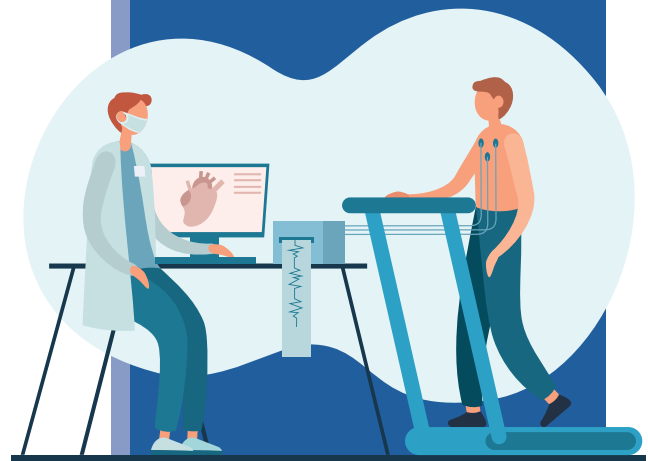
■ **Need a stress test? There's no need to leave home. HRMC offers both exercise and nonexercise stress testing. Call 605-353-6212 or ask your care provider.**

Stress the Test

Wondering how your heart is doing? A stress test can give a quick look at its strength and health.

During a stress test, you're connected to a series of electric leads. You then walk on a treadmill or ride a stationary bicycle. As you exercise, the leads transmit data about your heart's activity. Your provider reviews this information to determine if your heart is struggling to function or is in good shape.

Depending on the results, you may be referred for further testing or medical intervention.





Shawn Martin,
Executive Director

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We appreciate your support!

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TRAINING TOMORROW'S WORKFORCE

THE YOUTH CNA APPRENTICESHIP PROGRAM AT HURON REGIONAL MEDICAL CENTER OFFERS HIGH SCHOOL STUDENTS AN OPPORTUNITY TO EXPERIENCE THE NURSING PROFESSION.

In January, a group of junior and senior high school students from Huron and the surrounding area took their first steps toward careers in the health care industry. As part of a collaborative effort between HRMC, the State Department of Labor and Regulation (DLR), Southeast Technical College (STC) and area high schools, students can learn and perform nurse aide duties – while earning a paycheck!

“We’ve been working on creative ways to build our workforce and get youth involved in health care career exploration,” says Brooke Sydow, HRMC’s program manager. “We applied for start-up grant funds through the DLR to build a youth registered apprenticeship and were awarded funding! We are excited to see the new program get underway, and hopefully establish a direct pathway for our youth to get started in health care.”

Key Details
High school juniors and seniors who are eligible for dual credit courses are invited to apply for the newly developed youth apprenticeship.

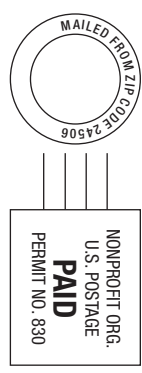
The program requires students to apply for HRMC’s nurse aide apprenticeship position and meet STC’s enrollment requirements. Once accepted into the program, students complete STC’s face-to-face CNA course at Huron Community Campus. The course includes online coursework, in-person lab and clinical training and the certifying exam. After students earn their certification, they will complete a paid internship as a CNA.

As each apprentice masters required skills, they will begin taking STC’s online Medical Language course for dual credit. As they progress through the course, students will complete rotations in three to five different HRMC departments of their choice.

“The youth apprenticeship is designed to allow students to complete a year of health care experience, earn four college course credits, learn valuable workplace skills and receive paid on-the-job training,” Sydow says. “We hope this apprenticeship provides an opportunity for high school students to get started and remain in the world of health care.”



■ To learn more about the Youth CNA Apprenticeship Program, visit www.huronregional.org/explore-careers or call (605) 353-6589.



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