

Glover is Sanford Vermillion PRIDE Employee



Pictured are Jeff Berens, chief nursing officer, Ellie Glover, December Employee of the Month and Gayle Matzke, director of nursing, Sanford Care Center, Vermillion. (Submitted photo)

Glover is Sanford Vermillion PRIDE Employee

Ellie Glover, CNA, Sanford Vermillion, was selected as the Sanford Vermillion December 2013 PRIDE Employee of the Month. She has been employed here since July 2012.

Nominations for Glover included the following:

Personalized Service: Ellie takes great consideration and time into making sure all residents are engaged, safe and happy.

Respect: Ellie shows respect through considering residents wants/needs; offering choice; providing privacy and private conversation.

Innovation: Wow! Ellie hit it out of the ballpark with her speech at the Sanford Arts Vermillion

Open House and Art Exhibition. Sharing her experience with such detail and enthusiasm to the program was truly amazing. There were many tears of heartfelt emotion in the crowd listening to her inspiring message of how Arts in Healthcare has impacted her and the residents' lives.

Dedication: Ellie shows great dedication on every shift every time. She showed dedication to Sanford Vermillion through her willingness to talk in front of family, friends and co-workers about the program.

Excellence: Ellie "digs deep" in her engagements with residents, she demonstrates excellent customer service to everyone she encounters. She is a young inspiration to the healthcare field.

Great job, Ellie!

Additional Comments: Observing Ellie with residents and encouraging them to participate, joining them in their participating has been a joy to see. Ellie has such compassion and passion for her job. Thank you Ellie for supporting the SAV program, seeing and being the difference.

"Ellie does a wonderful job with all residents. She is very patient and caring. She goes over and beyond what is expected of her," said Gayle Matzke, director of nursing, Sanford Care Center, Vermillion.

Ellie resides in and is a native of Vermillion. Ellie is a student at the University of South Dakota pursuing a degree in nursing. She enjoys spending time reading and cooking.

Gov. Daugaard returning to China, inviting business leaders to join him

PIERRE – This spring Gov. Dennis Daugaard will be making his way across the globe to visit Beijing and Shanghai on his third trade mission to China as governor.

Once again, Daugaard is inviting South Dakota business leaders to join him.

"I am looking forward to returning to China next year," said Gov. Daugaard. "There are many opportunities for South Dakotan businesses in the Chinese market. Last spring, Millennium Recycling participated in our trade mission and by November, they had shipped more than 100 tons of scrap newspaper to a paper mill in China."

"Our office recognizes the value of exporting," said Pat Costello, commissioner of the Governor's Office of Economic Development. "With 70 percent of the world's purchasing power outside of the United States, South Dakota companies continue to

benefit from exploring new markets."

Companies interested in exporting to China who would like to join the governor on the trade mission are encouraged to apply. Preference will be given to companies in the following targeted industries: Value added-ag, advanced manufacturing, biosciences, professional business services and energy. Eligible companies will be reimbursed after the trade mission for up to 30 percent of the travel, hotel and visa expenses for one company representative.

The trip is tentatively scheduled for May 6-15, but is subject to change based on the companies selected to participate.

Visit www.sdreadytowork.com for more information about the upcoming trade mission. Applications must be submitted prior to Jan. 17.

The Prairie Doc Perspective

Don't lose it

By Richard P. Holm M.D.

This is a lesson for kids of every age; for babies, and toddlers, for teenagers and young adults, for older adults and even the very old: daily movement and physical activity improves the quality of life for anyone who finds the discipline to walk. And if you don't use it, you lose it.

If you ask any of my patients, many will tell you I sound like a broken record that keeps repeating the same exercise recommendation. I'm sorry, but over the years I have been convinced that, with few exceptions, no matter what age and condition, no matter what size and shape, daily exercise is the single best thing we can do for ourselves.

Although the advent of power chairs has been a godsend for many very disabled people, these mobility helpers can be a harmful thing for the borderline disabled who would benefit from having to walk. I observed one elderly person who purchased a used battery powered chair despite my recommendation against it, and watched how he became weakened and then very disabled over just three months, until his family realized what it was doing to him and took it away. And then like magic, he came back to being mobile again, while not dependent on the mobility aid. That real story clarifies the powerful need we all have to keep moving, today and every day.

Discussing independence and preventing falls with a physical therapist yesterday

she spoke about the value of core strength to prevent loss of balance. These are important issues especially for those who are in the retirement years. I asked her which exercise would help that core strength and balance best and the answer was daily walking. Say it again: daily walking.

One gentleman shared with me yesterday that he finally began the exercise program advised, and was pleasantly surprised how much better he felt and how much he has enjoyed the daily two mile walk with the dog. "Walk even through this cold winter sub-zero weather, but you need to dress warm enough," he advised. "And your dog will enjoy it too!"

"I walk today, so I can walk tomorrow," my 95 year old aunt Audrey exclaimed. Those were her actual words and although she has been gone for years, her encouragement to stay mobile has been the perfect theme song for a geriatrician caring for the elderly... and for people of all ages too.

So, don't lose it. You just have to have discipline to walk, today and every day.

Dr. Rick Holm wrote this *Prairie Doc Perspective* for "On Call®," a weekly program where medical professionals discuss health concerns for the general public. "On Call®" is produced by the Healing Words Foundation in association with the South Dakota State University Journalism Department. "On Call®" airs Thursdays on South Dakota Public Broadcasting-Television at 7 p.m. Central, 6 p.m. Mountain. Visit us at OnCallTelevision.com.

Gov. Daugaard names Hultman new labor secretary

PIERRE – Gov. Dennis Daugaard has announced that he will appoint Marcia Hultman to serve as secretary of the Department of Labor and Regulation.

Hultman is currently the department's deputy secretary, and has served as interim secretary since the retirement of Secretary Pam Roberts in October.

"I considered several strong candidates for this position, but found that the best person for the job is already doing the job," said Daugaard. "Marcia Hultman understands the department's important work in developing the state's workforce, helping the unemployed and regulating the banking, insurance and securities sectors. I know she will continue to be a strong leader for the department."

Hultman joined the

Department of Labor in 1997 as a public information officer. She has been workforce services division director since 2000, and additionally became the deputy secretary in 2006. Prior to joining the department, Hultman spent 11 years as a high school English teacher. She is a 1986 graduate of Black Hills State University.

"I am privileged to serve the Department of Labor and Regulation in this capacity and am grateful for this opportunity from Gov. Daugaard," said Hultman. "South Dakota faces many workforce challenges, and I'm looking forward to working hard to identify more strategies to meet our needs."

Hultman, a native of Belle Fourche, has resided in Pierre for the past 17 years. She and her



HULTMAN

husband, Brian, have two sons, Riley and Brody.

The Department of Labor and Regulation includes the Division of Banking, the Division of Employment Services, the Division of Insurance, the Division of Labor and Management, the Division of Securities, the Division of Unemployment Insurance, and Workforce Services.

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