

❖GARDEN

continued from page 17

A large sign at the entrance, picnic tables, and covered message boards, were added in cooperation with the City Park. The Master Gardeners planted several flower boxes.

Even before the HY Community Garden was tilled, the Healthy Yankton group had deep roots within the community. The group stopped traffic to promote the first walk across the upper deck of the US Highway 81 Meridian Bridge in 2006. A Winter Fest has been held annually to encourage active and healthy lifestyles, even during the coldest days of South Dakota winters. HY teamed up with Yankton County 4-H to get pups and their pet-parents walking around the Fantle Memorial Park. The HY group was honored as past Yankton's Volunteers of the Month, February 2012, for their commitment to cultivating the Community Garden. Television stations, radio reports, and regular newspaper coverage have provided a media greenhouse for spreading the news about the HY Community Garden.

Planting ideas for improvement opportunities continues to grow, proving that the Healthy Yankton Community Garden has grown



with the support of the community. While no one can predict the future, the idea for a Community Garden fell on fertile ground, has been carefully cultivated, and continues to produce a place that helps the HY Mission grow, "The Healthy Yankton group encourages lifelong, healthy, active lifestyles by providing education, support and opportunities for individuals and groups in the Yankton area to improve or maintain their health."

❖By Angie O'Connor

❖NURSING

continued from page 9

without any major communication barriers. "We can all learn from each other," explains Mains. "I like to think of myself as being progressive and wanting the best patient care we can provide."

Healy agrees. "Some of the best learning that I ever did in the chest pain department is following Mary Lynn....listening to them and what questions they are asking, what are they doing first."

Mains gives new nurses credit, "Experience is good, but critical thinking skills are huge. You develop your critical thinking skills in school, and to rationally think through what might come down the road with problems that patients could come into, being one step ahead of the game. You need to use this knowledge and these skills."

Healy feels that the most rewarding part of nursing is seeing a really sick patient out in the community later, doing better. "I know that I had a part in that. I know that I was a part of what helped them get out of the hospital and go on and live their life."

Mains agrees, "There is satisfaction of helping a patient become

healthier and preventing adverse effects through our role in helping that patient."

What do Healy and Mains advise the upcoming nursing student? Healy states, "Always make sure you're up to date on what is the best practice. Ask the residents, ask the nursing students, ask the medical students, ask how they are doing this in other places." There is a lot of sharing of information between nurses so don't be afraid to ask questions.

Mains advises, "Be passionate about what you do. Realize that there are going to be, as with any career, times of frustration. Continually grow and learn in your profession because it's changing all the time."

It was clear to me that I just met two nurses who are very passionate about their career. If their attitudes are an indication of the nurses taking care of us, I think we can be assured that we will be well taken care of in any of our fine medical facilities. I could feel a calmness already.

❖By Julie Eickhoff

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