

2015 VHS HOMECOMING ROYALTY



(Left to Right) Men: Joseph Miller, Blake Gilkyson, Matt Ouellette, Brandon Mockler, Paul Schwasinger, Robert McFall. Women: Sophia Taggart, Kayla Stammer, Katie Kost, Kyleigh Melstad, Sowmya Ragothaman (not pictured) Cheyenne Mallory.

2015 VHS CANDLE HOLDERS



(Left to right) Men: Noah Westergaard, Alec Leber, Sam Craig, Jeremiah Johnson, Tristan Meadows (not pictured) Mitchell Sand. Women: Jordan Fostvedt, Morgan Fuller, Emily Schmitz, Natalie Swanson (not pictured) Katherine Brockvelt and Anna Hackemer.

Seniors Encouraged To Attend Free Screening

BY SARAH WETZEL
For the Plain Talk

This past Wednesday was not only the Fall Equinox but also National Fall Prevention Awareness Day. According to the Center for Disease Control and Prevention website millions of people age 65 and older fall each year with only half reporting to their doctor. Tuesday Great Plains Therapy on Chery St. is taking action in hopes of reducing the statistic by providing free Fall Risk Screenings to Vermillion's senior citizens. Anyone who has had a fall in the past year, takes blood pressure or cardiac medications, has weakness in their legs or has difficulty walking should attend the free screening event. Preregistration is encouraged for the patients' convenience, though walk-ins will be accepted.

"We have done events annually for fall prevention," said physical therapist Ruth Kern-Scott. "We've been doing them since 2003 when we started doing fall prevention awareness. But this is the first time we've been a liaison for the National Council on Aging."

Scott hopes that the partnership with the National Council on Aging will help bring the issue to the attention of more citizens.

"It has become a national concern now," she said. "Most of the patients that come into my clinic come because they fell. Either a knee injury, a hip injury or a back injury. Latest research is they are discovering that it is costing Medicare billions and billions of dollars and I think people are more aware that they need to lower costs now. I think nationally they are more aware of that."

According to Scott, since research has shown that unintentional falls are not merely a matter of losing your balance; the screening to be done at her clinics will test multiple areas.

"It has to do with blood pressure and heart arrhythmias, joint problems, vision, leg strength and balance so there are more factors involved than just checking someone's balance so a more thorough screening needs to be done," she said. "We also know that less than half of people that fall even alert their physician that they have fallen. Even when they go to the doctor they don't tell the doctor they've fallen. It's almost as if they're embarrassed by it. We know that we're not able to intervene because we're not being told in the medical community that people are falling and therefore bringing part of the National Council on Aging brings a lot of publicity to this that it's a problem and will help



SARAH WETZEL/FOR THE PLAIN TALK
Therapists Jonie Hook (left) and Ruth Kern-Scott (right) demonstrate the balance test with Vermillion's Marianne Jepsen. All interested senior citizens are welcome to attend the free screening for fall risk at Great Plains Therapy on Cherry St. in Vermillion Tuesday.

people attend these screenings. They seem to be afraid to find out what their risk is. Kind of an ostrich with its head in the sand approach."

Being afraid of a high fall risk should not prevent seniors from coming to the screening.

"We do know that most falls are preventable with minor intervention so if we can accurately find out the risk there are definite strategies to intervene and prevent falls," she said.

At the screenings Scott said each participant will be allotted a 30-minute time slot, more than adequate to complete the screenings and discuss results with the therapists without feeling rushed.

First, though, participants will be given a questionnaire including questions including: Have you had a fall in the past year? If you fell were you injured? Are you afraid of falling? Have you had your eyes tested in the last year? Is your vision worse than 20/40? How many medications are you on? Are you on more than four medications? Are you on medication for blood pressure? Are you on medication for heart arrhythmia? Do you take sleeping pills?

The tests performed will include an extensive blood pressure test where participants are required to lie flat for five minutes then stand up.

Other tests will assess walking and balance.

The areas in which participants perform poorly indicate the measures that need to be taken to prevent falls according to Scott.

are going to let them come at another time. We'll work it in another day."

According to Scott, there has been a good response in the past from Vermillion citizens for screenings like these.

"I think people are really knowledgeable about their health and are involved in their plans for care," she said. "They're very involved in establishing goals for their care and things that they want to see accomplished. I think people are proactive [in Vermillion] because they're informed and they're trying to live healthy."

High risk patients will be asked for permission to send the results of the screening to their physician.

Literature on fall hazards will be available and educational discussions will be held.

According to Scott, seniors should not avoid being screened because of fear or shame.

"With 75-80 percent of these falls being preventable it's silly for us not to be addressing it," she said. "It's just like getting a colonoscopy except less invasive. There are certain things we don't want to do but we need to do anyway."

As far as fearing the loss of the ability to live alone, Scott said the screening actually helps enable senior citizens to live in their own homes longer

"This is the thing that keeps people able to live alone and independent is taking care of these problems that are coming along," she said. "Certainly if there is someone with a fall risk some things could be put in the home to decrease their fall risk. If we can't fix them physically we can out-smart the problem to keep them safer. I think with the changes in healthcare we have to take responsibility for our well-being."

Even if seniors already have a history of falling, Scott said they will benefit from the screening.

"Let's find out what the problem is so we can get the right treatment," she said. "Medicare does cover treatment for fall prevention. They understand that this is bankrupting them. It's one of the things they cover well and they're urging therapists to do this."

For more information on the screenings contact Great Plains Therapy at (605) 624-7246 or visit during business hours at 1407 E. Cherry St.

Take Back Event Set For Saturday

BY SHAUNA MARLETTE
shauna.marlette@plaintalk.net

On Saturday, Sept. 26 from 10 a.m. to 2 p.m. the Clay County Sheriff's Office, the Vermillion Police Department and the Drug Enforcement Administration (DEA) will give the public its tenth opportunity in five years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

Bring your pills for disposal to the Vermillion Middle School at 422 Princeton Street or The Vermillion High School at 1001 East Main Street. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.

Officer Isaac Voss that this is the 10th year that the DEA is hosting the prescription drug take back event.

"It is for public safety and health issues," he said. "A lot of people have unused or expired prescriptions lying around. To prevent people from abusing those or kids accidentally getting into those kinds of medications, the DEA offers this no questions asked disposal annually. The event in Vermillion is this Saturday 10 a.m. to 2 p.m. The drop off points are the Vermillion High School and at the Vermillion Middle School Commons areas."

Voss said that prescription drug abuse is a huge problem around the country.

"This is a great opportunity for people to reduce that threat," he said. "We have been involved with this in the past. In the past the drop off points were, I believe, Hy-Vee and Wal-Mart. This year the DEA wanted got involved with National Association of School Resource officers. The idea there was to get the kids involved. If the kids are involved they can tell their parents and to further educate the children on the fact that they are only for the people prescribed. Also, that they shouldn't take expired prescriptions. It is no different that drinking expired milk, it is not going to be good for you. So, that is why we are having the event at the schools."

Voss added that this initiative addresses a vital public safety and public health issue. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.

He also noted that the usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

"There will be a box at each school where the person can come in, drop their prescriptions into a box no questions asked," Voss said. "You don't have to have your names on it, just drop it in the box and leave. Just don't bring us liquids, needles or sharps."

Last September, Americans turned in 309 tons (over 617,000 pounds) of prescription drugs at nearly 5,500 sites operated by the DEA and more than 4,000 of its state and local law enforcement partners. When those results are combined with what was collected in its eight previous Take Back events, DEA and its partners have taken in over 4.8 million pounds—more than 2,400 tons—of pills.

For more information about the disposal of prescription drugs or about Saturday's Take Back Day event, go to the DEA Office of Diversion Control site. You may also contact Officer Isaac Voss by calling 677-7070 or Deputy Paul Pederson by calling 677-7100.

Have 403(b) questions? Let's talk.

Curt Robinson
23 Market Street
Vermillion, SD 57069
605-624-2028

Patrick M Higgins
23 Market Street
Vermillion, SD 57069
605-624-2028

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

SURPLUS ITEMS FOR SALE

The Vermillion School District has the following surplus items for sale. Items may be seen at the CTE building south of the high school shop.

Classroom Desks - No Value - Free Of Charge.

Teacher Chair.....\$1	Lab Tables.....\$13
Wood Stool.....\$5	Tables.....\$6
Folding Table.....\$8	Wood/Metal Chairs.....\$8
Circular Table.....\$10	Plastic Metal Chairs.....\$2
Computer Desk.....\$5	Wood Teacher Chair.....\$20
	Computer Desk.....\$3

CORN GROWERS CLAIM CENTER

Attention Corn Growers:

Farmers across the United States who plant and sell corn have been affected by the drop in corn prices.

If you sold corn in 2013 or 2014, there is limited time to file a claim.

Join the thousands of farmers who have already filed a claim.

Filing a Claim is Free!
1-800-901-3103
Call Today!

www.CornGrowersClaimCenter.com
ATTORNEY ADVERTISING MATERIAL

HIRING ALL PRODUCTION POSITIONS!

All Shifts Available!

Competitive benefits package & Competitive Wages!

Apply in person at 515 Noid Road, Canton, SD 57013. Call Mary with questions at 605-764-4043. FOR OUR CANTON, SD LOCATION!

Amesbury Truth
Engineered Solutions. Trusted Results.
EOE

PLAIN TALK CLASSIFIEDS WORK!
CALL (605) 624-4429