

# To Your Health

Helping You & Your Family...

With All Your Health Needs



Sponsored by **HyVee HealthMarket** **Avera** Sacred Heart Hospital

**Healthy Eating FOR Life**

**HyVee** EMPLOYEE OWNED

2100 Broadway, Yankton • 665-3412  
Pharmacy 665-8261 • Floral Dept. 665-0662

**Brenda Patzlaff, RD, LN**

**NuVal Tours – FREE** By appointment  
NuVal is an easy way to determine the nutritional value of the food you buy! Contact Brenda for a free in-store tour using the NuVal Nutritional Scoring System.

**Personal Shopping Assistance – FREE**  
By appointment  
Brenda is available to help you make healthy choices as you do your grocery shopping.

**FOCUS ON HEALTH**

## Sneak Some Exercise into Regular Activities

Many people equate “exercise” with doing a workout video or heading to the gym. This doesn’t have to be the case at all. Regular daily activities provide a lot of the exercise a person needs and can be tweaked to provide even more.

- Move while watching TV or playing video games: There are several video games today that make physical activity part of the fun. Even if your gaming system doesn’t feature getting up and being active, do so on your own. While watching a television show, dance, walk in place, do jumping jacks, or any other activity during commercials.
- Go outdoors: Instead of recreational activities inside of the house where space is limited, play games, go on walks, or organize a pick-up sports game in the neighborhood. You’ll burn calories, get exercise, and enjoy fresh air, too.
- Leave the car at home: Whenever possible, bike, walk, rollerblade, or get to your destination another way. Suburban life tends to create the car-to-store-to-car-to-house pattern, which doesn’t make for much physical activity.
- Keep moving: If you simply must sit, such as in school or at the office, tap or kick your legs. A little movement is better than none at all.
- Park further away: When in store parking lots, park furthest from the entrance so you’re forced to walk a bit more to and from the car.
- Take a walking tour: Sightseeing during a vacation? Many big cities are perfect for strolling. With so much to see, you won’t even realize how much walking you’re doing.

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## WELLNESS EVENTS

### December 2009

**Pork: The Other White Meat® Demofest**  
**Thursday, December 3rd – 2:00 p.m.-5:00 p.m. (Meat Dept.)**  
Did you know that today’s pork is comparable in fat, calories and cholesterol as many other meats and poultry? Pork Tenderloin, for example is just as lean as skinless chicken breast! Stop by the Meat Department as Brenda samples a Southwestern Green Chile Pork Roast, and provides other recipes from America’s Pork Producers.

**Laughing Cow Demofest**  
**Saturday, December 5th – 11:00 a.m.-2:00 p.m. (Deli Dept.)**  
Have you laughed today?™ Laughing Cow 35-calorie wedges are a perfect way to enjoy a healthy snack without giving up flavor! Join Brenda in the deli as she samples Laughing Cow Cheese and provides appetizer ideas for your holiday gathering.

**Healthy Holiday Favorites**  
**Wednesday, December 9th – 2:00 p.m.-5:00 p.m. (Produce)**  
There are many ways you can make your holiday favorites a little healthier! Join Brenda in the Produce Department for a sample of Cranberry Chutney and pick up one of many holiday recipes that are both delicious and nutritious.

**Wellness Wednesday - Hints for Holiday Eating**  
**Wednesday, December 16th – 10:00 a.m.-Noon & 1:00 p.m. -4:00 p.m. (HealthMarket)**  
Trying to lose weight over the holidays can be a losing game. Strive to maintain your weight instead. Join Brenda in the HealthMarket as she samples one of her favorite holiday recipes and provides hints to help you enjoy the holiday season without adding inches to your wasteline!

**Begin Program Registration**  
**Monday, December 21st – 9:00 a.m.-Noon & 1:00-5:00 p.m. (HealthMarket)**  
Hy-Vee in collaboration with Avera Sacred Heart Hospital is again offering the 10-week Healthy Lifestyle Program BEGIN in January 2010. Stop by the HealthMarket and Brenda will review the program and what it has to offer as well as information regarding registration.

**Mini-Massages**  
**Monday, December 21st – 1:30 p.m.-6:00 p.m. (HealthMarket)**

**Gifts from the Heart**  
**Wednesday, December 23rd – 1:00 p.m. -5:00 p.m. (HealthMarket)**  
Do you need a last minute gift that is sure to be appreciated? Try a gift in a jar! Join Brenda in the HealthMarket and pick up a recipe for Crème De Menthe Hot Cocoa Mix or Bed & Breakfast Pancake Mix as an instant gift!

**Begin Program Registration**  
**Tuesday, December 29th – 9:00 a.m.-Noon & 1:00-5:00 p.m. (HealthMarket)**  
Hy-Vee in collaboration with Avera Sacred Heart Hospital is again offering the 10-week Healthy Lifestyle Program BEGIN in January 2010. Stop by the HealthMarket and Brenda will review the program and what it has to offer as well as information regarding registration.

**Rx Our Pharmacists Have the Answers!**

L to R: Angela Potts, tech; Nancy Peitz, tech; Shona Jussel, pharmacist; Kim Kortje, pharmacist; Galen Goeden, pharmacist; Leah Rempher, pharmacist; Pearl Potts, tech. Not pictured: Laura Gulick, tech, and Luette Obr, tech.

If you’re like most people, you want a pharmacist who takes the time to talk to you about your medication. Our pharmacy staff is committed to helping customers feel better by providing friendly, reliable prescription service, and by making sure customers understand important information about their prescriptions.

The next time you need a prescription filled or refilled, call the friendly pharmacists at Hy-Vee, and see what a difference caring service can make!

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**YOUR WILD CHILD: OUR SPECIALTY**

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“LESS TIME IN THE WAITING ROOM.”

“MY TUMMY DOESN'T FEEL SO GOOD.”

“MOM, I'VE GOT A PORCUPINE IN MY THROAT.”

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**Jeffrey Johnson, M.D.**

**Brandi Pravecek, CNP**

Dr. Johnson and Brandi Pravecek are now seeing patients in the new clinic.

**Call (605) 260-2100 for your appointment · Walk-ins Welcome**

1101 Broadway (Hwy. 81), Suite 103 A in Morgen Square · Yankton, SD