

## Physical, Occupational and Speech Therapy: Part of Your Care Team



Amy Cerney, DPT; Nate Bauer, PT, COMT; and Kim Hannan, MSOTR/L have more than 40 years of experience to help take care of the community's physical and occupational therapy needs.

If you have ever had an injury, a stroke, or orthopedic surgery, you know firsthand the importance that therapy can make in your recovery. There are also many more reasons that you might seek the expertise of a physical, occupational, or speech therapist. Residents of Mobridge and surrounding communities are fortunate to have rehabilitation services attached right to the hospital.

"We're right here with the doctors so that we can work on a patient's situation together," said Nate Bauer, Director of Rehabilitation Services at Mobridge Regional Hospital and Clinics. "If we have a question, we just walk down the hall and ask." In addition, electronic medical records at Mobridge give the therapists access to any X-rays or prior therapy notes.

Nate is really proud of his rehabilitation team, which consists of himself, Amy Cerney, Kim Hannan, and recently Michelle McClellan, speech therapist. With more than 40 years of combined

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## Mardi Gras Gala Was a Success!



On March 2<sup>nd</sup>, 170 guests attended this year's MRH&C Foundation fundraising event. The net income raised for MRH&C and the communities we proudly serve was approximately \$22,000.

The Foundation would like to thank this year's sponsors, 28 in all. A special thank you to Great Plains Family Restaurant, the Gatsby Jazz Band, Mrs. Kraft's cooking class, Ken Ripley and Madyson Aberle for providing our meal and entertainment during the Gala. And also a special thank you to all the volunteers; without you the event would not have been possible.

# CEO Update

## Letter from John



John Ayoub, CEO

At Mobridge Regional Hospital & Clinics, we are constantly looking for ways to improve our organization. We are looking to expand capabilities and add services to best serve our patients and the community at large. We are adding to our specialty clinic and this spring will launch a new wound-care clinic and bring in a new cardiologist. We have rolled out 3D mammography, are proud to be working with a doctor of nursing practice in psychiatry, pleased to welcome a new speech therapist to complement our already strong physical and occupational therapy department, and are moving forward with adding

capabilities for procedures and surgical support in orthopedics, podiatry, and gynecology at the hospital.

Later this year, we will be conducting a community health needs assessment, which will be an opportunity for our patients and members of our community to provide direct input, feedback, and give us ideas about how we can best support you. It will kick off with an online community survey that we will share widely, so it will be as easy to access as possible. I encourage you to take a few minutes and complete it, so it and our entire needs assessment will accurately reflect our community.

Finally, I am proud to share with you that MRH&C was named as one of the Top 100 Critical Access Hospitals in 2019, placing us in the top 7.5% of all Critical Access Hospitals in the country! This is the second time in the last three years we have made this prestigious list, and I could not be more proud of the good work that our staff and medical staff do day-in and day-out. Thank you for allowing us to serve you, and know that you are in good hands.



It's about life, it's about you!

John J. Ayoub, FACHE, Chief Executive Officer  
Mobridge Regional Hospital & Clinics

## Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital  
1401 10th Avenue West  
Mobridge, SD  
(605) 845-3692

Mobridge Medical Clinic  
1309 10th Avenue West  
Mobridge, SD  
(605) 845-3692

Prairie Sunset Village – Assisted  
Living and Senior Housing  
1320 West Grand Crossing  
Mobridge, SD  
(605) 845-8193

West Dakota Health Center  
906 Main Street  
Timber Lake, SD  
(605) 865-3258 (MT)

West River Health Clinic  
103 1st Avenue East  
McLaughlin, SD  
(605) 823-4253 (MT)



## NEW TO OUR REHAB TEAM Michelle McClellan, MA, SLP SPEECH LANGUAGE PATHOLOGIST

### Q: What is your background?

A: I grew up in Mobridge, and I attended the University of South Dakota for my undergraduate and graduate degrees. I worked at the nursing home in Mobridge before joining the rehabilitation team at the hospital.

### Q: What does a speech language pathologist (SLP) do?

A: Most of us take the ability to speak and understand spoken language for granted. But some medical conditions, or just simply aging, can interfere with the ability to communicate. Swallowing, voice therapy, cognition, and memory are many of the disorders I try to improve or find coping solutions for.

### Q: What is the favorite part of your job?

A: I'm a big people person, and I get a lot of satisfaction seeing my patients meet their goals. There is also a lot of variety in my job because no two patients are alike, and therefore we need to customize the therapy for each individual.

## Part of Your Care Team *continued from the cover*

experience, their department has earned an excellent reputation.

“Nate is my go-to guy, he really understands,” said Elaine Fuhrer, a longtime Mobridge resident and self-proclaimed frequent visitor to the Mobridge Rehabilitation Department. “I’ve also worked with Kim and Michelle after my recent stroke. They are very, very nice and feel what you are feeling.” Elaine will be celebrating her 90th birthday on June 1.

Nate feels that the community is really well-served by a hospital administration that supports rehabilitation services in Mobridge by investing in facilities, including five private treatment rooms, as well as continuing education for staff. The rehabilitation facility is one of the most well-equipped in the region.

### Defining the Types of Therapy

**Physical Therapy** - treats outpatients and inpatients who suffer from disease and injuries, including spinal, muscular, joint, and neurological conditions. All patients are thoroughly evaluated to determine the cause of their symptoms. We then utilize a variety of manual and exercise techniques combined with modalities such as ultrasound, electrical stim, and traction, just to name a few. We then work with the patient to find the most effective home exercises to promote healthy living long after we are done treating.

The Physical Therapy Incontinence Program offers a conservative, yet effective, approach to solving your incontinence problem. Amy Cerney is a specially trained physical therapist who will work with you on an individual basis to help you regain bladder control.

**Occupational Therapy** – treats individuals with a disability that is the result of an accident, injury, or sickness. Utilizing specialized exercise programs and adaptive equipment, occupational therapy helps increase mobility, strength, endurance, and independence in activities of daily living. Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, and providing support for older adults experiencing physical and cognitive changes.

**Speech Therapy** – helps adults and children with a variety of disorders related to speech, swallowing, cognitive-communication, voice, language, and social communication.

## Why might you seek rehabilitation services?

- Sports injuries
- Carpal tunnel syndrome
- After surgery
- Back and neck pain
- Balance issues
- After a neurologic event or stroke
- Prosthetics (artificial limbs)
- Voice or speech disorders
- Women’s health, urinary incontinence
- Aphasia or other language disorders

Mobridge Rehabilitation Services  
Monday – Friday, 8 a.m. – 5 p.m.  
To schedule an appointment, call  
(605) 845-8192

## Your Rehabilitation Team

**Nate Bauer, PT, COMT**, is a highly trained physical therapist with extensive training in joint mobilization of the spine.

**Amy Cerney, DPT**, has her doctorate in physical therapy and diagnoses and treats vertigo or BPPV. In addition, she specializes in women’s health issues such as incontinence.

**Kim Hannan, MSOTR/L**, is an occupational therapist assisting with disabilities as a result of an accident, injury, or sickness.

**Michelle McClellan, MA, SLP**, is a speech therapist who can help with swallowing, speech, voice, and cognitive challenges to improve communication.



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Postal Patron  
Mobridge, SD 57601

Upcoming Events & Classes

**Exercise Classes for Seniors**  
**Strength and Balance for Life**

Tuesdays and Fridays  
11 - 11:40 a.m.

**Senior Yoga**

Mondays and Thursdays  
11 - 11:30 a.m.

Mobridge Senior  
Citizen Center  
616 6th Avenue West  
(970) 580-5249

All adults welcome, free of charge.



**Free Community Health Fair in Mobridge**

Wednesday, May 1  
Mobridge Regional Hospital  
Cafeteria Conference Room

Lab draws: 7 - 9 a.m.  
Results available: 1 - 2 p.m.

Tests available include: blood pressure, total cholesterol, HDL, LDL, blood sugar, triglycerides, BMI and lung age assessment.



**Healthcare Provider CPR Class**

May 6 & June 3  
1 - 3 p.m.  
MRH&C Education & Training Center

**Heartsaver CPR & AED Class**

April 15, May 13 & June 10  
1 - 5 p.m.  
MRH&C Education & Training Center  
Designed for daycare providers, teachers, and the general public, \$40.

To register for CPR classes, contact Kallyn Reinert at (605) 845-8163 or kreinert@primecare.org.

**Mission:**

The mission of Mobridge Regional Hospital & Clinics is to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region.

**Vision:**

To become one of America's finest rural health providers.

*Mobridge Regional Hospital & Clinics does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, religion, color, national origin, gender, sexual orientation, age, military status, disability, genetic information, ability to pay, or on any other basis that would be in violation of any applicable federal, state, or local law. For a full non-discrimination statement, visit: [mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy](http://mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy).*

**Coming Late May!**  
**The Wound Treatment Center**  
Offering our community a comprehensive quality approach to wound healing to our fastest-growing medical demographic: patients with diabetes aged 60 years and older. The center will treat all patients with non-healing wounds that require an advanced level of care. The Center is located inside the hospital.