

## Beat the Heat: Stay Safe and Healthy, All Summer Long



### MRH&C Welcomes SMC

Andrea (Andi) Sandmeier, RN, Clint Perman, PA-C, and Florence Karst, Registration, stand outside of the Selby Medical Clinic, recently acquired by Mobridge Regional Hospital & Clinics. The team will help to provide high-quality health care to the Selby community and surrounding areas. Appointments are available Monday through Thursday.

With higher temperatures, longer days, more outdoor adventures — come several health and safety challenges. Some issues are more prevalent in summer, such as heat stroke and trauma, and it is important to be aware of them and to follow safe practices that will keep your family in good health all summer long.

### Trauma/Accidents

From June through August, increased outdoor activities can lead to a higher number of accidents and trauma incidents. Heather Olson, Physician Assistant, and Dr. Emily Boden, both of MRH&C, provided advice to prevent injuries, including:

- Always use safety equipment, including eye and ear protection, when using power tools, lawn mowers, and farm equipment. Keep children away from this equipment.
- Wear a well-fitted bicycle helmet when biking, skateboarding, or rollerblading.
- Wear reflective clothing when biking or running at night, watch out for traffic, and obey traffic laws.
- Ensure children use age-appropriate playground equipment and are monitored by an adult.
- Use extra caution with fireworks. Don't try to re-light ones that don't go off, and don't let toddlers handle sparklers.

*continued on page 3*

MRH&C is here to help with any of your health care needs.



If you find yourself in an emergency this summer, visit the hospital immediately or call 911. If you need further guidance from a provider or would like to schedule an appointment, call for more information at 605-845-3692.

# CEO Update

## Letter from John



John Ayoub, CEO

As we continue to navigate through these unique and challenging times together, I want to make sure you have the information and resources available to take care of yourself and your family this summer. While we have shared some information through this community newsletter, our providers and care team stand ready and able to care for you this season and always.

Many have been putting off their regular medical visits to try to stay home and do their part to help flatten the curve. While your efforts were certainly appreciated early on, it is not safe or healthy to ignore your health for too long. We have taken many steps to

ensure your safety while visiting our facilities and want you to know it is safe for you and your loved ones to access the care that you may need. We also have video visits available, if you would rather seek care using electronic means, and a drive-up clinic if you would rather not enter the building. Please call 605-845-3692 and ask for the triage nurse to access any of these options.

Finally, welcome to Clint Perman, PA-C, and the entire care team at the Selby Medical Clinic. We are honored they have chosen to join our team, and we are proud to ensure the Selby community maintains access to high-quality health care! The good people of Mobridge Regional Hospital & Clinics exist to provide high-quality health care services in a compassionate and professional manner for people throughout the region. As always, we are here for you — 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

Selby Medical Clinic  
4401 Main St  
Selby, SD  
605-649-9999

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)

## MEET OUR SELBY MEDICAL CLINIC PROVIDERS

### Clint Perman, PA-C, and Dr. Emily Boden, RHC Primary Physician

In May, Mobridge Regional Hospital & Clinics welcomed Clint Perman, PA-C to our team. He and Dr. Emily Boden are the primary providers at the new Selby Medical Clinic, which brings residents of Selby and surrounding communities local access to high-quality health care services.

Perman was raised in Glenham, SD, and after earning his PA-C from the University of North Dakota, he took several roles throughout North and South Dakota, including locum tenens for underserved areas, and most recently, the Selby Clinic.

“I enjoy participating in a patient’s wellness and health care and being able to help them through their medical issues,” he said. “I also enjoy listening to their life stories and jokes.”

Outside of work, Perman enjoys spending time with his family, including his wife, Brenda, and three children, Xavier, Zachary, and Xandria. You can find him golfing, fishing, and spending time with his grandchildren.



Dr. Emily Boden



Clint Perman, PA-C

Dr. Boden is from Timber Lake, SD, and completed undergraduate and medical school at the University of South Dakota. She completed her residency at Saint Joseph’s Family Medicine Residency in Mishawaka, IN. Dr. Boden has been practicing at MRH&C since October 2018. She also provides obstetrical care.

“Medicine is the most rewarding and challenging adventure,” Dr. Boden said. “It has provided me with opportunities I know I would have never had. I enjoy connecting with my patients and learning about the whole patient. The more I know, the more I can help.”

Both providers are excited to work with Selby patients and to provide local access to more providers and hospital services, such as X-ray, lab, therapies, and others that MRH&C offers.

“I am grateful to MRH&C to have the opportunity to continue to provide health care to our community,” Perman concluded. “I hope to continue to work together to bridge both communities together under one medical umbrella. Our patients in Selby will greatly benefit from the additional services so close to home.”

## Beat the Heat: Stay Safe and Healthy, All Summer Long *continued from the cover*

“We understand accidents happen, but with a little bit of planning and prevention, you can avoid a trip to the ER,” Olson said.

It’s also important to be smart around rivers, lakes, or pools to prevent drowning. Wear a lifejacket, even if you’re a good swimmer, and never leave children unattended by water.

**“Take a CPR class — you could save someone’s life!” Dr. Boden said.**

### Bug Safety

Mosquitoes and ticks are active during the summer.

Most bites are harmless, but can sometimes cause allergic reactions, and in worst cases can transmit diseases to humans and pets when they bite. Use bug repellent while outdoors, preferably ones that contain DEET, Picaridin, oil of lemon eucalyptus, or IR3535 for best protection.

“Those itchy bumps are more than annoying — they can carry diseases too, such as the Zika virus, Lyme Disease, or West Nile virus, to name a few,” Dr. Boden said.

When returning indoors, shower and check your body for ticks. If you find one, remove it with fine-tipped tweezers. If it’s been several days and the tick is engorged or swollen, seek in-clinic care for evaluation and removal.

### Sun Safety and Heat-Related Illnesses

Too much sun can result in ailments as minor as a sunburn and as severe as skin cancer or heat stroke. Olson recommends limiting sun exposure between the hours of 10 a.m. to 4 p.m., when the sun shines at its fiercest, and to go out during the cooler hours of the morning and evening. Infants under 6 months old should avoid direct sun exposure, if possible.

To help protect against skin damage and skin cancer, apply sunscreen with SPF 15 or higher at least 30 minutes before

going outside and reapply liberally every few hours, especially after swimming or sweating. Seek shade when you can.

How you dress yourself and your children also matters — wear tight-woven, loose-fitting cotton shirts and pants for the best protection, and wear a wide-brimmed hat and sunglasses to protect your face and eyes, Olson recommends.

“We have beautiful scenery to enjoy during the summer with camping, fishing, boating, and golfing in the area,” Olson said. “Make sure to hydrate often with water or Gatorade-like fluids. Drink even more water when drinking alcohol.”

According to the National Safety Council, heat-related illnesses and deaths, such as heat stroke and heat exhaustion, increase during the summertime, and those at highest risk include infants and young children, individuals over the age of 65, people who are ill or have chronic health conditions and those who are overweight. Never leave a child, the elderly, or pets in a hot car, even if the windows are cracked. If someone is experiencing a heat stroke, showing symptoms of confusion, nausea, racing heart rate, and flushed skin, seek immediate medical attention.

It’s OK to enjoy the outdoors this summer, just remember we’re not in the clear yet for COVID-19.

“Remember to social distance when you can, especially if you or your loved ones have chronic illnesses and are at increased risk,” Dr. Boden said. “Wear a mask in public to protect others when you can’t social distance. Lastly, keep washing your hands. I know COVID-19 has been a challenge, but we can get through this together!”



## Don't Delay Important Health Care Visits

Delaying or skipping routine and specialized medical visits could put your health at risk.

“Many people have been avoiding hospitals and care due to the COVID-19 pandemic,” said Heather Olson, Physician Assistant at Mobridge Medical Clinic. “While it is good to be cautious, it is also important to take care of your health. I want to assure you that the hospital and clinics are safe places where we are taking every precaution to keep patients healthy during the COVID outbreak.”

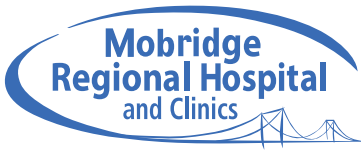
Our staff and providers at Mobridge Regional Hospital & Clinics encourage patients to maintain regular health care. Safety protocols have been implemented to protect patients and visitors of our hospital from COVID-19 and other illnesses. These protocols include entry screenings, additional

sanitization and cleaning, face covering requirements, and virtual nursing home and clinic visits available via Zoom. The emergency room is open 24/7 for any emergencies.

MRH&C is dedicated to helping community members feel comfortable when visiting our facility for emergency care and routine visits, elective procedures, lab work, mental health appointments, and other services.

“Kids don’t stop growing or developing, diabetes and high blood pressure don’t go away, and development of cancer, such as bowel cancer found through colonoscopy, doesn’t stop just because of the pandemic,” Olson concluded.

Do not hesitate to seek the care you need, exactly when you need it. We’re here to help.



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## Clinic Services are Open!

MRH&C has four medical clinics in South Dakota, most recently adding the Selby Medical Clinic to serve the community of Selby and surrounding areas. Locations and phone numbers for each clinic can be found on Page 2. Call the clinic nearest to you to schedule an appointment.

### SERVICES OFFERED AT ALL LOCATIONS:

#### Acute or urgent care visits

- Includes but is not limited to: Sore throat, cough, fever, shortness of breath, abdominal pain, allergies, bladder infection, headaches, and dehydration

#### Chronic care visits

- Includes but is not limited to: High blood pressure, heart disease, diabetes, asthma, lung disease, obesity, gastrointestinal disorders, anxiety and depression, and migraines

#### Well adult and child exams

- Preventative care, including smoking cessation, and lifestyle modification

#### Immunizations

#### Women's health

- Obstetrics care, wellness visits, pap and pelvic exams, clinical breast exams, contraception management, and incontinence evaluation and treatment

#### Pre-operative exams

#### Minor surgical procedures

- Removal of warts, moles and lesions, joint injections, and minor cuts and burns

#### Medicare annual wellness visits

#### Lab work

- All blood work collected at locations are processed in Mobridge. Tests that can be done on site with immediate results include blood sugar, strep, urinalysis, influenza A&B, and several others. Call for more information.

#### Sports Physicals

#### Radiology Services (not yet available at Selby clinic)

#### DOT Exams (not yet available at Selby clinic)

## Blood Drive

12:15 - 6 p.m.

Tuesday, July 14

Family Worship Center

1708 Grand Crossing

To sign up ahead of time, go to [bloodhero.com](http://bloodhero.com) and enter sponsor code: **Mobridge**

## 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/paya-bill/non-discrimination-and-privacy-policy](http://mobridgehospital.org/patients-and-visitors/paya-bill/non-discrimination-and-privacy-policy).*

## For Most Current COVID-19 Updates at MRH&C:

For updates and news on how Mobridge Regional Hospital & Clinics is handling the COVID-19 crisis, such as protocol and facility updates, please refer to our website and Facebook page:

[www.mobridgehospital.org](http://www.mobridgehospital.org)

[www.facebook.com/MobridgeRegionalHospital](https://www.facebook.com/MobridgeRegionalHospital)