



PRSRT STD
US Postage
PAID
Mobridge, SD
Permit No. 47



HEALTH BRIDGE

It's about life, it's about you

*****ECRWSEDDM****

Residential Customer

UPCOMING EVENTS & CLASSES



Healthcare Provider CPR Class

August 4, September 8, October 6
1 - 3 p.m.

Dr. Ben and Audrey Henderson
Conference Room



Heartsavers CPR & AED Class

August 11, September 15, October 13
1 - 4 p.m.

Dr. Ben and Audrey Henderson
Conference Room

Call 605-845-8163 to register.



Blood Drive

September 9

12:15 - 5:45 p.m. • Family Worship Center



Senior Yoga

Mondays and Thursdays
10:30 - 11:00 a.m.



Senior Strength & Balance for Life

Tuesdays and Fridays
10:30 - 11:15 a.m.

Free classes are held at Mobridge Senior
Citizen Center. Class times and schedule
are subject to change.



MRHC Foundation Golf Tournament

September 6, 2025

Oahe Hills Golf Course

Call 605-845-8180 to register.

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

Become one of
America's finest rural
healthcare providers.

Values

Integrity

Compassion

Collaboration

Excellence

Summer 2025



Stay Healthy with the Five Pillars

Wellness involves more
than physical health.
Other important factors
include good mental
health, nutrition, sleep,
and social connection.
Together, these
elements are often
referred to as the Five
Pillars of Health.

Here at Mobridge Regional Hospital and Clinics, we care deeply about the health of our community. In addition to our comprehensive care for people experiencing injury or illness, we offer a number of services designed to help you avoid getting sick in the first place. But we also understand that preventive medicine is largely in your hands.

“Preventive medicine is the cornerstone of a healthy life, and it starts with simple, intentional choices: prioritize seven to nine hours of quality sleep to recharge your body, eat a balanced diet rich in whole foods, exercise regularly to strengthen your heart and mind, manage stress through mindfulness or hobbies, and nurture social connections to boost emotional well-being,” said Dr. Emily Boden, a family medicine physician at MRH&C. “Making these habits part of your normal routine can help prevent chronic diseases and enhance your quality of life.

www.mobridgehospital.org www.facebook.com/MobridgeRegionalHospital

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.

continued on page 3



Letter from John

As summer settles in, I want to take a moment to reflect on the importance of self-care and preventive medicine. In our busy lives, it’s easy to overlook our own health until something goes wrong. But staying healthy starts with the small, everyday choices we make, specifically regarding the five pillars that truly form the foundation of lifelong health and wellness.

While your journey to wellness is personal and unique, please know that you are never walking alone. Our team is here to walk with you—offering support, information, and care every step of the way. Whether through routine screenings, managing chronic conditions, or helping you meet your wellness goals, we are honored to be your partner.

We are also proud to share that since our last newsletter, we have moved into our new surgical area and opened our new infusion center! These additions mark major milestones in our building project and help make manifest our mission to provide the highest quality care in a compassionate and professional manner for people throughout the region. Construction is now underway on our new emergency department and cafeteria; the expansion of our clinic and specialty clinic as well as the completion of our diagnostic imaging area will follow. We are entering the homestretch of our multi-year project and anticipate full completion by the first quarter of 2026.

Thank you for trusting us with your health and your family’s care. We are proud to serve you and help you thrive in this community we call home.


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 | Selby Medical Clinic 4401 Main St, Selby, SD 605-649-9999 |
| Mobridge Medical Clinic 1309 10th Avenue West, Mobridge, SD 605-845-3692 | West Dakota Health Center 906 Main Street, Timber Lake, SD 605-865-3258 (MT) |
| Prairie Sunset Village – Assisted Living and Senior Housing 1320 West Grand Crossing Mobridge, SD 605-845-8193 | West River Health Clinic 103 1st Avenue East, McLaughlin, SD 605-823-4253 (MT) |



Seniors Enjoy Life at Prairie Sunset Village

Prairie Sunset Village is a community gem. With a newly remodeled common area, it’s the only facility in Mobridge that offers independent and assisted living for seniors. It has six one-bedroom apartments for independent living (suitable for one person or a couple) and 16 licensed assisted living beds.

A staff of seven provides services that include nutritious meals, recreational activities, housekeeping, transportation coordination, and, for assisted living patients, supervision and assistance with activities of daily living. Social interaction is also a main benefit. And because PSV is connected to Mobridge Regional Hospital and Mobridge Medical Clinic, medical care is always close at hand.

Now’s a good time to take a tour and get on the Prairie Sunset Village waiting list.

“We’ve had multiple openings recently—for the first time in a year,” said Kylie Eberhart, PSV Manager. “That’s rare. **I encourage people to call me at 605-845-8230 or email kylie.eberhart@commonspirit.org.** There’s no cost or obligation to be on the list, but because we have so few openings, it’s smart to add your name to the list if you think you might be interested any time in the next few years.”

Stay Healthy with the Five Pillars *continued from the cover*

As your family medicine providers, we are here to guide you with personalized plans, screenings, and support to make these changes sustainable. Let’s partner together to build a healthier you!”

A good first step in taking charge of your health is to get a basic check-up. Your MRH&C primary care provider will listen to your concerns, review your health history, do a physical exam, and possibly order tests to measure health markers such as complete blood count, cholesterol, and more. To make an appointment, call the MRH&C clinic of your choice, listed on page 2.

1. Get Physical

Getting regular physical activity is foundational to good health. According to the Centers for Disease Control and Prevention, adults need 150 minutes of moderate-intensity physical activity a week plus two days of muscle-strengthening activity a week.

If you’d like a little direction for your exercise sessions—and an indoor location with nice equipment—consider coming to the MRH&C rehab gym to work out. For just \$50 a month per couple, you can drop by Monday through Friday from 8:30 to 4:30. Use the treadmills, rowing machine, elliptical, NuSteps, and weight machine, plus receive complimentary supervision and education from the rehab RNs. To get started, stop in or call Deb Brekke at 605-845-8144. Or try the free senior fitness classes listed on the back of this newsletter!

2. Focus on Mental Health

Good mental health includes functioning well day-to-day, appropriately experiencing and expressing a range of emotions, making good decisions, managing stress, and enjoying life. All of us experience difficult emotions like sadness and anxiety now and then, and self-care techniques like prayer, meditation, and journaling help. But sometimes we need extra support coping and finding our way through.

Tele-counseling services are available at the MRH&C clinic of your choice. Sessions are conducted by licensed clinical social workers. For more information or to make an appointment, call your preferred clinic. No referral is needed.

3. Eat Well

Good nutrition plays a key role in preventing, managing, and even reversing certain health conditions. Diets rich in whole foods—fruits, vegetables, legumes, whole grains, lean meats, and healthy fats—can help prevent or manage common chronic diseases, such as heart disease, hypertension, Type 2 diabetes, and some cancers.

If you could use a little help developing better eating habits, see your primary care provider and ask for a referral to see our Registered Dietitian, Tracy Wright.

4. Sleep Soundly

Sleep supports nearly every major system in the body, from the brain and heart to immune function and mental health. Without adequate quality sleep, nothing works well. In fact, we now know that poor sleep is a major contributor to illnesses such as depression, heart disease, and obesity.

If you’re having trouble sleeping or think you might have sleep apnea, which is a significant risk factor for stroke and heart disease, see your primary care provider. They will have suggestions to help you get better sleep, potentially including a referral for a sleep study at home or at Mobridge Regional Hospital.

5. Be Social

Social connection is just as important to good health as the other four items on this list. Human beings are biologically wired for connection. Chronic loneliness can be as harmful to your health as smoking or obesity.

Reconnect with family members, neighbors and old contacts. Join a group, class, or organization, and make social time a habit. Mental health professionals often recommend one to two quality social interactions per week at a minimum.

“Health maintenance is about taking charge of your health before illness strikes,” said Jodi Madison, RN, Clinic Operations Director at Mobridge Medical Clinic. “Regular screenings and lifestyle choices can prevent or catch issues early. Don’t wait until you are sick to see your provider; let us partner with you now to build a foundation of health that lasts a lifetime.”