



PRAIRIE FUTURES

Growing Rural Economies Through Education

Welcome from the MHCH Foundation



Christine Hamilton
President of the Board
MHCH Foundation

Prairie Futures Friends,

As President of the MHCH Foundation board, I would like to take this opportunity to welcome you to the second annual edition of the Prairie Futures newsletter. We are proud of our many accomplishments over the past year, some of which include the graduation of 7 nursing students, the hosting of the South Dakota Rural Nursing Symposium, and the completion of the new classroom space in the new Chamberlain Community Center.

You may be a donor, volunteer, partner, tutor, student, interested community member, or professional advisor. Whatever your role, you are contributing to the continued growth and development of the Prairie Futures program, and you are helping to improve the quality of life in rural South Dakota, as well as championing opportunities for local residents to increase their professional standing. I would like to thank all of you for another great year, and I hope our paths cross again this year as we work towards continued success.

Prairie Futures Students Graduate

On May 8, 2014 the second class of Prairie Futures students received their nursing pins at the USD Nursing Graduation Recognition Ceremony in Pierre, South Dakota. Congratulations to all of these students for their hard work and outstanding achievement and special recognition to Amy Walker for receiving the USD award for academic excellence. Thank you to all of our Prairie Futures partners and donors for making this possible!



*Pictured left to right:
Amanda Mahenke, Amy Walker, Jill McMurtrey, Susan Umberger, Jessica Duffy, Ashley Audiss and Maria George*

Inside Newsletter

Latest News

Second class of Prairie Futures students graduate

MHCH Foundation and SD Dept. of Rural Health co-host the South Dakota Rural Nursing Symposium

USD, SDSU and the MHCH Foundation to implement SD Rural Nursing Immersion Program

USD and MHCH Foundation implement Rural Health Care Early Scholars Program with High Schools

Chamberlain community and local business leaders donate new classroom, study lounge and equipment

Interview with USD Pierre nursing faculty member

Interview with Prairie Futures Fellow

Upcoming Events

- International Rural Nursing Conference
- Medical Terminology Course
- College Survival Course
- Annual Pheasant Hunt

WANT TO DONATE? IT'S EASY!

Did you know that donations as small as \$20 can go a really long way? Make a difference and buy a \$20 gas card to help a Prairie Futures Rural Nursing Student commute to class! For more information contact the MHCH Foundation at gkilgore2@comcast.net.

SD Rural Nursing Symposium

A South Dakota Rural Nursing Symposium, sponsored by the Matson Halverson Christiansen Hamilton (MHCH) Foundation, the Barger Foundation and a grant from the South Dakota Office of Rural Health, was held last fall in Chamberlain. The objective of the symposium was to create a vision for the future of rural nursing in South Dakota. Participants focused on creating strategies for educating, recruiting, developing, and retaining rural nurses throughout the state.

Individuals representing the following organizations participated in the two day symposium: Sanford Health, Avera, Rapid City Regional, South Dakota State University, University of South Dakota, SD Board of Nursing, Helmsley Charitable Trust, MHCH Foundation, and the SD Department of Health, Office of Rural Health.

Guest speakers attending the symposium were Ingrid Serio, Program Manager from the Colorado Center for Nursing Excellence, Sandra Kangas, Program Manager with Idaho State Rural Nursing Programs, and Jean Ross an expert in the field of rural nursing with the Otago Polytechnic School of Nursing in Dunedin, New Zealand.



Pictured: Participants create plans to improve rural nursing in South Dakota while attending the South Dakota Rural Nursing Symposium, held October 16-17, 2013 in Chamberlain, South Dakota

Rural Nursing Immersion Program & Rural Nursing Fellows

The University of South Dakota, South Dakota State University and the MHCH Foundation are partnering to create a Rural Nursing Immersion Program (RNIP) and Rural Nursing Scholar (RNS) opportunities for SDSU and USD nursing students. The Rural Nursing Immersion Program (RNIP) will provide nursing students with the opportunity to experience the uniqueness of the rural healthcare setting while improving their nursing skills. The Rural Nursing Scholar Program will be highly competitive and offered to nursing students who demonstrate outstanding academic achievement, high degrees of intellectual drive and curiosity, a commitment to graduate education and a passion for a career focus in rural healthcare. The objective is to promote and recognize rural nursing as a unique specialty within nursing, prepare nursing students to practice in rural settings, and develop future leaders in rural Nursing.

University of South Dakota & the MHCH Foundation partner to offer Rural Health Care Early Scholars Program to high schools

The USD Department of Health Sciences and Center for Distance Education is partnering with the M.H.C.H. Foundation to provide high achieving students in rural high schools with the opportunity to participate in the Health Care Early Scholars Program. These students are provided with health science dual credit opportunities that will provide a guided transition into a health career while completing both high school and college credits towards their college degree.

The HSC 110 (The Interprofessional Team) course provides an introduction to a wide variety of specialty areas in the health science professions. Students benefit from service learning and other forms of experiential learning including the opportunity to function in a beginning role as a member of an interprofessional health team. Participating High Schools must provide a liaison that works with both the university professor and the students. High School students must meet the following criteria:

- Personal Learning Plan (PLP) in SDMYLIFE confirms Health Science cluster interest
- Grade Level: Students must be a senior or junior; sophomores are eligible with advisor recommendation
- Students must have one of the following Science curriculum completion scenarios prioritized below:
 - Physical Science, Biology, Chemistry & Anatomy (Completed)
 - Physical Science, Biology, Chemistry or Anatomy (Completed)
 - Physical Science, Biology, enrolled in Chemistry and/or Anatomy



Chamberlain High School Early Health Care Scholars participating in USD Health Science dual credit program.

If you are interested in learning more about this wonderful program or how you might support the success of outstanding high school students in South Dakota, who display an interest in Health Sciences then please feel free to contact June Larson, Associate Dean and Professor, School of Health Sciences, (605-677-3148; Email: June.Larson@usd.edu) or Corey Kilgore, Director of the MHCH Foundation (281-253-5199 ; Email: gkilgore2@comcast.net)

Chamberlain community and local business leaders donate new classroom, study lounge and telecommunications equipment to Prairie Futures

In March of 2014 our Prairie Futures students eagerly moved to a beautiful new classroom and study lounge donated by the City of Chamberlain. The rooms were furnished by the Orrion and Edith Barger Memorial Foundation in Chamberlain and telecommunications technology was generously provided and installed by Mid-State Communications in Kimball. For many living in rural areas, moving or driving nearly two hours to the closest university is not possible. This isn't an issue for these nursing students. They are realizing their dream close to home due to the unique partnership between the Community of Chamberlain, Sanford Health, MHCH Foundation, and the University of South Dakota. Mark Benton, General Manager/Chief Executive Officer of Mid-state Communications stated, "We were happy to volunteer with other business leaders in the community to bring this educational opportunity to our area. There's a big need for nursing in rural America."

Thank you to the Community of Chamberlain and Mid-State Communications for fully embracing the Prairie Future's Program! Your level of support is certainly a model for other rural communities!



Prairie Futures students benefit from the use of new classroom, furniture and technology donated by the City of Chamberlain, Barger Foundation and Mid-State Communications – Kimball, SD



CLINICAL CORNER

Meet Amy Hunsley-McTighe

Can you tell us about yourself?

"I was born and raised in Mobridge, South Dakota and now live and work in Pierre as a nursing instructor for the University of South Dakota. I found that one of my favorite aspects of being a nurse was sharing my knowledge and love for nursing with others. After working for almost 10 years as a staff nurse at Avera St. Mary's Hospital in Pierre, I decided to change career paths and became a nursing instructor for the University of South Dakota. While I still work a few shifts for Avera St. Mary's and still love direct patient care, my greatest sense of professional pride now comes from seeing those moments on a student's face when they truly start to understand a concept, when they have provided excellent, safe care to a patient and most especially the smiles on their faces at the pinning ceremony when they know all their hard work and dedication is finally being realized."



What are your thoughts on rural nursing?

"I have lived and worked in rural South Dakota my entire life and have seen first-hand the complexities of rural healthcare and the unique challenges for rural nurses. The first challenge involves making nursing education accessible to rural areas. South Dakota desperately needs nurses but this need is even greater in rural areas. For many, having an opportunity close to home and a support network is all that's required to realize their dream of becoming a nurse. Prairie Futures is creating nursing educational opportunities for those in rural areas but just as importantly it provides a learning platform for identifying innovative approaches to educating nurses in rural areas. This is working primarily because the partners work well together as a team. When issues arise we don't give up or doubt our objectives but instead we work together, make adjustments and identify solutions."

What has been your experience with the Prairie Futures Fellow Program and Rural Nurse Leadership Development?

"We need nursing leaders in rural areas who can lead excellent patient care, and also promote and elevate rural nursing as a unique specialty. The objective of the Prairie Futures Fellow Program is to create leaders in Rural Nursing. In May of 2014, I participated in an extensive workshop at the Colorado Center for Nursing Excellence to learn leadership-coaching skills that would help me to serve as Coach to our Prairie Futures Fellow, (Jane Medicine Crow) while she completes the Nursing Leadership Development Program. The program last one year, it's intense and requires completion of a capstone project. We are in the initial stages of our coach/coachee relationship and the experience has already been rewarding. As we work together on leadership skills and the capstone project, it reinforces for me the importance of leadership development for nurses. I can already see how this experience will prepare Jane to be more effective with her patients, her community and the nursing profession."

Student Corner

Meet our Prairie Futures Fellow, Jane Medicine Crow



Describe your childhood with 3 adjectives.

**Responsible
Caring
Courageous**

“I come from a very large family; 7 brothers and 5 sisters. We grew up on the Crow Creek reservation with limited resources. I learned from a young age to be responsible and caring to help support my family. I had a job at an early age and my income went directly to help with family finances. As early as age 7, I

was responsible for helping to care for my younger siblings. Dealing with both hardship and prejudice at such an early age taught me to be courageous.”

Tell us about your yearlong capstone project as part of the Nursing Leadership Development Program at the Colorado Center of Nursing Excellence?

“I plan on addressing communication issues in my facility. I hope to see improvement with patient care, morale of staff, staff retention and improved orientation of new staff.”

What is your greatest insight in regards to leadership?

“To be an effective leader you must be mindful of how you regard yourself. This requires a willingness to honestly evaluate yourself and understand your beliefs, needs, and weaknesses. Then you must be willing to making changes. A great leader cannot effectively lead others if they are not leading themselves. As we learned in nursing school, it is vital to first take care of ourselves to adequately care for others.”

What is the single most important advice you would give new rural nurses?

“Diligence! The rural healthcare setting is different than urban. A rural nurse is responsible for patient care that spans many different patient needs. You must quickly adapt and do not always have the same resources as a larger hospital. This is overwhelming and stressful for a new rural nurse. Remain diligent and do not give up! It gets better with time!”

If you could leave any legacy to nurses working in rural areas what would it be?

“Embrace lifelong learning! It is more difficult for rural nurses to participate in continuing education because of location and staff shortages. However, continuing education of rural nurses is critical. We do not always have the option of sending patients to specialty departments for immediate care so sometimes we are the patient’s only immediate option. This makes it so critical that rural nurses view education as their responsibility. Teaching others is a great way to continuously improve your own abilities so look for opportunities to mentor or teach a new nurse and it will benefit both of you. A quote by John Cotton Dana expresses this point best; “Who dares to teach must never cease to learn.”

Kudo’s Corner

Meet Susan Speckles and Ron LaMae!

Please join us in a round of applause for Susan Speckles (Sanford Chamberlain) and Ron LaMae (Chamberlain Director of Recreation) for their efforts in supporting our students and helping to make the Prairie Futures program a success!



Susan is proctor to students as they test in Chamberlain and she ensures they have necessary supplies for labs and classes. She keeps everyone organized, and is always willing to help.



Ron works with USD to ensure DDN video conferencing bridges are scheduled and working properly. Ron also helps to ensure that students have access to the Prairie Futures classroom, study lounge and equipment.

*On behalf of the Prairie Futures Partners and Students we appreciate everything you do!
Thank you!*



UPCOMING NEWS & EVENTS

INTERNATIONAL RURAL NURSING CONFERENCE

South Dakota will be hosting the bi-annual International Rural Nursing Conference in July of 2016, in Spearfish, South Dakota. This conference will be organized and co-hosted by the National Rural Nursing Organization, MHCH Foundation, Black Hills State University, and South Dakota State University and University of South Dakota Nursing. The conference will follow in the tradition of previous rural nursing and health research conferences held most recently in Bozeman, Montana, USA; Binghamton, New York, USA; Sudbury, Ontario, Canada; and Albury, Australia. Nationally and internationally known researchers, practitioners, and educators from multiple disciplines whose focus is improving the health of rural people and communities will be participating.



MEDICAL TERMINOLOGY COURSE Summer 2015

Each summer we offer a Medical Terminology course in Chamberlain at the Prairie Futures Classroom. This course provides an overview and foundation of medical terminology to increase success in pre-nursing General Education courses and Nursing courses. The course is FREE of charge and is very helpful for anyone pursuing a degree in Health Sciences. If you are interested in attending then please email Corey Kilgore with the MHCH foundation at gkilgore2@comcast.net.



COLLEGE SURVIVAL CLASS Summer 2015

Are you living in the Chamberlain or Winner areas and could you benefit from training on how to become a more effective college student? If so then contact Corey Kilgore with Prairie Futures at gkilgore2@comcast.net.



5TH ANNUAL PRAIRIE FUTURES PHEASANT HUNT – THUNDERSTIK LODGE September 2015

Hello Hunters!

Each year we host a pheasant hunt at Thunderstik Lodge in Chamberlain, SD. This hunt helps support the Prairie Futures student programs such as tutoring, student stipends, computers and transportation cost. We have a great time and would love for you to join us! Mark your calendars for the last weekend in September. If you are interested in participating in the September 2015 hunt then please contact Corey Kilgore at gkilgore2@comcast.net or 281-253-5199. We hope to see you there!



Thanks to our 2014 Donors

These donations help provide student support through scholarships, student stipends, tutoring, transportation, mentoring & coaching, and access to computers. Below is a listing of our 2014 donors.

- MHCH Foundation
- Barger Foundation
- Sanford Health Chamberlain
- Mid State Communications
- City of Chamberlain, SD
- Annual Pheasant Hunt Donations: Sanford Health, First Premier, Graber & Associates, Risk Administration Services, Great Plains Brokerage, and Christiansen Land & Cattle

Do you live in Rural South Dakota and are you interested in pursuing a career in health care?

Prairie Futures helps to encourage and support individual's living in rural areas as they pursue degrees in Health Sciences. We do this by providing items such as scholarships, tutoring, transportation, mentoring, coaching, computer access and supportive student communities. The health care industry has boomed over the last few years, growing twice as fast as the national economy. Rural counties in South Dakota face a number of challenges, including healthcare work force shortages. These shortages range from jobs that involve direct patient care to those that do not such as medical billing, and healthcare information management. If you are interested in the healthcare industry, and have a desire to live in rural South Dakota then contact Prairie Futures. Advisory sessions for individuals interested in becoming registered nurses are held in early April. Please call 605-778-6537 or email gkilgore2@comcast.net for more information or to schedule an appointment.

Prairie Futures Students for the Academic Year 2014-2015

Eric Miller – Chamberlain, South Dakota
 Tara Weeman – Chamberlain, South Dakota
 Kodi Ingle – Chamberlain, South Dakota
 Lydia Haucke – Chamberlain, South Dakota
 Marchelle Rokusek – Platte, South Dakota
 Tammy Cheney – Platte, South Dakota
 Sue Davis – Burke, South Dakota
 Jill McMurty – Winner, South Dakota
 Maria George – Winner, South Dakota
 Susan Ziebro – Bonesteel, South Dakota
 Amanda Mahenke – Chamberlain, South Dakota
 Jane Medicine Crow – Presho, South Dakota
 Shaina Muckridge – Chamberlain, South Dakota
 Mindy Bies – Chamberlain, South Dakota
 Shelli Caslin – Kennebec
 Heather Twamley – Chamberlain, South Dakota

*Thank
You!*



PRAIRIE FUTURES

Growing Rural Economies Through Education