



# In the HEADlines.

M I D W E S T

EAR, NOSE & THROAT

*"Feel better."*

August 2016 | [www.midwestent.com](http://www.midwestent.com)

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<https://www.google.com.au/search?q=Midwest+Ear,%20Nose%20&%20Throat%20Hearing%20Center&udocid=17938277987361978996&#lrd=0x0:0xf8f190c9d6eb7a74,1>



## Fall can be a tough time for allergy sufferers.

Here is some helpful information on Allergies and Hay Fever. Discover insight into causes, treatment, & prevention including the tips below and more:

- **Why does the body develop allergies**
- **What are common allergens?**
- **When should a doctor be consulted**

Read more: <http://www.midwestent.com/patient-health-information/nose-and-mouth/allergies-and-hay-fever>



## Sleep Quiz

Nearly one in ten adults in the United States suffers from sleep issues. Insomnia is a sleep disorder defined by both night-time and day-time symptoms. These symptoms include problems falling asleep and staying asleep, non-restorative sleep, a decreased sense of well being, fatigue, decline in concentration and memory, etc. Another sleep issue - called sleep apnea - blocks the upper airway during sleep and causes breathing issues and snoring that leave you tired after a full night's rest.

We can help determine which factors are causing insomnia or sleep apnea. Our on-site sleep lab

allows patients the convenience of getting all their testing and treatment in one location. Board certified sleep specialist, Dr. Kenneth Scott, will conduct a sleep study, review the results with the patient and consider treatment options.

Click here to take our sleep quiz and see if you suffer from sleep related problems. [http://www.midwestent.com/images/Forms/Sleep\\_Center\\_Quiz.pdf](http://www.midwestent.com/images/Forms/Sleep_Center_Quiz.pdf)



## We are hosting a Free Hearing Screening event in September!

**The event will be 2 days only - September 13 & 14!** We will be offering the following services:

- Free Hearing Screening by our highly trained audiologists
- Free comprehensive hearing aid evaluation and consultation
- Free demonstration of new digital hearing aids on the market
- Free clean and check of your current hearing aids and a 60 day trial of any new hearing instrument.
- **PLUS** you will receive **\$300 OFF** the purchase of any set of advanced digital hearing aids and 3 months of free batteries!

**Call 413-1100 to reserve your appointment time today! Spots fill quickly and placement is on a first come, first served basis.**

## The Fun Committee!

Well, Hello! I'm Trista Olinger! I've been lucky enough to work at Midwest ENT for 3 years now and truly enjoy my job. I love being the front line for our patients and feeling like I make a difference in their lives! I'm married to the best person I've ever met in my life. Scott. He truly is my other half. We got married when I was 20, when you know, you know! We will celebrate our 7th wedding anniversary this January 1st. We have two boys, Renner (my step-son) who is 9, and Silas who is 1. #boymom all the way here!! For fun we love to swim and play on our backyard beach. My husband has our pool set up with 4 tons of sand, beach chairs, couches, a basketball hoop, and toys galore. At night, he'll set up the projector and we have 'swim in' movies! Most recently we watched Star Trek under the stars. It's my favorite thing to do, be with my family and getting to create such lovely memories!

The Fun Committee started last March, when we decided we wanted to boost morale and spruce things up around the clinic! We have 1 employee from each area of our clinic to make up The Fun Committee! Members consist of Kelcey Cushman (Audiology), Kelly West (Clinical), Tamara Centra (Billing), Lisa Bendt (Administration) and I (Clerical)!

We have done quite a few fun and exciting things since we were established. One of our first orders of business was to pass out candy bars for appreciation! We had each employee fill out a list of "a few of my favorite things" and from that were able to go and get everyone their favorite candy bar and leave it on their desk with a little note! Melissa, another one of our Audiologists won free staff lunches from Noodles and Co and she kindly let us use those for a Fun Committee luncheon for the whole clinic. For a few of our employees who had been out for medical leave, when they returned, we welcomed them back with a Rooting Tooting Root Beer Social!

Every month we have a celebration day where we honor the employees who have birthdays or work anniversary's that month. So far, we have done



Poppys popcorn balls, DQ Dilly Bars, and in July we brought in Chevys Chips, Salsa and Queso!

Occasionally we'll receive tickets to local sports events, such as Sioux Falls Canaries and we offer those out to anyone who might be interested!

We threw a summer grill out in June. A few of our physicians got together and grilled us up some hot dogs and brats and we supplied the side dishes so everyone could enjoy the BBQ!

Towards the end of June, we purchased everyone a bag of their favorite chips and attached a note stating 'You're all that and a bag of chips!' Just as a small thank you to everyone for all of their hard work.

Most recently we did Motivational Monday where we set out a small note of motivation for each employee! That was one of my favorite things so far. To watch people get excited to know that they are appreciated... it is the absolute best!

As far as upcoming events, we are always working up new ideas for our celebration days! We are going to do another Grill Out, and are working on doing another catered in lunch! In the works is a surprise video for the clinic and a bunch more fun to yet be determined!

Trista Olinger-Registrar  
Midwest Ear Nose and Throat

# Our providers:



Paul Cink, MD, FACS



Greg Danielson, MD



Bethany Helvig, MD, FACS



Peter Kasznica, MD



Kenneth Scott, MD, FACS



Thomas Tamura, MD



Daniel Todd, MD, FACS



Melissa Baker, MA, CCC-A



Kelcey Cushman AuD, CCC-A



Robert Froke MA, CCC-A



Carolyn Duenwald, PA-C



Marc Ellwein, PA-C/MPAS



Shantel Schumack, PA-C

## Midwest Ear, Nose & Throat

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## Allergy Center

2315 West 57th Street  
Sioux Falls, South Dakota 57108  
605-275-1228  
Toll-free 888-336-3503  
Fax 605-275-2056

## Hearing Center

2315 West 57th Street  
Sioux Falls, South Dakota 57108  
605-275-1205  
Toll-free 888-336-3503  
Fax 605-275-1289

## Sleep Center

2333 West 57th Street  
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