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Prairie Doc® Wins Nautilus Book Award

Richard P. Holm, M.D., author and host of “On Call with the Prairie Doc®,” a state-wide weekly call-in show on South Dakota Public Broadcasting, recently received the Nautilus Silver Book Award in the category of Aging Consciously for his recent book “Life’s Final Season: A Guide for Aging and Dying with Grace.”

“My sole purpose for writing this book was to help people...the well, the sick, those who are dying and those caring for elderly persons in the final season of their lives,” said Holm. “The Nautilus program celebrates books that inspire and connect lives and that seems to mesh well with my goal. I am honored to be among the authors to receive this award.”

For two decades, Nautilus has been held in particular high-regard for recognizing books that transcend barriers of culture, gender, race, and class. Dedicated to excellence and high standards of both message and presentation, its mission is to honor books that support the following concepts: conscious living and green values, high-level wellness, positive social change and social justice, and spiritual growth.

Last year, Nautilus received entries from 36 U.S. states and from 12 other nations in its search for *Better Books for a Better World*. The full roster of 2018 Nautilus Award winners, including Holm, can be found on their [website](#).

Well into the process of writing his book, Holm at age 67, was diagnosed with cancer of the pancreas. His book tells of surviving his initial battle with the aid of chemotherapy and surgery. However, the cancer returned, and Holm finished a second round of chemo and additional surgery. He continues to confront health issues related to cancer.

Holm explains his book is more about living than dying, “Some chapters are written specifically to reduce the fear of death, but the intent of this book is that it be a guide to help individuals and caregivers in our quest to age and to eventually face dying with courage, grace, dignity and even enthusiasm.”

A native of De Smet, South Dakota, Holm earned his B.S. in medicine in 1973 from the University of South Dakota and his M.D. from Emory University School of Medicine in 1975. Holm retired after practicing medicine for nearly 40 years in Brookings. He and his wife, Joanie Holm, R.N., C.N.P. have four adult children and continue to live in Brookings where they are active members of the community.

In 2018 the University of South Dakota awarded its Alumni Achievement for Professional Service award to Holm. He was inducted into the South Dakota Hall of Fame and cited as “South Dakota’s Voice of Healthcare” in 2017. His television show is entering its 18th season and his musings on health, Prairie Doc® Perspectives are currently published as weekly columns in newspapers in four states including South Dakota, North Dakota, Wyoming and Kansas.

“Life’s Final Season: A Guide for Aging and Dying with Grace” is currently available from Amazon.com; Dacotah Prairie Museum in Aberdeen, S.D.; the South Dakota Art Museum, Brookings Health System Gift Shop, Threads of Memories and Brookings Book Company all in Brookings, S.D.; Ward’s Bakery in De Smet, S.D.; Prairie Pages in Pierre, S.D.; Mitzi’s Books in Rapid City, S.D.; and Zandbroz Variety in Sioux Falls, S.D. Holm participates as a Goodreads Author and ongoing updates about his work can be found on the Prairie Doc® Facebook page <https://www.facebook.com/ThePrairieDoc/> and website <https://www.prairiedoc.org/book.html>.

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