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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 Television, 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. “Nautilus Awards focus on *Better Books for a Better World* 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 Book Awards has been held in particular high-regard for recognizing books that transcend barriers of culture, gender, race, and class. Its mission is to celebrate and honor books that support conscious living & green values, high-level wellness, positive social change & social justice, and spiritual growth.

Last year, Nautilus received entries from 36 States of USA, and from 12 other nations in its search for *Better Books for a Better World*. Dedicated to excellence and high standards of both message and presentation, the Nautilus program celebrates books that inspire and connect our lives as individuals, communities and global citizens. The full roster of 2018 Nautilus Award Winners can be found at www.nautilusbookawards.com.

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 chemo therapy and surgery. However, the cancer returned, and Holm finished a second round of chemo and additional surgery on Halloween Day 2018. 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.

The book is currently available on Amazon.com, Dacotah Prairie Museum in Aberdeen, S.D, the South Dakota Art Museum 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 has posted dates and locations for his appearances and book availability on the Prairie Doc® Facebook page <https://www.facebook.com/ThePrairieDoc/> and website <https://www.prairiedoc.org/book.html>.