



Incorporated in 2011

Enhancing health and diminishing suffering by communicating useful information based on honest science, provided in a respectful and compassionate manner.



## Remembering Dr. Richard P. Holm

2/1/49 - 3/22/20

Ever the author, Dr. Holm wrote his own obituary:

Dr. Richard Powell Holm, age 71, passed away Sunday, March 22, 2020, at home in Brookings, S.D. under hospice care. Visitations and memorial services will be held in the future as soon as public gatherings are permitted. Eidsness Funeral Home is assisting the family with arrangements.

Rick Holm was born near midnight, February 1, 1949 to Jody and Earl Holm in Minneapolis, Minn. and died March 22, during his 71st year. On the night of his birth, the story goes that the temp was way below zero, and the car (which wouldn't start earlier) grumbled to life after Jody told Earl "It is time." Rick was their second child after Susan, both boomers born after WWII.

Moving to De Smet, S.D. in 1954, he grew up with the great De Smet high school class of '67. So many of the 54 people who graduated with him, and many others in that wonderful town, remained dear friends throughout Rick's life. He lost his sister from a motor vehicle crash just before his junior year and had especially unforgettable and heartwarming

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### MESSAGE FROM THE PRESIDENT

Dear Friends of the Healing Words Foundation,

I don't know about you, but I see Rick doing a Snoopy dance right now. He might even be directing a choir while he dances!

As I move forward, trying to pick up the pieces as well as I can, I send a great big thank you to all the Healing Words Foundation

supporters. The list is long, and if you are reading this, you are one of them: operations team members, donor organizations, physician guests, physician hosts, individual donors, members of the Board of Directors and all the readers and viewers of Healing Words materials. My family and I feel supported by you and our community as we move through our new existence.

I know I can speak for all involved in the organization when I say, with your help, we will strive to carry on the excellent work that Rick started.

Joanie Holm

HWF President and CEO



The Holm Family: L-R Preston, Sasha the dog, Carter, Julia, Rick, Joanie, Eric.



## WHAT IS THE HEALING WORDS FOUNDATION?

Healing Words Foundation was incorporated in 2011 to continue Rick and Joanie Holm's lifelong mission of improving community and individual health. The Foundation endeavors to enhance health and diminish suffering by communicating useful information, based on honest science, provided in a respectful and compassionate manner. The Foundation engages a variety of Prairie Doc® media outlets to provide science-based medical information to the greater South Dakota region. We are privileged to have the following individuals on our board of directors: President Joanie Holm, C.N.P., David Hyink, Ph.D., Tom Luzier, M.D., Jennifer K. May, M.D., Stephanie Herseth-Sandlin, J.D., Ken Bartholomew, M.D., and prospective board members Eric Holm, Jill Kruse, D.O., and Tom Dean, M.D.



On Call with the Prairie Doc® is a one-hour medical questions television program that can be seen most Thursday evenings at 7:00 p.m. CT on South Dakota Public TV. It is also streamed on Facebook and archived on YouTube with links to each program posted on the Prairie Doc® website at [www.PrairieDoc.org](http://www.PrairieDoc.org)

Prairie Doc® Radio is a 30-minute live radio show on KBRK radio. Callers ask questions about health and wellness topics. And, Prairie Doc® Conversations is a series of brief audio interviews on medical topics. Learn more at: [www.PrairieDoc.org/radio](http://www.PrairieDoc.org/radio).

Prairie Doc® Perspectives is a weekly newspaper column printed in 130 newspapers in South Dakota, North Dakota, Wyoming, Nebraska and Kansas. [www.prairiedoc.org/blog](http://www.prairiedoc.org/blog)

Play Eat Sleep is a series of videos featuring science-based pediatric medical information with Joanie Holm, C.N.P. [www.playeatsleep.org](http://www.playeatsleep.org)

Please consider a gift to help these programs continue. Give online at [www.HealingWordsFoundation.org](http://www.HealingWordsFoundation.org) or mail to P.O. Box 752, Brookings, SD, 57006. A pledge form is also printed on page 7 of this newsletter.

Newsletter editors: Ginger Thomson & Barb Anderson

## REMEMBERING, continued from page 1

support from the people of De Smet during that time. He played Will Parker in Oklahoma, played football all four years, participated in track and debate, was president of the junior class, and student body president his senior year. Throughout his life, he savored the experience and joy of growing up in that small prairie town.



Above: Susan Holm and her brother, Rick Holm.

Jeannie Vandyke moved into the Holm family home after Susan's death, and Jeannie's presence gave great solace to everyone. Jody and Earl raised Rick to play fair. He was also raised and guided with the help of many family friends including the Bells, Hyinks, Stalheims, Purringtons, Purintuns, McKibbens and more. Jody and Earl taught kindness, discipline, honesty, creative thinking, and the work-ethic.

Rick attended University of South Dakota and joined the Lambda Chi Alpha fraternity. He conducted the brothers for three years in the Mother's Day Sing and was vice president of the house his senior year. Friends made in college have lasted these many years. Despite a great deal of celebration during those years, he did get into medical school. The first two years at USD School of Medicine, which only offered the first two years at the time, opened the door to admission for the second two years at Emory University School of Medicine in Atlanta. There he finished in 1975, did his residency, and taught for three years. He met Joanie on the cancer ward of Grady Hospital in Atlanta, and, after three years of dating, he married that Floridian. She married Rick even after realizing that it would likely mean moving to South Dakota from the south.



Above: Newlyweds Joanie and Rick Holm.

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## REMEMBERING, continued from page 2

After a year of married life in Atlanta, the two moved to Brookings, where they settled into a home on 11th Avenue. They became members of the First United Methodist



Above: Joanie and Rick Holm.

Church of Brookings, and a few years later they restored and remodeled their home on 5th Street, where the family still resides. Their four children have been the blessings of their lives and have always made each day just that

much more interesting.

In his practice of internal medicine and geriatrics, Dr. Holm became involved with hospice, acting as the hospice medical director until the time of his death, which helped to teach him how to value every moment of life, and, eventually, to teach him how to face his pancreatic cancer. With the help and wisdom of his partners in the Brookings Medical Clinic, he evolved, aspiring to be an ethically based physician, perhaps not always reaching the peak of medical excellence, but always trying. He has loved his involvement with local health care, and with state-wide and national groups of health care providers, who have pushed him to balance caring and camaraderie with excellence.

Professional groups he has loved include: the state and national chapters of the American College of Physicians (ACP), the state and national chapters of the American Medical Association (AMA), the Gold Humanism Honor Society, and many others. He was inducted into the South Dakota Hall Of Fame in 2016 and was recently given the National Volunteerism and Community Service award from the ACP.

He became a physician-journalist, writing newspaper articles (Prairie Doc® Perspectives), hosting radio shows (Prairie Doc® Radio) and TV shows (On Call with the Prairie Doc®). In 2010, he became founder and conductor of the Hopeful Spirit Chorale, an acapella, hospice-oriented volunteer choir, which sings weekly for those in need of a hopeful spirit. He enjoyed writing books: The Picture of Health: A View From the Prairie with Judith Peterson, M.D., and recently, Life's Final Season: A Guide for Aging and Dying with Grace.

He was preceded in death by his sister Susan Diane Holm, his father Earl Ernest Holm, his mother Joanne Powell Holm, and several close aunts, uncles, and cousins.

He is survived by his life-partner Joanie Smith Holm, and their children Eric, Carter, Preston, and Julia Holm. He is also survived by dear cousin-brothers Bob McDonald (and Marge) of Waterman, IL and Mark Powell (and Joey) of Springfield, MO.

He writes: "I send my sincere love to my family, and to you, and I would leave the following advice: exercise every day (walk at least a mile if you can), eat fewer calories (especially less carbohydrates), do a Snoopy dance every day and, finally, listen and watch intensely for the Holy Spirit in the hearts of your friends, family, and the world around you."

Memorials may be designated to The Healing Words Foundation, which supports both the Prairie Doc® Media and the Hopeful Spirit Chorale.

Healing Words Foundation  
P.O. Box 752  
Brookings, SD 57006

*"I send my sincere  
love to my family  
and to you."*

--Rick Holm



Above: The Holm Family  
L-R: Preston, Carter, Julia, Rick, Joanie, Eric

Questions or comments?  
[contact@prairiedoc.org](mailto:contact@prairiedoc.org)

# The Legacy Continues



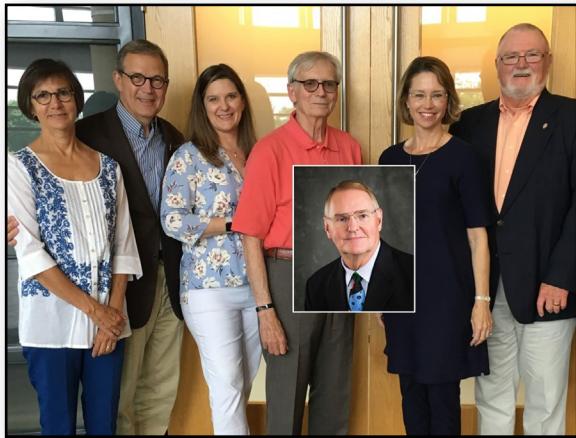
Clockwise from top left are Prairie Docs Andrew Ellsworth, M.D., Kelly Evans-Hullinger, M.D., Jill Kruse, D.O., and Deb Johnston, M.D.

Shortly after his diagnosis of pancreatic cancer nearly four years ago, Rick and his wife Joanie, co-founders of the Healing Words Foundation established a plan to continue their legacy of service. Rick as President and CEO, and Joanie as Vice President, took steps to ensure that their 501c3 and the work of the Prairie Doc® will go on with the help of a wonderful team of board members, volunteers and operations crew.



The Prairie Doc® Operations Team pictured L-R: Barb Anderson, Jay Vanduch, Ginger Thomson, Joan Hogan, Joanie Holm, Rick Holm, Laura Ellsworth, Lowell Haag. (2019 photo)

At the May 2020 foundation board meeting, in accordance with the bylaws and wishes of the co-founders, Joanie Holm was installed as President of the Healing Words Foundation. Eric Holm, Jill Kruse and Tom Dean were nominated to fill the open "at large" seats on the board. Official elections will occur at the annual board meeting in June.



Healing Word Foundation board members pictured L-R: Joanie Holm, C.N.P., Rick Holm, M.D., Jennifer May, M.D., Tom Luzier, M.D., Ken Bartholomew, M.D. (inset), Stephanie Herseth Sandlin, J.D., and David Hyink, Ph.D. (2019 photo)

Existing Healing Words Foundation "at large" volunteer board members include Stephanie Herseth-Sandlin of Sioux Falls, Dave Hyink and Jennifer May both from Rapid City, Ken Bartholomew from Pierre/Ft. Pierre, and Tom Luzier of Aberdeen. Past board members are Jim Engelbrecht and Mark Bubak.

Four physicians, Andrew Ellsworth, Kelly Evans-Hullinger, Deb Johnston and Jill Kruse, have agreed to take on the volunteer role of hosting Prairie Doc® radio and television programs, as well as authoring the weekly newspaper essays. Rick wanted everyone to know that, while he originally developed the Prairie Doc® programs and had been known to many as "THE" Prairie Doc®, he felt he was always surrounded by a "team of Prairie Docs."

*Follow The Prairie Doc® on*





*Painting by Richard P. Holm, M.D.*

## PREPARING FOR A GOOD DEATH

By Richard P. Holm, M.D.

In 40 years of practice, I have seen how the final moments of one's life can be inspiring or agonizing, no matter the manner of death. As I see it, the fear of death is a greater enemy than death itself. This has brought me to make the following recommendations for approaching our final moments.

### **Be prepared**

Scientific advances, along with health care providers' driven desire to save lives, have wrought lifesaving techniques that sometimes cause suffering (an unintended consequence). To correct this, making an advanced directive (living will) can help prevent great suffering. Going without is like arriving at the airport with no plans as to where you are going. Remember, a written advance directive is a tool to encourage discussions about end-of-life expectations. When you reach your end-of-life situation, do you want antibiotics, intravenous (IV) fluids, feeding tubes, resuscitation? (I don't.) Speak to your family members about your wishes now in case you later lose your memory and ability to speak for yourself.

Also, there has been a growing emphasis and payment for hospice and palliative (comfort) care. Why not welcome these added financial benefits from Medicare and insurance if you or your family member qualifies? (These you control and can be stopped at any time.) When death

is imminent, comfort care can be a blessing as it brings less emphasis on intervention which might cause suffering. Talk to your doctor and family about your choices.

### **Dehydration can be our friend**

When a person has a terminal condition, is no longer wanting or able to take oral feedings or fluid, I see it as cruel to force artificial fluids through IV or feeding tube means. Without fluids, the patient's internal pain relievers (endorphins) turn on while setting the stage for living only about ten more days. Dehydration does NOT cause suffering. Considering the prolonged suffering that can result from artificial fluids, dehydration can be our friend.

### **Reconciliation brings harmony**

As we get closer to our own time of death, it is prudent to say to those who matter, this wisdom phrase, originating from Hawaii, called "Ho'oponopono," and made popular by Dr. Ira Byock. "I am thankful for you, forgive me, I forgive you and I love you." This can help restore harmony with others and with oneself.

Bottom line: The fear of death can keep us from making important plans for an advanced directive and hospice, can trap us on a feeding tube and can keep us from finding harmony with the ones we love. A good death requires the courage to be prepared.

To view more Prairie Doc® essays, go to [www.PrairieDoc.org/blog](http://www.PrairieDoc.org/blog).

# THANKS TO OUR CORPORATE DONORS!



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We sincerely thank our corporate donors. Without them, our health education programs would not be possible. These gifts impact the lives of those in the greater South Dakota area. We invite you to join in supporting our mission to provide honest, science-based medical information. Give online at [www.HealingWordsFoundation.org](http://www.HealingWordsFoundation.org) or mail your gift to P.O. Box 752, Brookings, SD 57006. Thank you!

## THANKS TO OUR INDIVIDUAL DONORS! (NOVEMBER 2019 - MAY 2020)

The Healing Words Foundation sincerely appreciates the support of our individual donors. We thank you for remembering Dr. Richard Holm and his family with your gifts. The Healing Words Foundation will use your gifts to carry on his legacy.

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## REMEMBERING RICK HOLM, M.D.

February 1, 1949 - March 22, 2020

By Jim Engelbrecht, M.D.

On March 22, 2020, South Dakota lost one of its finest – husband, father, physician, friend, educator, and leader – with the passing of Dr. Rick Holm at age 71 in Brookings. Rick loomed prominently in our lives for many years. Whether professional or personal friend, patient, co-worker, or one of the myriads of fans of his media presence, we all mourn his death.

I first met Rick in mid-1980s when he did a talk at Regional Hospital. He was invited by Dr. Reuben Bareis who told me I should “meet this young internist from Brookings.” Rick’s talk was about literature and medicine, and with my own interest in literature, I was immediately drawn to his insight and zeal. I remember thinking I need to meet this guy! We did meet and a 35-year friendship ensued.

What seemed to draw Rick to literature was his sincere interest in communication – words, stories, expressions, lessons learned. Our many discussions over the years would often center on a recent book or reading. Sharing a book title occurred almost every time we talked.

*“Rick had that special talent that made each of his many friends feel like they were his best friend.”*

*--Jim Engelbrecht, M.D.*

the value of a good history and physical exam. He taught his students to figure things out by interviewing and examining their patients, and then to use the lab and imaging for confirmation. He was smart and well-educated but continually sought more learning, staying up

on the medical literature, especially in evidence-based medicine.

It was not surprising to see Rick’s energy directed toward providing the public with understandable and reliable health information. Healthcare literacy was a frequent topic of our discussions as we spent time together in leadership positions in the South Dakota State Medical Association. His radio show and written columns were a prelude to developing the television format and eventually On Call with the Prairie Doc®. Those of us who saw the time and effort that both Rick and Joanie put into developing this program witnessed some truly remarkable work and commitment.



Jim Engelbrecht, M.D. (left) and Rick Holm, M.D.

Rick’s foundation was to always be the best physician he could be. He was a great listener. We talked often about

Rick had that special talent that made each of his many friends feel like they were his best friend. When I told my neighbor, a fan and supporter of On Call, of Rick’s passing, he said “I only spoke to him a couple of times, but both times were memorable.” That really said it all...Rick was memorable! Our memories of him whether in medicine, leadership, advocacy, communication, family, sailing or just having fun are so poignant and precious. In one of our last talks, I did thank him for all the memories and that I was going to miss him so much.

Please read Rick’s obituary (which he penned himself) on pages 1-3 of this newsletter. It really reflects what was most important in his life. In his book, Life’s Final Season, you will hear his voice while learning his views on living a full life and on death. His legacy lives on with the Healing Words Foundation and its Prairie Doc® radio, television and newspaper columns, hosted and authored by Drs. Ellsworth, Evans-Hullinger, Johnston, and Kruse who Rick called “the heroes” because of their commitment to continuing this mission.

## A Note to Dr. Holm from Prairie Doc® Assistant Juliana Pederson



Answering phones for TV show

Thank you for your kindness in writing a letter of recommendation to support my application to PA school. I greatly appreciate the time and effort you put into my letter. I'm excited to share that I was accepted at Bethel University and will start there in June!

I would like to say how impactful your Prairie Doc show has been on my life. I have learned more about medicine and life in the last two years because of your show. I will take with me your wisdom on life and how to treat others, and incorporate that into my own life and future practice. I'm blessed to have met your sweet soul. I thank you for your time and kindness.

Sincerely,

Juliana Pederson, president, Prairie Doc® Assistants  
PDAs are SDSU student volunteers who take viewer questions during live TV shows



The above photo was submitted by Judy and David Bowes of Custer, SD. Judy said, "My husband, David Bowes, went to college with Dr. Holm and admired him greatly, so as a tribute to him David made this sign to put down by our mailbox."

Here is a special message for those who are age 70 1/2 or older. If you have an IRA, you may want to consider the charitable IRA rollover or IRA qualified charitable distribution (QCD). Check with your IRA manager, financial consultant or tax professional today and find out how you might:

1. Take your required minimum distribution (RMD)
2. Skip the tax
3. Support Prairie Doc® programs with a gift to Healing Words Foundation, EIN 45-513019, PO Box 752, Brookings, SD 57006



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*About Us*

Healing Words Foundation is a nonprofit 501c3 founded in 2011 in Brookings, SD by Rick Holm, MD and Joanie Holm, CNP. Donations to this foundation provide 100% of the funding for the creation and distribution of Prairie Doc® content. We invite you to join in supporting our mission: "Enhancing health and diminishing suffering by communicating useful information based on honest science, provided in a respectful and compassionate manner."



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# Healing Words Foundation

P.O. Box 752

Brookings, SD 57006



This publication does not seek to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

If you would like to support our mission to provide honest, science-based medical information, please complete the below pledge card and mail to P.O. Box 752, Brookings, SD 57006. You are also welcome to donate online at [www.HealingWordsFoundation.org](http://www.HealingWordsFoundation.org). Thank you!

Gifts received or postmarked on or by 12/31/20 may be eligible for 2020 tax deductions.

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