

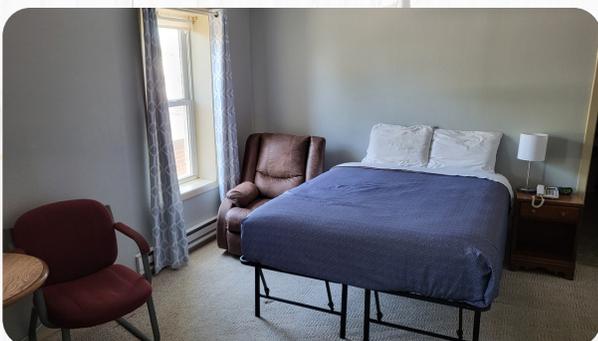
# Ortman Chiropractic Clinic

## Development of Stalting Park in Canistota

The City of Canistota has been working on the development of a new park. This park will include pickleball courts, an ice skating rink and a shuffleboard court. The Ortman Clinic understands the importance of community parks and recreation. As such, the Clinic has provided a generous \$10,000 donation that has been earmarked for the construction of a shuffleboard court and sidewalks in the new park. This latest collaboration between the Ortman Clinic and the community of Canistota will be a place for residents and visitors to use and to enjoy each other's company.



## NEW UPDATES AT ORTMAN HOTEL



Ashley, the Manager at the Ortman Hotel, has been working very hard updating, painting, ordering new beds and recliners, organizing and tearing out some carpet this year. In addition to new locks on each room. It is exciting to see all the progress she has made and more to come. Here is a glimpse of what some of the rooms look like now.

Call 1-800-801-3132 for reservations.



# In Loving Memory of Rachel Ortman



Rachel met her husband Derrick Ortman in 2010 and they were inseparable, best friends. They were united in marriage on June 15, 2012, and they have been blessed with three children: Jack, Jovie, and Maverick.

In our lives, there have been few people as special as Rachel. She was someone that we felt deeply connected to. Rachel continued to inspire us all as she bravely fought her battle with cancer. Even though Rachel is gone now, taken far too early, we still feel her presence throughout our lives.

With heavy hearts, Rachel passed away February 28, 2022. Dr. Derrick and his family would like to thank everyone for all the prayers, cards, and gifts during this difficult time.

\*Dr. Derrick is working again, but his clinic hours may be limited at times while his family transitions and finds their new normal. Please call the clinic with questions regarding his schedule.



## Mark your calendars! These are the remaining 2022 dates for our Ohio/Indiana bus!

The bus will be stopping in Mount Eaton, OH; Apple Creek, OH; Wooster, OH; Mansfield, OH; Upper Sandusky, OH; Fort Wayne, IN; Topeka, IN; and Nappanee, IN.

To book your ticket with Pioneer Trails call (800) 458-2554. Scheduling your week treatment appointments, call (605) 296-3431.



## ICE CREAM SOCIAL FUN!



The first Tuesday (weather depending) of the month from May-September, the Ortman Clinic hosts an Ice Cream Social. We play bean bags, eat ice cream and enjoy each other's company.

This is our 3rd year of hosting these and they are fun!

The question is would you rather be Emily's partner or one of the doctors?

For those of you who have played with both the answer is clear 😊

**"Health is a state of complete harmony of the body, mind, and spirit."**

**~BKS Iyengar**



Recently, my wife and I were part of an expedition team led by Jewel Cave Specialist, Dan Austin. We explored uncharted areas of Jewel Cave National Monument in South Dakota. The adventure consisted of six hours underground, squeezing through narrow passages, crawling on hands and knees in areas, scaling vertical slick rock walls, and at times contorting the body in unnatural ways. As a result of the expeditions, 430 feet of new passage was added to Jewel Cave. I wouldn't have believed in my past that I would be part of such an adventure.

Living with scoliosis and Harrington rod fusion has been a challenge. Personally, I have suffered in the past with back stiffness, stabbing buttock pain, and limited spinal mobility. Fortunately, chiropractic care, especially the Ortman Technique, has assisted me to ensure my spinal condition is not a limitation. The Ortman Technique is a hands-on approach, administered with the patient sitting on a stool. The reason we treat patients in the seated position is so we can tell which erector muscles of the spine are tight when you're upright, standing and walking in everyday life. This has helped me personally, and I have helped my patients here at Ortman Chiropractic Clinic have tremendous results as well.



Experiencing the Ortman Technique has allowed me to learn a new passion for caving and I am proud to share my story. We can all witness what life has to offer when our bodies are given the proper care.

By: Ryan Esser, D.C.  
Ortman Chiropractic Clinic



# Hydration



Hydration is a key component of your health. Studies have shown that 99% of society is dehydrated. Did you know you can get dehydrated in a couple of hours, but it could take weeks to months to become properly hydrated.

Early signs of dehydration are fatigue, anxiety, irritability, depression, cravings, cramps, and headache. Nothing limits physical and mental performance faster than dehydration. Get a jump start on your way to hydration and maintain it with Nutridyn Hydrate.

This is a delicious naturally flavored hydration complex formulated with a balanced profile of key minerals, electrolytes, vitamins, taurine, and carnosine. These ingredients work in synergy to support optimal hydration and promote healthy electrolyte balance, which is crucial for sustaining athletic performance, muscle contraction, and cell function.

Just as importantly, Dynamic Hydrate is free from artificial additives and sugars that can actually hinder your performance and health.

Hydrate comes in three flavors: blue raspberry, grape and orange. Summer is here, call us today at 605-296-3431 to get yours delivered to you.

	Gatorade*	Powerade*	Dynamic Hydrate
Calories	80	80	15
Sugar	21 g	21 g	0 g
Dye	25 mg	25 mg	0 mg
Vitamin C	0 mg	0 mg	120 mg
Vitamin E	0 mg	0 mg	18.76 mg
Thiamin	0 mg	0 mg	2 mg
Riboflavin	0 mg	0 mg	5 mg
Niacin	0 mg	0 mg	10 mg NE
Vitamin B6	0 mg	.3 mg	5 mg
Folate	0 mg	0 mg	20 mcg DFE
Vitamin B12	0 mcg	.9 mcg	6 mcg
Pantothenic Acid	0 mg	0 mg	28 mg
Calcium	0 mg	0 mg	108 mg
Phosphorus	0 mg	0 mg	69 mg
Magnesium	0 mg	0 mg	200 mg
Zinc	0 mg	0 mg	.005 mg
Chromium	0 mcg	0 mcg	83 mcg
Chloride	0 mg	0 mg	162 mg
Sodium	160 mg	150 mg	96 mg
Potassium	50 mg	35 mg	176 mg
Taurine	0 mg	0 mg	500 mg
Malic Acid	0 mg	0 mg	500 mg
L-Carnosine	0 mg	0 mg	20 mg

\*Gatorade Fruit Punch and Powerade Fruit Punch per 360ml suggested serving size.



## NEW OWNERS OF THE THE DEPOT INN

Owners Jake and Kaitlyn Killoran of the Cameron Inn and Clover Cottage have just purchased The Depot Inn. To call and make reservations for any of the three spots, please call 605-254-6001.



## Reminder ALL Patients!!

Please schedule all children you are bringing with you. This will ensure there will be enough spots for your whole family.



## Having trouble calling the clinic?

In addition to our main number (605)296-3431, we now offer a secondary number you can call. This number is (605) 215-5249.

## Calendar of Events

- July 4, 2022 Ortman Clinic Closes at 10am
- July 8-22, 2022 Laura Ingalls Wilder Pageant, DeSmet, SD
- July 14-16, 2022 Canistota Sport Days, Canistota, SD
- July 30, 2022 SD Chislic Festival, Freeman, SD
- August 5-14, 2022 Sturgis Motorcycle Rally, Sturgis, SD
- August 5-13, 2022 Sioux Empire Fair, Sioux Falls, SD
- August 22-25, 2022 Turner County Fair, Parker, SD
- August 19-21, 2022 Riverboat Days, Yankton, SD
- Sept 1-5, 2022 SD State Fair, Huron, SD
- Sept 5, 2022 Ortman Clinic Closes at 10am (Labor Day)
- Oct 19, 2022 Annual United Church Turkey Supper
- Oct 15, 2022 SD Pheasant Season Opens
- Nov 11 & 12, 2022 Sioux Empire Arts & Craft Show, Sioux Falls, SD
- Nov 24, 2022 Ortman Clinic Closes at 10am (Thanksgiving)
- Nov 25, 2022 Parade of Lights, Sioux Falls, SD

Are you trying to get a load put together to come out and see us?

Don't forget about our Canistota Travel Line to help get your trip lined up!  
**(605) 296-3242**  
**Password: 0000.**

## Lodging

- Ortman Hotel.....(800) 801-3132
- Cameron Inn.....(605) 254-6001
- Canistota Depot Inn.....(605) 254-6001
- U-Bar Motel.....(605) 296-3466
- Berens Motel.....(605) 296-3207
- Clover Cottage.....(605) 254-6001
- Triple Play Campground.....(605) 351-4468
- Alex Smart(Local Driver).....(605) 240-0013

### NEW!

Free Gaitscans for all New and Existing Patients Tuesday afternoons! Ask front desk for more information



**ORTMAN**<sup>®</sup>  
CHIROPRACTIC CLINIC

PO Box 157, Canistota, SD 57012

PRSRT STD  
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**PAID**  
Canistota, SD  
Permit No. 1

# Share Your Story

Remember how you felt when you walked through our door? Maybe you were at your wits end, tired of seeking answers to a health problem that wouldn't go away. Maybe you believed you would never feel good again.

Our doctors have successfully treated a wide variety of conditions originating in the spine, joints, and surrounding muscles and nerves. Conditions we have treated include back and neck pain, migraines, sciatica, pinched nerves and fibromyalgia - to name a few. Patients usually report relief from pain within a few days of their treatment. Specific conditions may require physiotherapies, supportive services or co-management with your medical doctor.

Using the Ortman Technique, our doctors help return proper nervous system function to promote natural healing. We have received countless testimonials from patients throughout the 100 years who returned to their desired health. Do you have a success story with us? If you would like to share your story, speak with a staff member at your next appointment to find out how!



(605) 296-3431 or (605) 215-5249  
[www.ortmanclinic.com](http://www.ortmanclinic.com)

## Business Hours:

Monday..... 8:00 AM - 4:00 PM  
Tuesday..... 8:00 AM - 4:00 PM  
Wednesday..... 8:00 AM - 4:00 PM  
Thursday..... 8:00 AM - 6:30 PM  
Friday..... 8:00 AM - 3:00 PM  
Saturday..... CLOSED  
Sunday..... CLOSED

## Holiday Hours:

We are open every weekday  
holiday until 10:00 AM; closed on  
Christmas Day.



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**Facebook**