



Public Service Announcement

July 1, 2019

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For Immediate Release

**Helpline Center & Black Hills Urgent Care name
July Volunteer of the Month**



Pictured is Audrey Nordine, Helpline Center, Heather Rystrom, Volunteer of the Month, and Kathy Minnick of Black Hills Urgent Care & Surgical Hospital.

RAPID CITY - The Helpline Center and Black Hills Urgent Care are pleased to announce that Heather Rystrom has been named the July 2019 Volunteer of the Month. Heather was nominated by Postpartum Support International- SD Chapter.

The Volunteer of the Month program is sponsored by the Helpline Center and Black Hills Urgent Care, a division of Black Hills Surgical Hospital. Volunteer of the Month recognizes outstanding individuals who make the community stronger through volunteerism. This month we also had the opportunity to celebrate Heather being the 50th volunteer to be recognized through the Volunteer of the Month program since the start in June 2015.

Heather has been serving on the board for PSI-SD since the beginning of the local organization in July 2017. Heather has served as the Treasurer and is currently serving as the Vice Chair. She spends countless hours dedicating her time. She is organized and provides her great skills for grant writing, recruiting volunteers, organizing and leading events, and consistently leading the monthly Postpartum Support Group that is held at the hospital.

Heather is dedicated and is extremely passionate about the organization. She spends countless hours to make sure other families in the community and throughout the state have the resources and support they need postpartum. Heather not only works a full-time job, she also has 3 children and a husband.

The Postpartum Support International SD Chapter couldn't be more proud of Heather and her hard work! Heather is a go-getter and very passionate about the organization. She is deeply appreciated for the work she continues to do.

Helpline Center and Black Hills Urgent Care presented Heather with a framed certificate and Helpline Center T-shirt, gifts from Black Hills Urgent Care and a letter of appreciation from Rapid City Mayor Steve Allender. The Helpline Center will also recognize Heather at the Spirit of Volunteerism Awards luncheon on Tuesday, May 19, 2020, at the Best Western Ramkota Hotel and Convention Center.

For information on volunteer opportunities, please call the Helpline Center at 211 or visit www.helplinecenter.org