



April 30, 2011

Vol. 27 No. 13

Mental Health

Jennifer Van Hunnik and Jeanna Wasenius spoke at the Optimist Club on April 23 on mental health. Stress from work, a friend's death, money problems, and other problems can lead to treatable mental problems. Depression, often the result of stress, can be easily treated with activities and medicines.

When people often think of mental health, they think of mental institutions. However, there are no long term mental care institutions today in the United States. Medicines are used to treat these illnesses. It is possible to get an injection that will last a month for some types of depression.

Jenny Edmundson provides both inpatient and outpatient treatment. Treatment starts with a thorough diagnosis. They provide individualized therapy and specialized therapy groups. The focus of inpatient treatment is to teach relapse prevention skills and coping skills. Therefore, an inpatient stay is usually only three to five days.

The symptoms that show someone needs treatment include suicidal intentions; suicidal attempts, thoughts, or plans; homicidal ideas with poor impulse control; and bizarre disoriented behavior. The most important aspect of mental health treatment is to "Believe in Recovery"

Talented and Gifted

Lori McGoldrick and some of her 4th grade students were speakers at the Optimist Club on April 30. Lori has been teaching seven years in Treynor and has worked on the talented and gifted program for four years. Since she began she has learned that these students need challenges academically, but also have unique social and emotional needs.

Lori works with students in three ways, as a pullout, for enrichment activities, and as a consultant for teachers and students. One of her responsibilities is to find resources in the community for students with special talents whose needs are not met.

One of the programs Lori uses is called Invention Convention. This program was started in 1987 by Iowa State University and the University of Iowa. The program is open to all students, but Lori works with 4th graders in this program. Youth can earn a \$500 scholarship in the program.

Another program is the Modern Woodmen of the World speech contest. This year the contest involves an American invention. Students pick a topic and have to research the topic, compose a speech, and deliver the speech. The goals of the speech contest are to learn public speaking, enhance self esteem, and develop speaking and communication skills.

Luke Clausen, Zoe Gaupp, and Nik Johnson gave their speeches at the Optimist Club. Luke talked about elevators and the beginning of the Otis Elevator Company. Zoe talked about the Synchronous Multiplex Railway Telegraph, invented by Granville Woods, an African American inventor. Nik talked about the digital camera. The first digital camera was made from scraps and took 23 seconds to create a picture.

Lori develops a needs assessment for each student. She sends the assessments home to the student's parents. She

also promotes summer camps for some students. Most of her work at Treynor is one on one and small groups.

Meeting Minutes

Dennis White opened the Optimist Club meeting on April 23 with the Pledge of Allegiance and Judy Gutttau gave the opening prayer. There were 20 members and 2 guests at the meeting.

Chuck Nielsen and Richard Vorthmann contributed to the Youth Fund in recognition of the bicycle safety program. Gary Funkhouser contributed because his grandson played in the orchestra at Ann Arbor, Michigan. He also went on a tour of the Gerald Ford Library and had a good tour by Chris Goos. Arlyn Norris recognized his daughter who runs a dance studio in Tuscon, Arizona. Dick Baber recognized the beauty of spring, robins singing and flowers blooming.

For bicycle safety there were 30 bikes, 18 boys and 12 girls. Deputies Jason LeMaster accompanied Dwayne Richey who spoke to the Elementary students before the bicycle inspection and obstacle course.

Kirk Vorthmann won the 50/50 drawing. Dick Baber won the attendance drawing. A plant auction added \$13 to the Youth Fund.

Dennis White opened the Optimist Club meeting on April 30 with the Pledge of Allegiance and Ken Graham gave the opening prayer. Dee Gutttau provided jokes. There were 15 members and 9 guests at the meeting.

Ken Graham contributed to the Youth Fund in recognition of his one year of retirement. Kirk Vorthmann contributed because the twins are starting to crawl. Not to be outdone, Jim Clausen contributed because his grandchild has learned to roll over.

Gerald Forristall won the 50/50 drawing. Ken Graham won the attendance drawing.

CALENDAR

May 11 - Can Kennel sorting at for the St. Paul Youth Group

June 1 - Can Kennel sorting at for the St. Paul Youth Group

Birthdays

May 11 – Keith Denton

May 20 – Kelly Sutherland

May 21 - Steve Irvin

May 22 - Kirk Vorthmann

Anniversaries

May 27 – Bob & Mary Francis Abbott

May 29 – Bill & Rhonda Matthew

Speakers

May 4 -

Programs

May – Keith Denton

June – Dick Baber

July – Judy Gutttau

Aug – Treynor Bank Employees

Sep – Jeff Jorgensen

Oct – Gary Funkhouser

Nov – Arlyn Norris

Dec – Chuck Nielsen