



Mat Balcetis

**Mental Health Counseling**

Mat Balcetis, a mental health counselor at Alegent Health Care, was the guest speaker at the Treynor Optimist Club on July 28. Mat has worked at Bergan Mercy for 36 years. He counsels all ages of people, from children to older adults.

Mat talked mainly about depression and anxiety. Depression can have a large variety of causes. For example, older

people can suffer from adjusting to loss of friends, children moving away, or just loss of the ability to get around freely.

Mat asked "How do you recognize depression?" Do I feel sad? Do others think I look sad? Depression can often be recognizable by several clues. Has the person's appetite for food changed? Is he sleeping more or less? Does he want to avoid going out in public, avoid making decisions, or not seem productive? Larger symptoms include hurting himself or others, irritability, or crying a lot.

Anxiety can cause a person's heart to feel like it is racing, or a feeling like you are going crazy. People with more anxiety are more likely to think about suicide and have panic attacks.

Help is available for people with depression or anxiety. The best place to start is to go to the family doctor and get a physical. There are a variety of short term and long term medications to treat depression and anxiety. Some people respond to medications and some respond more to talking to mental health professionals or a listening friend. Therapeutic pets can also help.

Mat also talked about trauma, like in the theater shooting. Trauma has two symptoms, physical and mental. Physical symptoms include injuries. Mental symptoms include frightening thoughts and heavy feelings.

Signs of trauma include reluctance to go back to a place somehow related to the trauma, numbness or extreme emotions, and turning to drugs and alcohol. It is not helpful to force a person to talk about the trauma or to

**Calendar**

- Aug 15 – Can Kennel Sorting for Music Boosters, TBD time
- Aug 29 – Can Kennel Sorting, TBD time

**Birthdays**

- Jul 14 – Gary Guttau (recognized)
- Jul 23 – Jerry Hempel
- Jul 27 – Jim Clausen (recognized)
- Aug 11 – Chad Guttau
- Aug 23 – Judy Guttau

**Anniversaries**

- Jul 14 – Jeff & Mary Beth Jorgensen (recognized)
- Jul 25 – Chuck & Kathy Nielsen (recognized)
- Aug 9 – Tim & Janet Greiner
- Aug 13 – Jerry & Barb Hempel
- Aug 25 – Gary & Julia Funkhauser

**Speakers**

- Aug 4 – Paul Cook
- Aug 11 – Saint Paul Youth group

tell them everything will be OK. It is helpful to be a good listener and have good eye contact with the person when listening. Good questions to ask the person are "I see this. How does that affect you?" and "What are you going to do about it?"



Chris Zimmerman receiving his scholarship check from Chuck Nielsen

**Meeting Minutes**

Keith Denton, Ken Graham, and Chuck Nielsen provided jokes and opened the meeting on July 28. Gary Funkhouser offered the opening prayer.

Jim Clausen celebrated his birthday. Dee Guttau contributed to the Youth Fund for bragging rights because Alex Peterson, who was in a multi-car wreck, was out of intensive care. Gary Guttau contributed in remembrance of his house burning down in 1953.

Chris Zimmerman received his \$300 scholarship check from the Optimist Club. He will be attending Simpson College, unsure of his major, possibly athletics or math. He plans to play on the basketball team. School starts August 25.

Can kennel sorting for the Boy Scouts was Wednesday, July 25. Bill Vorthmann, Chuck Nielsen, Ken Graham, Gary Funkhouser, Steve Irvin, Gary Guttau and some of his grandchildren helped. They had 21 ½ bags of plastic, 11 ½ bags of cans, and over 1000 bottles.

Optimist Club members helped at Westfair on July 26. Richard Vorthmann, Chuck Nielsen, Ken Graham, Judy Guttau, Gary Guttau, Mary Jewell, Dale Willenborg, Kirk Vorthmann, Gary Funkhouser, and Keith Denton helped.

Jim Clausen won the 50/50. Gerald Forrestal won the attendance drawing, but did not collect. There were 12 members and 3 guests at the meeting.

**Programs**

- Aug – Arlyn Norris
- Sept – Steve Irvin
- Oct – Chuck Nielsen
- Nov – Gary Guttau
- Dec – Bill Vorthmann

**Prayers**

- August 4 —
- August 11 — Ken Graham
- August 18 — Mick Guttau
- August 25 — Dale Willenborg
- September 1 — Dennis White
- September 8 —
- September 15 — Gary Funkhouser
- September 22 — Kirk Vorthmann
- September 29 —
- October 6 — Steve Irvin