



Mental Health



Karen Bermel, a mental health practitioner from Alegent Creighton Clinic, spoke at the Treynor Optimist Club on July 19. She has a master's in Counseling and works with individuals, couples and adolescents, specializing in treatment of women's issues, depression and anxiety disorders. She works with both Psychologists and Psychiatrists.

Karen said that a community feeling is important for a person's mental health. Not everyone has the resiliency needed to deal with stress of changes. Churches, families, friends, and doctors can help. Not everyone needs medication or therapy.

Alegent provides several levels of mental health care. Inpatient services are short term for the severely depressed. The average stay is 3-5 days. Alegent has nine outpatient clinics. Alegent also has mid-level care, providing a day program, Monday through Friday, 9:00 a.m. until 3:00 p.m. This program includes group work, doctor visits, and medication assistance when needed.

Some cultures do not reach out for mental health therapy. However, attitudes are changing.

Therapy is about change. In training counselors learn that you cannot prevent bad outcomes. You often ask yourself "What could I have done differently?" The answer is often "nothing".

If you know someone who is having problems, you could say "It sounds like you are really struggling. Have you talked to anyone about it?" Often the person should start with their family doctor. However, they must be willing to talk to him openly about how they are feeling.

Calendar

- July 24 – Westfair help needed – Noon until 6:00 p.m.
- July 24 – Zone meeting at the Treynor Community Center, 6:30 p.m.
- July 30 - Can kennel sorting for Optimist Club, 6:00 p.m.

Birthdays

- Jul 14 – Gary Guttau (recognized)
- Jul 23 – Jerry Hempel
- Jul 27 – Jim Clausen

Anniversaries

- Jul 14 – Jeff & Mary Beth Jorgensen

Alegent does not have grant funding, so they cannot provide free mental health services. However, Heartland Family Services does offer free services for those who cannot pay.

For Alegent mental health information and referral services, call 402-717-HOPE.

Meeting Minutes

Bill Vorthmann opened the meeting on July 19. Gary Funkhouser and Dee Guttau provided jokes. Bill led the Pledge of Allegiance and Dee Guttau gave the opening prayer.

Gary Guttau contributed to the Youth Fund to celebrate his birthday. He also contributed because of finally getting new windows on the West side of his house.

Dale Willenborg received the Reiver's scarf auctioned for \$4. Dennis White said that the 3rd grade dictionaries have been ordered and should arrive this month.

Emily Nelson received her scholarship award. She will begin college at IWCC in the fall and complete her degree through Buena Vista University. She will major in Elementary Education and would like to teach 3rd grade. She is also a Westfair Queen candidate.



Richard Vorthmann, Kirk Vorthmann, and Dale Willenborg helped with selling tickets at the baseball games this week.

Judy Guttau won the 50/50 drawing. Kevin Elwood won the attendance drawing, but did not collect. There were 15 members and 3 guests at the meeting.

Jul 25 - Chuck & Kathy Nielsen

Speakers

July 25 – Director of the Red Cross

Prayers

- July 26 – Bob Abbott
- Aug 2 – Ken Graham
- Aug 9 – Chad Guttau
- Aug 16 – Judy Guttau
- Aug 23 – Dale Willenborg
- Aug 30 – Dee Guttau