



The Optimist Club of Treynor, Treynor, IA
Iowa District, Zone 2 Club Number 40-109
Iowa District Governor: Jane Schmidt
Lt Governor: George Volz

NEWSLETTER

Treynor Optimist Club President:
Dale Willenborg



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Lindsey Mescher, Grief Counselor



Lindsey Mescher is Chad Gutttau's Grief Counselor and Friend. Lindsey is a licensed mental health counselor. She worked at Mercy Hospital in CB for six years as a recreational therapist, also helping with mental health for three years. She was licensed in grief counseling in June 2025.

"Counseling is different for everybody," Lindsey said. She listens, provides insight, sometimes gives homework in a 45 minute session. Sometimes the homework is journaling or breathing techniques. Coping skills help with some of the cortisol hormones (the stress hormones). It helps to talk about the loss and your emotions. You want to try to come to a place in life so that you accept what happened, continue to live, and continue to acknowledge the person lost.

Sharing the story and experiences helps to get it out of you to externalize your emotions and to normalize. There can be lots of emotion – guilt and shame too. Talking lowers the stress emotions and releases the happy emotions.

It's important to be thankful for the times you had with the person. Think about what would life have been like without them. Recall the joys, experiences, and know that it is okay to be sad.

Lindsey said that one of the hardest aspects about talking with a counselor is talking to a complete stranger. Today, counselors try to be personable by sharing about themselves and their experiences as well.

Lindsey talked about mental health facilities in Iowa. There's either not a lot of money or profit with the organizations. Gary Gutttau stated that the Jennie Edmundson psych ward, where Dee

worked, is closing and moving to 24th St. The same doctor is going to the new location.

Physical health and exercise are good for any mental health issue. With grief there is lots of stress. When stressed, there are two systems at work: The parasympathetic nervous system facilitates the body's "rest and digest" activities, activating all your organs during periods of rest and recovery to relax. The sympathetic nervous system prepares the body for a "flight or fight" response. This involuntary system increases heart rate, dilates pupils, and diverts blood flow to essential organs and muscles.

Cortisol, produced by the adrenal glands to serve as a stress manager, doesn't always like us and can jump high such as when organizing our lost one's clothes. To get it back down, diaphragm breathing (deep breathing) helps. Lindsey shared a number of breathing techniques and random fidgets that can help. She said sour and spicy foods can get us out of stressful moods. It gets your brain to think differently. She keeps sour candy handy.

Grief never goes away. Your emotions change day to day over the years. Elizabeth Kubler-Ross developed the five stages of grief: denial, anger, depression, bargaining, and acceptance. It's a roller coaster cycle depending on what your mind is going through all through life.

There were stories and questions shared and asked by members. Topics discussed were: 1) The role of faith which can make one stronger or cause a loss of faith. 2) Grief can be experienced with the loss of a job, a pet, loss of a relationship, moving, etc). 3) Why talking about death can make people uncomfortable. 4) Continuing to be a presence after the first two-three months of a loss. And 5) The importance of acknowledging, remembering the good times, and moving forward.

We would love to have YOU consider joining our local Optimist Club if you are not a member. Call Dale Willenborg or text 402-651-1634 for more information. www.treynoroptimist.org

Next week's speaker:
MaryAnn Hanusa, County Auditor

Inspirational Quote:

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack." Germany Kent

Meeting Minutes

Vice President Kirk Vorthmann called the meeting to order at the Treynor Community Center. Seventeen members were present. Guests were Lindsey Mescher and Cory Young.

Prayer: Kirk Vorthmann

Jokes: Keith Denton, Jeff Jorgensen, Steve Chambers plus a few others' stories that fed off the jokes!

50/50: Kirk Vorthmann

Attendance: Gary Guttau

Birthdays/Anniversaries:

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- Chad Guttau: The splashdown of Artemus II.
- Dick Fox: 14 enjoyed Easter dinner at their house.
- Dick Fox: 4.7" rain and snow has accumulated.
- Judy Guttau: A fun family gathering happened last night with sis Kathy and 3 grandchildren – made donuts, ate hamburgers while watching Up Movie and Artemis II. The evening ended with a package of Astronaut Ice Cream.
- Jeff Jorgensen: Sold his house and told a story about his car not starting. It wasn't the battery, and a new starter didn't help either. It was one little fuse in a series of fuses!
- Gary Guttau: The field tile on the farm quit running last year for the first time since 1962. Now the water table is up and it's running.

- Kirk Vorthmann: A question about Artemis II parachutes – 11 in total! Keith Denton commented that a graduate of AL high school worked on the software. Steve Chambers shared that the Artemis name comes from "Greek God of the Moon".

Business:

- Optimist scholarship decisions will be made today after the meeting.
- A Youth Appreciation event is planned for Sunday, April 26 at 3 PM at Zion Congregational Church. Twelve students selected by the school faculty will be honored. A cookie/bar signup sheet was passed.
- John Klein reported that the Insurance Company for Optimist International has been notified about three local activities for potential liability: Flag project, Can Kennel, and Swim Bus.
- Jeff Jorgensen indicated he turned down the opportunity to become the Optimist District Lt. Governor. If someone is interested, contact Jeff.



Cory Young received a check for \$1050.75 for the Treynor Post Prom. She shared that a hypnotist, animal encounters and many other activities are planned. The Parade of Stars is in the theater at 3 PM. Dinner is at the Palace

and the Post Prom is at the school.

Cory has served as the Girls Wrestling Coach this year. She serves on the Mission Trip committee at church and thanked the Optimists for the Can Kennel help for all the youth projects.

- Judy Guttau stated the Optimist Club can have a tour (with guide) of The Wall That Heals on Saturday, May 23 if there is interest. We can carpool after the meeting, leaving soon after 9 AM to go to the display at the Lewis Central Soccer Field. Judy will have a sign-up sheet in two weeks to see how many members/family members/guests would like to participate. The guide will explain interesting information about the wall

(Vietnam Wall) and about other things in the display.

Humor

A worm is a pretty disappointing prize for getting up early if you ask me.

Community Events:

- **Sat. Apr. 25:** City Wide Garage Sale
- **Sat. Apr. 25:** Treynor Booster Bash
- **Fri., May 1:** City Spring Cleanup
- **Fri. May 1:** Mouse Derby by Treynor Parks & Trails
- **Thur. May 21:** Plan to wave a flag (or just wave) for the drive-by of The Wall That Heals and motorcade coming from the north on Eyberg and turning onto Hwy 92 past the helicopter.(Time to be announced.) It will then be installed at the Lewis Central Soccer Field site for several days of display.
- **Fri.-Mon. May 22-25:** The Wall That Heals (Vietnam Wall replica) at Lewis Central Soccer Field- free and open to the public.
- **Tues., June 2:** Treynor Farmers Market begins.
- **Sat., June 6:** Treynor Alumni Banquet, Treynor Community Center

Events in Treynor and state events away:

- **Mon. Apr. 13:** Girls Golf vs AHSTW
- **Mon. Apr. 13:** Varsity Girls Track
- **Tues. Apr. 14:** V G/B soccer vs Underwood
- **Thurs. Apr. 16:** V B Soccer vs Glenwood
- **Fri. Apr. 17:** V&JV G Soccer vs Glenwood
- **Sat. Apr. 18:** Treynor Prom. Parade at 3 PM
- **Mon. Apr. 20:** 7th/8th B/G Cardinal Relays
- **Mon. Apr. 20:** Elementary Night of Arts

There being no further business, the meeting was adjourned.

CALENDAR

Events:

- April 18 Optimist Meeting 8:00-9:00 AM, Treynor Community Center
- April 26 Optimists Youth Appreciation Event – 3:00 PM Zion Congregational Church

Birthdays:

- April 20 Steve Chambers
- April 24 Linda Danker
- April 25 Irvin Saar
- April 28 Gene Seran

Anniversaries:

Programs:

- April Chad Guttau
- May Ken Graham (1st,2nd Sat)
- Jeff Jorgensen (3rd,4th Sat)
- John Klein (5th Sat.)
- June Steve Irvin (1st,2nd Sat)
- Judy Guttau (3rd.4th Sat)

Speakers:

- Apr 18 MaryAnn Hanusa, County Auditor
- Apr 25 Starlyn Purdue, U.S. Dept. of Ag, works in Iowa
- May 2 Wild Hearts & Horses, Bob & Carol Weilage, Glenwood
- May 9 Pastor Emily Dalen, Treynor St. Paul Lutheran Church
- May 16 Andy Wicks, Pott. Co. Engineer
- May 23 Keith Jones, Pott.Co. Board of Supervisors, Candidate for Iowa Legislature
- May 30 Cody Abbott, Manager of Home Depot (to be honored)