

Mike Rosmann

Some Reflections On Attachments

EDITOR'S NOTE: Beginning today, we are running the columns of Dr. Mike Rosmann, who is replacing the retired Dr. Val Farmer.

BY MIKE ROSMANN PH.D.

As I take over the production of this weekly column, I am glad to see the outpouring of affection by many readers to Dr. Val Farmer.

His kind and helpful words had a positive effect on many people during his 28 years of writing this column. Many readers and others he has assisted have developed positive attachments to Dr. Val.

GOOD AND BAD NEWS ABOUT ATTACHMENTS

Attachments to important people in our lives have positive or negative effects on our adjustments, depending on how they treat us and how we perceive them.

Livestock producers know the importance of allowing a mother cow to sniff and lick her newborn calf to establish a bond that signals her calf who to count on for food and protection during the following weeks until the calf is able to take care of itself.

All animal producers are familiar with these instinctual behavioral exchanges that involve olfactory, auditory, motor and visual cues between the mother and baby.

People who mistreat us by hurting us physically or emotionally have lasting effects on our ability to predict what others will do to us thereafter. Usually, the earlier in our lives the mistreatment has occurred, the more pervasively it affects us afterwards.

Mistreated children can become adults who are prone to feel angry and to hurt those whom they care for.

However, positive caregivers, who respond with comforting words and touches when those of us who are under their care feel hurt, affect our lives ever after. They replace painful feelings with feelings that someone values us, especially in times of need.

I witnessed attachment bonds during three weeks of caring for my 2-month-old granddaughter in January and February while her mother returned to work as a physician and her father attended to his genetics research work.

Not only did my granddaughter readily recognize her mother's and father's voices when they came home after a long day at work, but by the end of three precious weeks my granddaughter readily smiled at me whenever she heard my reassuring voice.

She knew I was coming to hold her, change her diaper or offer her a bottle of milk when she cried. What fun we had dancing, singing and listening to

Grandpa make the sounds of farm animals! She was a wonderful uncritical audience.

HOW POSITIVE ATTACHMENTS INFLUENCE US

Dr. Mary Ainsworth, the child development researcher who indicated the enormous importance of attachments of mothers and their infants, found, among other things human mothers who breast-fed their babies had better adjusted children than babies who were bottle fed.

Breast-fed babies were more confident in exploring their environments, healthier throughout all their lives, better able to share with others and developed higher intellectual ability. The positive physical and emotional bonding that developed during their

contact affected the babies into their adulthood.

To Dr. Ainsworth and most others since, it made sense to encourage mothers everywhere to resist the temptation to rely on baby formula fed in bottles, unless this alternative became necessary.

Dr. Ainsworth's research finding that we carry the positive effects of good caregivers in our adaptations throughout our lives, even when we have been harmed by abusive people, is of great importance to me and the people I work with.

Good professional therapists and good people who treat us fairly give those of us who bear the scars of abuse, unfair treatment or neglect, something we carry around in our adjustments ever after - the sense someone cared and helped us through tough times.

WHAT CAN WE LEARN?

I had the opportunity to be affiliated with Dr. Ainsworth for four years when I was a psychology professor at the University of Virginia in the early 1970s. I also see how the beneficial advice and nurturance readers got from Dr. Val are gifts that influence us now and into the future.

What we can do is concentrate on making our intentions and behaviors positive in the ways we treat others we interact with.

We should treat our coworkers, family, successors and everyone for that matter, as fairly as possible, without picking favorites. We must respect differences in others and in the ways they do things.

As farmers and rural caretakers of the resources needed to produce food, fiber and renewable energy, we have important duties. We should nurture positive attachments to our successors, to our land and communities.

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Dr. Mike
ROSMANN

Visiting Hours

It's Occupational Therapy Month

BY BERYL OLSON

Avera Sacred Heart Hospital

Occupational therapy enables people of all ages to live life to its fullest by helping them promote health, prevent or live better with injury, illness or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience and "best practices" that have been developed and proven over time.

Occupational therapists and occupational therapy assistants focus on "doing" whatever occupations or activities are meaningful to the individual. It is occupational therapy's purpose to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings or helping individuals to alter their own behaviors.

When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve

problems, improve function and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, school, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account a person's psychological, physical, emotional and social makeup as well as his/her environment-occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level
- Concentrate on what matters most to them
- Maintain or rebuild their independence
- Participate in daily activities that they need or want to do

Founded in 1917, the American Occupational Therapy Association (OTA) represents the interests and concerns of more than

140,000 occupational therapists, assistants and students nationwide. The Association educates the public and advances the profession of occupational therapy by providing resources, setting standards including accreditations and serving as an advocate to improve health care. Based in Bethesda, Md., AOTA's major programs and activities are directed toward promoting the professional development of its members and assuring consumer access to quality services so patients can maximize their individual potential. For more information, go to www.aota.org.

If you feel that your ability to participate in the occupations that matter to you has been affected by an illness or injury, talk to your doctor about a referral to occupational therapy. You may also contact Avera Sacred Heart Hospital's Occupational Therapy Department at (605) 668-8268 for more information.

Beryl Olson, MOT, OTR/L, LANA-CLT is the physical medicine supervisor at Avera Sacred Heart Hospital.

Avon

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in this state, they decided not to put any money into the project at this time."

As part of its research on the community center, the city has worked with the Planning and Development District III office in Yankton.

The new community center would address handicapped accessibility, said Eric Ambrosion, community development specialist for District III.

"The closest thing to a community center right now would be the Legion Hall, and that's not wheelchair accessible. The main activity level is several steps above the ground," he said. "With a new community center, a facility like that would make it accessible for everybody in town."

The new community center could include smaller meeting rooms, kitchen space, restrooms and a large gathering space at the back of the building, Ambrosion said.

Offering a place for events would stimulate the Avon economy, Tjeerdsma said.

"Right now, people may need to go out of town for some (activities)," he said. "By keeping people in town, or drawing people to town, this would help the motel,

eating places — all of the businesses."

Ambrosion agreed, looking at the community center as an attraction. One proposed site for the facility is the south end of the city park.

"The expected location of the facility is downtown, so it could generate more traffic downtown," he said. "If they had events at the community center, people would be spending more money in the stores or going places to eat or having a drink in the bar."

The community center could also provide a tool for economic development, Ambrosion said.

"It could draw some private investment to make downtown more attractive," he said. "A community center can only enhance it."

In looking at ways to finance a community center, much of the city's discussion has focused on a grant to cover at least part of the construction cost, Ambrosion said.

"We are trying to move the project to where, if the city feels comfortable with local funding levels, they make an application for a Community Development Block Grant (CDBG)," he said. "We can apply up to 50 percent of the project's cost with a CDBG. It depends on the priority level that the state would have for this project."

The CDBG consists of federal funding funneled through the Governor's Office of Economic Development (GOED), Ambrosion said. The funds are limited, with a July 15 deadline for the next round of applications, he said.

As part of the application process, the city would need to conduct an income survey to document the project's benefit to low- and moderate-income residents, Ambrosion said. In addition, the city must hold a public hearing before making a CDBG application.

Even if Avon receives CDBG funding for 50 percent of construction costs, the city would likely need to come up with \$300,000 to cover the other half, Tjeerdsma said. The city would also need to budget in future years for maintenance and heating, he said.

The city could turn to a foundation or other private donations to help cover the community center's costs, Ambrosion said. "There is a good opportunity here for a public-private partnership," he said.

The community center committee has already looked into private funds, Tjeerdsma said.

"There has been some talk about how much they can get from donations," he said. "They are trying to get the ball rolling, and they might be able to get pledges for it."

Tjeerdsma sees the community center as a step forward for Avon. "I think this will help the community in more ways than a person realizes," he said.

System

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increase by 3.1 percent this July.

The system has more than 70,000 members, and most are still working. It includes employees of state government, cities, counties and school districts, and paid \$371 million in retirement benefits last year.

The 3.4 percent investment earnings so far this year are below the system's goal of averaging a 7.75 percent return, but annual returns are expected to fluctuate with the stock market.

Clark said the Retirement System earned a lot of money in the past couple of years because his office bought stocks when the market hit bottom during the recession.

The bad news is that the stock market is nearing fair value, meaning stock prices are unlikely to rise much more, Clark said. The State Investment Office at some point will begin selling stocks and moving money to other investments until the next crash, when stocks will again be good buys, he said.

"Cross your fingers and hope we get lucky when that happens," Clark told the Retirement System's board.

USD Pi Sigma Epsilon Student Named 'Future Leader' At Nationals

VERMILLION — Kayla Foreman, president of Pi Sigma Epsilon at the University of South Dakota, was named a "Future Leader" at the 56th annual Pi Sigma Epsilon Nationals in Indianapolis.

Foreman, of Orient, was also a finalist in the Top Project Manager competition at the event where chapters from throughout the United States have an opportunity to compete in sales and management skills contests.

Ivana Burns of Papillion, Neb., and Jarrad Emery of Brandon, also attended PSE Nationals on behalf of USD's PSE Delta Mu chapter. Burns and Emery attended several workshops that provided participants with everything from networking opportunities to improving resume and interviewing skills. All three students from USD also participated in the Pro-Am Sell-A-Thon, a mock sales competition; and a case study involving a real company where students were required to offer analysis and advice.

Pi Sigma Epsilon is a USD co-ed sales and marketing business fraternity. PSE participates in many

sales projects as well as philanthropy events to help educate members for the business world. Pi Sigma Epsilon-Delta Mu at USD was just re-chartered in 2010 and, with the addition of new members, has been working on projects around campus.

AM 1450
MORNING COFFEE
WEEKDAYS
MONDAY-FRIDAY

Wednesday, April 4
7:40 am Yankton Election (Candidates)
8:15 am Hy-Vee Foods (Chef Staci)

Thursday, April 5
7:40 am Yankton Chamber (Carmen Schramm)
8:15 am Yankton Conv/Vis (Lisa Scheve)

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Thursday, April 26, 2012

Riverfront Event Center, Historic Downtown Yankton
Doors Open 4:30pm
Dinner Served 5:00-7:00pm
Booths Open 4:30-7:00pm
Speaker 7:30pm at Dakota Theatre

Advance Tickets: Only \$20

Available at Hy-Vee and the Yankton Daily Press & Dakotan until April 20

Contact the Press & Dakotan Advertising Department by April 16 to showcase your business at Celebrate Women, 605-665-7811

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