

L&C Behavioral Health Offers Help For Traumatic Stress

Lewis & Clark Behavioral Health, with offices located in Yankton, Vermillion, and Lake Andes, is available to provide assistance to local residents affected by the flooding in Charles Mix, Bon Homme, Yankton, Clay and Union counties. The Disaster Mental Health Institute at the University of South Dakota is collaborating in these efforts.

Many residents are facing possible significant losses of property, and many more members of the community have shared their sense of loss and the shock that resulted from this event.

Some people are living in very difficult circumstances. This disruption and dislocation only adds to the stress of the loss and the disaster itself. Your future may be uncertain. You may have financial concerns and feel that things will never be "normal" again.

You are living through experiences that can be psychologically traumatic. They would challenge anyone's ability to cope. As this flood event continues, the experience will challenge everyone's coping skills and emotions even more.

Below are some reactions common to people who experience traumatic stress. Although these thoughts, feelings, behaviors, and physical reactions can be

very upsetting, it is important to remember that they are common reactions to an extraordinary and very stressful situation. The symptoms are signs of an overwhelming situation, not signs of personal weakness.

THOUGHTS

- Difficulty concentrating or remembering things
- Recurring dreams or nightmares about the event and its aftermath
- Reconstructing in your mind the events surrounding the event itself or the damage, in an effort to make it come out differently
- Questioning your spiritual or religious beliefs
- Repeated thoughts or memories (for example, of the event itself or the damage caused by the event) that are difficult to stop

FEELINGS

- Feeling frightened or anxious in response to loud sounds or particular smells
- Feeling bursts of anger or intense irritability
- Feeling depressed, blue or down

much of the time

- Feeling numb, withdrawn or disconnected
- Feeling a lack of involvement or enjoyment in everyday activities
- Feeling a sense of emptiness or hopelessness about the future

BEHAVIORS

- Being overprotective of your family's and your own safety
- Isolating yourself from others
- Becoming very alert at times and startling easily
- Having problems getting to sleep or staying asleep
- Avoiding activities that remind you of the event itself or the damage; avoiding places or people that bring back memories
- Having increased conflict with family members
- Keeping excessively busy to avoid thinking about the event and what has happened to you
- Being tearful or crying for no apparent reason

PHYSICAL REACTIONS

(If you have concerns about your

physical reactions, please consult your physician.)

- Stomach upset, nausea, diarrhea, intestinal cramps
- Headache
- Sleep difficulties
- Elevated heart rate
- Elevated blood pressure
- Elevated blood sugar

COPING

Healing and recovering from the emotional effects of the event will take a long time. When you can, allow yourself to feel sadness and grief over what has happened. Talking to others about how you are feeling is important.

Try to keep in place family routines such as regular meal times and other family rituals. These will help you to feel as though your life has some sense of order.

Upsetting times can cause people to drink alcohol or to use drugs in a way that causes other problems. Try to cope with your stress without increasing your use of alcohol and drugs. Alcohol and drugs will not help in the long run.

Healthy practices such as eating well, getting enough sleep and taking some

time for yourself are especially important in times of high stress.

Forgive yourself and others when you act out because you are stressed. This is a difficult time and everyone's emotions are closer to the surface. But also be certain that your stress does not become an excuse for child abuse or spouse abuse.

Do not let yourself become isolated. Maintain connections with your community friends, relatives, neighbors, coworkers, or church members. Talk about your experiences with them.

WHEN TO SEEK SUPPORT FROM A MENTAL HEALTH PROFESSIONAL

A few general guidelines may be useful in deciding when normal reactions to disaster become problems requiring assistance:

- when disturbing behaviors or emotions last more than six to eight weeks;
- when a person's behaviors or emotions make it difficult to function normally (including functioning at work, in the family or at school); or
- any time an individual feels unstable or concerned about his or her behaviors or emotions.

Theatre Company Board Meeting Set For Mon.

The Lewis & Clark Theatre Company's annual board meeting will be held at 6:30 p.m. Monday, June 20, at the Dakota Theatre. The public is invited and encouraged to attend.

For more information call 665-4711 (noon-5 p.m. weekdays).

Women Of Today To Hold Fundraiser Monday

The Yankton chapter of Women of Today is a non-profit, service organization dedicated to leadership and personal growth (speaking skills, writing skills, listening and team building), is holding a Pizza Ranch Fundraiser at 5-8 p.m. June 20. Money raised will be donated to the Women's Shelter.

Women of Today's national priority is Domestic Violence.

Lewis and Clark Women of Today has supported the Women's Shelter on several occasions. This year we are supporting Community Theater, Habitat for Humanity, needy children/families/elderly, Relay for Life, Women's Shelter and Parents Time Out.

Children's Choir Holding Auditions Monday

The Yankton Children's Choir will be holding summer auditions at 5-7 p.m. Monday, June 20, at the First United Methodist Church, 11th and Cedar, Yankton.

Singers must be in grades 3-8 and willing to commit to a weekly rehearsal schedule. The choir is directed by Deb Kruse and accompanied by Dixie Church.

For further information, email trentsch@southeastjoblink.org.

Golf Advisory Board Meeting Set For Monday

The City of Yankton has announced that a Golf Advisory Board Meeting will be held at noon on Monday, June 20, at the Fox Run Golf Course 600 W. 27th Street.

This meeting is open to the public.

Outlaw Trail Scenic Byway To Meet Tuesday

VALENTINE, Neb. — The Outlaw Trail Scenic Byway meets on Tuesday, June 21, at Valentine at 11 a.m. at the Valentine Public Library. All members are welcome.

Creative Arts Workshop To Be Held June 25

FREEMAN — A Creative Arts Workshop is being provided by Freeman Academy on Saturday, June 25, running from 2-4:30 p.m. for children in grades 4-8 (2011-2012 school year).

The afternoon will consist of three sessions: visual art with Joe Mason, musical rhythm/drumming with Amy Hofer-Vetch, and dance as it pertains to musical theater with Kathryn Reimler.

All of the sessions will be held in the Music Hall building on the Freeman Academy campus. Register early as space is limited. There is no charge for the event but you must preregister by Wednesday, June 22.

For more information and to register, contact Bonnie Young at byoung@freemanacademy.org or 925-4237 ext 225.

MADE IN THE SHADE



KELLY HERTZ/P&D

These women use an umbrella to shield themselves from the bright sun — not the spray from the Missouri River — at Gavins Point Dam west of Yankton Friday. While releases at Gavins Point and Fort Randall Dam at Pickstown are expected to remain at approximately 150,000 cubic feet per second (cfs), the U.S. Army Corps of Engineers said during a Friday conference call that releases from the Oahe Dam and Big Bend Dam will be increased to 160,000 cfs by Sunday due to a potentially heavy storm system that is expected to move across the Upper Plains early next week. For more weather details, see page 2.

Tea Tasting Set For Yankton Community Library

Join us at the Yankton Community Library, 515 Walnut, for a Tea Tasting at 3 p.m. Friday, June 24.

Louise Anderson, owner of The Pantry, will bring tea samplings from several countries, including England and India. Along with the samplings, Louise will give us the cultural background of the teas and the etiquette of "tea time."

Anderson and her husband Richard have owned and operated The Pantry in downtown Yankton for nearly 35 years and have included quality coffees and teas as a part of their inventory since 1980. Louise will both delight and inform us with her program.

This event is free of charge but we are asking that anyone who

wishes to participate register by Wednesday, June 22, by calling the library or stopping at the circulation desk and giving us your name so that both Louise and the library are prepared for the number who will attend.

For further information, call the library at 668-5275.

Yankton To Host Small Business Workshop

PIERRE — A free workshop in Yankton later this month will provide new and smaller businesses with helpful information on state taxes, labor laws, unemployment insurance and free business consulting services.

The June 23 session is sponsored jointly by the South Dakota Department of Revenue, South Dakota Department of Labor and Regulation, Small Business Development Center, and Small Business Administration.

The one-day workshop will run from 8 a.m. to 4 p.m. MDT in the Community Room at the Regional Technical Education Center (RTEC), 1200 W. 21st Street. Lunch is on your own.

During the morning session, the Department of Labor and Regulation will cover labor and employment laws, wages and hours, unemployment insurance tax, unemployment insurance benefits, and the New Hire Reporting Law; attendees will be updated by the Small Business Development Center and Small Business Administration on their no-cost, business consulting services for new and existing businesses. The afternoon agenda includes a Department of Revenue discussion of sales, use and contractor's excise taxes.

Interested individuals can register online at <http://www.state.sd.us/drr2/> (click on "Business Tax" then "Tax Education") or call the South Dakota Department of Revenue at 1-800-829-9188.

OBITUARIES

Mary Richert

Mary Jean Richert, 82, died Wednesday, June 15, 2011, at the Sturgis Regional Hospital.

A memorial service will be held at the Kinkade Funeral Chapel at 10 a.m. Monday, June 20, with the Rev. Denzel Nonhof officiating. Inurnment will follow at the Bear Butte cemetery in Sturgis.

Condolences may be sent to the family at www.kinkadefunerals.com.

Twila Lush

BLOOMFIELD, Neb. — Services for Twila Lush, age 69 (December 24, 1941 - June 16, 2011) of Bloomfield will be held 11:30 a.m. Monday, June 20, 2011 at First Trinity Lutheran Church in Bloomfield, Nebraska. Reverend Duane Fahr will officiate.

Visitation will be Sunday from 5:00 to 7:00 p.m. at First Trinity Lutheran Church in Bloomfield.

Twila Lush entered Heaven's glory on Thursday, June 16th, after a courageous battle with lung cancer and chronic obstructive pulmonary disease.

Twila was born to Benjamin and Muriel Hamm in Mapleton, Iowa and grew up in Osmond, Nebraska. In 1958, she married Jack Edwards, and the couple lived in Osmond until Jack's death in 1980. Twila enjoyed her work with Osmond Public Schools, and was a familiar face to many students, serving as secretary.

In 1982, Twila married Ramon Lush and the couple resided in Bloomfield. Twila worked several years in the family business before serving as the Health Director for the Ponca Tribe of Nebraska in Niobrara. Upon her retirement in 2009, she was named an Honorary

Member of the Ponca Tribe of Nebraska by the Tribal Council.

Twila was a beloved mother and step-mother to six children, Todd Edwards of Omaha, Kent (Janine) Edwards of Carrollton, GA, Yvonne (Jim) Pflug of Omaha, Jody (Lori) Lush of Bismarck, ND, Jennifer (Brad) Fink of Parkville, MO, and Julie (Sjohn) Watson of Kansas City, MO., and sister to Duane Hamm of Wausa, NE.

Twila enjoyed bowling, fishing, and spending time with her 14 grandchildren, Todd, Matthew, Alyssa, Desiree, and Morgan Edwards, Zachary and Jordan Edwards, Jake, Jessie and Drew Pflug, Marrisssa Lush, Andi and Devan Fink, and Chloe Watson.

She was also blessed with 3 great-grandchildren, Gracie and Zander Edwards and Collin Edwards.

Twila is survived by her husband, children, grandchildren and brother.

Twila was preceded in death by her parents, Benjamin and Muriel Hamm and her husband Jack Edwards.

Yankton Press & Dakotan
June 18, 2011

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Thank You! I would like to thank each and every relative and friend that sent me an 80th birthday message.

Your thoughts and prayers truly made me happy and appreciative to have such great friends and relatives.

May God Bless each and everyone of you and grant you as many blessings as I have received — not only on my special 80th birthday, but all of my life.

Jackie L. Simonson

Father's Day Sunday, June 19th

Yesterday's Cafe

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served over chicken breast dinner **\$8.95** 11am-2pm

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