

YAMWI To Host 14th Annual Mental Health Conference June 6-7

Regional And National Professionals To Present

Mental Wellness Conference Offers Professional Credit

Yankton Area Mental Wellness, Inc. is pleased to announce that professional credit will be available to those participants attending the 2012 Mental Wellness Conference. The conference will be held on June 6-7, 2012, at Mount Marty College, in Yankton.

The Planning Committee for the event will offer professional credit in various disciplines.

Applications for the continuing education credit have been submitted to the following:

- S.D. Board of Counselor Examiners
- Board of Examiners for Nursing Home Administrators in S.D.
- S.D. Board of Social Work Examiners
- Certification Board of Alcohol and Drug Professionals
- S.D. Department of Emergency Services (Emergency Medical Technicians)
- S.D. Department of Social Services Childcare Services for registered and licensed Providers
- Continuing Education Units – by the S.D. Department of Education
- SD State Board of Dentistry
- Wisconsin Nurses Association is an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

In addition, Mount Marty College will be offering one undergraduate credit (\$110 fee) and the University of Sioux Falls will be offering one graduate credit (\$40 fee).

For additional information or questions concerning the above information contact Craig Sherman at (605) 665-4659 ext. 218 or yamwi.org@gmail.com

Pam Kettering: Planting Seeds — Making A Difference

Gardening is work that I eagerly anticipate every spring. First comes the planning of colors with various flowers. It also involves planning the vegetables we like to eat and the challenge of trying to grow something new. After planning out the available space, the preparation of the soil and planting of the selected seeds, the most exciting part of the process is witnessing the plants emerging out of the ground.

Planting seeds in a garden is very comparable to sharing time and energy with others. First comes the planning of what you would enjoy doing, planning on your available time and planning if you would like to share time with a group of people or have a one-on-one experience.

The next step is “shopping” for the available opportunities. Selecting an opportunity may be as easy as observing a neighbor that needs assistance. An opportunity may arise when visiting with others or reading about a local issue. Sometimes finding an opportunity to make a difference is just acknowledging an “itch” that has once again risen to the surface and you can no longer ignore.

Once the connection is made where you are engaging your time and energy in an activity that is making a difference, making the world a better place, or enhancing life for others, take a step back and consider how you feel at that moment.

Are you feeling satisfaction with

The fourteenth annual Yankton Area Mental Wellness Conference will be held on Wednesday and Thursday, June 6 - 7, at Mount Marty College. The conference, sponsored by Yankton Area Mental Wellness, Inc (YAMWI), is aimed at increasing knowledge, identifying resources and building a network of contacts.

This conference will uphold YAMWI's mission for “Caring for Self...Caring for Community” through the 2012 theme of “Going for Gold: Good Mental Health” Presentations at the conference will address topics of special interest to family members caring for loved ones or professionals serving clients with mental health concerns. The conference will feature various mental health issues while showcasing professional presenters from throughout the state, region, and nation.

DEE DEE RAAP

Dee Dee Raap, BA will present the keynote address on Wednesday, June 6th, titled “Going for Gold: Making Your Journey Great” In today's world, everyone is very busy. The in-basket is never empty and the “to do” list is never short. We nurture families, friends, co-workers and patients with care, support and sometimes a gentle touch. Then we turn around and demand from ourselves perfection, tremendous effort, pushing ourselves to do more with less...and we wonder why we're tired! It's time to make our journey great by going for the gold—the gifts that we can give ourselves every day to make our life wonderful and celebrate who we are, so we can still be there for those we serve.

She will also present breakout session titled “Leading to Achieve High Touch Service”. Today's organizations need fearlessly authentic leaders who can inspire personal best levels in service, teamwork and compassion every day. The challenge of achieving High Touch Service is rewarded with the positive impact of turning service into an affordable marketing strategy and effective employee engagement tool. This session is for you if you want to learn how to create retention, referrals and relationships in a challenging economy!

Dee Dee Raap is an author, speaker and consultant whose passion is transforming lives and organizational cultures with core values she learned from her mother's life, shared in her book JourneyWords, 52 Strategies to Achieve Great Service. Known for real stories, humor and a unique way of helping us see what we can be, Dee Dee trains on customer service, leadership and achieving life balance desperately needed today by those who serve in health care.

Dee Dee served as Director of Sales and Marketing for SD Tourism and VP of Marketing Development for BankWest before starting JourneyWorks, her speaking and consulting practice, in 1996. Health care clients include Avera McKennan Hospital and Fitness Center, Sanford, Regional West Medical Center, SD Health Care Association, ND Long Term Care Association, ND Hospital Association, SD Quality Managers Association, SD and WI Alzheimer's Associations and Mayo Clinic Hospice. Dee Dee is a member of the National Speakers Association, and author of Dear

Mom: Remembering, Celebrating, Healing, and Find Your Pink Flamingos: Celebrating the Gifts of a Mom.

PAULA SMITH-COOK

During Wednesday's luncheon, conference participants will be treated to a presentation by Pastor Paula Smith-Cook. Paula Y. Smith-Cook, an ordained Pastor, and native of Buffalo, NY, has been serving as a Spiritual Advisor for Keystone Treatment Center in Canton, SD, for 11 years. She has been Senior Pastor and Supervisor of Spiritual Advisors for the past 4 years. Pastor Paula has also served as Worship Pastor at Center of Life Church International in Sioux Falls, SD, for the past 17 years.

Pastor Smith-Cook's presentation will help everyone realize the importance and rewards of intricately weaving our spiritual tools into every aspect of life, for the result of “Abundant Living”

WALTER LITTLEMOON

On Wednesday, June 6th, at 5 p.m. Littlemoon will share the award winning hour long documentary “The Thick Dark Fog” which describes the impact American Indian boarding schools of the past continues to have on Indian Country. He will take questions from the audience at the end of it.

Walter Littlemoon, born in 1942, was raised in the community of Wounded Knee on the Pine Ridge Indian Reservation in South Dakota. His father was a full blood Lakota and his mother a Northern Cheyenne. For many years he sought solutions to the cross-generational defeat and depression ensuing from historical policies. Whether bringing in supplies and encouragement through the Tiyoospaye Crisis Center which he founded, offering drug and alcohol abuse counseling, speaking cross-country, or serving as Wounded Knee District president, Walter tried to help raise his people's self-esteem. Now exploring and sharing his personal recovery is one more, and perhaps the greatest, step in that effort. In his memoir “They Called Me Uncivilized”, and the documentary (The Thick Dark Fog) that has been based on it, he describes the impact of government boarding schools. He shares the unbending relief it gives to have a name for the hopeless “thick, dark fog” that haunted him for over sixty years – Complex Post Traumatic Stress.

Littlemoon's memoir and the documentary have become part of the curriculum at several colleges and universities not only in the United States but also around the world. It is said that he brings a flesh and blood perspective to the abstractions that are federal policies and that his voice gives life to academic texts. The unpretentious style of his thin memoir has been compared to : Hiroshima by John Hersey, Night by Elie Wiesel and The Narrative of the Life of Frederick Douglass by Frederick Douglass for packing the same wallop as those brief books. His is a universal message that speaks not only of pain and suffering but more importantly of the hope to live a contented life.

On Thursday morning Walter will informally share his path toward healing from the multi-generational trauma that so many Native

Americans suffer from in his presentation “The impact of U.S. Indian Boarding Schools - Complex Post Traumatic Stress.” Knowledge and understanding are the keys to a healthier society.

JILL FURAN

Jill Furan is Miss South Dakota International 2012 will be the featured speaker on Thursday, June 7th. Throughout her year she is traveling around the state speaking about her platform “A Different Kind of Lifeguard: Blowing the Whistle on Depression, Self-Injury and Suicide.”

Jill is a 2012 graduate of South Dakota State University in Brookings, SD, with a Bachelor of Arts degree in English. Suffering from a severe depressive disorder for 12 years, Furan will share insight on a mentally ill mind.

RACHEL PINOS

During Thursday's luncheon, conference participants will be treated with a presentation entitled “MyPlate” by Rachel Pinos representing Avera Sacred Heart Hospital and Yankton HyVee. Rachel received her Bachelor of Science degree in Dietetics from North Dakota State University in Fargo, ND, in May of 2010. She completed her dietetic internship through the University of South Dakota School of Medicine spending time in both Rapid City and Sioux Falls. Rachel offers a wide range of programs and services through HyVee such as store tours, wellness and cooking classes, weight loss, diabetes, heart health, food allergies and other disease specific needs.

Rachel's presentation will allow participants to learn about the new MyPlate and practical healthy eating tips.

AMY DEE-KRISTENSEN

Amy Dee-Kristensen, will present the closing presentation titled “Everyday Heroes Living Marvelous Moments” Leave your red capes and super powers at home! Being an Everyday Hero doesn't require you to leap tall buildings. You are an Everyday Hero because you've done something positive that you were not obligated to do.

We will celebrate the power of kindness because who you are matters! You, the Everyday Hero, can find marvelous moments every single day! Marvelous moments don't only happen when you win the lottery or get a job promotion. Marvelous is seeing your sulky teenager smile, or getting the perfect parking spot.

We all become happier and more creative when we find the fun and learn to celebrate the tiny bits of magic that come into our life throughout the day. Amy's dynamic and inspiring message is simple but profound: Life is fun and funny and marvelous moments are the magic of everyday! You leave your sacred fingerprint on every encounter you have with another human being. Let's Celebrate you, the Everyday Hero and squeeze more magic out of this marvelous life we share!

Amy has been a professional speaker/workshop facilitator for over 20 years in the U.S and abroad, and is a member of the National Speaker's Association. While living in Norway

from 1994-2003, she founded and managed a successful mail order business and learned the Norwegian language and culture.

In June of 2003, Amy returned to the United States and started life over as a single parent, renovated a 100 year old “shack house” and returned to college as a “middle-aged” nursing student. Today, Amy is a national speaker, a part time psychiatric nurse and most importantly, the mother of Christine (twenty) and Sofi (fifteen). Life is a wonderful journey and laughter, gratitude along with a stash of hidden chocolate makes it even better!

34 BREAKOUT SESSIONS

The YAMWI conference will also include 34 breakout sessions featuring the following local, regional and national speakers: Todd R. Bailey of Yankton Police Department; John Billings the Deputy State Attorney for Yankton County; Michael Bloom of Sioux Falls Family Medicine Residency; Jenny Briest of Yankton; Angela M. Cavett of Knowlton, O'Neill and Associates of West Fargo, ND; Robin Carter-Visscher of Sioux Falls VA Medical Center; Jessica Christensen and Thomas Lewno of Federal Bureau of Prisons in Yankton; Renee Christensen of Johnson and Christensen Law Office of Sioux Falls; David Demarest, David Anders and Barb Cassell of One With Life of Ankeny, IA; Dr. Gerard Jacobs and Dr. Elizabeth Talbot of the University of South Dakota in Vermillion; Craig Kindrat of Avera McKennan Hospital in Sioux Falls; Walter Littlemoon of South Dakota Humanities Council of Brookings; Jean Hunhoff of Avera Sacred Heart in Yankton;; Tracy Taylor of Mount Marty College in Yankton; Gerry Ebel, Mary Kay Healy, Paula Hendrickson, Abbey Kesh, Thomas Stange and Lisa Wiepen of Lewis and Clark Behavioral Health Services in Yankton; Gwen Maag of Avera Education & Staffing Solutions in Yankton; Brad Patterson of Keystone Treatment Center in Sioux Falls; Sherri Rodgers-Conti of Southeast CASA Program in Yankton; Dr. Dennis Stevens of Sanford Health System in Sioux Falls; Terry Stulken of Colman-Egan Schools in Colman; Matt Stricherz of Vermillion; Mark Vande Braak of Avera Behavioral Health Center in Sioux Falls; Cody Wieman of Avera Yankton Care Center in Yankton

MENTAL WELLNESS CONFERENCE REGISTRATION

Everyone interested is welcome to attend the Mental Wellness Conference. Professional credit for mental health professionals is approved, including teacher certificate renewal contact hours. Prompt pre-registration is encouraged with the registration fee of \$115 prior to May 18th. Contact conference organizers to coordinate agency billing arrangements, if required. In addition one undergraduate credit is available through Mount Marty College, Yankton, and one graduate credit is available through the University of Sioux Falls. Registration materials are available online at www.yamwi.org. For more information contact Craig Sherman at yamwi.org@gmail.com or 665-4659, Ext. 218.

Mayor Proclaims Mental Wellness Conference Days



Yankton Mayor David Knoff (pictured second from left) has proclaimed June 6-7, 2012, as “Yankton Mental Wellness, Inc 14th Annual Conference Days.” Pictured left to right are YAMWI representative Lori Lincoln of Mount Marty College, Mayor David Knoff, Craig Sherman, Executive Director of YAMWI, and YAMWI representative Pam Kettering of United Way & Volunteer Services of Yankton.

credit is being offered through Mount Marty College and one graduate college credit is offered through the University of Sioux Falls for this conference for an additional fee.

The conference early registration is due May 18th. Registration information is available by phone at (605) 666-4659 Ext. 218, email at yamwi.org@gmail.com or website at www.yamwi.org.

Yankton Mayor David Knoff has proclaimed June 6-7, 2012 as “Yankton Mental Wellness, Inc. 14th Annual Conference Days”. Yankton Area Mental Wellness, Inc. (YAMWI) will host the Fourteenth Annual Conference at Mount Marty College on June 6-7.

The Mayor's proclamation and the conference reflect the commitment to training and networking in Yankton, a region that is both extremely concerned about serving those in need and is also rich in both resources and professional expertise to educate others, especially about mental health issues.

“Going for Gold: Good Mental Health” is the theme for the 2012 conference emphasizing how good mental health is something we all need to strive for. Conference sessions will address various topics pertaining to mental wellness that are of special interest to mental health professionals serving family members or clients with mental health concerns.

The conference has become known throughout the region for providing professional presenters with high quality information about mental health issues. The conference is aimed at identifying resources and building a network of contact.

Everyone interested is welcome to attend. Professional credits are being requested for Nursing Home Administrators, Counselors, Alcohol and Drug Professionals, Social Workers, Licensed Childcare Providers, Emergency Medical Technicians and Dentists. One undergraduate college

yourself? Are you feeling less tense? Are you happier? Are you feeling that you are doing something worthwhile? Are you feeling healthier? Do you feel that you are making an improvement in someone's life? Are you nodding your head? This is what volunteering is all about!! This is the reason why so many people volunteer!

Volunteers plant seeds of hope, solutions, caring, skills, vision, wisdom, success plus much, much more. Volunteers lift spirits of others as well as increasing their own self-worth. Volunteers generate human kindness to others as they simultaneously improve their own mental and physical health. Volunteers share their skills and augment their own capabilities. Volunteers share their life experiences while gaining tolerance, erasing prejudices and increasing sensitivity toward others.

George Washington Carver said, “How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong.”

Start planning how far you are going to go in life. Start planning the seeds you are going to plant that will produce positive outcomes. When those seeds of opportunity come to fruition, take a moment to contemplate the difference you have made – the difference you have made for others and especially the difference you have made in yourself!

abundantly clear to me. First, it would be wise to be occupied with activity or interests that I have a passion for. Second, it would be reasonable to use my skills I've learned in my career, and put them to use in other areas.

That gives me a point of reference, but I have a long way to go in choosing directions in this next phase of my life. The important thing will be to keep active and enjoy whatever direction I choose. I guess that I'm beginning to better understand what my grandmother told me years ago — “Do what you love-the rest will fall into place.”

Betty Viau RN BSN, is currently Nurse Manager for Cedar Village Assisted Living, the Planning Chair for the 14th Annual Yankton Area Mental Wellness Conference and is a member of the Yankton Area Mental Wellness Board of Directors.

Betty Viau:

Looking Through The Window Of Retirement

I have been fortunate enough to work my entire career as a nurse and a counselor in the mental health field. I can't begin to describe the fulfillment, as a mental health professional, that I've experienced in my career.

I now find myself thinking more about what opportunity retirement might present. I've also come to the conclusion that retirement could be a window to the rest of my life, as opposed to a door.

Isn't it funny, that that time can sound so peaceful and relaxing? Visions of hours spent gardening or watching grandchildren grow up, come to mind. The thing is — what to do with the other 80 percent of my time! I've been doing some thinking and some reading. A couple of things seem

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“Love these aids. Best ever and all works, TV & Phone.”
 text message from **Tim S.**

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 Call today and make an appointment for your free hearing exam and demonstration of the new PRO technology. Special pricing during May and as always a **FREE** trial period is included.