

Suicide's Specter: Permanent End To Temporary Trouble

BY DR. MIKE ROSMANN

This week's subject is a difficult one to talk about — suicide. Yet, it is one in which farm and rural people need to be aware.

The rate of suicide by male farmers is about twice that of the overall male population. Probably all of us know a farm person who has taken his or her life. Suicide by men involved in farming or ranching is about five times more common than suicide by women. Data show the average farmer suicide is a white male in his late 50s who would have 15 or more years of productive farming if he remained alive.



Dr. Mike ROSMANN

About 40 percent of farmers who take their lives fortify themselves with alcohol or other mind-altering substances before carrying out the suicidal act.

Two decades ago, substance misuse was less common among rural constituents, but now it is increasing

Suicide among farm people can be cleverly disguised as an "accident." Some farmers undertake suicide as a final attempt to bring about something they think is positive, such as life insurance payments for their survivors or attention to a cause they feel needs to be rectified.

As some see it at their moment of decision, suicide is a sacrificial act aimed at producing a positive outcome for their survivors. Acts of martyrdom may be aimed at focusing media attention on their travail and those in similar circumstances.

Others feel they cannot go on and have no hope to continue to struggle except to escape the greatest misery they have ever experienced. Often they are clinically depressed, but not always.

Their judgment has been altered and they feel they have a higher purpose that most persons cannot understand. The pain felt at the moment outweighs the permanent consequences — death.

Sometimes the motives of the deceased are never known.

In some cases their judgment may be altered by exposure to pesticides that are aimed at killing insects. Many pesticides kill insects by keeping too much of the essential transmitter chemical, acetylcholine, in their nervous systems, causing them to expire from hyperactivity.

In humans these chemicals produce similar effects when taken into the body too abundantly. Humans try to extract the chemicals through heavy secretions (sweat, mucus flow, urine).

Their bodies become depleted of essential body chemicals

needed to feel "normal." They exhibit symptoms that appear similar at first to anxiety and later to depression.

The research on the contribution of pesticides to suicide has mixed findings.

Studies that look at reported use of pesticides and suicide find few implications of pesticides as contributors to suicide. Studies that look at direct measures of pesticides in the blood implicate pesticides more clearly.

More research is needed to reach a conclusive result.

What is conclusive is farmer suicides increase during the planting season. We should look out for our fellow agricultural producers.

Be ready to offer help when you sense a neighbor is having difficulty getting crops planted or seems overly troubled.

Sponsor: Lewis & Clark Behavioral Health

Visiting Hours

It's National Nursing Home Week

BY ANTHONY ERICKSON
Avera Sacred Heart Hospital

The residents and staff at skilled nursing care facilities across the nation are celebrating National Nursing Home Week May 13-19. At Avera Sister James Care Center and Avera Yankton Care Center in Yankton, we celebrated with many activities.

The first National Nursing Home Week was held in 1967 and was an instant success. Since that time, it is conducted basically the same way. It always begins on Mother's Day, a most appropriate focal point. When the first National Nursing Home Week was started, it was organized to let millions of Americans know the "fuller life" that our beloved elderly lead in America's nursing homes. The 2012 theme of Celebrating the Journey expresses the quality and experience of life held by our senior Americans and the disabled living in nursing facilities.

ASK QUESTIONS

National Nursing Home Week is a good time to review the important questions you should ask if you are looking into a skilled nursing facility for a loved one, family mem-

ber or friend. Ask the admissions coordinator or administrator the following questions:

- What levels of care do they offer?
- Do they accept Medicare or Medicaid?
- Are there any restrictions on the type of patients they admit?
- What is provided for in the basic daily rate?
- What services cost extra?
- Is there a volunteer program?

VISIT THE FACILITY

It is recommended that you visit the facility and observe the following:

- Is there adequate staff? See if the residents look clean and if they are dressed in clean clothes. Observe if staff members are kind and responsive when they talk to residents.
- Is the food good? Ask a resident how it tastes. See if it looks good and if it is served hot. Do the residents seem to get enough to eat? Are they offered second servings, diet permitting? Does the home serve snacks? Is the dining room clean and well furnished? Are patients assisted with eating when required?
- Is there an activity program? Ask if a full-

time activity director is employed. Is a list of activities posted? Is there something to do for patients who are confined to their rooms? Are there a lot of patients sitting around with nothing to do? Does the facility have community TV with good reception?

Based on the above factors, your choice of nursing facility should include the following:

1. Good visible resident care.
2. Convenient location.
3. Friendly, competent staff.
4. Good food, well prepared, attractively served, in adequate portions.
5. Clean, free of unpleasant odors.

National Nursing Home Week is also a time to be grateful — for our friends, family and volunteers who support our daily efforts. On behalf of the staff and residents at Avera Sister James Care Center and Avera Yankton Care Center, we wish to express our sincere thank you to each one of you that has helped us throughout this past year. You put the personal touch into our home and our care.

Tony Erickson is the executive director of Senior Services for Avera Sacred Heart Hospital.

KEEPING IT CLEAN



SUBMITTED PHOTO

On May 7, Sacred Heart Middle School's National Junior Honor Society led the charge in keeping Yankton beautiful. Along with teachers Lisa Olnes, Rebecca Peterson, Kim Olson and Dustin Wheeler, the National Junior Honor Society members and other Sacred Heart student volunteers cleaned up 13 bags of trash and a lot of larger debris items along both levels of the Meridian Bridge and the Yankton City-owned primitive trail on the Nebraska side of the bridge.

Benefit Trail Ride Set For Newcastle

NEWCASTLE, Neb. — The S.T.A.R.S., Inc., Benefit Trail Ride will be held at Turkey Creek Ranch, 58080 888 Rd., Newcastle, Neb., on Sunday, June 3. The ride starts at 2 p.m.

The Newcastle Saddle Club will host a benefit trail ride for S.T.A.R.S. (Special Troopers Adaptive Riding School) at Turkey Creek Ranch on June 3. The purpose of the Special Troopers Adaptive Riding School, Inc. is to provide persons with disabilities with an animal-oriented therapeutic, rehabilitative and recreational program that will contribute to their physical and emotional health.

Turkey Creek Ranch is nestled in the bluffs above the Missouri River near Newcastle. Owners Brenda and John Wortman have opened their property to horse trail riders, offering day rides, camping, and even a rental cabin. Come ride on the scenic trails overlooking the Missouri River and help support a local non-profit organization (must provide your own equine).

An evening meal provided by the Newcastle Saddle Club for all attending. There's a free-will donation to ride and raffle tickets will be available for purchase.

For more information, contact Stacy Pedersen at 712-389-1169 or stacy@scstars.org, or visit www.scstars.org.

Northeast Neb. RC&D Offers Historical Tour

PLAINVIEW, Neb. — The Northeast Nebraska Resource Conservation & Development (RC&D) Council is sponsoring a one-day historical and educational tour to the area associated with the book "Hector's Bliss." Dennis Vossberg, author of the book, will lead the tour and share his experiences in learning the history of the early black homesteaders that settled the former community of Bliss near Goose Lake in Holt County.

The tour is a full day on Tuesday, May 22, with pickup points in Creighton and Neligh. Participants will be introduced to the historical topic while in Neligh and pay a short visit to the grave of White Buffalo Girl, the site cared for by the community for the Ponca Tribe of Nebraska. The bus will then head to Ewing and to Valley View Cemetery where a recent monument has been erected

marking the mass grave of the black homesteaders.

During lunch Vossberg will share his slide presentation about the history of the book, the homesteaders and their trials encountered while trying to make a living on their Holt County farms.

The afternoon will consist of the visit to Goose Lake where early settlers gathered, on to the

site of the Bliss Post Office, a stop at the Dixon Brothers farm where they raised pigs in a trench, and a brief stop at the flowing well for a cool drink of water.

There is a fee to participate and the deadline for registrations is Friday, May 18, by calling the Northeast Nebraska RC&D at 402-582-4866.



We remember those who have passed away and are especially dear to us.

On Saturday, May 26th we will publish in print and online at Yankton.net a Memorial Day section devoted to those who are gone but not forgotten.



Aneta Burrows

Dec. 30, 1960-Nov. 8, 2002

Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.

Dan, Ann & Sarah

Select one of the verses below to accompany your tribute.

1. We hold you in our thoughts and memories forever.
2. May God cradle you in his arms, now and forever.
3. Forever missed, never forgotten. May God hold you in the palm of His hand.
4. Thank you for the wonderful days we shared together. My prayers will be with you until we meet again.
5. The days we shared were sweet. I long to see you again in Gods heavenly glory.
6. Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.
7. Though out of sight, you'll forever be in my heart and mind.
8. May the light of peace shine on your face for eternity.
9. May God's angels guide you and protect you throughout time.
10. You were a light in our life that burns forever in our hearts.
11. May God's graces shine over you for all time.
12. You are in our thoughts and prayers from morning to night and from year to year.
13. We send this message with a loving kiss for eternal rest and happiness.
14. May the Lord bless you with His graces and warm, loving heart.
15. I have written my own message and it is included.

To remember your loved one in this special way, send \$10.00 per listing.

Fill out the form below and mail to:
Yankton Daily Press & Dakotan/With Fondest Memories
319 Walnut Street, Yankton, SD 57078

Deadline: Tuesday, May 22, 2012

"With Fondest Memories" • Deadline: May 22 • Submission Fee \$10

Name of deceased _____
Date of birth _____ Date of passing _____
Number of selected verse _____ OR Personal message _____
Print your name here _____ Phone _____
Number _____

SCHOLASTICS

LEAH MABEE

ORANGE CITY, Iowa— Leah Mabee (Summa Cum Laude was among 230 graduating seniors at Northwestern College's commencement ceremonies on Saturday, May 12. Nineteen students received Bachelor of Science in Nursing degrees, while the rest of the graduating seniors were granted Bachelor of Arts degrees. Ceremonies began at 10 a.m.

in the DeWitt Physical Fitness Center of the Rowenhurst Student Center. Laura Jacobson, a graduate of Northwestern College and the William & Mary School of Law, addressed the graduates in a speech entitled "Called to Be Ambassadors Emboldened by Faith."

Mabee majored in biology health professions at Northwestern. She is the daughter of Mark and Tamara Mabee of Yankton.

Air Duct Cleaning

\$35 OFF

• No Hidden Cost
• Free Estimates
• Free Video Duct Inspection
Expires 6/15/12

665-5700 • 1-800-529-2450

Summer Sale!



25% Off per gallon!

Protect your home. Enjoy the beauty.

Benjamin Moore® quality means you'll enjoy the look you create for years to come. After all, true beauty endures.

Benjamin Moore
Paints
benjaminmoore.com

Yankton Paint & Decorating

406 Broadway, Yankton • 665-5032
www.yanktonpaintanddecorating.com

©2010 Benjamin Moore & Co. Benjamin Moore, MoorGard, MoorGlo, MoorLife, and the triangle "M" symbol are registered trademarks licensed to Benjamin Moore & Co.

Brightway Electric LLC

Yankton

Locally owned * Proudly Serving South Dakota and Nebraska. Licensed * Insured * Warranted Work Residential * Commercial * Service

Mike Suing
605-760-3505
Rod McNatt
605-661-9594

Let us "Brighten" your way! *Bucket Truck Available*