

Dealing With Awful Feelings

BY DR. MIKE ROSMANN

The recent shutdown of the federal government and threat to not stand behind our federal debt made me feel more uncertain than I realized at first. I began to feel tightness between my shoulder blades and had difficulty sleeping soundly.

I worried more than I realized at the time whether my wife and I would have the Social Security benefits in our later years that we worked hard for. Would our personal savings be solvent if the U.S. government defaulted on its debts and would our farm land hold its value? What kind of future would our children face?

These worries were about matters over which I had no control. Our political leaders were not solving the problems we elected them to deal with. Our country was being placed at risk while they ignored what I and the majority of people in our country thought.

I felt the tension between my shoulder blades dissipate after Senator Harry Reid announced an agreement with Senator Mitch McConnell about the framework for a temporary settlement of Democratic/Republican differences for at least a few months. So I know my stewing had to do with the gradual onset of anxiety over the previous three weeks as the politicians harangued unnecessarily over details of a settlement.

My wife, Marilyn, also became uptight and had to take a long nap after the tentative agreement was announced on the news. So, I wasn't alone in my sentiments or reactions.

The ordeal prompted me to think about how other people reacted to the shutdown and other uncontrollable situations. I decided to write about how we can cope with awful feelings, with an eye to particular situations farmers and other rural people face.

Many of our worst feelings are connected to matters we have little control over, such as storms, unexpected illnesses and deaths of loved ones and for farmers: crops and livestock as well, as occurred in South Dakota during the recent severe blizzard. Soldiers too, often feel most vulnerable when on duty in areas with explosive devices and terrorists nearby, but no knowledge where.

Whenever we lose control over the factors that affect our welfare, we become highly alert to any signs of danger. It's a normal reaction to an unwanted situation.

How do we detect tension in our lives that we are not necessarily expecting? Our bodies often tell us more about how we feel than our minds.

Our brain cortex—the thinking part of our brains—are our minds. We detect threats through our senses (e.g., hearing a tornado siren) and our minds (e.g., reading about the government going broke), which send messages to the limbic

system, an interior part of the brain just above our brain stem.

The limbic system processes the input and tells our bodies to get ready to either fight the threat, avoid it, or it may become so overwhelmed with repeated severe reactions that we become emotionally paralyzed.

The limbic system also tells us when we feel good, such as after a hearty laugh. It can be tricked into feeling good, by what we allow ourselves to think, and by substances such as methamphetamines. The limbic system regulates emotional reactions.

When our limbic system reacts with alarm, adrenalin flows and we become edgy and easily upset. Some people have difficulty sleeping. You probably know how you react when you are stressed.

Persons like me develop physical symptoms such as muscle tightness. That's why I said earlier that sometimes our bodies tell us better when we are uptight than the cognitive thinking going on in our minds.

How do we resolve tensions in our daily lives? We have to take actions. We can make contact with the persons causing us stress, such as emailing our elected leaders about how what we want them to do.

We can talk with persons who will listen and react with useful feedback. We can dissipate the physical parts of our tension with vigorous exercise, work and play. We can reach out to others whom we know are worried and undertake these positive activities together.

Touching others and receiving comforting touches helps calm our nerves. If we don't have family and other loved ones around, we can approach a chiropractor or massage therapist. Physical contact with pets also is beneficial.

Prayer and meditation help many of us. Creative projects such as playing music together, writing, art, and building things help our limbic system relax.

When calmed down, our limbic system signals our bodies to release beneficial bodily chemicals. Cortisol defuses the alarm that occurred when we felt threatened and our bodies released adrenalin to key us up. Cortisol relaxes us.

Eventually, when we feel safe, we produce serotonin and norepinephrine again, which are the chemicals associated with well-being. That's why many antidepressant medications contain serotonin and/or norepinephrine.

It is healthier if we can deal with awful feelings without relying on medications by managing how we behave.

Dr. Rosmann no longer raises cattle. Dr. Rosmann is a Harlan, Iowa, farmer and psychologist, available at: www.agbehavioralhealth.com.

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Dr. Mike
ROSMANN

Visiting Hours

Diabetes Awareness, Education Is Key

BY SUSAN BARNES RN, CDE
Avera Sacred Heart Hospital

November is American Diabetes Month(r) led by the American Diabetes Association with the goal to raise awareness and understanding of diabetes, its consequences, management and prevention of Type 2 diabetes. The Association launched a socially focused initiative for American Diabetes Month(r), called A Day in the Life of Diabetes, to demonstrate the impact diabetes has on our families and communities nationwide. Diabetes doesn't stop. It is 24/7, 365 days a year. To showcase the extraordinary effort it takes to live a day with the disease, the American Diabetes Association will continue to ask people to submit a personal image to the Association's Facebook mosaic representing what A Day in the Life of Diabetes means to them. View success stories or learn how you can submit your personal image and story during American Diabetes Month by visiting ADA at www.facebook.com/AmericanDiabetesAssociation or www.diabetesmosaic.org, or by calling 1-800-DIABETES.

Before people develop diabetes, they most frequently have "prediabetes", blood sugar levels ranging 101-125 mg/dl. This condition puts you at higher risk of Type 2 Diabetes. There are no clear symptoms of prediabetes. Recent estimates project that as many as one in three American adults will have diabetes in 2050, and an additional 79 million Americans are at high risk for developing Type 2 Diabetes. If the present trend continues, one in three children born today will develop diabetes in their lifetime. If you are at risk for diabetes, see your health care provider to discuss how to change your risk and get a simple blood test (either a fasting glucose or an A1C). You can make a change for life and do something about it. Research shows that early intervention can lower your risk of having diabetes by 58%. You must first identify your risk, and then educate yourself on how to change your lifestyle. A National Diabetes Prevention Program is offered at Avera Sacred Heart Hospital. This program helps you learn how to change your

lifestyle to prevent Type 2 Diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach. If you are interested, talk to your doctor or call Avera Sacred Heart Hospital 605-668-8279

Below are a few questions to determine if you could be at risk of diabetes:

- Are you a woman who has had a baby weighing more than 9 pounds at birth?
- Do you have a sister or brother with diabetes?
- Do you have a parent with diabetes?
- Do you get less than 150 minutes of regular exercise each week?
- Are you over age 45?
- Are you from an ethnic group with greater risk of diabetes such as Asian, African America, Native American, Hispanic, Latino or Pacific Islander?
- Do you have High Blood Pressure?
- Are you overweight? Being overweight is a primary risk factor for type 2 diabetes.

Diabetes is a serious disease. If it isn't managed, it can damage many parts of the body. Unfortunately, one out of four people with diabetes does not know it. There is good news: diabetes complications can be prevented or delayed by properly managing blood sugar, blood pressure and cholesterol levels. Education, eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications. People with diabetes can attend Diabetes Self Management and Support (DSMES) and Medical Nutrition Therapy (MNT) classes to learn about diabetes. These DSMES and MNT classes are covered by Medicare and most insurance when they are ordered by your doctor. In Yankton, a Community Diabetes and Exercise class is offered by occupational therapists. It is a six session class that helps participants set up a personal exercise plan. If you have diabetes and are ready to start implementing exercise into your lifestyle, contact Beryl Olson at 605-

668-8292.

November 14th is World Diabetes Day. The International Diabetes Federation's (IDF) World Diabetes Day 2013 campaign stresses the need for action to "protect our future" generations health and recognize the importance of early awareness of the risks and dangers of diabetes. A specific focus is on the importance of education - for health professionals, people with diabetes and people at risk - in reducing the impact of diabetes throughout the world. The aim is to build awareness among children and young people of the warning signs and risk factors for diabetes, and that in many cases Type 2 Diabetes can be prevented through healthy eating and physical activity. As part of the awareness campaign for World Diabetes Day in South Dakota, there are several events. Buildings and monuments will be lighted in blue, the color of the diabetes circle, a symbol of the IDF. The capital building in Pierre, SD, Crazy Horse Monument and the The Falls in Sioux Falls will be lit up blue. Avera Sacred Heart Hospital will have an educational event Thursday, November 14th at 4 p.m. in the Professional Office Pavilion Auditorium. Luke Hofkamp, Type 1 Diabetic, PhD, Certified Personal Trainer and Medical Student, Dr Terence Pedersen, Podiatrist; and Kevin O'Brien, Physical Therapist will discuss Running with Diabetes. They will share their wealth of experience in this free community event and answer your questions. Call Avera Sacred Heart Hospital 605-668-8279, for more information regarding this event.

For more information from the American Diabetes Association call 1-800-DIABETES or visit www.diabetes.org. Also, follow the ADA on Facebook. (www.facebook.com/AmericanDiabetesAssociation) and Twitter (www.twitter.com/AmDiabetesAssn).

Call the National diabetes Education Program at 1-888-693-NDEP (6337) or visit www.YourDiabetesinfo.org for more information on managing and preventing Type 2 Diabetes.

Sources:
www.diabetes.org
www.YourDiabetesinfo.org

Sieh To Participate In Partners In Policymaking

Amy Sieh of Yankton has been selected to participate in the statewide leadership program

Partners in Policymaking. Coordinator of the leadership program, Sandy Stocklin Hook, of South Dakota Advocacy Services in Pierre noted, "The committee who selects the participants for Partners in Policymaking does an awesome job in filling the class. Choosing the participants is always difficult as we receive so many excellent and qualified applications. For this coming year's class, we received 53 applications and the committee felt the application from Sieh was exceptional and she will be a valuable asset to the class. Her application showed a spirit, desire to learn, and strong advocacy qualities, along with leadership skills and knowledge that will definitely add to the class atmosphere." Stocklin Hook went on to say "We believe Amy to have great energy and a willingness to share what she learns with others. She will be an excellent advocate for all people with disabilities."

Partners training gives individuals knowledge of available resources and assistance to vastly improve their futures. It helps to open doors to a new world of opportunities, not only just for themselves and their families, but also for the entire disability community.

One weekend per month from November through April these individuals make time from their own hectic schedules to participate in a

unique program that ultimately leads to richer, fuller, and more productive lives for themselves and their family members. They will become active Partners ... Partners with community organizations, Partners with federal, state, county and local governments, Partners with schools, Partners with employers and most importantly, Partners with each other.

Partners is about empowerment, extending to individuals with disabilities and their families the skills, information, and tools needed to access service delivery systems. Partners in Policymaking trains individuals to become leaders in organizations.

Partners in a national leadership, empowerment program. South Dakota is beginning its 22nd year of providing the program and has 504 graduates statewide.

Stocklin Hook says, "Our commitment to Partners in Policymaking is to consistently maintain a high quality program. Partners make a commitment to attend all the sessions and we make a commitment that their time will be well spent. They can expect the best because we provide the best! The speakers/presenters are experts in their fields. We are honored to have Amy as a participant in this program. Her drive, determination, strong skills for team work, and knowledge will be an integral part of the program, not only for herself, but also for others."

Partners is funded in part by grants from the South Dakota Council on Developmental Disabilities, Center for Disabilities at Sanford School of Medicine at USD, Children's Care Hospital & School, and South Dakota Parent Connection. South Dakota Advocacy Services facilitates and coordinates the training.



Sieh

Red Ribbon Week



SUBMITTED PHOTO

Christ the King Church delivered goodie bags to all the Law Enforcement - Yankton Police and Yankton County Sheriff in honor of Red Ribbon Week and Make Difference Day. There were 66 bags of goodies delivered to the two areas. Here you see the Sheriff and Police Chief holding a goodie Bag. Two large plates of goodies were also delivered to the EMT's.

Celebrate 125 Years Of Statehood

Join the Yankton Quasiquicentennial Celebration this Saturday, Nov. 2, beginning at 3:30 p.m. Historic Downtown Yankton. Visit with a few of the most distinguished historical figures during the walking tour and hear about their influence in South Dakota becoming a state in 1889.

At 6 p.m., the doors open at the Riverfront Event Center for the Statehood Social. Gov. and First Lady Daugaard, Lt. Gov. Matt Michels and his wife and various

other dignitaries will be there to host a short program at 7 p.m. and the Inaugural Ball will begin at 7:30 p.m. with the Gale Pifer Orchestra.

The event is free to the public. Come dressed in historical dress or come as you are for this entertaining evening to kickoff next year's 125th anniversary of South Dakota statehood.

For more information contact, the Yankton Area Chamber of Commerce at (605) 665-3636.

Set Clocks Back, Check Alarms Nov. 3

PIERRE — Daylight Saving Time ends this weekend, and State Fire Marshal Paul Merriam asks South Dakotans to check their smoke alarms while they change their clocks.

Daylight Saving Time officially ends at 2 a.m. on Sunday morning. That's when clocks are set back one hour.

"When you go around the home changing the clocks, it only takes a few seconds more to make sure your smoke alarms are working," Merriam said. "This is a good time to push that test button, and if necessary, change the batteries. In the event of a home fire, smoke alarms can be the difference

between a tragic death or survival for you and your family."

With the arrival of November, it isn't too early to begin talking about fire safety during the holidays, Merriam said.

"Holiday lighting, the use of candles, increased cooking activity in the kitchen, all those things illustrate the spirit of the holiday, but they also increase potential for fires and fire deaths during what should be a season of celebration," he said.

It's also a good time for a family conversation about fire safety, how to leave the home in the event of a fire and how to maintain or restore contact with other family members during and after the fire.

60th Anniversary Celebration



Mr. & Mrs. Martin Raab

Martin and Patricia Raab will celebrate their 60th anniversary

on November 3, 2013.

Martin Raab and Patricia Smith were married on November 3, 1953 at Sacred Heart Catholic Church in Yankton, SD.

They have two sons: Steve (deceased) and Larry and Tracy Raab of Yankton, SD.

The couple has four grandchildren: Jerrid, Nick, Jack, and Max.

Their family requests a card shower. Greetings may be sent to 105 James Place, Yankton, SD 57078.

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Congratulations



Z Wireless Growth Ribbon Cutting

The Yankton Chamber of Commerce Ambassadors hosted a Growth Award ribbon cutting for Z Wireless, Verizon Premium Wireless Retailer at their new location 1900 Elm St. Ste. 1. Kristina Tramp, manager and Matt Jacobsen, District manager, guarantee they will knock your socks off with their customer service, expertise and variety of products and services that they offer their customers. They also have brand name accessories, the best protection plans known to man, home phone service, wireless internet and Direct TV. Store hours are Mon.-Fri. a.m.-7 p.m., Sat. 9 a.m.-5 p.m., Sun. 11 a.m.-5 p.m. You can also reach them at (605) 689-3733, manager@zwireless.com or www.zwireless.com.

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