

Visiting Hours

Value Of Parish Nurse To A Congregation

BY MARY ANN WORTMANN, BSN, RN, MS
ASH Parish Nurse Coordinator

A parish nurse, in partnership with the clergy and the health ministry team, can be a catalyst in transforming the caring, communal spirit of the church. The parish nurse who is grounded and educated in spirituality and health, guides others in taking positive action regarding wellness, prevention and treatment of illness and in navigating the mazes of the health care system and community resources.

It is crucial to be present to those suffering or experiencing life transitions. This is a relational ministry where "accompanying" takes precedence over "doing." The parish nurse and the health ministry team raise awareness of appropriate ways to respond to needs for congregational care. Mobilizing and preparing others in the congregation to develop and use their gifts in caring ministries is important. The church's ability to carry out Jesus' work and accompany others through joys and sorrows is central to our being the community that we

promise to be.

Care of the body, mind and spirit, with intentional care of the spirit at the core, defines parish nursing.

Parish nurse assumptions are that health is the integration of the body, mind and spirit and includes faith, hope, and meaning as well as one's relationship with self, others, the environment and God. Any imbalance in one area affects the total harmonious relationship. Healing and a sense of wellbeing can take place even when cure is not possible.

Many health issues could be prevented if people adopted positive life behaviors. Lack of information is often a problem, but some reasons why people make poor choices are related to feelings of stress, hopelessness, despair and poor self-esteem. The church is an ideal place to address these challenges related to spirituality and faith. Spiritual health is a profound resource for recovery.

If interested in a Parish Nurse program for your congregation, please contact me and I will help you find the resources to answer your questions and get you started.

Dealing With False Accusations

BY DR. MIKE ROSMANN

Most of us have been the object of false accusations one time or another during our lives. Few deeds hurt more than being accused of something we didn't do or having our reputation trashed unfairly.

False accusations don't have to wound us to our core. Indeed, they can provide opportunities to learn about ourselves, to build character, and to model respectable behavior for others to emulate.

False accusations occur regularly in the workplace, in school, within extended families and many social groups.

In the workplace false accusations often involve rumor mongering among fellow employees, rivals seeking to discredit a boss or coworker, or outright mobbing designed to destroy the reputation of an employee and perhaps to get that person to leave the employment setting.

When false accusations take the form of mobbing or bullying in the workplace, such actions are illegal in most European countries. Many U.S. jurisdictions and Canadian provinces have enacted anti-mobbing or anti-bullying statutes. Wrongful dismissal suits are becoming commonplace when false accusations in the employment setting lead to job termination.

I have observed false accusations among farm people. One or more prospective farm renters started a campaign of false rumors about the current lessee of a desirable farm property by raising questions about the lessee's capacity to pay his bills so that the widow who owned the land might lease it to another renter.

Bullying by children has been identified as a factor contributing to violence by school kids. Often the bullying begins with the propagation of falsehoods by peers.

Parents and caretakers should be particularly attuned to kids' passing along false-



Dr. Mike ROSMANN

children as for adults. Children are more vulnerable because they usually lack the skills to deal with false rumors.

How can we deal with false accusations? False accusations are difficult to defend against. If we confront the persons we think are spreading the falsehoods, they usually deny their actions.

Most persons are unfazed by confrontations meant to cause them to cease their false accusations. Often they attack even more vehemently and secretly.

The best defense is to not act defensive. To continue to behave positively and with dignity ultimately prevails.

While we often fear that others will believe the false accusations, others nearly always choose to believe what they observe. Our actions speak loudly. Remaining unfazed ourselves and moving along to do our best usually invalidate the false accusations and the accusers as well.

We have to rise above our anger and desires for revenge. We can't control the false accuser. We are in control of ourselves only.

We can use the experience of false accusations to improve ourselves. We can conduct soul-searching to figure out our core beliefs and motivations. Prayer and meditation can

help us figure out better ways to behave positively. We still have the capacity to control our attitude even when we are being attacked unfairly.

We choose whether or not to retaliate. We choose to behave with character. We choose to exhibit what we want others to see in our actions.

Anger does little to heal us. Anger raises our blood pressure. It compromises our immune system. It can lead to long term hatred and foment violence.

It is healthier to get our feelings of revenge out by talking about them with people whom we trust as supporters. But we should be careful to not talk about the accusations to others who will repeat them.

Participating in community events and volunteer work build our image of remaining confident and contributive.

There are occasions when it is appropriate to take formal actions to curtail a pattern of unfair attacks. Sometimes we can take a false accusation to a higher authority, such as a school principal or a Board of Directors.

When the false accusation has become a public report, it might be appropriate to issue a public statement that denies the falsehood and replaces it with the truth as we know it. Filing legal actions such as a libel suit or wrongful dismissal suit might be appropriate if we can afford the time and cost.

False accusations hurt only if we let them. If we know we are better than the falsehoods being propagated and behave with positive dignity we find peace within ourselves.

Dr. Rosmann is a Harlan, Iowa psychologist and farmer. To contact him, please visit: www.agbehaviorhealth. He welcomes suggestions for future columns.

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The Center Hosts Bingo Tuesdays And Fridays

The Center, 900 Whiting Drive in Yankton, reminds the public that it hosts bingo at 7 p.m. every Tuesday and Friday night. Play is open to everyone.

For more information, call 605-665-4685 or director@thecenter-yankton.org.

Christ The King Hosting Coat, Hat, Mitten Drive

Christ the King Lutheran Church of Yankton is having a coat, hat and mitten drive for the Lower Brule Reservation near Chamberlain. New and gently used warm coats, hats and mittens of all sizes are being collected. These items will be distributed through the Boys and Girls Club at Lower Brule.

Items can be delivered to Christ the King Lutheran, 305 West 25th Street, between the hours of 8:30 a.m.-4 p.m., Monday through Friday. Deliver items by Sept. 28.

If you have any questions or would like items picked up, call the church at 665-8848.

Career Fair Planned In Yankton

The Yankton Career Fair will be held at the Technical Education Center, 1200 W. 21st St., on Wednesday, Oct. 3. The fair runs from 3-7 p.m.

This is an opportunity for individuals to visit employers about local and regional job opportunities. Veterans and their spouses will be given priority of service.

This fair is sponsored by the South Dakota Department of Labor and Regulations, the Regional Technical Education Center (RTEC), the U.S. Chamber of Commerce, the VFW and VFW Post 791 Ladies Auxiliary, the American Legion, Disabled American Veterans and the Yankton Office of Economic Development.

For more information, call 605-668-2900 or visit www.sdjobs.org.

Information Session For Trip To Guatemala

VERMILLION — The Vermillion-based Fair Trade organization Sharing the Dream in Guatemala (STDG) will sponsor a "Fair Trade and Indigenous Cultures" trip to Guatemala Jan. 8-17, 2013. The trip will be led by Vermillion's Jerry Wilson, long-time Latin American traveler and author of the travel book "American Artery: A Pan American Journey."

Participants in the January trip will experience Guatemala City, the ancient Guatemalan capital of Antigua and several villages in the picturesque Lake Atitlan region. The group will visit cooperatives where wood carvings, weavings and other crafts sold at the Sharing the Dream store are made by hand. They will meet students who are sponsored by STDG scholarships and serve meals to elders who have access to nutritious food and health care thanks to generous STDG sponsors. They will cross Lake Atitlan in traditional cayuca canoes, tour the ruins of the ancient capital, enjoy traditional Guatemalan foods and much more.

The cost of the 10-day trip, includes food and lodging in Guatemala as well as transportation, guide and interpreter services. Participants will need to be in good health, since the experience will require substantial walking, and because many Guatemalan facilities are not handicap accessible.

An information session for persons interested in joining the Guatemala trip will be held at 7 p.m. Sept. 25 at the Sharing the Dream store, 10 West Main Street in Vermillion. For information, call Jerry Wilson at 605-624-9279 or the Sharing the Dream office at 605-624-6895.

American Legion Auxiliary Meeting Slated

The next meeting for American Legion Auxiliary, Unit No. 12, will be held at 7:30 p.m. Sept. 24 at the Yankton VFW. The meeting will be held a week later than usual because of a scheduling conflict.

Groups Helping Teachers With Class Pets

BY SUE MANNING
Associated Press

LOS ANGELES — For many children, their first pet is a virtual one.

Experts say many children who enter the first grade can play video games but few have a pet to play with. And teachers say that's a shame, considering how animals — real ones — can enrich a child's upbringing.

So for a quarter of a century, educators such as Dawn Slinger in Farmington, Minn., have paid out of their own pockets to provide one for their classrooms. Only in the past few years have groups stepped in to help with the financial burden.

Two years ago, Pets in the Classroom, a Maryland-based project from the nonprofit foundation Pet Care Trust, began offering grants to U.S. and Canadian teachers in grades 1 through 8. The money can be used to buy starter pets, cages, food and other supplies. It issued its 10,000th grant this summer.

The \$150 grants help offset the cost of the animal and its care, which helps teachers like Slinger who has been using her own money, said foundation executive director Steve King. Just an aquarium for a frog could cost more than a hundred dollars.

Teachers who apply for a second year or more get \$50 for additional equipment, food and supplies.

Pet Care Trust first started introducing pets to classrooms through a joint venture with the Florida Aquarium in Tampa five years ago. A classroom fish project gave participating teachers a 150-gallon aquarium, supplies and fish, King said. Nearly 200 classrooms in the Tampa area got aquariums, and a similar program was started in Chicago.

Slinger believes the cost is worth the experience for her students. She builds lessons around two miniature Russian tortoises, a fire-belly newt, tree frogs, three types of gecko, several hermit crabs, two small ball pythons, a corn snake and a 45-gallon tank of fish. Students observe and draw the animals, and research and write about them. When the school year is over, each student's work becomes a book.

Parents tell her their children are inspired by the animals and are excited about learning, she said.

She said that out of a class of children — hers last year had 26 — "maybe six will have pets at home, usually a cat or dog. Not many will have reptiles." Since taking her class, "several students have gotten hermit crabs or fish for their houses. One got a lizard and one is working on a snake."

The decision over what kind of pet to get lies with the teacher. Slinger chose hers because they fascinate children, their tempera-

ments are right and they don't bother students with allergies or asthma, she said.

Concerns from parents over disease, allergies and exposure to waste have led to bans or limits on animals in some classrooms, although service animals are allowed in most schools. The Pet Care Trust leaves it to the teachers to know their students and parents, and King said teachers and students must follow cleanliness guidelines.

Among applications for first-time grants, the most popular choices for classroom pets were small mammals, like hamsters, guinea pigs, rats and rabbits, King said. That was followed by aquarium pets, reptiles and amphibians, then birds, he said.

Classroom pets also have been enlightening for some families. Heidi Keating said her 8-year-old son Wayne has been begging for a snake since he was in Slinger's class last year.

"First, I said absolutely no. Then Wayne said, 'Come see the snakes in class.' Even Grandma came. We petted it. I never knew they were soft. I am a little more

open at this point," she said.

Keating said the family wants to encourage his interest, so they took Wayne to a reptile zoo for his birthday.

"It helps me get over my fears too," she said. "I am learning. I am honest about it, and he knows I am coming along with it. His (5-year-old) sister Quincy is too. When she had her face painted, she wanted a snake."

But until Wayne is a little older, he'll have to settle for the 4-month-old basset hound puppy the Keatings got recently.

Classroom pets also can be incentives for good grades, as when some teachers allow students to care for the animals when school is out, King said. Slinger visits her classroom pets two or three times a week during summers and vacations.

As for the animals that don't return for another school year, that's a learning moment too, King said.

"Lifespan is part of the life lesson that comes with having a classroom pet," he said.

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JACKIE KOSTER is turning 60 tomorrow!

Please help her celebrate by sending her Birthday cards, letters of your favorite memories together, and warm wishes. We hope you have a great Birthday Mom! We love you! Love, Your Family

Mail can be sent to: Jackie Koster, 100 Poison Oak Dr., Yankton, SD 57078

Scott-Schieffer

Jessica Nicholle Scott and Ryan Vernon Schieffer, children of Greg & Brenda

Scott, Oakton, VA and Vern & Norma Schieffer, Crofton, NE, were married June 1, 2012 at St. Joseph's Catholic Church in Constance, NE by Father Mike Schmitz.

Jessica is a privately contracted Internet Marketing Coordinator and Ryan helps run the family farm and does custom woodworking. A country-chic reception followed at the Schieffer Family Farm.

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