



THE OPTIMIST CLUB OF COLUMBIA (Downtown Optimist)

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Downtown Optimist Club of Columbia

Zoom/In Person Meeting Newsletter

Monday, November 22, 2021

at Senior Citizen Center

Members attend in person: President Tony Parisio, Jerry Sullivan, Rick McKernan, Steve Klein, Carl Scott, Red Leighton, John Jones, Steve Winter, Mary Dewey, Charlie Langreder, Ken Oster, and Larry Fick, By zoom Scott Stager and Jennifer Bagwell, and our special guest were Bonnie Langreder, Ernie and Diana Wren and Megan Steen

Prayer- John Jones and Pledge – Tony Parisio

Birthday/Anniversary: Jerry and his wife will celebrate their 49th Wedding Anniversary on Thanksgiving Day.

Board Meeting on Thursday, November 18th. There is NO funding request. Therefore, we might not have a board meeting this month. NO BOARD MEETING this month

Steve Winter talked about the Koeze Nuts:

There will be a 3rd order placed on Monday, November 29th. Steve will be getting the clubhouse ready for opening day on Friday, November 26th. Everything was in for the 2nd order but, there was some that were 19 pieces damaged. The orders that we could fit will be reordered and replaced.

Christmas Trees:

The trees are all on the pegs and ready to go for opening day Friday. We have all the spots filled for opening day. Need some more extra help during the 2 to 5 shift on Saturday, November 27th. Tony said he will go in and work during that time.

We talked about couple of places we could meet at beside the Senior Citizen Center, which we pay \$2.00 a person for the room. We will check into J & J café where they don't charge for the room. We also look at Shakespeare's Pizza about their meeting rooms. We also looking at the church on Hitt Street, and Dickie BBQ Kids 1st Optimist Club meet at on Wednesday at noon.

Carl Scott talked about the Food Bank Food drive is on Wednesday from 6 am to 6 pm at HyVee and Schucks. Carl signed up for a 2 hour shift to help collect can food or money donations.

Bringing Out The Best In Kids Since 1936

Our guest speaker: Megan Steens a Vice President of Burrell Behavioral Health. 10 Counties are in Central Missouri.

Information about Burrell there is 25 Counties in Missouri and Northwest Arkansas. 1.7 K Employees, 60 + location, and 45 K

About Burrell Central Region ** Designated Community Mental Health Center (CMHC) for Boone County ** Largest behavioral Health provider in Boone County

Programs and Service: Individual Therapy & Counseling, CCBHC Addiction Recovery Services, Psychiatry & Medication Management, Educational & Therapeutic Groups, Crisis Intervention, Case Management, Diagnostic Testing & Evaluations and Developmental Disability Support

Missouri Child Well-Being Data

1 in 5 children struggle with behavioral & emotional issues in the classroom

50 % of all lifetime cases of mental illness begin by age 14

Average delay between onset of symptoms & intervention is 8 to 10 years

14.1% of Missouri High School students seriously considered suicide in 2018

Estimated over 45,000- children & adolescents in Missouri struggle with anxiety

After point 3 – Average Delay of Onset would never wait that long to seek physical healthcare. Part of the work we do in the community is to normalize seeking mental health care

After Point 4 – 14.1% considered suicide 10.9% made a plan, 6.2% put plan into place with suicidal actions

Adverse Childhood Experiences (ACES) are potentially traumatic events in childhood (0-17 years), such as neglect or experiencing or witnessing violence.

These events can undermine their sense of safety, stability and bonding. ACES can negatively impact physical, mental, emotional and behavioral development. They can also have long-lasting effects on health, well-being and prosperity well into adulthood.

ACES are major risk factors for illness and poor quality of life. Individuals who repeatedly and chronically experience adversity can suffer from toxic stress. Toxic stress happens when the brain endures repeated stress. Toxic stress happens when the brain endures repeated stress or danger, then releases fight-or-flight hormones like cortisol.

This internal alarm system increases heart rate and blood pressure and damages the digestive and immune systems over time. Our bodies were not meant to live in this hyper-aroused state, and staying in it for prolonged periods of times has negative impact.

Anxiety Signs and Symptoms

Trouble sleeping or complain about stomachaches or other physical problems

Extreme fear about specific thing or situation

Being afraid of school or other places where there are people

Repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, trouble breathing, dizziness, shaky or sweaty

Panic or tantrums at times of separation from parents or caregivers

Most common mental health concern is the United States with about 7% of the children ages 3-17 experiencing issues with anxiety each year.

First Global estimate of impact of the COVID-19 pandemic on mental health in 2020 suggest additional 53 million cases of depressive disorder and 76 million cases of anxiety disorders were due to the pandemic

Women and younger people were most affected by major depressive disorder and anxiety disorders in 2020

Depression Signs & Symptoms

Feeling or appearing sad, and tearful or irritable

Spending less time with friends or in after school activities and/or enjoying things as much

Changes in appetite and/or weight

Sleeping more or less than usual

Feeling tired or having less energy

Noticeable changes in appearance (not washing hair, clothes you don't normally wear)

Falling grades, inability to focus or concentrate

Suicidal thoughts, threats or actions

Depression is more than feeling sad or going through a rough patch. It lasts longer and begins to impact more than just your mood.

We don't always know the cause of depression. Sometime it seems to come out of nowhere. Other times, it happens when children are under stress or after losing someone close to them.

Eating Disorder Signs & Symptoms

Extreme weight loss or not making expected developmental weight gain

Frequently skipping meals or refusing to eat

Excessive focus on food

Persistent worry or complaining about being fat

Frequently checking in the mirror for perceived flaws

Using laxatives, diuretics or enemas after eating when they're not needed

Forcing himself or herself to vomit or exercising too much to keep from gaining weight after bingeing

Repeating episodes of eating abnormally large amounts of food in one sitting

Expressing depression, disgust or guilt about eating habits

In the United States as many as 10 in 100 young woman suffer from an eating disorder. This is not to say eating disorders do not occur in men, but they are far more common among women

Anorexia and Bulimia are the most common eating disorders.

Post-Traumatic Stress Disorder Signs and Symptoms

- Reliving the event over and over in thought or in-play
- Nightmares & Sleep problems
- Becoming very upset when something cause memories of the event
- Lack of positive emotions
- Intense ongoing fear or sadness
- Irritability & angry outbursts
- Constantly looking for possible threats, being easily startled
- Acting helpless, hopeless or withdrawn
- Denying the event happened or feeling numb
- Avoiding places or people associated with events

A Child or adolescent who experience a catastrophic event may develop ongoing difficulties known as PTSD. Stressful or traumatic event normally involves a situation where someone's life has been threatened or severe injury has occurred.

A child's risk of developing PTSD is related to the seriousness of the trauma, whether the trauma is repeated, the child's proximity to the trauma and his/her relationship to the victim.

How to Help:

- Care for the children's mental health just as you do the physical health
- Pay attention to warning sign and seek professional help if needed
- Talk with youth in age appropriate, non-judgmental way about your observations
- Role model talking about feeling and emotions
- Assist youth in developing coping skills
- Mindful walks, belly breathing, grounding activity

That was from her power point she showed us at the meeting.

Closed with the Optimist Creed by Jerry Sullivan.

Meeting end at 1:00 pm

Tony Parisio - President



**CHOOSE
OPTIMISM**