

## GET TO KNOW THE SERTOMA CENTRE

In the last Newsletter, we learned all about the Sertoma Centre's Community Mental Health and Counseling Services. CMHS provide support and education to enable people with mental illness to participate in a personal recovery process. This time we'll learn about Counseling offered with Private Insurance, Community Development & Mental Health Awareness, Mental Health First Aid, CMHC Internship Opportunities.

### Outpatient Counseling – Strength Built on a Firm Foundation

Outpatient counseling and therapy supports persons who are seeking therapy for various types of concerns; overwhelmed and unable to resolve issues, life transitions, grief, divorce, trauma, anxiety, depression, all mental health concerns, substance use, family and marital problems. During this collaborative process you will build on your current strengths, gain additional skills, discover ways to overcome troubling feelings or behaviors and make changes in yourself or your situation. Counseling services are provided primarily to adults, adolescents and families. Services are available through private commercial insurance and many Employee Assistance Programs.

Most major insurances accepted including; BCBS, Cigna, Humana, Magellan, Aetna.

Seeking counseling can be a difficult decision. At Sertoma we want to make that process a bit easier. Feel free to call and ask questions.

For information, call 708-748-1951. To speak to a counselor directly or to schedule an appointment, call: Michele Arthur, LCPC at 708-730-6344.

Community Development & Education  
Mental Health Awareness

Professional staff provide education to schools, agencies, medical personnel, public institutions, corporations, faith-based organizations and other members of the community at large. The goal of the program is to reduce stigma and increase mental health literacy. Examples of trainings available: Mental Health First Aid (Adult and Youth), QPR Suicide Prevention Training, Hearing Voices and Mental Health Basics Overview.

Professional staff provide on-site and web-based professional development trainings. CEU credit is offered for counselors and social workers.

For more information on training and current trainings, contact:

Gia Washington  
[gwashingt@sertomacentre.org](mailto:gwashingt@sertomacentre.org)  
708-748-1951 x 418

### MENTAL HEALTH FIRST AID

Sertoma Centre, Inc. and Lansing Public Library Present a Free Training\*- Inquire for CEUs Mental Health First Aid on Saturday, August 12, 2017 from 9:00 am – 5:00 pm at Lansing Public Library. To register, contact: Lisa Guardiola, Sertoma Centre Community Mental Health Trainer [iguardiola@sertomacentre.org](mailto:iguardiola@sertomacentre.org) or (708) 748-1951 x 405 or Lansing Public Library at (708) 474-2447. Space limited to 30 participants. Registration required by Friday August 4, 2017. \*Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services.

### CMHC INTERNSHIP OPPURTUNITIES

Visit the Centre's website at [sertomacentre.org](http://sertomacentre.org) to find out information about Interns/practicum for individuals seeking a Bachelor's Degree in a human services field, such as psychology, sociology, social work, etc. or for those seeking a Master's Degree in a relevant field, such as clinical or counseling psychology.

For more information regarding internship opportunities, contact:  
Patricia Salgado  
[psalgado@sertomacentre.org](mailto:psalgado@sertomacentre.org)  
708-748-1951 x 461



## WHO WE ARE

Sertoma is one of the oldest service clubs in the United States. We operate nationwide, with deep roots in the communities we serve at the local level. We seek to transform lives and, in doing so, we also transform ourselves. We are men and women who understand that we can accomplish more together than we can alone. We know we can make a difference with our national mission of hearing health and in the other important areas of service our clubs provide. We are people who have heard the call to help. We answer that call every day, all across the country. We are Sertomans.

## MEET YOUR NEW NATIONAL SERTOMA PRESIDENT - EDDIE "D" - 2018 - 2019

Hickory Hills Sertoma member, Edwin Dlugopolski, aka Eddie "D," is our new Sertoma president, following another local Sertoman, Cheryl Cherny.

Eddie graduated from Tuley High School (now Clemente High School) in 1958. He later joined the military and reached the rank of Sargent (E5.) After the military, Eddie worked for UPS in management and retired in 1986.

Ed started his Sertoma career back in 1992 when he joined the Burbank Sertoma Club eventually transitioning to the Hickory Hills Club. Eddie lives in Oak Lawn with his lovely wife, Isabelle, (pictured left) known to all as "Belle."

As our next president, he's looking forward to focusing on Sertoma's mission and growing the organization. Eddie's biggest goal is to lead by example and with passion. He's also looking to a new chapter in Sertoma, which includes the implementation of Vision 2020. More on that in another newsletter.

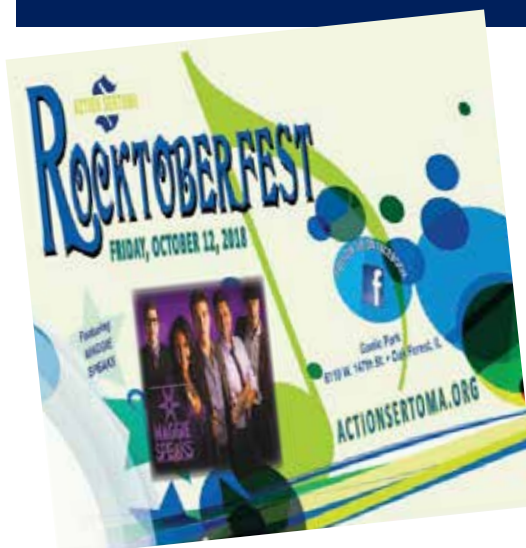
Our congratulations to Eddie on his presidency and good luck!!!



## PIZZA ANYONE?

Friday, June 29<sup>th</sup>, saw members of Action Sertoma visit the Sertoma Centre in Matteson and serve a pizza lunch to the consumers. Kristine Kalnins, Eileen Clancy, Ed Kelly, Bob Clifford and Jay Farquar. Jay was also kind enough to bring two little helpers, his kids, and future Sertomans? These delicious pizza treats once again came from Bartolini's, located in Midlothian on 144<sup>th</sup> and Pulaski Road.

Consumers were treated to their choice of sausage or cheese pizza, or a combo of both. All of this was washed down with their favorite drinks consisting of their choice of water, cola or orange soda. The orange soda as always was the drink du jour. Once again, the lunch was a hit with the consumers. With enough pizza to feed a small country, the employees were also able to enjoy the feast.



**JOIN US FOR AN EVENING OF FUN & EXCITEMENT OCTOBER 12<sup>TH</sup>** with our headliner, Maggie Speaks, one of the most popular bands in the entire Chicago-land area. Dance and sing to hits of yesterday and today!! Maggie Speaks will leave you begging for more!! Start the night off with cocktails and mingling with your fellow Sertomans and their guests and enjoying a sumptuous buffet dinner with all the fixings. There will be various raffles going on throughout the evening including our Grand Raffle tickets with the grand prize of \$5,000.00. Who couldn't use that? Also, the Gift Card Wreath raffle, Bullet Ticket Raffle with a first place prize of a two night stay at a Chicago Luxury hotel and many more will be available. Try your luck on all these raffles!!!!

Get your tickets early. The event was sold out last year and we don't want to disappoint anyone. Visit the Action Sertoma website, click on the Rocktoberfest button and you'll be sent to the Eventbrite website where you can purchase your tickets. Don't procrastinate...do it now...before it's too late. See you there.



# BIRTHDAYS & ANNIVERSARIES

A Happy Birthday/Anniversary to all of our fellow Sertomans who are enjoying a July-August-September birthday or club anniversary.

## BIRTHDAYS

July 2 ..... Gene Esposito Jr.  
July 6 ..... Chris Obaggy  
July 11 ..... Joe Racine, Sr  
July 13 ..... Bill Kamholz  
July 22 ..... Gene Esposito, Sr.  
August 1 ..... Cheryl Noto  
August 11 ..... Dom Porto  
August 17 ..... Eileen Clancy  
August 21 ..... Cathy Tomasik  
August 22 ..... Lisa Dragon  
August 26 ..... Bob Scott  
September 20 ..... Ken Hakenjos  
September 24 ..... Ed Fioretti  
September 28 ..... Bob Hehl  
September 30 ..... Kevin Gosewisch



## ANNIVERSARIES

July 10 ..... Kara Mitchell  
August 1 ..... Gene Esposito, Jr.  
August 1 ..... Dan Letizia  
August 1 ..... Bob Long  
August 8 ..... Bob Esposito  
August 9 ..... D.J. Fioretti  
August 10 ..... Kristine Kalnins  
August 13 ..... Kevin Murphy  
August 16 ..... Jack Howe  
September 1 ..... Joe Racine  
September 2 ..... Eileen Clancy  
September 21 ..... Ken Hakenjos  
September 29 ..... Dom Porto

*-If anyone was missed, or the info. is incorrect, please let me know so that your information can be updated.*

## AN INTRODUCTION TO DOG INTELLIGENCE AND EMOTION

We feed them, we let them sleep in our beds, we play with them, we even talk to them. And of course, we love them. Any dog-owner will tell you that their pet has a remarkable capacity to understand the world around them. And they're right. Scientists have figured out great ways to find out exactly what human's best friend is capable of.

### The Science of Animal Cognition

Over the past several years, one of the biggest advances in our human understanding of doggie cognition has been the use of MRI machines to scan dog brains. MRI stands for magnetic resonance imaging, the process of taking an ongoing picture of what parts of the brain are lighting up through what external stimuli. Dogs, as any doggie parent knows, are highly trainable. This trainable nature makes dogs great candidates for MRI machines, unlike non-domesticated wild animals like birds or bears.

Ragen McGowan, a scientist at Nestlé Purina specializing in dog cognition, takes full advantage of a certain type of MRI machine, the fMRI (which stands for functional MRI), to study these animals. These machines detect changes in blood flow and use that to measure brain activity.

Through ongoing research, McGowan has found out a lot about animal cognition and feelings. In a study done in 2015, McGowan found that a human's presence leads to increased blood flow to a dog's eyes, ears and paws, which means the dog is excited. McGowan also studied what happens to dogs when they are being petted.

We've known for some time that for humans, petting a beloved animal can lead to lower rates of stress and anxiety. Well, it turns out the same is true for dogs. When humans pet shelter dogs for 15 minutes or more, the dog's heart rate decreases and it becomes less anxious overall.

Another recent study on dog cognition found that our beloved companion animals can tell the difference in our emotional expressions.

In another study done with the fMRI machine, scientists found that not only can dogs tell the difference between happy and sad human faces, they also respond differently to them.

### As Smart as Children

Animal psychologists have clocked dog intelligence at right around that of a two to two-and-a-half year old human child. The 2009 study which examined this found that dogs can understand up to 250 words and gestures. Even more surprising, the same study found that dogs can actually count low numbers (up to five) and even do simple math.

And have you ever experienced the emotions of your dog while you're petting another animal or paying attention to something else? Do you imagine they feel something like human jealousy? Well, there's science to back this up, too. Studies have found that dogs do, in fact, experience jealousy. Not only that, but dogs do their best to figure out how to "handle" the thing that's taking their parent's attention — and if they have to force the attention back on them, they will.

Dogs have been studied for their empathy, as well. A 2012 study examined dogs' behavior towards distressed humans that weren't their owners. While the study concluded that dogs display an empathy-like behavior, the scientists writing the report decided that it may be better explained as "emotional contagion" and a history of being rewarded for this type of emotional alertness.

Is it empathy? Well, it sure seems like it.

Numerous other studies on dog behavior, emotion, and intelligence have found that dogs "eavesdrop" on human interactions to assess who is mean to their owner and who isn't and that dogs follow their human's gaze.

These studies may just be the tip of the iceberg when it comes to our learning about dogs. And as for doggie parents? Well, they may know a lot more than the rest of us, just by observing their best canine companions every day.

The studies done on dog cognition all illuminate one thing: that humans may know much less about dog brains than we previously thought. As time goes on, more and more scientists are becoming interested in animal research, and with each new study done, we find out more about how our beloved pets think.



# ACTION SERTOMA 18<sup>TH</sup> ANNUAL GOLF OUTING

Once again, the best golf outing in the south suburbs and a tribute to Roger Harpold was held at Silver Lake Country Club on July 24<sup>th</sup>. As usual, the registration and a continental breakfast took place on the patio in the backdrop of the Bloody Mary bar that was once again sponsored by the Fioretti family. Also, a special guest appearance was made by “Sarge,” the club’s newest donation to the Sertoma Centre. More about that elsewhere in the newsletter.

A shotgun start at 9:00 things got rolling. Golfers all over the place on the North course golfing, or some semblance of it, and partaking in the many interesting games of skill/pure luck as provided by SMT Golf Outing Services. How can one go wrong with teeing off with a potato gun golf ball launcher, hitting your drive next to a flag in the fairway or trying to get your ball into a license plate frame on a short par 3?

After golf, and during the cocktail hour, the participants perused the numerous items that had been donated and formed the basis of the Silent Auction. Numerous baskets of goodies, tickets to various events, an off-road bicycle, various tee times at local golf courses and bottles of wine were up for auction.

A new event was added this year as an additional attraction....the drone drop. As anxious golfers watched, a drone hovered over the 18<sup>th</sup> green before releasing its payload of ping pong balls. The balls plummeted to earth and the winner was decided by the ball that landed in or closest to the hole. The winner was given a trip to Vegas. A win win situation.

Live Auction items included 4 tickets (Lexus level) and parking for an upcoming Blackhawks game, a Paul Ashack painting of Muhammad Ali and a foursome for next years Pro-Am at the Illinois Women’s Open to be held at Mistwood Golf Club in Romeoville.

The event ended with the “Split the Pot” raffle and the event raffle winners who walked walk off with a big screen tv and a custom made Sertoma golf bag replete with embroidered Sertoma logos.

While there are far too many people to thank for all of their efforts and the time spent on this event, obviously the entire committee deserves kudos. A special recognition is necessary for D.J. Fioretti, the committee chair and Kristine Kalnins, who dealt with the auction activities. One other person needs our a big Sertoma thanks...Gene Esposito, Jr. and Espo Engineering for being the Gold Sponsor for the event.

It was a great event despite the little sprinkle and will be even better next year. Now on to ROCKTOBERFEST!!!





# MEET SARGE THE CENTERE'S NEW RESIDENT

The latest addition to the Sertoma family is "Sarge."

For the past number of years, the Chicago Police Memorial Foundation has had much success with raising funds by the painting of hollow-fiberglass horses and dogs and displaying them on the Mag Mile in Chicago. This year, and as was last year, K9s will be painted and will be on display from August 13th through September 30th. Last year, it was German Shepherds. This year, it'll be both Shepherds and Labs. Past dogs can be viewed at K9s for Cops at <https://www.chicagok9s.com/>. Go to the Gallery tab and select 2017.



Action Sertoma has sponsored a dog. In addition to having our various logos, etc. painted on it, Consumers from the Sertoma Centre will also provide their expertise and add additional thoughts to the dog. The Centre routinely has the Consumers paint different things ranging from golf topics to self portraits. Also, the consumers joined together to name our dog. They put their collective genius together and they decided that an appropriate name would be "Sarge" and Sarge it is.

If you're in the area, visit Sarge, and all of the other dogs, on the Mag Mile where Sarge will be displayed through September 30th after which it will be brought to the Sertoma Centre on 127th where it will find a permanent home.

# SERTOMAN OF THE YEAR

The Sertoman of the Year Award is the top recognition that a club can give to one of its members. It's based on the member's contributions to Sertoma and the community.

At the recent September dinner meeting held at Bella Mia, Action Sertoma was proud to recognize Ed Kelly for his outstanding achievements, enthusiasm, hard work and dedication to Sertoma. Ed received a thunderous ovation from his fellow Sertomans as he was named our club's Sertoman of the year. As an added note, Ed has also been named as the District Sertoman of the Year. Twice as nice with both awards being well deserved!

Ed joined Action Sertoma in 2011 as a protégé of Roger Harpold and immediately began volunteering to help where and whenever he could. In 2012, Ed and his lovely wife Diane became volunteers for the annual Housewares Show Pack-up. He's done this every year since 2012 with the last three as a Group Leader

Ed became a member of the Action Club Board of Directors in 2013. That same year, Ed started to volunteer and help with the Sertoma Speech and Hearing Tuesday morning Bingo. He's done that every Tuesday since then. Recognizing Ed's amazing capacity for getting involved and contributing to everything Sertoma, in November of 2013, Ed was appointed as a member of the Sertoma Foundation Board. In 2015, Ed was chosen to be the Secretary for Action Sertoma a position that he still holds. F

From the time that Ed joined Action Sertoma there have been few, if any, Action Sertoma activities that he has not been an active participant in. As an example, this summer, along with a number of his fellow Sertomans, Ed helped to serve delicious pizza lunches to the consumers at the 127th street and Matteson Centres.

In addition to all of his never-ending Action Sertoma activities, Ed still finds some time to donate and participate in several 5K walks each year. Among those walks are the Sertoma 5k Walk, and walks to raise funds and awareness for ALS, Autism, Cancer and Juvenile Diabetes.

Another interesting Ed note, while giving blood it was determined that he had a rather rare type of blood that could be used for intrauterine

transfusions and to treat newborn and premature infants. Ed was asked to donate whole blood as often as possible. Ed has responded to the call and to this day has donated blood over 135 times.

Ed's never-ending commitment to helping others and his tireless volunteer work has earned him this year's selection and makes us proud to have him as our Sertoman of the Year and that of our District. Congratulations to Ed!!!! Keep up the good work.



## Think About It

· Do twins ever realize that one of them is unplanned?

· Why is the letter W, in English, called double U? Shouldn't it be called double V?

· The word "swims" upside-down is still "swims".

· Intentionally losing a game of rock, paper, and scissors is just as hard as trying to win.

· If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

· If you rip a hole in a net, there are actually fewer holes in it than there were before.

· If 2/2/22 falls on a Tuesday, we'll just call it "2's Day". (It does fall on a Tuesday)