

GET TO KNOW THE SERTOMA CENTRE

We all know where it is. We think that we know what the Centre does and how the Centre does it. But, do we really know what the Sertoma Centre is really all about and what it does. Well, you're going to find out. In each coming newsletter, a different aspect of the Centre will be discussed. Let's start with what is called "Community Mental Health and Counseling.

Supporting people with mental illness working toward recovery in their communities

Community Mental Health and Counseling Services provide support and education to enable people with mental illness to participate in a personal recovery process.

Staff engage with people in a collaborative partnership, focusing on the following principles:

- Establishing a personal definition of recovery
- Building on strengths
- Creating a positive future
- Enhancing quality of life
- Reintegrating into the community
- Increasing natural support system

CMHC Services

- Community Mental Health Programs offered through Medicaid Funding
- Counseling Services offered with Private Insurance
- Community Development & Education
- CMCH Internship Opportunities
- Mental Health First Aid Training

First, let's learn about:

Community Mental Health Programs and Services Offered through Medicaid Funding

Psychosocial Rehabilitation (PSR) – Building Skills & Managing Symptoms

The Psychosocial Rehabilitation (PSR) program supports people in developing the skills to manage mental illness, socialize

with others and decrease reliance on professional supports. PSR groups focus on developing coping techniques for symptom management and increasing skills needed for personal growth through on-site educational groups. Transportation is available for attending PSR groups. PSR also offers community support services that focus on community integration through generalization of skills with support from staff within the community setting. The PSR case management team assists in gaining access to resources needed during the recovery process.

Community Support Team (CST) – Supporting Community Integration

The Community Support Team supports people who are maintaining independence in the community. This support may include identifying and managing independent housing, health and psychiatric needs and services that support recovery. The Community Support Team also aids class members of the Colbert Consent decree to transition into apartments (or other living situations) from nursing homes.

Therapy & Counseling – A Personal Discovery Process

Individual or group therapy and counseling services provide an opportunity for exploring thoughts, feelings and behaviors from the past and in the present. This exploration contributes to gaining insight throughout the personal recovery process.

Community Based Case Management – Managing Crises & Linking to Services

Community Based Case Management includes crisis, linkage and outreach. These services are aimed at assisting members of the community who are in a mental health crisis but lack the necessary supports. Crisis workers respond to crisis calls from local emergency rooms and provide crisis intervention and linkage to the necessary ser-

vices. Case managers continue this process by providing further linkage to mental health services that best meet individual needs.

Employment Services – Community Employment

The Employment Services program supports people with mental illness in obtaining and maintaining employment. The philosophy of the program focuses on personal strengths and is based on the principle that employment is a route to recovery. The strategy for obtaining employment is through a person-centered process dedicating time and energy toward employment opportunities that are personally meaningful. The strategy for maintaining employment is through a support team including clinical and employment staff.

In order to receive Medicaid-funded services, a person must:

- Be at least 18 years old
- Be diagnosed with a mental illness (recognized by Medicaid Rule 132)
- Not require 24-hour medical supervision
- Not currently be harmful to her/himself or others
- Have an active medical benefit card from Medicaid
- Meet any spend down required by Medicaid
- Give informed consent to participate in Mental Health Services
- Have the ability to self-medicate, if medications are taken during program hours
- Meet the Medicaid funding criteria

For information regarding CMHC services, intake information and tours, contact:

CMHC Intake Coordinator,
IntakeCMHC@sertomacentre.org
or call 708-748-1951 ext. 410.

Next newsletter, we'll learn about Counseling Services offered with Private Insurance

SERVICE TO Mankind



Action Sertoma Club

SERvice TO MAnkind

It's time to select a recipient of our Service to Mankind award. Each year we recognize an individual for his or her contributions in Service to Mankind. This individual is a Non-Sertoman who has done outstanding volunteer or philanthropic work. This award recognizes that special person who has distinguished themselves in service to

others and is making a difference in their community. Remember, that this is not just a club recognition. Local clubs submit their candidates to the Sertoma District to which they belong. The Sertoma District then picks the District Service to Mankind Award recipient. This process continues to the region and then to International where Sertoma International chooses the International Service to Mankind Award winner. Show your pride in recognizing these community leaders by nominating one of them for this award. Be proud to be a Sertoman.

Did you know?

- ...that the only food that doesn't spoil is Honey.
- ...that it is impossible to lick your elbow.
- ...that the first novel ever written on a typewriter was "Tom Sawyer."
- ...that if you were to spell out numbers, you would you have to go to "one thousand" until the letter "A" would be found.
- ...that men can read smaller print than women can; women can hear better.

Each year, Sertoma raises scholarships and other programs. Over the past Fund has provided over more than \$1,000,000 in information to more than on how to protect their provides more funds graduate students studying disorders than any other single organization. Here are those scholarships.



funds to support hearing health ten years, the Annual 800 scholarships, grants, and provided 300,000 individuals hearing. Sertoma nationally for communicative

HARD OF HEARING OR DEAF SCHOLARSHIP

Sertoma's Scholarship for the Hard of Hearing or Deaf, is the leading funder of scholarships for hard of hearing or deaf students since the program's inception in 1994. Students with clinically significant bilateral hearing loss, graduating from high school, or undergraduate students pursuing four-year college degrees in any discipline are eligible for the scholarship. This is a \$1,000 scholarship to cover tuition, books and supplies. Recipient may use the funds for any semester, including summer, during the awarded academic school year. Support from Sertoma and Oticon, Inc. provides the funding for the scholarships.

COMMUNICATIVE DISORDERS SCHOLARSHIP

Sertoma's Communicative Disorders Scholarship, funded by the Sertoma Annual Fund, is for graduate students pursuing advanced degrees in audiology or speech-language pathology from institutions in the U.S. These scholarships, worth \$1,000 each, are awarded in the spring to help offset the cost of tuition, books and fees incurred during the following school year. Sertoma's Communicative Disorders Scholarships provides more funds nationally for graduate level study in communicative disorders than any other single organization.

To learn more and obtain information concerning eligibility and qualifications (which can be found in the application sections) go to Sertoma's website at <https://sertoma.org>

If you know someone that might be interested in either of these scholarships, help them out and explore this wonderful opportunity.

BIRTHDAYS & ANNIVERSARIES



A Happy Birthday/Anniversary to all of our fellow Sertomans who are enjoying a May or June birthday or club anniversary.

BIRTHDAYS

May 2	Tony Casale	June 6	Lou Carnivele
May 25	Dan Langel	June 19	Joe Racine Jr.
		June 29	Jerry Keller

ANNIVERSARIES

May 1	John Parker	June 1	Jason Nielsen
May 1	Paul Ashack	June 2	Dan Langel
May 5	Brian Letizia	June 2	Steve McGarry
May 5	Daniel Letizia	June 14	Lorna Martin
May 11	Ed Kelly	June 29	Russ Kobel

If I missed anyone, please let me know so that our records can be updated.



How Many People Share Your Birthday?

Birthdays are special days to each of us, but every so often we run into someone who shares our birthday. It's not an uncommon experience, but doesn't it make you wonder how many people do share your birthday?

All things being equal, if your birthday is any day except February 29, the odds of you sharing your birthday with anyone should be approximately 1/365 in any population (0.274%).

Since the world population as of this writing is estimated at 7 billion, you should share your birthday with over 19 million people around the world (19,178,082).

If you are lucky enough to have been born on February 29, you should share your birthday with 1/1461 (because 366+365+365+365 equals 1461) of the population (0.068%) and so worldwide, you should only share your birthday with a mere 4,791,239 people!

However, even though it would seem logical to think that the odds of being born on any given date are one in 365.25, birth rates aren't driven by random forces. A lot of things affect when babies are born. In the American tradition, for example, a high percentage of marriages are scheduled for June: and so you might expect at least a small bubble of births to take place in February or March.

In 2006, *The New York Times* published a simple table titled "How Common is Your Birthday?" The table provided data compiled by Amitabh Chandra of Harvard University, on how often babies are born in the United States on each day from Jan. 1 to Dec. 31. According to Chandra's table, including birth records between 1973 and 1999, babies are far more likely to be born in the summers, followed by fall, and then spring and winter. Sept. 16 was the most popular birthday, and the top ten most popular birthdays all fall in September.

Not surprisingly, February 29th was the 366th most common day to be born on. Not counting that rare day, the 10 least popular days reported by Chandra to be born on fall on holidays: the 4th of July, late November (26, 27, 28, and 30, near Thanksgiving) and over Christmas (Dec. 24, 25, 26) and New Year's (Dec. 29, Jan. 1, 2, and 3). That would seem to suggest that mothers have some say in when babies are born.

by Matt Rosenberg
Updated April 09, 2018

CONGRATULATIONS TO SERTOMA'S NEWEST OFFICERS!

Thank you to everyone who took part in Sertoma's election this year! Members, the votes have been counted and your voices have been heard. Please join in congratulating your newest leaders of 2018 :

Darryl Ching, Junior Vice President

Chuck Wilson, Director at Large

In addition, the dues increase did not pass. **HURRAY!!!!**

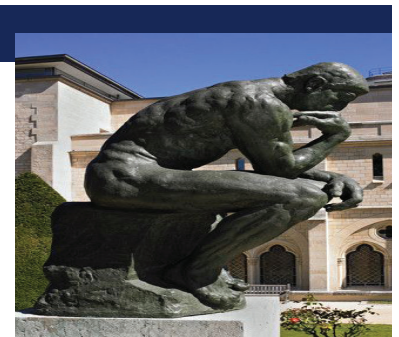
EDITOR'S THOUGHTS

...just thinking out loud.

Well it's about time that Spring makes an appearance....don't you think? It seems like warm weather will never get here. Maybe there is something to that global warming thing. It's more like global cooling as far as I'm concerned. The other day a lawyer committed suicide by setting himself on fire in Brooklyn's Prospect Park in a grisly act of protest against the ecological destruction of the Earth. A rather sad thing to say the least. Global warming...is it worth dying for? Apparently, it was for him. To each their own as each person needs to determine what their own individual level of commitment will be to whatever cause they so choose. Think about it. Enough...I move on.

Summer will be upon us before we'll know it. We need to plan ahead and to allocate our time for all of the fun summer things that await us. Plenty of Sertoma

events will be scheduled as well as other events by other organizations that we support...golf outing galore. Our own golf outing will be on Tuesday, July 24th at Silver Lake Country Club. Save the date. The outing will be in remembrance of one of our fellow Sertomans, Roger Harpold, who passed away in January. Plan ahead to participate and enjoy all that lies ahead.



As always, don't forget to visit our Action Sertoma website at <https://www.actionsertoma.org> and also please visit our Facebook page and "like" what you see.

Bob Clifford



CHILDHOOD DISABILITIES

Speech, language, and hearing disorders often go undetected and untreated for too long

Eleven percent of children ages 3–6 having a speech, language, voice, or swallowing disorder. Almost 15% of school-age children experience some degree of hearing loss. Communication disorders are indeed among the most common disabilities in children nationwide.

The Sertoma Speech & Hearing Centers urge families to learn the early signs of these disorders and seek an assessment if they have concerns. Timing is critical.

To increase your awareness of childhood communication disorders, go to the S&H website at www.sertomacenter.org and download the short eBook that outlines the warning signs.

If you suspect a problem in your child, don't hesitate, trust your hunches and call the S&H Center immediately to schedule an evaluation.

Getting treatment now means a future of success for your child.

DON'T FORGET THESE!!! 18th Annual Action Sertoma Golf Outing



SAVE THE DATE TUESDAY | 7/24/18



Silver Lake Country Club
14700 South 82nd Avenue
Orland Park, Illinois

7:30 - 8:30 Registration
9:00 a.m. Shotgun Start, Best Ball Format

SERTOMA SPEECH & HEARING CENTERS

Thursday, June 7th at Silver Lake C.C.



TOGETHER WE COPE WEDNESDAY


Wednesday June 6th at Odyssey C.C.



DIANNE MASTERS CHARITY GOLF OUTING

Tuesday, August 8th at Silver Lake C.C.



Friday, April 27th, saw members of Action Sertoma visit the Sertoma Centre on 127th Street and serve lunch to the consumers. What was on the menu you ask? Well what could be any better than some . Three lunch shifts devoured this tasty treat as fast as it could be served. And why not?...the pizza came

from one of our top locations for pizza. Bartolini's, located in Midlothian on 144th and Pulaski Road, provided the pizzas and kept them coming. Over 40 pies were delivered and served with some going to the consumers at the Centre on 123rd Street for their dining pleasure.

Consumers were treated to plates 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 seemed to be the big hit. Overall, the entire lunch scenario was a hit with the consumers who beamed with delight at the sight and smell of the pizza.

The idea for this festive event was the brainchild of our club President, Bob Scott. Bob said that he came up with the idea after attending a bible study wherein it was stated that we are supposed to not only donate money to help people in need, we are also to give our time to serve. Bob said that this was the perfect way accomplish this and an event was born. The club plans on scheduling more lunches for the consumers in the future. White Castles anyone?



DINNER ANYONE?

On Tuesday, May 1st, Action Sertoma members got together for the monthly dinner meeting at Capri Ristorante Italiano. Capri, a local favorite located in Palos Heights, saw the Sertoma members and their guests, potential new members, spend the evening dining and listening to various speakers. Lisa Molloy, Special Events Manager of the Sertoma Center, spoke briefly before introducing the main speaker, Sean Edgeworth. Sean, a young consumer with the Sertoma Center, spoke of his love for Sertoma and what it has meant to him. He described his job at Home Depot filling construction orders, and his desire to get his driver's license and working his way up the ladder. Sean also raved about the food. Who wouldn't? Sean was accompanied by his mother, Eva and his sister, Bridget.

