

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 60 years of service to Youth & North Topeka!

The monthly Monday evening meeting of the Sunrise Optimist Club was at the Viking Grille. President Kyle McNorton called the meeting to order at 6:50 PM with 15 club members and 9 guests attending. Don Pekrul gave the invocation. Then we recited the Pledge of Allegiance.

BIRTHDAYS:

Curtis Henderson, August 24;

Dave Stotts, August 28;

Dennis Reedy, August 29.

None in attendance but will sing next Tuesday at breakfast meeting!

ANNOUNCEMENTS:

USD 345 School Board toured school buildings which are in good shape. Brad Willson, newly hired superintendent, continues to get to know staff and parents.

Optimist board approved use of the Optimist Event Center on Wednesday evenings by the Crossroads program, a youth program sponsored by Countryside and Rolling Hills churches.

Optimist Essay (February) & Oratorical (March) competitions: club volunteer needed to work with USD 345 staff who will recruit and prepare students.

Social event planned:
October 22.

Check out the web site for our Event Center at <https://sunriseoptimisteventcenter.com>



Program: Susan Wallace, National Alliance for the Mentally Ill (NAMI)

NAMI volunteers provide advocacy and education to families and professionals. They offer free education programs to assist anyone who lives with or encounters a person with mental illness. They have trained parents who have a child with mental illness, as well as, police officers who encounter people in mental health crisis.

Mental illness happens with people of all ages, income levels and work settings. Half of the persons in the county jail have a mental health diagnosis. Intervention and treatment resources statewide are limited. After the Menninger Foundation left Topeka, few psychiatrists remained. Nurse practitioners often monitor medications.

Susan retired as a USPS postmaster. She has a son who wasn't diagnosed with schizophrenia until age 26. Her son hears voices and has rapid thoughts. Nicole with Valeo, the county mental health center, talked about her mental health issues. She works at Valeo as a peer specialist.

Looking Ahead:

August 30th Sunrise Optimist Event Center, Another informative and interesting program.

President Quote:

"In the middle of every difficulty lies opportunity."

- Albert Einstein