



Heritage Happenings

Riley Smith, PLCSW, PLMHP, Named Director of Heritage Program for Seniors at VCHS

ORD, Neb. – Riley (Callan) Smith, PLCSW, PLMHP, has been named the program director of the Heritage Program for Seniors at Valley County Health System (VCHS), based in Ord, Nebraska.

The Heritage Program is an individualized, outpatient behavioral health program for adults age 55-plus. The program provides confidential counseling services in both group and individual sessions for patients dealing with mental health conditions such as anxiety and depression, in addition to other services such as a community Alzheimer's support group. An Ord native, Smith has worked as a mental health practitioner with Heritage since 2016.

"I am excited to step into this role as director of the Heritage Program. The focus of Heritage is to aid our patients in increased quality of life and to empower them to restore optimal mental and emotional health," Smith



Pictured: Riley Smith, PLCSW, PLMHP

said. "As a team, we will continue to provide our patients, their families and our community with our strength in mental health services and continue to share our commitment to the geriatric population."

Prior to working at Heritage, Smith worked as the Home Health and Hospice Social Worker at Lexington Regional Health Center. Smith also worked in the

field(s) of child welfare and substance abuse. Smith earned her bachelor's degree in Psychology of Counseling from Morningside College. She earned her master's degree in Social Work with a certificate in End of Life Care from the University of Iowa.

Heidi Hess, MS, LPCC, has served as interim program director at Heritage since May 2017. •

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Success Secrets: How to Adapt to Change

Change happens whether we want it to or not. Some people welcome change and find ways to turn the unexpected into an opportunity for growth. Others become frightened and simply react. How we handle the inevitable changes in life is key to living a life without fear. The right attitude can mean the difference between allowing unexpected life changes to keep us from achieving our goals or dealing with the changes and growing because of them.

When we are confronted with unforeseen changes in our lives, our first response may be to either run away from it or fight it. Run or fight is an inborn survival instinct that occurs when we feel threatened. Fueled by adrenaline, the response is exhausting and leaves us feeling overwhelmed. However, there are steps to take to gain control of fear, embrace the challenge, and turn adversity into success.

Gaining Control

Our first response to sudden change is often panic. Rapid breathing, sweaty palms, and eye twitching are signs of alarm that keep us from dealing with change in a positive way.

Deep breathing an easy and useful technique to use to calm and center ourselves.

Follow these deep breathing relaxation steps:

- Sit up straight in a comfortable chair in a quiet, darkened room.
- Close your eyes.



The Heritage Program for Seniors at VCHS practitioners and technicians, such as (pictured) Amber Schulerberg, empower patients to adapt to change through regular therapy sessions and activities.

- Try to make your mind blank. Don't think about the challenges you are facing.

- Inhale through your nose slowly and deeply while silently counting to five. Feel your lungs fill with air.

- Exhale slowly through your mouth while counting to seven. Expel all the air from your lungs.

- Repeat as often as necessary.

Physical exertion is another great way to regain calm. Take a walk or weed the garden. Being in nature is helpful, but the treadmill or exercise bike will work, too. Remember to take deep breaths; refrain from shallow breathing while exercising.

1. Reach out to friends and loved ones. Simply having tea with a friend can greatly reduce panic.

2. Get some sleep but don't overdo it. Clear your mind and do some deep breathing at night. Get up at the same time each morning. Don't use sleep to avoid dealing with the challenges you must face.

3. Eat lots of fruits and vegetables. Stay away from junk food, caffeine, and sugars.

4. Other useful techniques to calm stress include meditation, a warm bath, and aroma-therapy. Once the panic response is under control, you can face the problem and think about solutions.

Meeting the Challenge

Give yourself time to adjust. Your mind and body will show you the way to meet the challenge if you listen. Your attitude makes all the difference when dealing with adversity. Train your mind to see

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the change as a way to make something positive happen. Do not entertain negative thoughts.

Ask for direction from your spiritual force. We are all part of a universe that is much bigger than we are. Whether you call the source God, the universe, nature, or your inner self, you are connected to a spiritual source that can not only help you through life's changes, but can point the way to success.

Write down different choices that you have in response to a change. Ask yourself the consequences of each response, both to yourself, your friends, and family.

Remember, you will only be successful in meeting this challenge if you stay true to your core beliefs and values.

Picture yourself in the best case scenario after you have

succeeded at meeting this challenge. Believe it can happen.

Change Becomes Success

Unexpected changes often take us by surprise. We may feel as if we have lost our foundation or are swimming against a rip tide. However, change can give birth to our greatest life successes if we open ourselves to the possibility.

What are the secrets that turn life changes into life successes?

1. Remain true to yourself. Never compromise your beliefs even if it is expedient or seems like the only way out at the time.

2. Listen to your spiritual source. You asked for help; be receptive when the answer comes.

3. Think outside of yourself. How will your choices affect your friends, family, and community? You are part of a much larger world, and if you make decisions that benefit all, you will benefit yourself.

4. Dream your dreams. Your dreams can become reality.

5. Be patient. Turning change into success may not happen overnight. Knowing that your spiritual source, mind, and body are working together toward one goal will keep you focused and make you successful.

6. Help others. While we may be going through change and adversity ourselves, it is through helping others that we truly grow and succeed.

Society commonly measures success by how many cars or homes we own and how our possessions compare to our neighbor's. The fact is that having money does not necessarily equal happiness. True happiness comes from meeting life's changes and overcoming challenges while remaining true to ourselves, knowing that we have lived our lives to the fullest, that we have valued others, and that we've made our planet a better place. •

(Adapted from Diamond Healthcare)

Upcoming VCHS Community Events

Thursday, September 21, 2017 (Noon-1 p.m.)

VCHS Vintage Rehab Room, 217 Westridge Dr., Ord

To Your Health Tuesday Presentation: LSVT BIG and LOUD Comprehensive Therapy Program for Parkinson's

VCHS's monthly free health presentation will feature VCHS Rehabilitation Services staff. They will discuss the newly launched LSVT BIG and LOUD therapy programs, which are specially developed for Parkinson's patients and those with other neurological conditions. Lunch is provided. RSVP 308.728.4327.

Tuesday, October 10, 2017 (5-7 p.m.)

Trotter Event Center, 127 Trotter Ave., Ord

Celebrate Being a Woman

Celebrate Being a Woman is VCHS's free annual women's health event. VCHS welcomes dozens of health, wellness, and lifestyle vendors, provides a catered meal, has raffle tickets/items available for purchase benefiting local non-profits, and features a provider/clinician panel Q&A. Heritage's Riley Smith, PLCSW, PLMHP, will be a part of the provider/clinician Q & A panel. RSVP 308.728.4397.

Monday, October 23, 2017 (3:30-5:30 p.m.)

VCHS Heritage Program for Seniors, 110 S. 26th St., Ord

Heritage Open House

Meet the Heritage staff, learn about the program, and enjoy treats at this community open house.



Heritage Program for Seniors at Valley County Health System

Our Philosophy

To provide quality care that stresses the importance of dignity, respect, confidentiality, and helping the individual achieve an optimal level of function.

Core Values

*Integrity
Compassion
Ownership
Respect
Trust*

Treatment Goals

- To restore optimum mental and physical health.*
- To alleviate symptoms that interfere with the individual's ability to function.*
- To support the integrity of the family.*
- To maximize independence.*

Contact Us

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