



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

BEC September Newsletter

The Breakfast Exchange Club of Billings

September—National Suicide Prevention Awareness Month

Yes, this month is a dark subject, but it's not all sunshine and rainbows and just maybe we can help someone out of a dark place. Each of us has the opportunity to be that one person who asks the question that can save a life.

Are you aware that 20 veterans die by suicide each day?

The veterans suicide rate that has remained consistent over the last decade despite numerous large-scale Veterans Affairs programs aimed at finding solutions. According to department records, more veterans died by suicide from 2005 and 2017 (nearly 79,000) than the total number of U.S. troops who died in 30 years of war in Vietnam, Iraq and Afghanistan (about 65,000).

But advocates say even as that number of losses grow, public awareness of the problem hasn't. Many report that individuals outside the veteran's community are shocked by the 20-a-day statistic, even though it has been referenced frequently and consistently by military leaders, health experts and the last two presidents.

What are the signs that someone may be considering suicide?

Many Veterans may not show any signs of intent to harm themselves before doing so, but some actions can be a sign that a person needs help. Veterans in crisis may show behaviors that indicate a risk of self-harm. The following can all be warning signs:

More on suicide page 2....

Volume 4, Issue 3

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September 2020

September Quote: "You are never too old to set another goal or to dream a new dream."— C.S. Lewis

Club

President:

Dina Harmon



September Volunteer Opportunities:

9/11 –9/13—PBR

Future Volunteer Opportunities:

Will keep you posted as events come back!



Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangites!



2018 BEST CLUB BULLETIN

Exchange Club
75 or more members



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- Appearing sad or depressed most of the time
- Sleeping either all the time or not much at all
- Hopelessness; feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live
- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Losing interest in hobbies, work, or school
- Increasing alcohol or drug misuse
- Neglecting personal welfare; a deteriorating physical appearance (don't care what they look like)
- Withdrawing from family and friends
- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

The following signs require immediate attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.

Typical Myths and Realities

- **Myth:** Asking about suicide will plant the idea in a person's head.
- **Reality:** Asking about suicide does not create suicidal thoughts. The act of asking the question simply gives the veteran permission to talk about his or her thoughts or feelings.



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- **Reality:** Most people who die by suicide have communicated some intent. Someone who talks about suicide gives the guide and/or clinician an opportunity to intervene before suicidal behaviors occur.
- **Myth:** If somebody really wants to die by suicide, there is nothing you can do about it.
- **Reality:** Most suicidal ideas are associated with treatable disorders. Helping someone find a safe environment for treatment can save a life. The acute risk for suicide is often time limited. If you can help the person survive the immediate crisis and overcome the strong intent to die by suicide, you have gone a long way toward promoting a positive outcome.
- **Myth:** He/she really wouldn't commit suicide because...
 - he just made plans for a vacation
 - she has young children at home
 - he made a verbal or written promise
 - she knows how dearly her family loves her
- **Reality:** The intent to die can override any rational thinking. Someone experiencing suicidal ideation or intent must be taken seriously and referred to a clinical provider who can further evaluate their condition and provide treatment as appropriate.

Veteran Specific Risks

- Frequent deployments
- Deployments to hostile environments
- Exposure to extreme stress
- Physical/sexual assault while in the service (not limited to women)
- Length of deployments
- Service-related injury

Coming home from serving in the military can be tough and I'm sure coming home from combat deployments is extremely tough. Be a listening ear or a shoulder to lean on. It may make all the difference in the world so someone fighting a battle you can't see!



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Check out these ROCK STARS being sworn in at the Officer/Board Installation!!

District Director, Tony Parish, swearing in the board.



Right:

Board Members - Tanner Critelli, Wiley Taylor & Lisa Jensen with President Elect, Bruce Glennie & President, Dina Harmon



Right:

Board Members - Tanner Critelli, Wiley Taylor & Lisa Jensen with President Elect, Bruce Glennie



Below:

Board Members - Tanner Critelli, Wiley Taylor & Lisa Jensen



Thank you to District Director Tony Parish for officiating the installation.

**THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT**

PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child

Committee Happenings:

BECON Committee—

Your September BECON

Editor is Wayne Moller.

Invocation Committee—

**September prayer to be
done by Rod Hessler.**

Social Committee— work-

ing on a fun event for

late September!

Freedom Shrine —

**Freedom Shrine rededi-
cation at McKinley**

**School moved to school
year.**

GET INVOLVED!

*****Committee Chairs—***

*Please email your up-
coming events to
dinahar-*

mon1212@gmail.com

*to be included in next
months newsletter!***



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CAP Center Corner

September is National Childhood Obesity Month

Learn ways to promote healthy growth in children and prevent obesity.

About 1 in 5 (19%) children in the United States has obesity. Certain groups of children are more affected than others. National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health.

Childhood Obesity Is a Major Public Health Problem

- Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers.
- Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem.
- Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

Childhood Obesity Is Influenced by Many Factors

Many factors can have an impact on childhood obesity, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors. For some children and families, obesity may be influenced by the following:

- too much time spent being inactive
- lack of sleep
- lack of places to go in the community to get physical activity
- easy access to inexpensive, high calorie foods and sugary beverages
- lack of access to affordable, healthier foods

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Parents and Caregivers Can Help Prevent Obesity and Support Healthy Growth

- Be aware of your child's growth.
- Provide nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and solid fats. Try serving more fruit and vegetables at meals and as snacks.
- Make sure drinking water is always available as a no-calorie alternative to sugary drinks and limit juice intake.
- Help children get the recommended 60 minutes of physical activity each day. Regular physical activity can have immediate health benefits like better sleep, better academic achievement, and reduced feelings of anxiety and stress.
- Make sure your child has healthy sleep habits. Sleep helps improve attention and reduces the risk of developing type 2 diabetes, and even obesity later in life. Get your child to bed at the same time each day, including the weekends; remove electronic devices from the bedroom; and keep their bedroom dark and cool. Your child needs at least 8 hours of sleep, may be more depending on age. Find out how much sleep your child needs.
- Be a role model! Eat healthy meals and snacks and get the right amount of physical activity every day.
- Learn what you can do to help shape a healthy school environment such as parent engagement.

Addressing Obesity Can Start in the Home, but Also Requires the Support of Providers and Communities

We can all take part in the effort to encourage children to be more physically active and eat a healthy diet.

State and local health departments, businesses, and community groups can:

- Ensure that neighborhoods have low-cost physical activity opportunities such as parks, trails, and community centers.
- Offer easy access to safe, free drinking water and healthy, affordable food options.

Health Care Providers can:

- Measure children's weight, height and body mass index routinely.
- Connect or refer families to breastfeeding support services, nutrition education, or childhood healthy weight programs as needed.

Early Care and Education centers and schools can:

- Adopt policies and practices that support healthy eating, regular physical activity, and limited screen time.
- Provide opportunities for students to learn about and practice these behaviors.

Working together, we all have a role in making healthier foods, beverages, and physical activity the easy choice for children and adolescents to help prevent childhood obesity.

[Cdc.gov](http://cdc.gov)



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Looking for something to do and support community organizations at the same time?

September 6—32nd Annual Great Montana Sheep Drive (Reed Point)

September 10-12—Laurel Exchange Club Field of Flags

September 11—Night Owl Run (Virtual)

September 12 —Scrub Run (Virtual)

September 13—Downtown Litter Pickup (Liberty & Vine @ 8:00 am)

September 19—Saturday Live Superhero Fun Run (In-person or virtual)

September 19—Yogi Fest 2020

September 20—Montana Marathon

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)

Wednesdays—Geeks Who Drink Pub Quiz & Trivia @ Thirsty Street At The Garage; 6:00 p.m.

Wednesdays—Evergreen Farmer's Market at Evergreen Ace Hardware; 4:30—7:00 pm

Thursdays—Gardener's Market @ South Park; 4:30 - 6:30 pm

Saturdays—Farmer's Market @ Emmanuel Baptist Church (328 Shiloh); 8:00 am—1:00 pm

****Special Days/Holidays****

September 7—Labor Day

September 11—Patriot Day

September 13—Grandparents Day

September 22—First Day of Autumn

