

Mental Health Matters: MRHC Addresses Pressing Concerns

Mental health struggles don’t always look the same. Sometimes, it’s visible in tears and isolation. Other times, it’s hidden behind a smile or a busy schedule. Mental health affects all of us, regardless of age, background, or life circumstances, but many people suffer in silence because they think they have to.

This Mental Health Month, Manning Regional Healthcare Center (MRHC) is challenging that narrative. We’re here to say: You’re not alone. Mental health is part of your overall health, and getting support is necessary. Whether you’re navigating the pressures of daily life, facing a major life transition, or supporting someone through a hard time, mental health plays a role in how we feel, think, and interact with others. And just like physical health, it requires care and attention.

What We’re Seeing Right Now

Based on the outcomes of the latest Community Health Needs Assessment (CHNA), mental health is one of the main concerns of our rural communities. MRHC mental health professionals are seeing **rising levels of anxiety** across all age groups. Anxiety can be especially isolating. It’s not just “worrying too much”; it can cause physical symptoms like trouble sleeping, fatigue, or even frequent trips to the ER, especially in older adults. Many people express feelings of hopelessness, depression, or fear that they’ll never feel “normal” again. For people experiencing those feelings, MRHC’s Mental Health Therapist, Hollie Schechinger, LISW, shares an important reminder that “that feeling is temporary, and it will go away. However, the decisions made on that feeling could be permanent.”

In older adults, grief and loss often lead to loneliness and disconnection. Life without a long-time partner can be disorienting, especially when routines, like sharing meals or attending events, suddenly shift. Changes in physical health and independence can also lead to feelings of sadness or frustration. These emotional shifts can impact physical health too, often worsening aches, pains, or illnesses that might otherwise be manageable.

Why Talking Helps and Why It Matters Who You Talk To

The stigma around mental health often prevents people from seeking help, but starting the conversation can break down those barriers. Talking to a friend is a great start, but working with a licensed therapist can be especially beneficial. A friend may offer advice based on personal experiences, but a therapist provides professional support, tools, and a confidential space to talk openly without judgment. Therapists use evidence-based techniques to help you understand your emotions and move toward healing at your own pace.

Tips for Talking to Someone Who’s Struggling

If you know someone dealing with a mental health challenge, you don’t have to have all the answers, but your approach can make a difference. Here are some helpful ways to start the conversation:

1. Choose a quiet, comfortable place free of distractions.
2. Ease into the conversation gently. Sometimes just saying, “I’m here” is enough.
3. Speak calmly and stick to one topic at a time.
4. Listen more than you speak and

make eye contact.

5. Use “I” statements instead of “you” statements to avoid sounding accusatory. Try saying, “I hear that you’re having a rough day. I understand.” Avoid saying, “You just need to change your attitude” or “Stop focusing on the negative”.
6. Be patient. Let them open up on their terms, and don’t rush the conversation.
7. Offer support through questions like, “How can I help?”. Avoid comments like “Just pray about it” or “Everyone feels that way sometimes.” These can make someone feel even more isolated.

What Parents Can Do

It is evident that kids and teenagers are struggling too. The best thing parents and caregivers can do is be present. “Talk with them, cry with them, listen to them, and teach them it is okay to not be okay and it will get better,” Schechinger advised. “Kids follow what their parents or guardians teach them, so encourage them to express what they are feeling and validate that, even if you do not like what they feel, they need to know it is okay to have different emotions.”

Break the Stigma

Mental health professionals at MRHC agree—one of the most important steps we can take is to break the stigma that still surrounds mental health. The team at Senior Life Solutions shared how vital it is to “help everyone understand that mental health is an important part of everyone’s health and needs to be nurtured/attended to regularly.”

Schechinger emphasized the importance of “breaking the stigma of mental health so people don’t feel like they will be judged for getting help. We need to work

together to let people know that there are options for help, and they don’t have to let their mental health define their life.”

Need Help? MRHC Is Here for You

Whether you’re seeking individual counseling, group support, or resources for a loved one, MRHC offers mental health services designed to meet you where you are.

Counseling for All Ages: Hollie Schechinger offers in-person and telehealth counseling for ages five and up. No referral needed.

Diagnosis and Treatment: Virtual appointments and medication management are available for anxiety, depression, ADHD, and more. Provider referrals are recommended but not required.

Play Therapy for Children: For kids struggling to express their emotions, play therapy helps them process trauma and build coping skills through creative play.

Senior Life Solutions: Individual and group counseling for adults over 65 dealing with depression and anxiety related to aging.

Recovery Center: Integrated care for those facing addiction and mental health issues, with medical, behavioral, and social support

If you need additional mental health information, education, or would like to discuss support, please schedule an appointment with your primary care physician by calling (712) 655-8100 to discuss treatment options. For those 65 and older, call Senior Life Solutions at (712) 655-8262. Or call the Manning Recovery Center at (712) 655-2300.

Hagedorn

Continued from pageA1

route. “They came and got me off the route, and my twins Madison and Nathan were born.”

When asked what his favorite part of the job has been, his response speaks to Troy’s genuine nature, “The customers.” He’s enjoyed conversations, watching families grow, and getting to know their routines. Even the “friendly hello and wave” makes Troy appreciate the customers he serves. Troy recalls, “a time before cell phones,” when a customer had fallen and broken their hip at their front doorstep. Troy went inside and called 911 and comforted them until the ambulance arrived. Similarly, Troy recalls times customers have assisted him on the route. “They would inform me of impending weather, ‘Troy, got a thunderstorm on the way.’” A customer even drove Troy to the Audubon Memorial Hospital when one of his partial knee replacements failed while walking the route a few days before his daughter Madison’s wedding.

Troy Hagedorn has been through six postmasters, two full knee replacements, and three dog bites “that broke the skin.” He’s delivered mail in blizzards, clearing paths in snow, “up to my hips,” freezing rain where the postal “life-long

vehicles (LLV) slide down the hills,” he’s delivered in extreme heat, and in recent memory the 2020 Derecho. Through it all Troy hasn’t slowed, “well maybe a little towards the end” and he’s always been consistent, professional, and courteous

while serving the Audubon community. In large part, he owes that to his wife and support system Monica and his children, who thank God for their blessings, “we prayed a lot.”

In retirement, you will find Troy working in his

yard, babysitting his granddaughter Emma, daughter to Nathan and Clara Hagedorn, and welcoming a second grandchild to Madison and Jon Greazel in September. He says they’re not big travelers but, “If we want to, we’ll go.” If you would

like to help Troy Celebrate his retirement, please send him a letter to: Troy Hagedorn, 200 E Division St. North, Audubon, IA 50025

Audit

Continued from pageA1

Both findings discussed above are repeated from the prior year. The Community School District’s Board of Education has a fiduciary responsibility to provide oversight of the Community School District’s operations and financial transactions. Oversight is typically defined as the “watchful and responsible care” a governing body exercises in its fiduciary capacity.

A copy of the audit report is available for review on the Auditor of State’s web site at <http://auditor.iowa.gov/audit-reports>.

Legal Notice

NOTICE OF PUBLIC HEARING - AMENDMENT OF CURRENT BUDGET				
City of AUDUBON				
Fiscal Year July 1, 2024 - June 30, 2025				
The City of AUDUBON will conduct a public hearing for the purpose of amending the current budget for fiscal year ending June 30, 2025				
Meeting Date/Time: 6/9/2025 05:30 PM		Contact: Janell Remsburg		Phone: (712) 563-3269
Meeting Location: City Hall 315 Broadway St. Audubon, IA 50025				
There will be no increase in taxes. Any residents or taxpayers will be heard for or against the proposed amendment at the time and place specified above. A detailed statement of: additional receipts, cash balances on hand at the close of the preceding fiscal year, and proposed disbursements, both past and anticipated, will be available at the hearing. Budget amendments are subject to protest. If protest petition requirements are met, the State Appeal Board will hold a local hearing. For more information, consult https://dom.iowa.gov/local-gov-appeals .				
REVENUES & OTHER FINANCING SOURCES		Total Budget as Certified or Last Amended	Current Amendment	Total Budget After Current Amendment
Taxes Levied on Property	1	1,459,753	0	1,459,753
Less: Uncollected Delinquent Taxes - Levy Year	2	0	0	0
Net Current Property Tax	3	1,459,753	0	1,459,753
Delinquent Property Tax Revenue	4	0	0	0
TIF Revenues	5	0	0	0
Other City Taxes	6	575,458	0	575,458
Licenses & Permits	7	8,600	4,000	12,600
Use of Money & Property	8	26,010	17,000	43,010
Intergovernmental	9	501,245	6,000	507,245
Charges for Service	10	1,905,000	0	1,905,000
Special Assessments	11	12,000	2,000	14,000
Miscellaneous	12	59,000	43,000	102,000
Other Financing Sources	13	0	8,000	8,000
Transfers In	14	0	7,000	7,000
Total Revenues & Other Sources	15	4,547,066	87,000	4,634,066
EXPENDITURES & OTHER FINANCING USES				
Public Safety	16	1,028,375	-150,000	878,375
Public Works	17	1,076,150	200,000	1,276,150
Health and Social Services	18	0	0	0
Culture and Recreation	19	410,700	0	410,700
Community and Economic Development	20	20,000	30,000	50,000
General Government	21	284,077	0	284,077
Debt Service	22	233,500	0	233,500
Capital Projects	23	0	0	0
Total Government Activities Expenditures	24	3,052,802	80,000	3,132,802
Business Type/Enterprise	25	1,068,994	0	1,068,994
Total Gov Activities & Business Expenditures	26	4,121,796	80,000	4,201,796
Transfers Out	27	0	7,000	7,000
Total Expenditures/Transfers Out	28	4,121,796	87,000	4,208,796
Excess Revenues & Other Sources Over (Under) Expenditures/Transfers Out	29	425,270	0	425,270
Beginning Fund Balance July 1, 2024	30	1,559,339	0	1,559,339
Ending Fund Balance June 30, 2025	31	1,984,609	0	1,984,609
Explanation of Changes: Expenditures budgeted for the fire department are not needed, so using these funds for street repairs. Correction for appropriations in Community and Economic Development.				