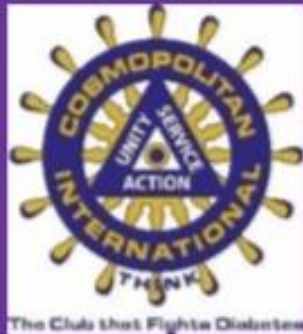


Cosmopolitan Rays, November 6, 2023



The Cosmo Rays

Shining Light on the Cosmopolitan Club's Activities

Published After Each Meeting by the Noon Cosmopolitan Club

Meetings Held at Noon on Mondays at Thirsty's at 819 West Main, Rapid City, South Dakota



Cosmopolitan

**Noon
Luncheon**

**November 6,
2023**

- **RC Cosmo Club News and Notes
Cosmopolitan Noon Luncheon
Monday – November 6, 2023**
- **The Rapid City Cosmopolitan
Club met Monday–November
6, 2023 At Thirsty's.**

President Chuck
Reuwsaat called
the Meeting to
Order at 12:00
PM.



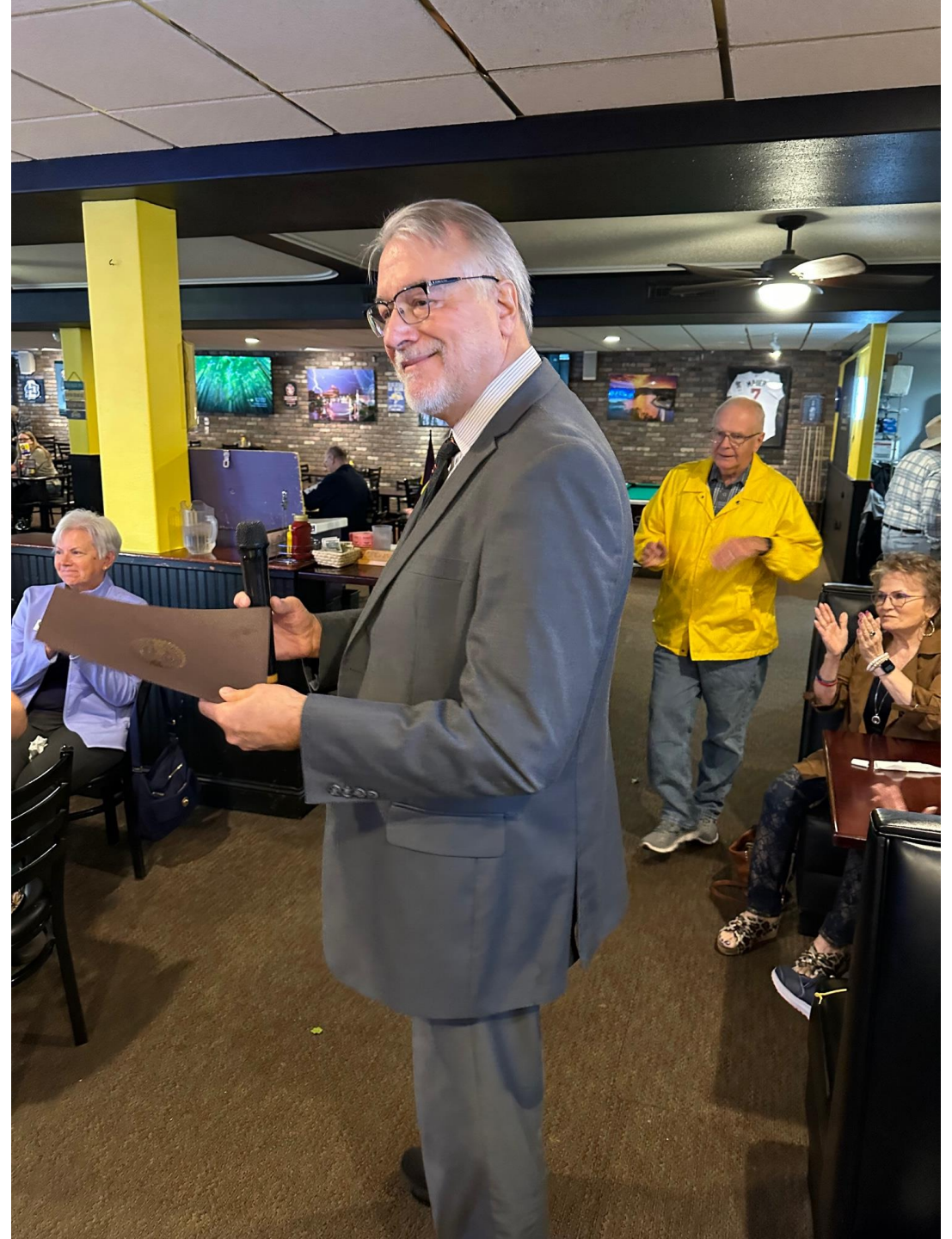
North Central
Federation
Governor Nancy
Trautman
Introduced Bill
Evans from the
City of Rapid City



North Central
Federation
Governor Nancy
Trautman
Introduced Bill
Evans from the
City of Rapid City

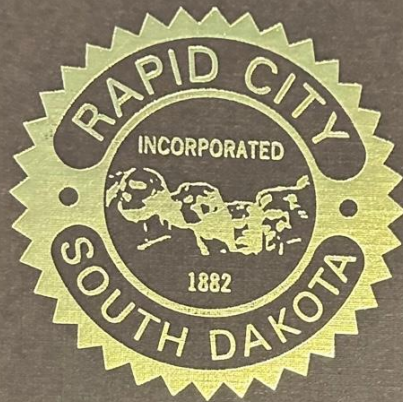


Bill Evans from the City of
Rapid City read the
Executive Proclamation
proclaiming
November 14, 2023 as
Diabetes Awareness and
Cosmopolitan International
Day.



Bill Evans from the City of
Rapid City read the
Executive Proclamation
proclaiming
November 14, 2023 as
Diabetes Awareness and
Cosmopolitan International
Day.





Executive Proclamation

Rapid City, South Dakota

Office of the Mayor

WHEREAS, Cosmopolitan International has been serving communities throughout the United States since 1918; and

WHEREAS, Cosmopolitan International adopted diabetes as its primary focus 1977; and

WHEREAS, November is Diabetes Awareness Month, and November 14 is World Diabetes Day; and

WHEREAS, over 37 million Americans are diabetic, and 86 million, 18 and older, have pre-diabetes; and

WHEREAS, one of every seven dollars spent on healthcare is for diabetes related expenses; and

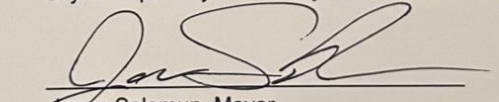
WHEREAS, the Rapid City Cosmopolitan Club has worked tirelessly to provide funding for diabetes research, diabetes education locally, diabetes family camp each year, and healthy food for local nonprofits.

NOW, Therefore, I, Jason Salamun, Mayor of Rapid City, South Dakota, do hereby proclaim November 4, 2023, as

DIABETES AWARENESS AND COSMOPOLITAN INTERNATIONAL DAY

In Rapid City, South Dakota.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the seal of the City of Rapid City this 4th day of November, 2023.


Jason Salamun, Mayor
Rapid City, South Dakota

President Chuck Reuwsaat Led the Members in Pledge of Allegiance







BUD LIGHT

GREEN
1

Coors
LIGHT

COSMOPOLITAN
CLUB
RAPID CITY



Jim Schuh, Led
the Members in
Prayer.

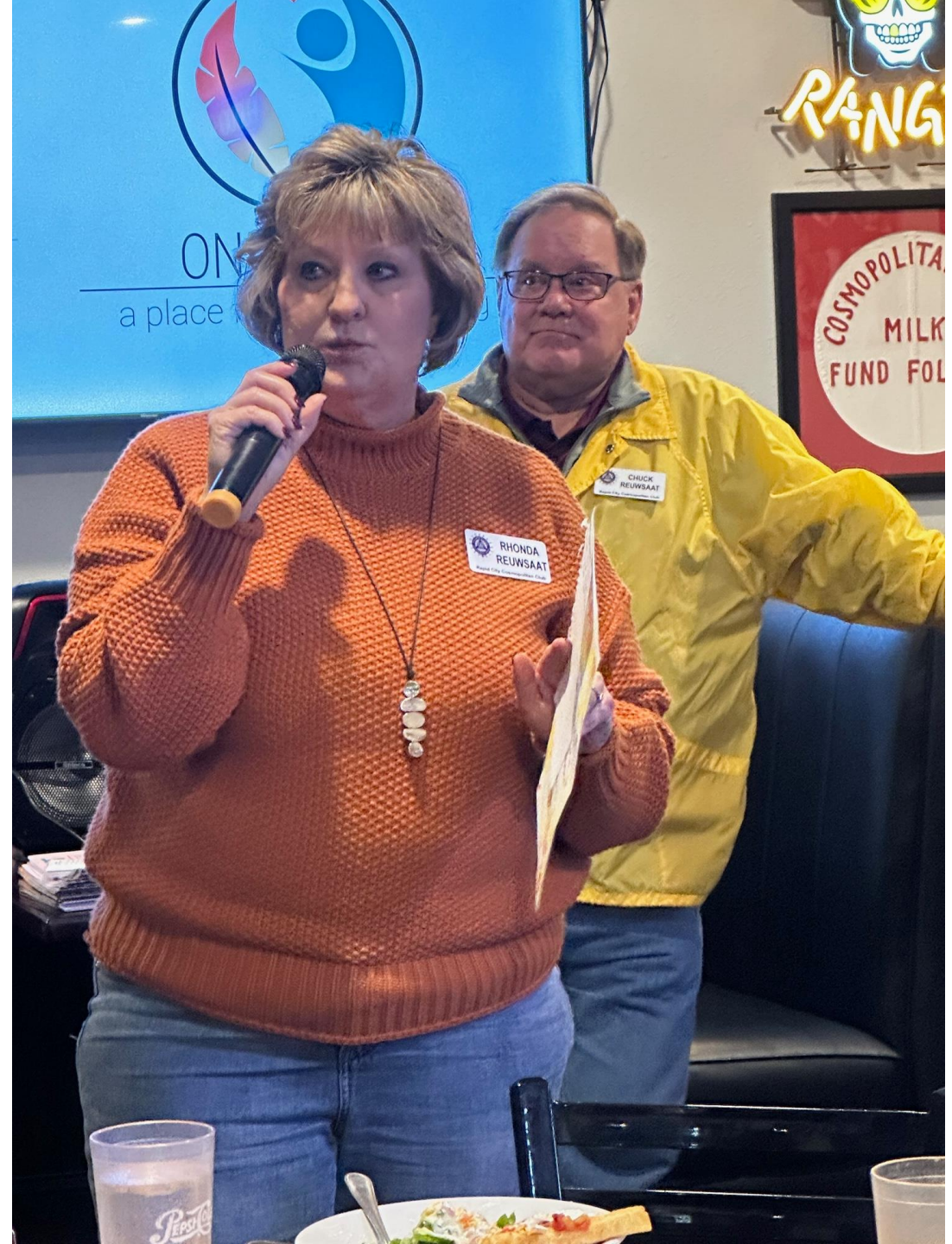








Secretary Rhonda Reuwsaat Talked to the Members about the Membership Night at Thirsty's on Friday November 17th.



President Elect Becky Kerr talked to the Members about the upcoming Health Fair on November 14th and the Biippy Show on November 18th



Jim Schuh talked to
the Members about
Events at the Summit
Arena.



Rodney Gunn talked to the Members about the 2 upcoming Rush Hockey games on November 9th and 11th.



John Duffield talked to
the Members about
the Upcoming 2024
Sports Show.

























LYNNE
MOONEY



Secretary Rhonda Reuwsaat
Introduced Julie Oberlander
from the One Heart Campus.



Secretary Rhonda Reuwsaat
Introduced Julie Oberlander
from the One Heart Campus.



—

Creating
pathways out of
poverty for
those desiring to
thrive.



ONEHEART

a place for hope & healing



Creating
pathways out of
poverty for
those desiring to
thrive.



ONEHEART

a place for hope & healing

One Heart Video Tour



Transformation Department

One Heart Video Tour



Provider
Partners



One Heart Video Tour

Stratobowl
Meeting Room



One Heart Video Tour



Black Elk Peak Training Space

One Heart Video Tour



Teaching
Kitchen



One Heart Video Tour



Talking Circle Room

One Heart Video Tour



One Heart Video Tour



Secondary
Provider
Building

One Heart Video Tour



HomeBrew Coffee Shop

One Heart Video Tour



One Heart Video Tour



One Heart Video Tour



One Heart Video Tour



Lobby Area

I found the love
and am able to start
a new chapter in my
life. I got my GED and
am now a graduate of
the program. I am
proud of myself and
am excited to start
my new life.

I began a new job
with Technology as a
Community Outreach Specialist
I Start Private Admin.

PASSED
MY GED
YES!!

I got my
GED and
am now a
graduate of
the program.

Got my daughter back
Finished my Parenting Class
Started part time at High School
Got job as The Store Manager
R.O.C. Federal Prisoner
P.D. Driver License

WONDERFUL DAY
I got my GED
and am now a
graduate of the
program.

Completed Work Release
Early/Good Behavior
Completed 24/7 Early
Completed Credit Class
Completed Home Ownership
Completed Nutrition Class
Completed Common Sense Parenting
Completed CCEA
Started New Career with
Loyal Plumbing

! 
- Here certified.

- Credit class
- Parenting Class
- Volunteering
- M.R.T.

- PCA Job
- Birth certificate
- Saving for GED
- GED completion

- I got my
9 Month Vag tag
of Sobriety
☺

I found
Christ in the Lord
Since then I have
created a new life
I have been able to
start my own business
I am now a graduate
of the program and
am excited to start
my new life.

Enrolled at BSA
in spring
Received scholarship
for job at BSA
Started new career
in painting

Got my son back
from BSA
Closed 12/15/22

I Got My
1 Year Car
Graduated After Care

Completed Credit Class
Early Release
All praise to
God

Completed Home
Ownership
Purchased my first
franchise vehicle
got drivers license
OVER 2 YEAR
Sobriety



Family Suite



Single Room

Dining Services





Transportation Program

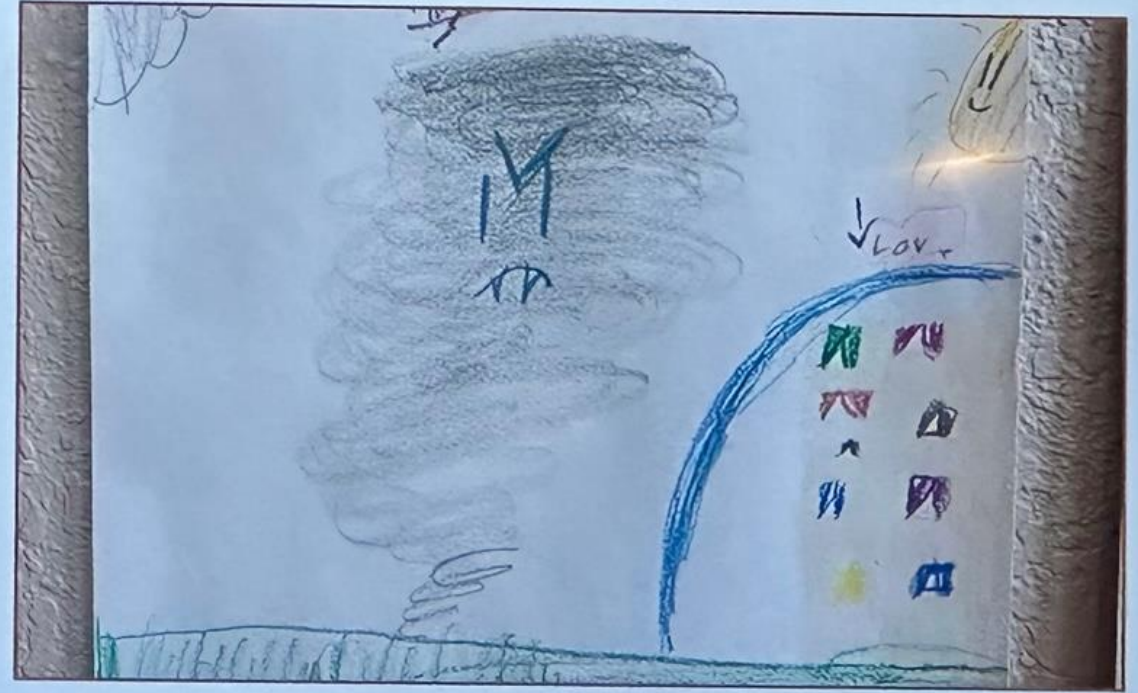


- Opened in January 2021
- Three residential towers with **90 units**
 - Family (37), Women (26), and Men (27)
- The number of guests on campus varies; averaging 125/month in 2023
- As of Oct. 1, 2023: 106 Guests
 - 50 Adults
 - 56 Children

» Average Length of Stay: 272 days

Trust and Rapport

A big part of the LS/RS team's role is building trust and forming bonds with guests by interacting every day in a positive way, reassuring our guests that day or night the LS/RS staff is available and ready to provide the best possible service. From checking out a vacuum to just needing someone to interact and talk to when having a bad day, the LS/RS team is there for them.



Survey says ...

"I feel secure and like I matter, like my sobriety matters."

"They genuinely care when I'm upset."

"They've been there for me to talk to when I was feeling down or depressed."

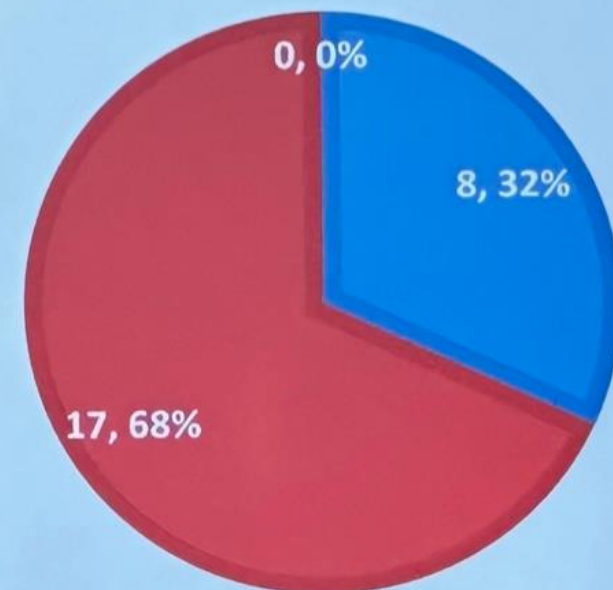
WE ASKED: "If you were to seek help again, would you come back to our program?"

Respondents answered unanimously:
"Yes, definitely!"

September 2023 Guest Experience Survey

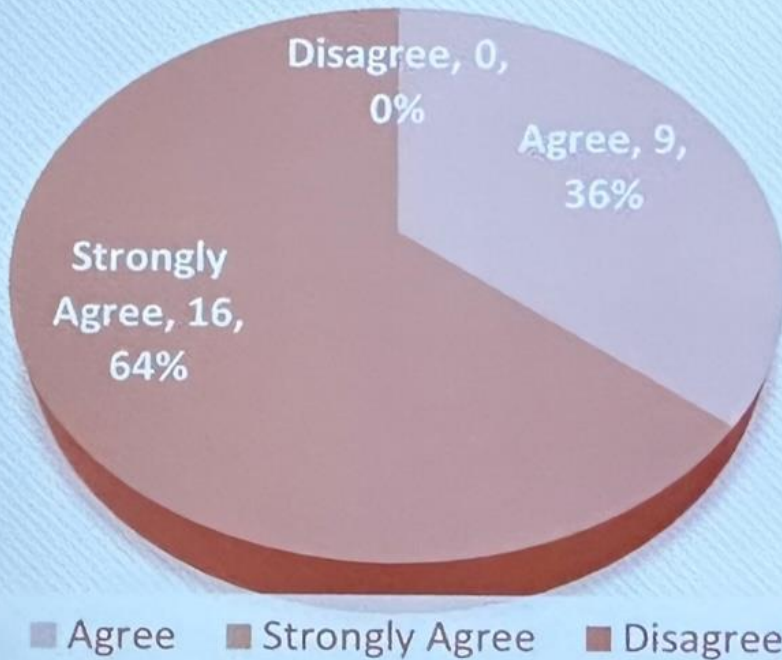
WHEN FACING DIFFICULT TASKS, I AM CERTAIN I WILL ACCOMPLISH THEM!

■ Agree ■ Strongly Agree ■ Disagree ■ Strongly Disagree



September 2023 Guest Experience Survey

I will be able to successfully overcome many challenges!



Survey says ...

"They are fun to chat with, really calm, and good at what they do."

"I would just like to say 'Thank You' to the whole team for all that you do here at OneHeart. If it wasn't for all of you, I almost bet I would be on the streets."

WE ASKED: "If a friend needed similar help, would you recommend our program?"

Respondents answered unanimously:
"Yes, definitely!"

CLINICIAN

OneHeart's Clinician provides individual, couples, and family counseling to guests to work toward their mental health goal(s) or in instances of mental health crises. A variety of evidence-based practices are used:

- Motivational Interviewing (MI)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- The Gottman Method: Couples-based therapy
- Eye Movement Desensitization and Reprocessing (EMDR): Developed to alleviate the distress associated with traumatic memories but found to be effective in the treatment of other issues such as depression, anxiety, and substance use disorders
- The Flash Technique: Recently developed therapeutic intervention for reducing the disturbance associated with traumatic or other distressing memories; a minimally-intrusive option that allows the client to process traumatic memories without feeling distress
- Collaborative Assessment and Management of Suicidality (CAMS): Suicide-focused treatment backed by 30 years of clinical research



CLINICIAN QUOTE

"At OneHeart, I have the unique opportunity to be able to see my clients' lives from various perspectives. The input from other staff and the interactions with clients while outside of my office have been invaluable in helping me to provide therapeutic services that are tailored specifically to the needs of each client."

—Richelle Sims, Clinician



ONEHEART

a place for hope & healing

HIERARCHY OF **NEEDS**





REMOVAL OF BARRIERS

- **Food**

- Chef Sarah: healing the body through food
- Quality food instead of fast food, etc.

- **Transportation**

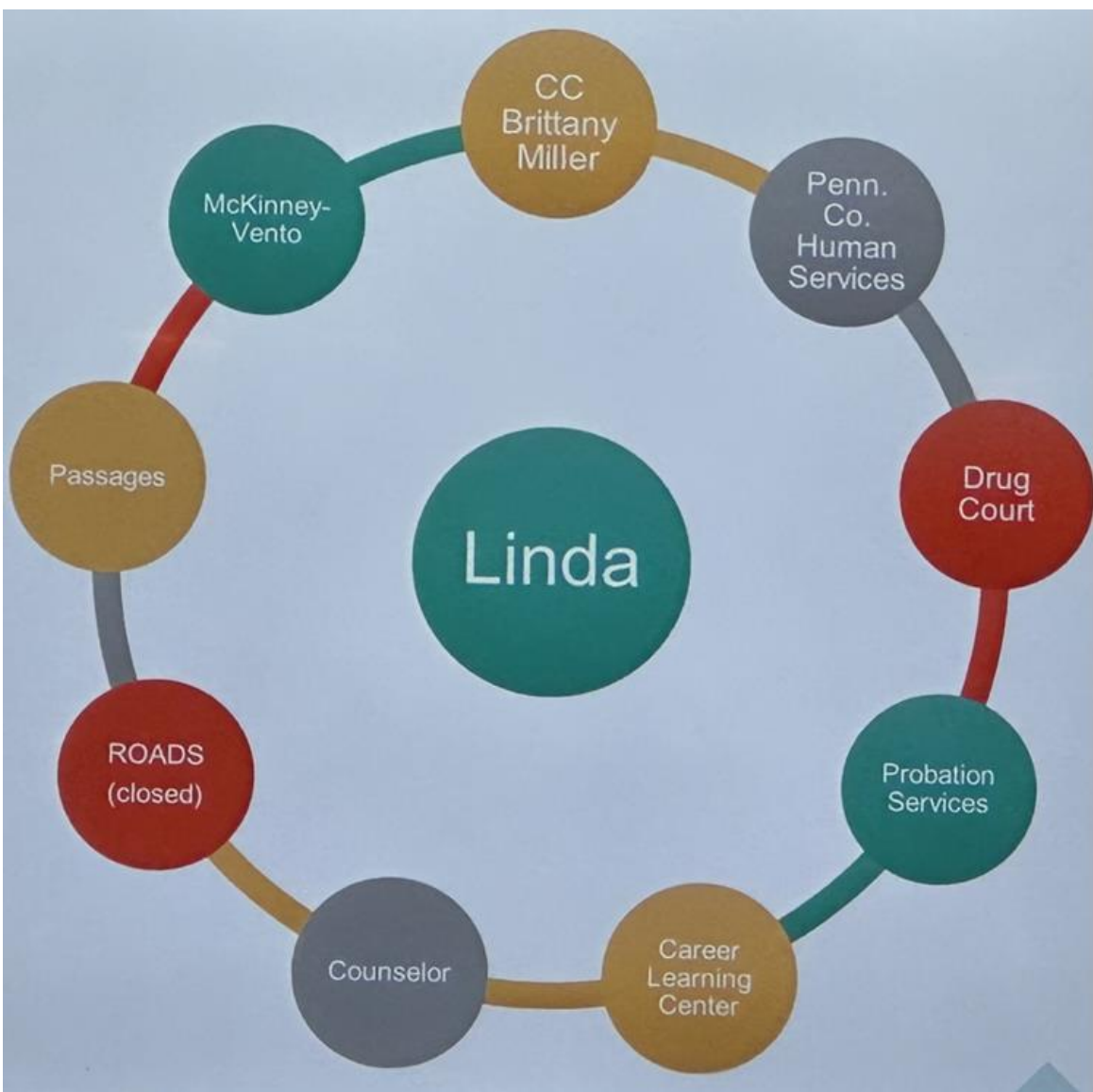
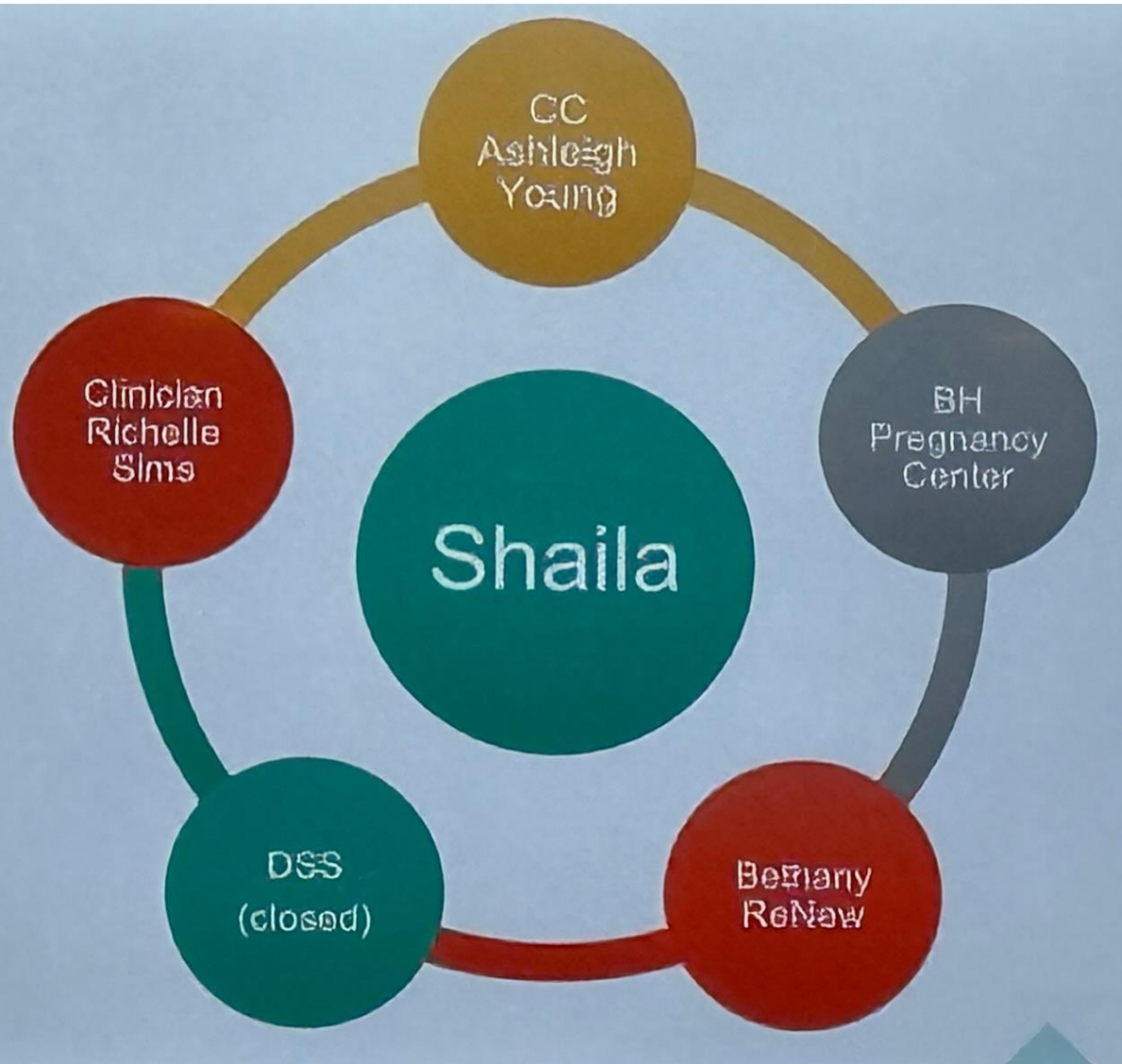
- Able to save money to fix vehicles or buy new vehicles
- OneHeart app to reserve rides through Morris
- Two vans to transport in any weather

- **Housing**

- Living units for single men/women and families
- Safe and secure 24/7/365

- **Childcare**

- Onsite daycare through the YMCA
- Other partnerships in Rapid City that our CC's work with to secure daycare



TIME IN STABILITY

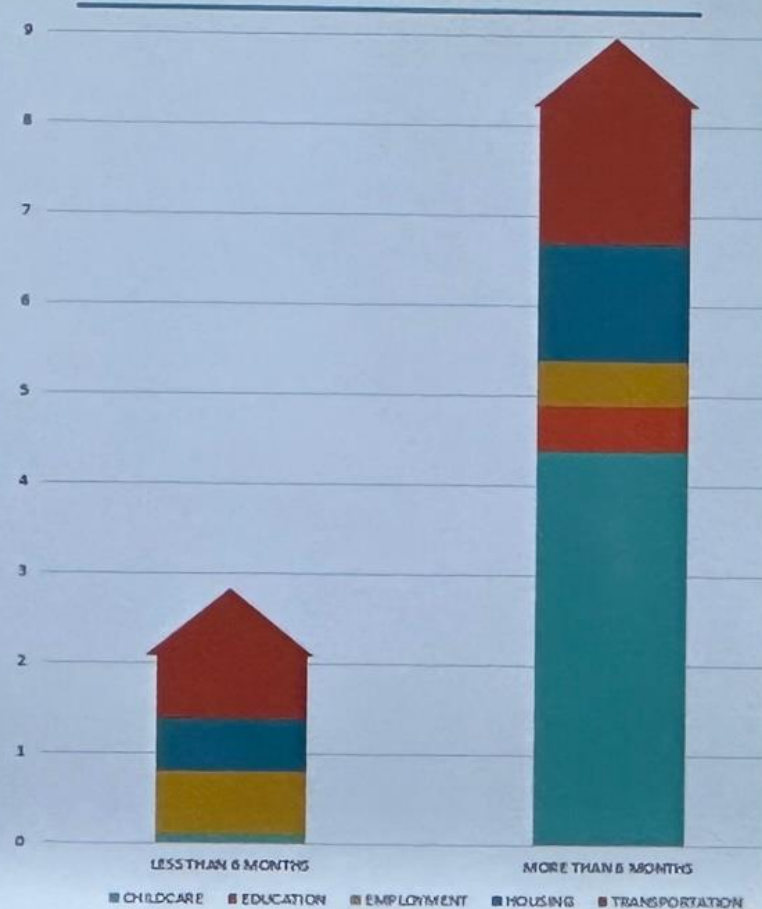
The longer someone is on campus, the more stable they become, and the higher their chances of success are going to be.

THE LONGER GUESTS STAY ON CAMPUS, THE BETTER...

Crisis to Thrive = Assessment Tool

The rate of *positive change more than doubled* for those enrolled for *longer than 6 months*:

- Childcare that is unsubsidized and secured
 - (CCT 8)
- Education that is progressing
 - (CCT 5.8 – possession of a diploma or GED)
- Employment that is supportive of their life
 - (CCT 4.9 – Employed part-time and seeking full-time work)
- Housing that is stable
 - (CCT 4.3 – stable but with subsidy or staying with family/friends)
- Transportation that is owned but not always reliable
 - (CCT 5.5 – owns vehicle but may lack insurance or budget for all repairs)



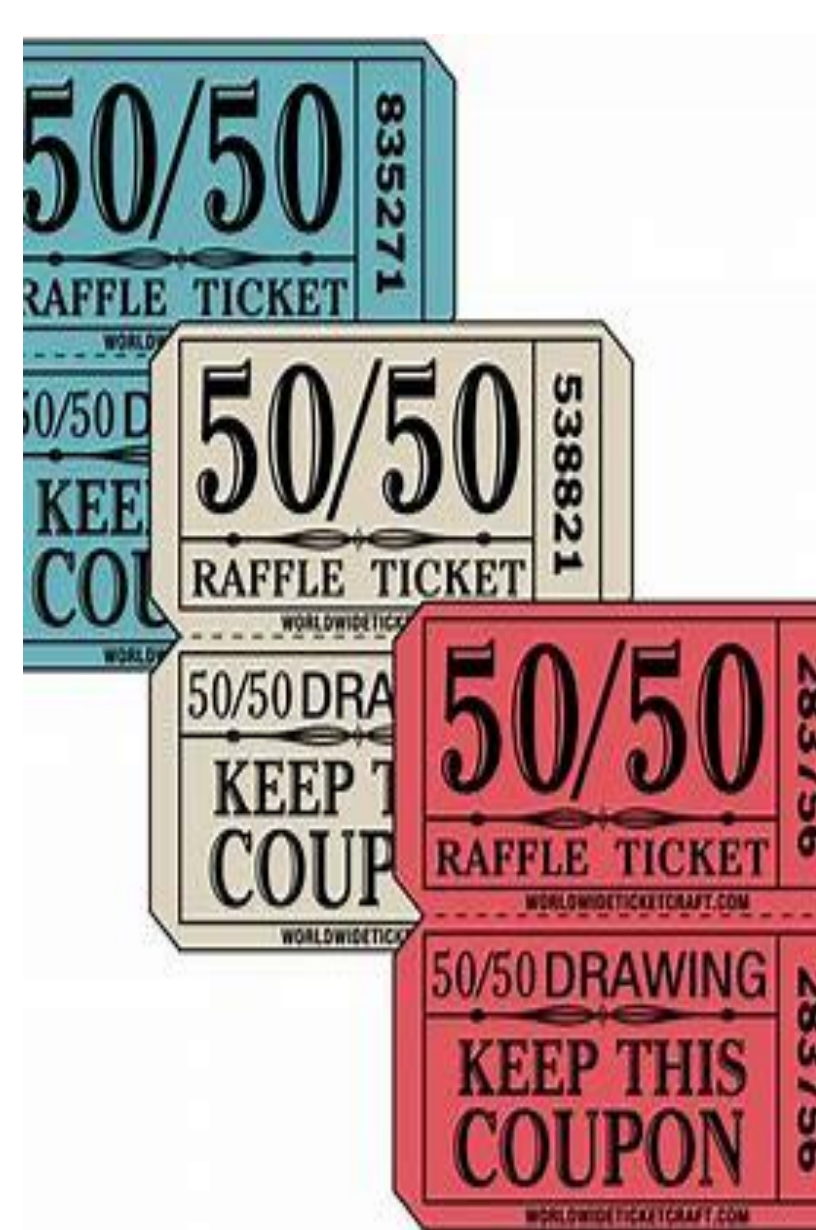
ARE YOU REALLY READY?

Readiness to Thrive Assessment

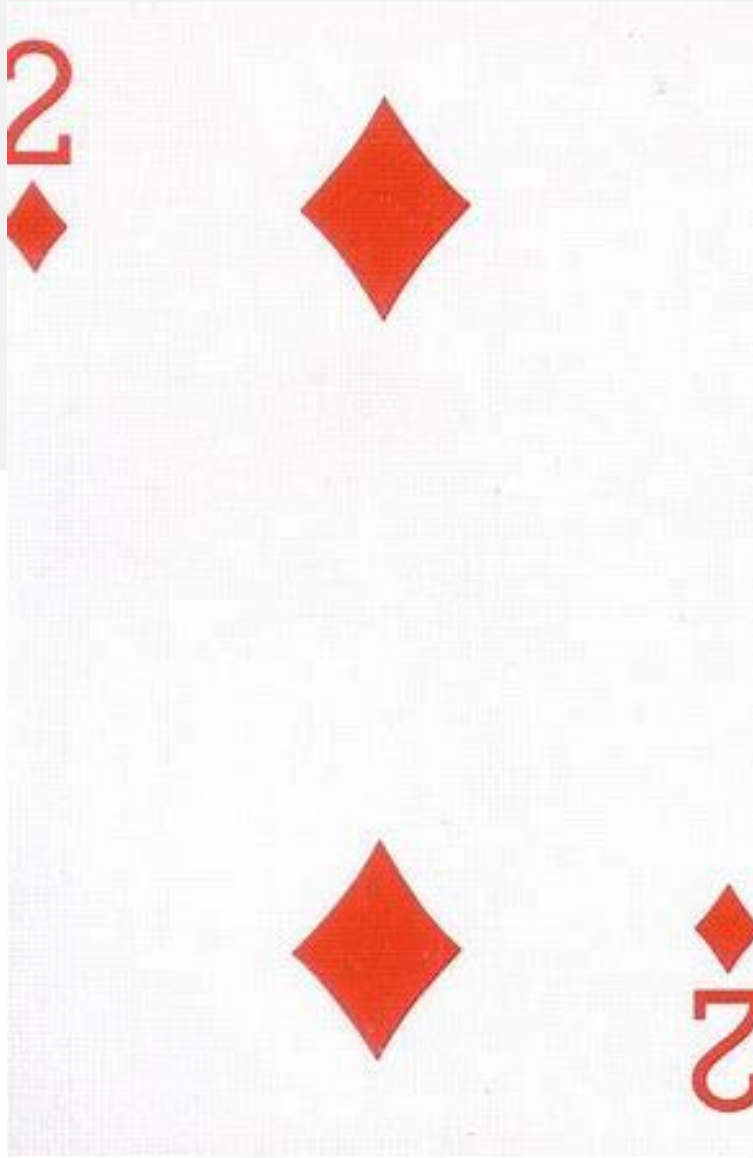
a. Emotional/ Mental Health	I have chronic or severe diagnosed mental health problems that frequently inhibit my daily functioning	I have minor or moderate diagnosed mental health problems that do not generally inhibit daily functioning	I have have/use good coping skills and know who to reach out to for additional support, when needed	I have no history of mental health diagnosis/challenges
b. Substance Use History	I have a substance use history that frequently inhibits my functioning in daily life	I am in active recovery and am at some risk of using again	I have a substance use history that causes some issues in my daily life	I have a substance use history, but have been stable and it creates no issues in my daily life
c. Parenting Skills	I can display destructive parenting skills, lack of appropriate discipline, or my children are currently in DSS custody	I have moderate difficulties in parenting skills or my child needs are often unmet	I have minor difficulties in parenting skills but have access to (and often use) community supports	I generally feel confident in meeting children's needs
d. Social Support System	I have no support or I am often involved in destructive relationships	I have a limited support network, family dynamic is often toxic	I have an adequate support network with minor family strain	I have a strong support network and family dynamic is generally supportive
e. Access to Community Resources	I am not familiar with community resources and support and do not know how to navigate them	I have some understanding of community supports but don't not know how to navigate them well	I can generally navigate where to go to meet needs or reach out for support	I am familiar with or well-integrated into community resources and supports.
f. Plan to Maintain Stability	I do not currently have a plan in place to maintain stability and growth	I am going to make a plan, but have not yet done so	I have a plan in mind	I have a written plan with key areas addressed such as emergency expenses and resources/support if things get difficult

There was no Mr or Ms
Selected for the Day..





***Carol Merbach
was the lucky 50-
50 Winner. She
won \$11.00
Dollars.***



Paul Phelan was the Lucky 2 of Diamonds Winner. He drew the Ace of Clubs. There were 33 Cards left and it was worth \$165.00 Dollars.

Upcoming Cosmopolitan Meetings

November 13. 2023 No Meeting Veterans Day

November 17th MEMBERSHIP EVENT AT THIRSTY'S

November 20, 2023 Journey On -Provide intervention to individual's needing help.

November 27, 2023 No Meeting Thanksgiving

December 4, 2023 Mingle Monday at Osteostrong Wellness Center

Member Birthdays

Name

Thomsen, Mark
Culver, Nola
Magnuson, Sonny
Fromm, Melissa
Dzintars, Lesley

Date

November 8
November 9
November 11
November 11
November 20



Date Joined RC Cosmopolitan Club

Anniversaries for August

<u>Name</u>	<u>Years</u>	<u>Date</u>
<i>Harming, Warren</i>	<i>42 years</i>	<i>Nov 23 1981</i>
<i>Thomsen, Mark</i>	<i>19 years</i>	<i>Nov 15 2004</i>
<i>Preston, Dee</i>	<i>12 years</i>	<i>Nov 16 2011</i>
<i>Magnuson, Sonny</i>	<i>10 years</i>	<i>Nov 08 2013</i>
<i>Scholl, Bill</i>	<i>6 years</i>	<i>Nov 08 2017</i>
<i>Rose, Kathy</i>	<i>5 years</i>	<i>Nov 08 2018</i>



Cosmo Ushering Event Coordinators

- Please e-mail or call the team in charge to sign up for the event or if you need to cancel
- Becky Kerr – Theater barefootbecky3209@gmail.com
(C) (605) 391-8738
- Rod Gunn – Ice Arena rgunn@rap.midco.net (C) (605)-381-3235..
- Gloria Gunn - Summer Nights grgunn@rap.midco.net (C) (605) 381-7075
- Jim and Arletta Schuh – Summit and Barnett Arena gymshoe122964@gmail.com
(C) (505)-391-8664
- Rod Gunn – Club's Website <https://portal.clubrunner.co/101337>
(C) 505 381-3532
- Rhonda Reuwsaat-Facebook Coordinator **RC Cosmopolitan Club**
_© (605)-209--615

Rapid City Cosmopolitan Club President



Rapid City Cosmopolitan Club President

- **Chuck Reuwsaat**
- **PO Box 994**
- **Rapid City, South Dakota
57709**

North Central Federation Governor



North Central Federation Governor

- **Nancy Trautman**
- **PO Box 994**
- **Rapid City, South Dakota 57709**

COSMOPOLITAN CONTACT LIST

Cosmopolitan International Headquarters:

Melvina Newman, Executive Director

Phone 717-295-7142

headquarters@cosmopolitan.org

2500 West 49th Street, Ste 223, Sioux Falls, SD 57106-6508

North Central Federation:

Nancy Trautman, Governor

Phone 605-484-1316

njt751@gmail.com

2032 Promise Rd Apt 3418, Rapid City, SD 57701

***North Central Federation Board:
Governor Nancy Trautman***

***Governor- Elect: Deb Petersen
petedoug44@sio.midco.net***

***Past Governor: Melvina Newman
melvinanew@aol.com***

***Lt. Governor: Chuck Reuwsaat
c.reuwsaat@rap.midco.net***

***Treasurer Chris Bauer
cbauer@cortrustbank.com***

Secretary Cherry Luitjen

Cherry.dakota@gmail.com

Bruce McCollier

brucemcc@sio.midco.net

Sioux Falls Noon President

Deb Petersen (same as above) Sioux Falls Evening

President Chuck Reuwsaat

(same as above) Rapid City Cosmopolitan President

Cosmopolitan International Executive Director



- Emphasize the business benefits to being a member. Encourage all members to stay active and What would you like to accomplish for the rest of the involved as we get out of it from what we put into it. year? Look at the goals you set last fall for this Cosmo year and brainstorm a couple important ones. If This year has seen significant changes and all have not reached those goals, think about a specific been very positive for the future of Cosmopolitan. target now as there is still time to reach all your goals. This is your organization. Along the way we have to Cosmopolitan is all about membership recruitment, break new ground but we will grow! Happiness comes program development and finding a cure for diabetes. through doors you didn't even know you left open. And We are all about making a difference in our local remember the 2022-2023 theme: Alone we can do little, communities and supporting efforts to prevent and find together we can do a lot. a cure for diabetes Membership is the responsibility of every member and programs play a major role in the recruitment and retention of our members. We first must sell Cosmopolitan. Second, having strong programs with interesting, motivating topics and speakers can be a strong factor for attracting prospective members and***

Melvina Newman

headquarters@cosmopolitan.org



International President Dick Gorton

- We are fortunate to have some really talented people serving as officers who will help with the implementation of our programs. Plus, you have Candy to help me and for that you are most fortunate! Most of you have had some contact with her as she contacted your clubs to update member rosters, current club officers, and names of members who have passed away this year for memorial recognition at the International Convention. Speaking of the International Convention, I can't remember the first convention Candy and I attended. It's been a few years ago. It may have been the convention in New Orleans; that was certainly a memorable one as we paraded down Bourbon Street complete with marching band! The conventions offer a number of opportunities and benefits. The first is to renew old friendships and make new ones. As a member of Cosmopolitan you will be able to participate in our business meetings and make decisions that are critical to our success. You will also visit some interesting places, places that you might not have seen if it were not for our conventions. Places like Gettysburg, New Orleans, Calgary, Rapid City, Omaha, Las Vegas, and Norfolk. Lastly, our conventions provide the latest information on what is happening with diabetes research and offer the opportunity to develop a new Cosmo project to help find a cure for this dreaded disease!
- Dick Gorton Cosmopolitan President.
thegortons@cox.net

Cosmopolitan International Officers

International President - Dick Gorton, Omaha Cornhusker Club

VP of Finance - Keith Shepherd, Regina Club

VP of Membership - Tim Dollens, Columbia Luncheon & Breakfast Clubs

VP of Marketing and Fundraising - Sheila Anderson, Sioux Falls Evening Club

Judge Advocate - Jim McVay, Omaha Cornhusker Club

Capital Federation Governor - Perry Johnson, Norfolk Club

Cornbelt Federation Governor - Gery Whalen, Omaha 1-80 Club

Mid-States Federation Governor - LaVonne Hawking, Aurora Club

Mo-Kan Federation Governor - Dayton Shepherd, Columbia Show-Me & St. Charles County Clubs

North Central Federation Governor – Nancy Trautman Rapid City Club

Western Canada Federation Governor - John Krysak, Wascana Club