

# DEALING WITH IRRATIONAL PEOPLE

by Donna Deos




**NEED SOMEONE TO LISTEN?**

*If you need someone to truly listen and to help call Donna!*

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Hi Everyone. Thank you for putting up with my rant last month. Sometimes we all just need to let off a bit of steam. In that discussion I mentioned that trying to deal rationally with an irrational person was a topic for another day. Well, that day is today!

Unlike last month, this will be brief. Simply said, you cannot deal rationally with an irrational person. They won't get it and you will simple end up more frustrated and perhaps become irrational yourself.

The best way to deal with irrational people is simply not to. Limit your time with these types of people for your own good. If it is someone you cannot avoid, like an aging loved one you are caring for, and you have no choice, then you want to limit your interaction to topics you know to be safe with them. Stay away from the ones that send them over the edge.

If they are already over the edge, turn yourself into a good listener and be supportive of them. You can acknowledge how you believe they are feeling and ask them about it. For example, you can say "you seem frustrated, what is going on?" Or, "you seem angry, want to talk about it?" Then, just listen. If they try to provoke you, don't bite. Remember, they are the ones being irrational. Don't let them drag you into it.

If you really don't have the bandwidth or time to deal with them politely then excuse yourself, do what you need to do and leave. If they are too unbearable to deal with, consider finding someone else to be the contact point or caregiver. Life's too short to let your buttons get pushed regularly. They likely don't do it to everyone. There will be someone out there they can't get to react. There are also people out there they will not even try being irrational with.

If they are completely acting unstable and/or have mental illness, I recommend you call Riverbend Mental Health Community and seek expert advice on what to do. They have a mobile crisis unit that will know just what to do and may even come help with the situation.

The long and short of it is, whenever you are being abused by someone and do not feel safe, you should always seek help. Sometimes the people closest to us are the ones we really need to get away from. The patterns we have established over our lifetime together have brought us to where we are. It is never too late to try and change that.

Wishing you all happy endings, sunshine and rainbows!

All my best, Donna



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## BOW ROTARY CLUB WELCOMES NEW MEMBERS

Traditionally, Rotary Clubs were formed and attended by local businessmen. As reported last year, Rotary Clubs across the United States began "allowing" women to join in 1987. Our Club was one of the first in New Hampshire to admit women, Jeannie Richards being the first Bow female member.

Now women represent almost a third of our Club membership, and we are thrilled to welcome three young women as members in 2022.



Kimberly Place



Tanya Frost



Aron Labrie

Kimberly Place, Vice President and Financial Advisor at Merrimack County Savings Bank; Tanya Frost, Events Manager at Boys & Girls Clubs of Central NH, and Aron Labrie, State Farm Insurance Agent for Bow.

Aron recently gave what is known as a *classification talk*. This is when a member of the Club provides information about their background, their work, and what brought them to Rotary.

Aron was born in New Hampshire, and graduated from Gilford in 2004. She received a degree in Early Childhood Education and taught pre-school and kindergarten. Aron learned the challenges of customer service and administrative skills as a branch manager at Enterprise Rent A Car, and brings these skills along with strong advocacy for her clients to her position as a licensed State Farm Insurance agent, serving the Bow area.

Aron enjoys working with people and joined Rotary as an opportunity to help others and get involved in the Bow community. She and her beautiful and engaging daughter live in Manchester.

### K-9 Program continued | from Page 1

The Bow K-9 program will continue with K-9 Boris, a one year old German Shepherd, who joined the Bow Police Department on September 2, 2022.



Officer Matt LeBlanc with K-9 Boris

BPD's Master Patrol Officer, Matthew LeBlanc was selected as the next K-9 handler. He and K-9 Boris, will attend the Boston Police K-9 Academy where K-9 Boris will learn all aspects of K-9 patrol work. At the completion of the academy, K-9 Boris will be a certified police K-9 ready to help track fleeing criminals, locate missing people, locate evidence, and search buildings.

After patrol school, MPO LeBlanc and K-9 Boris will attend the narcotic detection school. K-9 Boris will be able to alert to the presence of illegal drugs which will assist officers in articulating probable cause. K-9 Boris will be an asset in locating, seizing, and preventing drug crimes in our community.