

**Hanover Rotary Club Notes**

2/21/24 Weekly Meeting

Janice called the meeting to order at 6:40 PM.

Blessing: Robert

Pledge: Michelle

Attending Members: Judson, Michelle, Ken, Janice, Canova, Ted, Celeste, Brenda, Arnie, Robert, Holly, Penny, Sanjeev, Clint, Glenn

Visiting Rotarians: Speaker Susanna Calvert, MAPP, PhD, Foundation for Family & Community Healing, Western Henrico Rotary Club

Guests:

Sergeant-at-Arms Report: Celeste reported that 15 Hanover Rotarians were present and 1 guest

Rotary Minute:

Ken gave a Rotary minute about the Month of Understanding. The cornerstone of the Rotary Foundation is the Paul Harris Fellowship, which started in 1957. Make $1000 gift over time to the foundation to become a Paul Harris Fellow. In 2006, the 1 million mark of Paul Harris Fellows was surpassed.

Happy/Sad Bucks:

Penny is happy for attending a Leadership conference in her path to becoming AG.

Holly is happy that the Club sponsored Leah to attend RYLA and she will be coming to the club to tell us about it.

Canova is happy the Sergeant at arms did not charge him $5

Brenda is happy that the Club donated food to the Hanover Community Cats

Announcements:

Shrimp & Suds – get sponsors, put up signs on March 16

**Upcoming Dates**

**February 2024**

February 28th 6:30 p.m. Board Meeting – Atlee Library Upstairs Conference Room

**March 2024**

March 6th Regular Meeting

March 9th Community Service: Moments of Hope

March 13th Shrimp & Suds Committee Meeting – 6:30 p.m. Atlee Library

March 16th Shrimp & Suds Sign Put Up Event – 8 a.m. Cold Harbor Restaurant

March 20th Regular Meeting

March 27th Top Golf outing

**April 2024**

April 3rd Regular Meeting

April 10th No Meeting

April 13th Community Service: Moments of Hope

April 17th Essay Contest Celebration & Dinner

April 24th TBD

**May 2024**

May 1st Regular Meeting

May 8th Last meeting before Shrimp & Suds

May 9th SHRIMP & SUDS at Kings Dominion

May 11th Community Service: Moments of Hope

May 15th No Meeting

May 22nd Regular Meeting

May 29th TBD

**June 2024**

June 4th Community Service District Wide Chesapeake Clean the Bay

June 5th Regular Meeting

June 8th Community Service: Moments of Hope

June 12th No Meeting

June 19th Regular Meeting

June 26th Awards & Change of Leadership Event

**Program:**

Creating Hope Through Resilience and Wellbeing Skill Education presentation

The US is in a Mental Health Crisis even before the Pandemic. In 2021, ¾ of adults are experiencing system of a mental health condition. Estimated to cost businesses more tan $15,000 per mentally distressed worker.

Youth mental health is especially high. It has a cascade effect -> Mental and emotional fragility > Impairment > Loss of Productivity. Not just mental health – there is a relationship health crisis – loneliness, conflict, toxic workspace.

Mental health investments in ROI pays for itself. Her Foundation offers scalable, flexible, affordable solutions for resilience in mental emotional, and social health and wellness across the spectrum. They have an online platform that focuses on the whole person.

They have implemented their program with 134 teens from the City of Richmond and the majority said it helped them. They have other places and communities that they are trying to get into.

She wants us to consider a partnership with them by referring and recruiting learners and volunteer facilitators and sponsoring groups. They have lots of resources and how to individuals can participate. They have Facilitator training for people to facilitate in their community. Their website is [www.healingedu.org](http://www.healingedu.org)

After Judson led the Club in the 4-Way Test, Janice adjourned the meeting at 7:32 p.m.

Michelle Nelms