



## Mental Health Wellness During COVID

### Getting Things Started

Led by Team #2, co-captain **Wendy Dickens** introduced those serving today: Greeters were **Todd Jones** and **Suzie Michiels**, scheduled Keyway Greeters were **Fred Lucero & Michael Mack**, **Michelle Nystrom** led the Pledge, **Rick Fauss** led the invocation, **Jeff Avery** introduced our visitors and guests. Live pre-meeting entertainment was provided by **Rick Hill**.



**Rick Hill** with his magic guitar

### Announcements

#### BLUE BADGES

**President Jake** had blue badges for **Brad Rullman & Fred Lucero**. **Brad** was present to receive his and was fined \$25. Congrats **Brad & Fred**!

#### DOLLARS FOR DARES

**Amelia Ward** reminded everyone that we all have one week left to pledge to the various Dares being done. Next week's program will feature videos on all of the Dares.



**Brad Rullman** receiving his blue badge

#### JOHN SHARRAH REMEMBERED

Outstanding community member John Sharrah was remembered by a couple of our members during today's meeting, **John Mathena & Jennifer Finnegan**. **Jennifer** let us know that he will be honored in a community-wide event on May 22nd at Anderson River Park. **John Sharrah**, also known as "**Mr. Anderson Rotary**" was largely responsible for the development of Anderson River Park; a monument honoring him can be seen there, please see photo to the right.

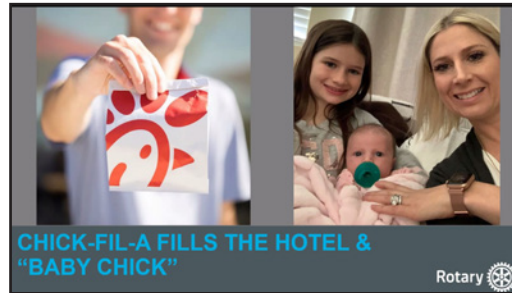


**John Sharrah**

## Recognitions

Although many recognitions were in the queue, only a couple lucky souls were present for today's fine extractions:

**Lindsay Myers** let us know that the Sheraton took part in Chick-Fil-A's grand opening with a large order for the hotel. Also, her new-born niece, Brewer, paid her a visit recently. \$100 to the club.



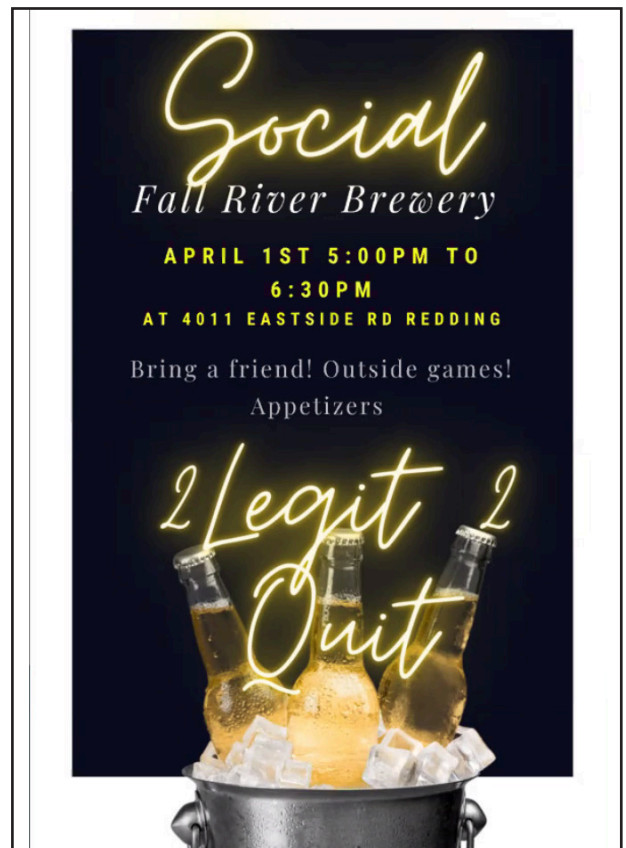
**Saeed Hedayattzadeh** was recognized for a romantic getaway to Carmel with his wife, \$100 to the Club.

## It's a Party!

Co-captain for Team #2, **Brad Rullman**, let us know about a club-wide social being made available April 1st (no foolin'!) to be held at Fall River Brewery on Eastside RD. See the lovely graphic to the right for more info!

## Countdown to a New Era

Are you **Team Joseph**? All of us will be part of **Joe's** team come July 1st! Only 11 meetings to go - keep a close eye on your veins!



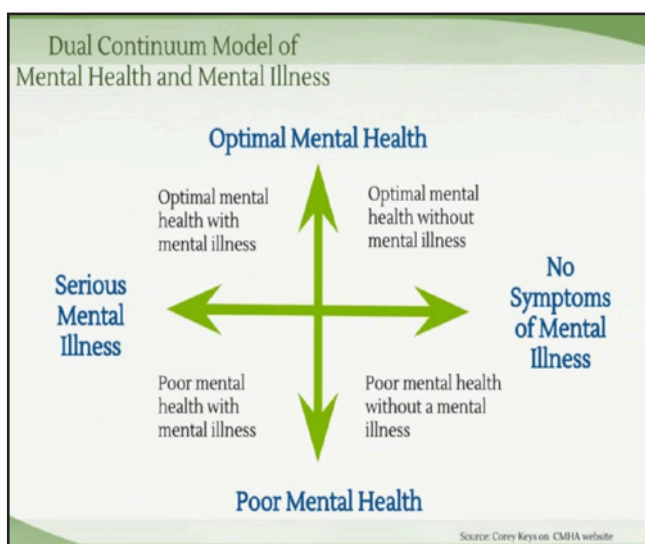


# Today's Program

## Mental Wellness During Crisis - You are a Life Saver

**President Jake** introduced our guest speaker, **Marcia Ranstrom** of Lotus Educational Services. Marcia is an educator, counselor, and trainer with a passion to provide prevention and early intervention services training in the area of mental health.

In light of the impacts of COVID on so many people, Marcia's presentation focused on the importance of identifying and supporting those at risk for mental health issues. She made the point that mental health is not always a static place in which we remain, but rather it can be thought of as a continuum that any of us has the potential to move across. The following diagram was very enlightening.



Ideally, if we're free from physiological issues, we want to reside in the upper right-hand quadrant of this illustration. Regardless of our physical mental state though, stressors imposed on us, like COVID, can push us down into the lower section of this quadrant. For our personal health and the health of others around us, having an awareness of this potential shift puts us in a position to stay in optimal mental health and help others do the same.

Some of the impacts that COVID is having on people include: anxiety (perceived loss of control, uncertainty), social disconnection & isolation, fear of contagion, grief associated with loss, economic strain, unsafe homes (intimate partner violence & child abuse), and substance use.

Perhaps the most concerning outcome of these impacts is the potential for suicide.

From her presentation: ***"It is important to note that there is no ONE CAUSE of an individual contemplating suicide. It is often a multitude of risk factors along with limited coping skills, sometimes including a mental illness. It is always a combination of factors, not just one incident, that may cause a student to think about suicide"***

Marcia's call-to-action from her presentation was to encourage everyone to seek training to be able to understand, recognize, and provide intervention for suicide. Here are some resources for training:

**LivingWorks** - [www.livingworks.net](http://www.livingworks.net)

**Mental Health First Aid** - [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**Lotus Educational Services** - [lotuseducationalservices.com](http://lotuseducationalservices.com)

## Calendar

April 1	Team 3 - TBA
April 8	Team 4 - Member Minute
April 15	Team 5 - TBA
April 22	Team 6 - Academic Scholarships



**Rotary  
Club of  
Redding**

presents

# **DOLLARS 4 DARES**

**for a good cause  
of course**

**Our fellow Rotarians and Board Members  
have committed to take part in some fun  
dares, but we need your help to make it  
happen!**

**Contribute to your favorites and when they  
hit that goal, they have to perform the dare.  
All dates will be recorded as shown on our  
April 1st Program!**

# DOLLARS FOR DARES

## Pledge Form



The Rotary Club of Redding is raising funds for their annual programs including Scholarships and Community Projects. To that end, several of our Board Members have agreed to do crazy Dares IF we reach our fundraising goals. ***How much will you pledge toward each goal?!***

Please use the form below to indicate how much money you'd like to contribute toward each Dare goal. You may choose to pledge toward one, several, or all dares. You will be billed by our club's office for your total pledge amount.

**NOTE:** This is a pledge toward a fundraiser for President Jake's Year. This pledge is in addition to the annual pledge you made to the club back in July. Accordingly, you will be billed for it separately.

My Name	
Email	
<i>I wish to pledge the following amounts for the dares indicated below*:</i>	
Rotary Flash Mob	\$
Jake, Jeff & Joe Ayer's Nose Wax	\$
Jenn Serenading Strangers	\$
Karen, Michelle & Rick Polar Plunge	\$
Randy's Pregnancy Suit	\$
Joe Ayer & Joe Hedayattzadeh's Balloon Popping	\$
Wendy's Panhandling for Rotary	\$
Mike's Hands-Free Ice Cream	\$
Joe Wyse's Pie-In-The Face	\$
T-Rex Suit "FREE HUGS"	\$
Donation Only	\$
<b>Total Pledges to be billed to my Rotary account (add all lines and enter the total here).</b>	<b>\$</b>

Mail your completed form to the RCR Office at 1700 Pine St., Suite 210, Redding, CA 96001. Submitting this form to the RCR Office indicates acknowledgement and acceptance of charges toward your Rotary Club of Redding account for the amounts entered above. Payments for all Dollars 4 Dares pledges are due by March 31, 2021.

*\*Please enter your donation amount for each dare you wish to contribute to. You may donate any amount you are comfortable with.*



# Go forth in awe

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## Help make a student's first day of school memorable!

NVCSS is partnering with Kohl's for our annual  
Back to School Shopping Spree – *drive-thru style!*

### Saturday, August 1

Volunteer or donate today.

Contact Meghan at 530-515-7900 or visit [nvcss.org](http://nvcss.org).



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