

OPENING

Time: 6:00 PM
 Pledge of Allegiance: Bob Lucas
 Invocation: Steve Brownell

GUESTS

Sierra Donovan and Beth Konrad

VISITING ROTARIANS

None.

BIRTHDAYS

Kim Towar (3/25) and Steve Brownell (3/31).

ANNIVERSARIES

John Kronner, 14 years.

ROVING REPORTER

Tom Youngblood
 -- John and Susan Mozena's son, John, wrote an op-ed in the Detroit News (unfortunately, behind a paywall) about how economic development is killing Michigan school funding. John summarized on Twitter -- *Michigan's corporations and politicians are hiding the true cost of corporate welfare in the state's public school funding system.*

-- Jackie Dale's husband, John, is looking to hire a concierge (preferably someone older and vaccinated) at the 17111 Condos on Jefferson in Grosse Pointe. If interested or know someone who may be, contact Jackie.

-- Congratulations to Mark and Judy Weber on their 44th wedding anniversary!

COMMUNITY SERVICE

-- The next GP Memorial Church Food Drive is on April 10 from 10:00AM to 11:00AM.
 -- Great Lakes Watershed Clean-up. Mark your calendars and let Diane Strickler know if you are able to

volunteer at the Ford Estate shoreline cleanup from 10:00AM to Noon on 4/17.

-- Cindy Eggleton of Brilliant Detroit spoke to our club on 2/24, inspiring Lisa Gandelot to champion a book collection drive. Lisa will be reaching out for volunteers and with details on how to donate books.

OIL CAN

-- Postponed.

SUNSHINE NEWS

-- No news.

ANNOUNCEMENTS

-- The virtual District Conference will take place from 7:00PM to 8:30PM on May 4 & 5. Register at www.rotary6440.org.

-- March is Rotary Water & Sanitation Month.

-- Hybrid Meeting Update. The first hybrid meeting will take place on 3/31 where up to 15 people can assemble at the Village Grill. It will be on a first come first served basis with an e-mail being sent out on Sunday.

-- Roger Hull thanked all who have donated to the Club fundraising appeal and noted it will be open until June 30. Donations can be made on the Club's website.

TODAY'S PROGRAM

Psychologist Sarah Emerson, & Psychotherapist Nicole Runyon, – Mental Health Impact of the Past 12 Months

Both Ms. Emerson and Ms. Runyon have seen an increase in therapy services for children and adults over the past year. Social isolation, through fear and/or government

mandate, has been of the major concerns and has led to conditions such as agoraphobia. It has also magnified the intensity and frequency of anxieties such as a fear of driving or becoming obsessive compulsive about germs.

The isolation has led to increased challenges at home, either marital or between children and adults. Parents can also be spread too thin, finding it convenient to put their children in front of electronic devices, leading to increased disconnection. This lack of social interaction can cause mental health issues for children and teens and the therapists are preparing for a ripple effect on different age groups.

Feeling tremendous guilt is also impacting their patients. They feel guilty for not being able to see parents in nursing homes or hospitals. If a parent should pass away, the guilt is amplified by not being able to celebrate their life through a traditional funeral.

Both therapists highly recommend checking in on one another. This helps to lessen the feeling of loneliness and can also allow for those reaching out to see if someone is really suffering and possibly suicidal. To learn more about the services offered, please visit their websites: www.saraemerson.com and www.nicolerunyon.com.

CALENDAR

Mar 31: Alex Bunker – Recycle Across America

Apr 14: Interact Leaders – Presentation of Year of Service