



THE HUB

The Rotary Club
of Park Cities

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www.parkcitiesrotary.org

May 3, 2024

Serving to Make a Difference Since 1948

TODAY'S PROGRAM

Program Chair of the Day: Jeff Brady



Paul Hoffmann, MSSW, MBA Agape Clinic

Paul Hoffmann brings a wealth of healthcare knowledge with him to The Agape Clinic. Paul has dedicated his 40+ year career to enhancing access to healthcare for the medically and dentally underserved in the Dallas-Fort Worth area. He served as the initial Director of Planning for Parkland's Community Oriented Care Program and established its first six health centers. He served as Executive Director of Community Dental Care for sixteen years and oversaw thirteen dental locations.

Paul's passion to serve expanded again in 2013, when he began to serve as the Director of Extramural Clinics for Texas A&M College of Dentistry (TAMCOD). During that time, Paul developed and launched the partnership between The Agape Clinic and TAMCOD in 2016.

Paul served on The Agape Clinic Board of Directors for four years before becoming the Interim Executive Director in June 2020. In January 2021, Paul Hoffmann became Executive Director of The Agape Clinic.

The mission of the Agape Clinic is to provide quality healthcare services unconditionally to under-served people.

- Agape is a 100% philanthropically funded charity healthcare facility in Dallas that extends care to all without restrictions or prerequisites (no income requirements, zip code restrictions, no insurance filed, etc.).
- The Agape Clinic provided over \$9 million in quality healthcare to the community in 2022; every \$1 given is magnified to \$9 in medical impacts.
- Over 12,750 patient visits were provided for the medically underserved in 2022.
- The Agape Clinic worked with ~ 5,761 unduplicated people in 2022 to improve their health.
- The Agape Clinic served patients from over 262 zip codes & 23 counties during 2022.

Integrated healthcare services at the Agape Clinic consider marginalized children, adults, and families' unique needs and challenges, addressing the entire person and the underlying causes of health disparities rather than just treating symptoms. Agape seeks to address the intergenerational poverty cycle through innovative, patient and family-centered, integrated healthcare.

RCPC IN ACTION

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from Susan Glen

Park Cities Rotary Club had a Big turnout and a Big impact on Saturday! 29,987 MEALS that will be provided to School Pantries for Kids and Families that are Food Insecure! We served alongside of CEO and Fellow Rotarian Trisha Cunningham and her husband Greg!



ROTARY INTERNATIONAL

Rotary: A Gateway to Living Long and Well

By Hareesh L. Ramchandani, past district governor, member of the Rotary Club of L.I.F.E., Jamaica, via *Rotary Voices*

Blue Zones are thriving communities with a high concentration of people between the ages of 90 and 100. The concept of Blue Zones has been popularized recently in Dan Buettner's series of books and a Netflix special based on his research into the secrets of living longer.

When I became aware of Buettner's research and began studying it, I was struck by how several of the commonalities of these Blue Zones overlapped with Rotary's core values. It got me thinking that perhaps Rotary membership is a gateway to living a long and fulfilling life. Let me share a few of the similarities I see.

Strong Social Network: The foundation of living long

One of the main characteristics of Blue Zones is the emphasis on strong social connections. These people have a strong feeling of community,

(continued on page 3)

Be a Vibrant and Visionary Model of Service Above and Beyond Self

LAST WEEK

Presiding: **Jeff Shehan**
 Invocation/ Pledge: **Ley Waggoner**
 Marketplace Advertiser: **Mark Neace**
 highlighting **Nolan Duck**
 Photographer: **Phillip Bankhead**
 Chair of the Day: **Jeff Brady**
 Speaker: **Sonya Parker Goode**,
 Program: **Grant Halliburton Foundation**



President **Jeff Sheehan** called the meeting to order. PP **Ley Waggoner** gave the invocation, noting that PP **Fred Brown** is doing okay and **Jodie Ray** is

supposed to have surgery next week. Please keep them in your prayers. He then led the Pledge of Allegiance and "The Star Spangled Banner." President **Jeff** introduced our visitors and guests. Then he asked for Happy Bucks.

Mark Neace introduced our Market Place Advertiser of the Week, **Nolan Duck** and DBG Advisors. He has also written a book about selling your business.

President **Jeff** thanked everyone who volunteered at the North Texas Food Bank. He also recognized **Pat Martin** and her great event Twenty Under Forty. He thanked her for having RCPD be a part of it.

Jodie Ray had the winning ticket for the raffle, but did not win the money. The raffle is now up to \$1,232. The amount of money is growing and the number of cards is shrinking.

Jeff Brady introduced our speaker today.. He said that Texas has a mental health crisis. More than eighty-eight percent of Texans live in a county without enough mental healthcare providers. The state of youth mental health is particularly alarming. Texas ranks fifth in workforce availability in mental healthcare for youth. Mental health is a priority for Rotary International. He introduced **Sonya Parker Goode** who is addressing the problem here in Dallas. She is the Director of Outreach and Education of the Grant Halliburton Foundation. Since 2006, the Foundation has trained more than 325,000 teachers, parents and professionals how to respond to a person who is in major mental distress or who is in a suicidal crisis. They do so through outreach, conferences,



Please remember

Jodie Ray who will have surgery next week.
 Please let us know your joys and concerns.

collaboration and outreach. **Sonya Parker Goode** has a history in education and mental health. She began by saying it is important to have conversations about youth mental health. There is not enough being done. She said her own daughter had gone into a deep depression in about the sixth grade. Her daughter made several suicide attempts, but she could not find resources to help her. She went to a support group for moms where she received support and learned about resources from the other moms. She said her daughter is doing much better and is now in college. She said that the Grant Halliburton Foundation was founded by the family of a young man who committed suicide at the age of nineteen. The mission of the Foundation is to strengthen the network of mental health resources for children, teens, and young adults; promote better mental health; and help prevent suicide. The Foundation has three areas. The first is Thrive, a comprehensive strategy for mental health in schools. They want to infuse mental health into the academic culture. They want to eliminate the stigma of mental health. They have started the Hope Squad Conference and invite all the Hope Squad members from around Texas. They have revised their curriculum to include the "building blocks of mental health." Those include managing stress and anxiety, depression and suicide prevention, the road to resilience, the teenage brain: a work in progress, and setting healthy boundaries. They teach the students and have adapted their presentations for parents also. Every year they have a conference called, "When Life Hands You Teenagers." If you live with or work with teens, this is their conference. She wants more parents to attend, because we all need to work together. Connectedness is the number one protective factor. The fact that we are all so disconnected is a problem for families and for youth. Coffee Days is their support group for moms and Dad 2 Dad is a support program for dads. They have a resource line, 972-525-8181 or Here For Texas.com.



Our Mission
 Building a legacy of good works and fellowship, we strive to:
 REACH those in need in partnership with others
 INSPIRE tomorrow's leaders with high ethical standards
 FOSTER lives of service above self
 – A supporting member of Rotary International

The Hub is the weekly newsletter of the Rotary Club of Park Cities (Dallas)

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Shutterbug Committee
 Ley Waggoner, Chair

Bulletin/Internet Advertising
 Mark Neace, Interim Chair



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May						
S	M	T	W	Th	F	S
			M	M	Mtg	
5	M	M	M	M	Mtg	
12	M	M	F	BD	Mtg	
19	M	Mc	M	M	Cn	Mtg
26	M	M	M	M	Mtg	

A=Agape Health Serv Day

BD= B'd of Dirs Mtg, 8am

BF=Bonton Farm

Cn=PCR Connect Event.

CP=ChildsPlay Work Mtg-Jill Jordan.

D=District 5810 Event

DH=Dentistry with a Heart-

Michael Rainwater

F=Fellowship Event

FF=RCPC Foundation

Fund Mtg- Ed Fjordbak

FT=NTFB Truck.

FB=NTFB Evnt- Susan Glen

In=Interact Special Project

8 am - Tracy Gomes.

LL=Legacy of Leadership

M= Meals on Wheels, Jim Weichel

various days and times

M = Mentoring at Hillcrest H.S.

various days, times

Mc=Ronald McDonald House

1 x/mo-Kathleen Klaviter

NM=New Member Event

Pr= Program Committee Mtg

RL=Readers2Leaders-various

days, times- Rob Levy

Rct=Rotaract- Ruth Alhaili.

SP=Strategic Planning Mtg

SpE=Special Service Event

VA=Veterans Support-



May 10 Paul Reed, Vietnam Veteran
Tiny Diary Unites, Heals Enemy Soldiers



May 17 Lesley McCaslin
Life on the Sidelines with the Texas Rangers and Dallas Mavericks - A Reporter's Perspective]



May 24 Daniel Bradley, Commanding Officer Naval Air Station
Memorial Day Program



May 31 Lisa New
The Dallas Zoo

CLUB ANNOUNCEMENTS

Please note that RCPC meetings and other events are public events where photos and video are customarily taken. By attending you are consenting to free use of your likeness on RCPC and related websites, social media, streaming video, emails, newsletters and similar methods.

Have a Great Idea for a Speaker? Your ideas are needed! Send your ideas with the details to Richard Stanford.

Help Wanted! At ANY RCPC Event or Project. Take a few pictures, include a few sentences (who, what, when, where and WHY) and send to Betty for The Hub

RI Foundation: \$100 (or more) Every Rotarian Every Year! See Greg Pape.

RCPC Foundation: \$100 (or more). See Birthdays below, then Van Oliver.

Attendance Rule Change. For those wanting to maintain Perfect Attendance, make-ups may now be completed within a year. RI is no longer tracking attendance.

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ROTARY CONNECTED



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[RCPCgoogleplus](http://bit.ly/RCPCgoogleplus)

Miss a Meeting? Watch it on YouTube or as an event on Facebook!



<http://bit.ly/RCPCyoutube>

<https://www.facebook.com/events/>

Share Rotary! Post on your social media when you're at a meeting or event. Use our hashtags!

Like and Follow us on Social Media: Website: <https://parkcitiesrotary.org/>

Facebook: www.facebook.com/RotaryClubOfParkCities

YouTube: www.youtube.com/channel/UCf4ZH-2nwIscW8XNTnsbonw

LinkedIn: www.linkedin.com/company/park-cities-rotary-club/?viewAsMember=true

Make a post about or while at Rotary and use these hashtags



#PeopleOfAction



#parkcitiesrotary



#district5810proud



#goodthingshappene nonfridays

THOUGHTS ON...

Health

What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease.

~ George Dennison Prentice

The average, healthy, well-adjusted adult gets up at seven-thirty in the morning feeling just plain terrible. ~ Jean Kerr

It is no measure of health to be well adjusted to a profoundly sick society.

~ Krishnamurt

Happiness is nothing more than good health and a bad memory.

~ Albert Schweitzer

In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.

~ Bertrand Russell

Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy.

~ Izaak Walton

Laughter is by definition healthy.

~ Doris Lessing

Health is not valued till sickness comes.

~ Dr. Thomas Fuller

ROTARY INTERNATIONAL (continued)

'Living Well' continued

Strong Social Network: The foundation of living long

One of the main characteristics of Blue Zones is the emphasis on strong social connections. These people have a strong feeling of community, with friends and extended family playing an important role in their daily lives.

Beyond Friends: Finding meaning by serving others

Having a purpose in life is another fundamental idea of Blue Zones. Many people in these zones have a compelling

HE WHO LAUGHS, LASTS

I'm seriously thinking about remarrying my ex-wife, but I'm pretty sure she'll figure out I'm just after my money.

Proposed New Member

Farshad Marzban

Type of Membership: Individual
Proposed Classification: Law
Proposed by **Daniel Drabinski**

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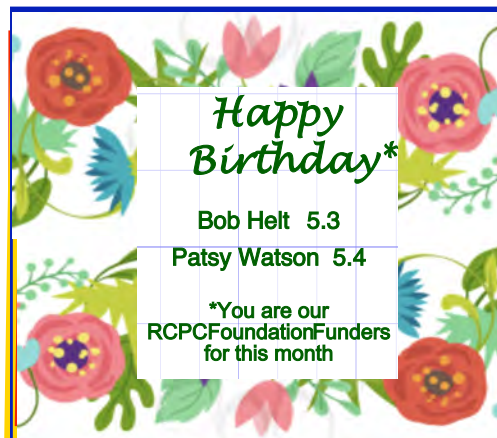
"why" that motivates them daily. Individuals in these societies frequently play an impactful role in their families, friends, and communities, making a significant difference.

Keep Moving: A key to living longer

The inhabitants of Blue Zones are renowned for leading active lives – walking, gardening, or just going about their daily lives in walkable places.

Less Stress: Another ingredient of long life

Prolonged stress is a significant cause of health issues. Blue Zones residents have developed various strategies to manage stress. Rotary clubs provide a stress-relieving environment.



Rotary Club of Park Cities Market Place

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