



(972) 725-7150 ext. 802

Meetings @ Noon Monday

[info@richardsonrotary.com](mailto:info@richardsonrotary.com)

2023 – 2024  
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**May 20, 2024**  
**Today's Program**

**11:00 AM**

We are meeting at Methodist Hospital on **Campbell Road**  
 Celebrating the opening of the new Yoga studio.

Please enter through the main front door of the hospital. There will be directional signs to the Yoga studio.

**Agenda**

- 11:00 meeting starts with welcome/opening comments.
- 11:10 MRMC welcomes guests and Introduces BH staff. Points out the details of the project Rotary supported.
- 11:15 Introduce Yoga as therapy, host demo/participate in yoga with one instructor doing a seated-in-a-chair option, and wrap with Q&A.
- 11:35 Club resumes our business and lunch.

*The food will be served in the large open space next to the yoga studio. When we clear out, we will need to have all picked up by about 12:15 so patients are entering a safe space. If anyone wants to linger, we can migrate to my office a few steps down the hall.*

May is mental health awareness month. Methodist Richardson Medical Center Foundation is driving a community effort to replenish our Clothes Closet. Patients often come to the clinic distressed and in need of proper attire during treatment. Additionally, upon discharge, staff supply those in need with a few sets of clothes. We'd like to invite our community to be a part of this solution by donating items.

An Amazon Wish List is available for your convenience. Items are set to ship directly to the Foundation's care. > <https://a.co/8bOobva>

Club members can bring in like items for this meeting.



# mental health *matters* CLOTHING DRIVE

benefitting



In honor of Mental Health Awareness Month, this clothing drive will replenish the clothing closet for Methodist Richardson's Behavioral Health services. Clothing goes to patients that do not have a support system, giving them a fresh start when they are discharged.

## IF YOU ARE SPRING CLEANING, HERE ARE THE GENTLY USED ITEMS REQUESTED

*Paperback books and puzzles are also appreciated*



**SHIRTS**  
Male, adult sizes welcome  
Female, adult sizes welcome



**SHOES**  
Male, adult sizes welcome  
Female, adult sizes welcome  
*Preferably lace-less shoes*



**PANTS**  
Male, adult sizes welcome  
Female, adult sizes welcome



**NEW ONLY UNDERWEAR**  
Male, adult sizes welcome  
Female, adult sizes welcome

## YOU CAN BRING DONATIONS TO ONE OF OUR DROP OFF PARTNERS

Smith Public Library  
300 Country Club Rd #300,  
Wylie, TX 75098

Coldwell Banker Apex, REALTORS,  
465 W. President George Bush  
Hwy., #101, Richardson, TX 75080



**scan for wishlist**  
Ordered items will be shipped to the  
Foundation's care

## Upcoming Programs and Events

- May 27 – Memorial Day Holiday -No Meeting
- June 3 – Scholarship Finalists and Club Assembly
- June 10 - Teacher, Nurse & Mental Health worker and Vocational Speeches
- June 17 - Ally Haynes-Hamblen, Executive Director Eisemann Center
- **June 21 –Friday, 9 AM -Volunteer Painting project at Methodist Hospital Campbell Rd**
- June 24 –Tour of City House - 830 Central Parkway East, Suite 350, Plano, TX
- July 1 – Installation of 2024-2025 Board and Committee Leaders

## RICHARDSON ROTARY SUPPORTS THESE ORGANIZATIONS



# Richardson Flags



Sign up year-round. Subscriptions continue for a full calendar year and flags will be placed on each of the next five deployments. No matter when you sign up, you will receive five flag deployments. All for \$50/year!

The Club operates its Flag Program with the support of local Girl Scouts, Boy Scouts, and Jr. ROTC detachment members who share in the revenue. Net proceeds benefit Richardson Rotary Foundation's college scholarships (over \$500,000 committed to 93 recipients since 1983), plus various club-supported programs and charities.

<http://www.richardsonflags.org/> or call (972) 725-7150 ext. 803

★ President's Day (3rd Monday in February) ★ Memorial Day (last Monday in May)

★ Independence Day (July 4) ★ Labor Day (first Monday in September plus 9/11)

★ Veterans Day (November 11)

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### Richardson Rotary Foundation

*Consider an extra donation by recognizing your birthday with a check to our foundation. A dollar for your years on earth – or whatever- would be appreciated.*

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