



The Serving Tray

Rotary Club of Kirksville -- Charter 371 -- District 6040

www.kvrotary.org



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BINGO 9/7/24 at Courthouse parking lot: Annette will be seeking volunteers to man bingo. These will be people who have had background checks. Other volunteers are also needed for set up 4-5 PM and tear down 7:30-8:30 PM. See attached preview of signup sheet.

ROTARY BOARD MEETING 9/18, 6:40 @ Dukum Up

ROTARY BLOOD DRIVE 9/19/24 is sponsored by the Thousand Hills club. When we have more information we will send around a sign up sheet..

PARADES: Kirksville Homecoming Parade 10/4/24 - 3:30 PM line up, parade starts at 4 PM. Marty will make his truck and trailer available. Truman Homecoming Parade 10/26/24, line up 8:30 AM, parade starts at 9 AM. Marty will drive his truck with a trailer.

WORLD POLIO DAY IS OCTOBER 24.

FOUNDATION DINNER 11/9, Argosy Casino & Hotel, Riverside

KIRKSVILLE HOMETOWN HOLIDAY 11/30/24. Rotarian volunteers need for the ice rink.

SEPTEMBER IS BASIC EDUCATION & LITERACY MONTH.



GUARDIAN HILLS VETERANS HEALING CENTER

Daniel Slawski, a retired Orthopaedic Surgeon and President and Co-founder of this 501(c)(3) organization was today's speaker. His bio is attached to the cover email and Page 2 includes a detailed description of the veterans center and its mission. His presentation included photos of the facility near Shibley's Point. No government funding is received. Donations and also volunteers are sought for the kitchen and general cleaning. (See application also attached to cover email.) Dr. Slawski said 6-8 individuals attend each session, the first being in June of this year. The organization hopes to have 12 programs/year serving 100 veterans/year. Pictured from left are Rotarian Jennifer Chrisman who introduced the speaker, Dr. Slawski and President Ruth Bowers.

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50-50 Drawing: Patrick Avila did not pull the ace of spades; pot now up to \$320. \$30 Happy Bucks

Guests:

Jared Cray (guest of Jennifer Chrisman)
Tyler Miller (proposed organizational member Equity Bank - Second Announcement)
Russell Wiggins (Guardian Hills Executive Director)
Daniel Slawski (speaker)

Upcoming Programs:

Sept. 11: Bill Castles/United Way
Sept. 18: Ralph Cupelli/Service Recognition Program
Sept. 25: Sara Williams/KHS Athletics
Oct 2 & 9: TBA
Oct 16: PDG Kent Shelman/Polio Plus
Oct. 23: Administrator Lori Guffey/Adair Co Health Dept.



GUARDIAN HILLS
VETERANS HEALING CENTER

“Our mission is to provide the resources to facilitate the development of positive responses to the physical, emotional, and relational injuries which impact those who have served as the guardians of our nation.”

Since 9/11, over 2.5 million U.S. military personnel have been deployed overseas in the Global War on Terror (GWT). Subsequently, there has been an alarming increase among returning service members in the incidence of Post Traumatic Stress (PTS), Moral Injury (MI), difficulties in assimilating back into civilian relationships, and, most tragically, suicides. Current Veterans Administration data estimates that there are nearly 50,000 GWT veterans in Missouri alone who are living with the effects of PTS. In response to this national and regional crisis, Guardian Hills Veterans Healing Center, a Missouri Not for Profit Corporation with Federal IRS 501(c)(3) Tax Exempt status, offers one-week residential retreat programs free of charge to veterans of all eras in a 28-acre rural campus setting. The facility, located near Kirksville, Missouri, includes three 4-bedroom residential cabins to lodge participants and staff, a 12,000-square-foot multipurpose arena, a self-expression activity building, and a renovated historic barn that serves as the dining and social center. Retreat programs utilize immersive educational and therapeutic experiences based on the proven concept of Post Traumatic Growth. Curriculum modules include the use of horses, archery, art/self-expression, yoga, genograms, disc golf, an evening outdoor fireplace, natural environmental interaction, and a labyrinth to assist in the formation of positive processes and recovery activities that are then utilized by the veterans and their local support and treatment resources. Follow-up support and assistance are provided by regularly scheduled contacts and identifying the appropriate level of ongoing intervention as determined at the retreat's conclusion. Although multiple studies have demonstrated that retreat-based programs are very effective modalities for veteran Post Traumatic Stress, few are located in the Midwest. Numerous national and regional experts in the field of veteran PTS have contributed to the curriculum planning, development, and implementation. Expansion of programs to include couples, families, military sexual trauma, and first responders is planned. Administrative headquarters are in Columbia, Missouri.

By learning positive responses and coping/thriving mechanisms for PTS and MI while seeking appropriate assistance, veterans and their families can enjoy healthier and more productive lives.

FOR MORE INFORMATION OR TO CONTACT US, PLEASE VISIT OUR WEBSITE:

WWW.GUARDIANHILLS.COM