

"Thank Goodness It's Friday in Yarmouth!"





GOVERNOR, DISTRICT 7950

David Sampson, DG.

THE ROTARY CLUB OF YARMOUTH, MASSACHUSETTS

SERVING OUR COMMUNITY AND THE WORLD FOR 30 YEARS

Box 448, South Yarmouth MA 02664

MEETINGS: FRIDAY, 7:00 AM, HEARTH 'N KETTLE, So. YARMOUTH

$T-G-I-F-I-\overline{Y}$

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The Main Event

Guest Speakers Cape Cod Healthcare Susanne Dickson and Bea Forrest – Adolescent Mental Health – The COVID Generation – Growing up in lockdown – As a result of the pandemic, the children and adolescents are having serious coping issues. There is significant need. At Cape Cod Healthcare, we are fortunate that we have a team lead by a psychiatrist and social workers that are connected to various services. Their multidisciplinary team of psychiatrists, nurse practitioners, social workers, occupational therapists, and a professional nursing staff work collaboratively and compassionately with each patient to develop an individualized treatment plan to best meet specific clinical needs. Children's brains have changed due to the pandemic, which has increased the need for mental health services. They have been in distress.

Post Pandemic Impact

- Most profound Post Pandemic impact is the children and adolescents of Cape & Islands community
- Per month, an average of 40 youth present to the ED with thoughts of Suicide or Aggression
 - As young as 5 years old are presenting with suicidal plans
 - 27% wait up to 3 weeks or longer in most EDs before transfer to a psychiatric facility.
 - Of note: Suicide is the 2nd leading cause of death for youth ages 10-14

With the lack of available treatment and services, Youth in crisis end up in Emergency Departments. They stay or "board" until admitted into a psychiatric treatment program or transferred to an inpatient facility. Prior to the Pandemic we measured the length of stay in hours. Now, youth board not for three, four, or five days, but for weeks. The Department of Public Health says "boarding" has increased by up to 400% over the last 2.5 years.

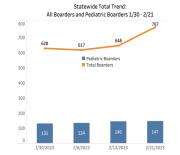
In 2019, in the Cape Cod and Falmouth EDs, there were a weekly average of Youth psychiatric evaluations of 4.2 per week vs. 10 per week in 2022 (68% increase). In 2017 & 2018, the number of Youth psychiatric evaluations was even lower with an average of 2-6 Youth evaluations per month!

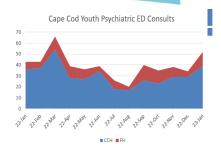
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Youth MH Emergencies by the numbers





Jan 2022 to Jan 2023 – Youth Hyannis & Falmouth EDs 521 evaluated (310 boarded) = Avg. 10 /week w 6 boarding

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Agitated patient - Assessment

Safety first. Is anyone at risk of physical injury, including staff and/or patient?

Asses diagnostic category (intoxication, delirium, dementia with agitation, psychosis, bipolar manic, manipulative pt with personality disorder, drug seeking)

Is the patient upset about specific issue or just psychotic and disorganized?

Is patient making any specific threats?

Assess if patient is likely to be amenable to de-escalation. Identify the person who has the best rapport with the patient or who has been good at that with other patients.

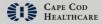


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MH Inpatient Beds Available

Of note, the CDC also reports:

- 24% increase in Youth mental health-related emergency department visits during 2020-2021 in
 5-11 years old
- 31% increase in those 12-17 years old.
- Recent hospital association surveys <u>counted</u> more than 360 beds that could not accept patients solely for lack of staff, the Massachusetts Hospital Association (MHA) said 14% of the state's supply. Multiple outpatient and support services have reduced their availability. Still more have permanently closed.



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Long-term Pandemic Impact

Stanford University suggests that pandemic-related stressors have physically altered adolescents' brains, making their brain structures appear several years older than the brains of comparable peers before the pandemic. The study was <u>published</u> on Dec. 1, 2022, in *Biological Psychiatry: Global Open Science*. "It's also not clear if the changes are permanent," said Ian Gotlib, PhD, the Director of Psychology at Stanford.

Gotlib's study showed that this developmental process sped up in adolescents as they experienced the COVID-19 lockdowns. Until now, he says, these sorts of accelerated changes in "brain age" have appeared only in children who have experienced chronic adversity, whether from violence, neglect, and/or family dysfunction.



Partial Programs for Youth in MA



- 40 miles Pembroke Partial Hospitalization 6week wait list 13-18yo, ~2 weeks program
- 59 miles Adolescent Outpatient | Youth Behavioral Health Care | FullerHospital.com, Inspire Program, Attleboro 8 to 10-week wait list 12-17yo, ~2 weeks program Focus on DBT
- 63 miles Services for Adolescents Bournewood Health Systems , Brookline 6 to 7-week wait list 13-18yo, ~2 weeks program
- 70 miles McLean Southeast, Belmont 4 to 6-week
 wait list 13-19vo ~2 weeks program



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CCH – Adolescent Intensive Outpatient (IOP)

Cape Cod Healthcare is proposing the launch of an Adolescent IOP. To avoid losing valuable time in the school setting, the program would run 4 hours a day from 2pm to 6pm. The structured program is designed for adolescents who are experiencing increased symptoms or disturbances in behavior, such as depression, anxiety, anger, irritability, and/or co-occurring substance use. Or they might be struggling with other conditions that negatively impact their mental or behavioral health. It is a step below inpatient hospitalization. But it is more intense than conventional outpatient care. While such symptoms may be difficult to manage, they do not require 24-hour care and can return to their homes in the evening.

Studies demonstrate that an adolescent IOP program effectively decreases the severity of the teen's symptoms. In addition, the program increased the relational health of each teen participants over time. Data also show that teens believe that stays of three or more weeks provided time for them to become stable.



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An IOP is:

- Ages 13-17
- Medically supervised program
- Comprehensive and structured clinical services
- Face-to-face therapeutic sessions organized at various levels of intensity and frequency
- Available five days per week.

Programming Schedule:

- 3:00-3:45 Check-in/Education
- 4:00-4:45 Psychotherapy Group
- 5:00-5:45 Occupational Therapy Group
- 6:00-7:00p Educational Group/Substance Use
- Wrap-Up

Philosophy:

- Treatment interventions will occur primarily in a group format applying motivational interventions, cognitive behavioral therapy (CBT), self-help, family interventions and occupational therapy.
- Symptom management and relapse prevention strategies will be incorporated throughout the program.
- A person-centered, trauma informed approach will be in evidence in all interventions.
- The concept of hope is a catalyst and motivating message for a better future.



DEIB Information Corner

Is There A Drop Off in The DEI Movement?



Following the murder of George Floyd in May 2020 and the public outcry for justice, many companies and organization-initiated DEI resources and staff to help employees and members become more self-aware of inequities and the lack of inclusion within their workplace and organizational culture. There was a growth spurt of high-level ,executives named as chief diversity officer to help facilitate organizational and cultural change to ensure these institution were striving toward a world of inclusion and sensitivity. After three years of impactful work, we are beginning to see an erosion of DEI initiatives and resources. Some state politicians have eliminated DEI training in higher education institutions. As the country develops into a browning of America in the next 20-25 years, we are now at a critical inflection point that DEI has been politicalized.

The link below is to a local GHB PBS episode that features a panel of leading DEI strategists, and high-level executives at institutions of higher education. They reflect on the current movement that some have described as a drop off in the DEI movement.

https://www.wgbh.org/program/basic-black/drop-off-in-dei-movement

While there are some club members who have not fully embraced DEI, we are encouraged by those who have served on our committee and in particular those who have volunteered to share there DEI Moment the past two years. During the June 2nd meeting we will provide a committee update but will also facilitate a discussion of our collective response to the 30-minute episode "Drop Off in DEI Movement" presented by our local PBS Station. We are pleased with additional club members who have volunteered to join their local club DEIB committee for the new Rotary year. We welcome your insight and suggestions.

Committee Members: Rufus Jones (Chair), Bruce Gordon, Curley Carey, Dr. Bruce Gordon, Joe Potzka, Jackie Carnevali, Pat Armstrong, Phil Morris, Chantal Rice, Paul Chatelain

"We all require and want respect, man, woman, black or white.

It's our basic human right."

Aretha Franklin

CLUB DUES: Dues notices were emailed to all member in today May 16. if you wish to pay by credit card, there is a link in the email that you can click on and it takes you to a secure site to pay your dues. If you wish to pay by check, please make your check payable to Yarmouth Rotary and mail it to: Yarmouth Rotary PO BOX 448 South Yarmouth, MA 02664

Dues remain at \$250 plus \$30 for Million Dollar Meals for a total of \$280.

DEI Moment Bill Boyd – In 1973, he returned to Houston for college and was involved in the Big Brother Big Sister program. He was asked if he would be willing to partner with a black boy. Of course, he said yes, and the mother also approved. He took the 9-year-old to his university and studied in the library to help improve his grades. He mentored him for 9 months and they had a wonderful time. The best memory he has of him is the big hug he got the last time he saw him.

\$\$\$\$ Happy Bucks \$\$\$\$

Jill Albright – Speaker, Bill Boyd, See you in 5 weeks.

Phil Morris - Bill Boyd, Speaker

Carol Woodbury - Speakers

Chantal Rice - Vacation, Son, Speakers, Parents Need Support - Willing to help with Parent Program

Barbara Adams – Scholarship Committee, Guidance Department at HS

Pat Armstrong – Speakers, Bea & I took the RV on it Inaugural trip, had a few issues.

Bud Nugent – National Police Officers Appreciation week

Brain B Smith – Speakers, Project at DY, Carol Woodbury

Roby Whitehouse – Anniversary w/Brad



2023 HELPING HANDS SCHEDULE

JUNE

Saturday June 3 – Baker Square and Town Hall Garden Planting

Saturday June 17 Baker Square & Town Hall Mulching

SEPTEMBER

Saturday September 9 – YPD 9/11 Memorial Fall Cleanup

DECEMBER

Saturday December 16 – Wreaths Across America

Announcements



COVID & CORKS—Wine cork recycling benefits our earth's sustainability. The Rotary Club of Yarmouth has over the last 18 months collected 14 pounds of corks which are sent to be recycled and then upcycled. Funded by the Widget Company, Cork Club is a sustainability initiative started in 2007. The goal of the Cork Club is to grow wine cork recycling and make donations to causes that protect our oceans and forests. The Cork Club donates to non-profit entities that clean plastic from our oceans, prevent deforestations and teach better ways to live in harmony with our

environment. To date Cork Club has donated \$121,800 to these projects. For each natural cork, 2 cents is donated. Synthetic corks are recycled properly. So enjoy your wine and save the corks. All corks can be given to Jill Albright who will then ship them to Cork Club. KEEP THOSE CORKS COMING!!!!

MEALS ON WHEELS

May 23—Joe Potzka & Tom Tomasik
May 30—Mike Riley & Ken Livingston
June 6—John Gilligan & Mike Riley
June 13—Chantal Rice & Pat Armstrong
June 20—Sally Bowles & Dr. bruce Gordon
June 27—Bill Lemoine & Dave Akin
Substitutes Steve Albright or Frank
Mastromauro

Meet at the Yarmouth Senior Ctr. 528 Forest Rd., South Yarmouth, MA 9:30 AM

May's Birthday

May 2—Linda McKnight
May 19—Bruce Gordon
May 19 Jim Seymour
May 22—Carol Woodbury
May 23—Brian B. Smith
May 28—Charlie Adams
May 29 Frank Mastromauro

May's Anniversaries

May 8—John & Betty Herr 69 Yrs

May 8—Dick & Sue Corsini 47 Yrs

May 20—Roby & Brad Whitehouse 20 yrs

May 27—Joe & Barbara Potzka 53 yrs

FRONT DESK

May 19—Bill Savicki & Chantal Rice
May 26—John Gilligan & Mike Riley
June 2—Rufus Jones & Dave Botting
June 9—Janet Soja & George Davis
June 16—Bernie Nugent & Tom Deltz
June 23—Paul Chatelain & Bud Nugent

PLEASE be available at 6:30 AM on your scheduled Friday. If you cannot attend, please swap with another committee member.

Calendar

May 19—Chris Wise—Wise Living

May 26—Breakfast with DY Interact Club at DYRHS

June 29—Officers Installation—The Loft—Rt 28, West Yarmouth

SCHEDULES

The schedules through the end of the year for Greeter, Front Desk and Meals on Wheels have been updated.

They can be found on the home page on the Yarmouth Rotary Website. All you need to do is click on the link on the left side of the home page.

GUEST POLICY

Prospective members are the guests of the Club for their first meeting.

GREETER

May 19—Jim McLoughlin
May 26— Chris Morin
June 2—Phil Morris
June 9—Bernie Nugent
June 16—Bud Nugent
June 23—Joe Potzka

Program Committees: Please notify Steve Albright of your speakers. You are responsible for providing the write up on the speaker for the following week.

May
Youth Service
Pat Armstrong

June
Rotary Fellowship
Hollie Handrahan

FOOD of the MONTH for MAY is



Applesauce or Fruit Cups



All items collected will go to assist CAPE COD Brite Lights to provide weekend backpack bags of food for children in grades K-3

We thank you for your generous support of this project.

Cash or Checks are Welcomed and we will do the Shopping for you.

Rising Costs of Food continues to hamper our mission to help those in need. If you can help out we would greatly appreciate it.

SAVE THE DATE

Installation of Officers

Thursday June 29, 2023

5:30—9:00 PM

At the LOFT, RT. 28 West Yarmouth

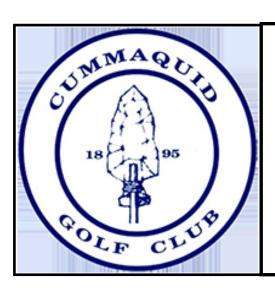
Food Supplies at the Pantry are very low and the demand for the services of the food pantry are up due. If you can make any type of food donation it would be greatly appreciated.

THESE ITEMS ARE ALWAYS NEEDED AT THE YARMOUTH FOOD PANTRY

Canned Pasta Syrup Mac & Cheese Tuna Fish Peanut Butter Soup

Jelly **Instant Potatoes** Cereal Nutri-Grain Bars

Drop your donations off at the Pantry Mon—Thurs. 10am to 12 noon. Mail check donations to Yarmouth Food Pantry, PO Box 982 West Yarmouth, MA 02673



SAVE THE DATE





Our Annual Golf Tournament at Cummaquid Golf Club

Items we will need: Golfers, Sponsors, Raffle Donations (Silent and drop item raffle)

ROTARY ANNIVERSARIES

May

Charlie Adams—53 Years
Ron Hawes—30 Years
Bill lemoine—18 Years
Steve Albright—15 Years
Frank Mastromauro—13 Years
Hollie Handrahan—6 Years
Allison Mc Eachern—6 Years
Jim McLoughlin—5 Years

Thank you all for your years of service to Rotary and to our Club!!!!

Tom Deltz—1 Year

GOOD WORKS EMAIL ADDRESS: The Good Works Committee has a new email address. All correspondences and applications for assistance can be sent to the new email address. In addition applications for assistance can be found on the home page of our website. The new email address is: **rotaryclubyarmouth26580@gmail.com**

I'm no longer accepting the things I cannot change.

I'm changing the things I cannot accept.

Angela Davis

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

Francis of Assisi



We Recently Started a New Game

The Current Jackpot is:

\$300.00 plus this weeks Pot \$\$\$

You need to be there and buy a ticket to win!!!

CAPE COD BRITE LIGHTS

Cape Cod Brite Lights a501c(3) corporation that was started by our Rotary Club is now in it's third year. Its mission is "to help those in need on Cape Cod. "Our main focus to date has been to provide weekend backpacks of nutritional food for needy elementary students in the DY School System. A backpack of food consists of shelf stable milk (white & chocolate), juice carton, cereal, instant oatmeal, two proteins which could be a can of tuna, chicken, pasta, soup or beef stew, a cup of apple sauce, macaroni and cheese, Nutra grain fruit granola bar, cheese its, fruit snacks, pudding cup and 2 pieces of fruit. In addition, to give each student some activities to do during the holiday break we put a coloring book and crayons in each bag. We started with a total of 25 students but have grown to 45, an increase of over 80%. In addition, with the assistance of Interact we have started to provide the school nurse with feminine products for high school girls. In addition we will be providing students in need with bags of hygiene products during the upcoming school year. The Interact Club has applied for a District Grant to support this project.

How you can help:

First: Currently we have a board of directors of 11 members. Our bylaws allow us to have a maximum number of 13. If you would like to be a part of our leadership, please contact Steve Albright.

Second: We fill the backpacks and bags of food every Wednesday night at 5:30PM at the Yarmouth Food Pantry. If you would like to help one or two nights a month, again please contact Steve Albright. Currently we have enlisted the local Girl Scout Troop to help on the first Wednesday of each month and the DY Interact Club to help on the third Wednesday of each month. We are trying to make it a community organization where anybody can be a part of it.

Third: It costs \$200—\$250 yearly to support one child's backpack and although we don't have a total figure on the hygiene project, we know that the items provided are costly. You can make a donation to support these two projects by sending your check to:

Cape Cod Brite Lights—PO Box 286, West Yarmouth, MA 02673-0286

Or you can visit our website at **Capecodbritelightsinc.com** and make a contribution with your credit or debit card. In addition you can now sign up to make monthly donations to Brite Lights. A smaller amount each month makes it much easier. Visit our Website.

Fourth: Visit our website and learn more about us. Capecodbritelightsinc.com

Crutches For Africa

A Continuous Project by Yarmouth Rotary Club

Crutches for Africa is not a new project to our Rotary Club. We as a club have done collections for this great service and International project twice before. The first time we collected over 700 mobility devices and the second time we collected over 400 mobility devices. We are now hoping to set this up as an ongoing project. Mike Riley along with members of the International Committee are heading this project up but we would like all Yarmouth Rotarians to help out. Search for any of the desired items in your home, your extended families homes and your neighbors homes. Round up all of the devices and drop them off at the transfer station where we have a storage trailer to store them. They can be dropped off at the gate house just before you drop off your trash and recyclables. If you need help please give Mike Riley a call or send him a text to arrange pickup of your items. All of the items collected will be shipped to Africa to help disabled individuals gain mobility that they never have had.



Items that we are looking to collect include: Leg Braces; Crutches; Forearm Crutches; Walkers; Wheelchairs; Prosthetic Limbs; Baby Joggers and Strollers and Bike Trailers. No Commodes or any other type of Personal Hygiene Equipment.

(Also No Electric Wheelchairs or other types of devices.)



Leg Braces



Crutches



Forearm Crutches



Walkers



Wheelchairs



Prosthetic Limbs



Baby Joggers & Strollers



Bike Trailers

2022-2023 OFFICERS

Public Image John Cooke President Roby Whitehouse **New Generations** Lou Preziosi President Elect Jill Albright Secretary Mary Lenihan Vice President Jim Seymour Treasurer Steve Albright PDG Community Service Paul Chatelain John Gilligan PP Past President International Service Jackie Carnevali **Tomas Tolentino** Vocational Service Hollie Handrahan Sergeant -At-Arms Club Administration Rufus Jones

PAUL HARRIS FELLOWS

Barbara Adams +2	Betey Ghiazza	Rick Plumb
Charlie Adams +2	Ed Ghiazza	Joe Potzka
Dave Akin	Bill Glass +2	Larry Putman
Jill Albright (Major Donor)	Susan Glass	Shirley Putman
Steve Albright (Major Donor)	Dr. Bruce Gordon +3	Jim Quirk
Dave Angelica	Tom Gregory	Pam Rideout
Dick Appleton	Faith Hallett	Richard Rideout
Andy Armstrong	Sharon Hartley	Denise Ring
Pat Armstrong	Ron Hawes	Michael Riley
Matthew Barr	Betty Herr	Jim Saben
William Bergstrom	John Herr +8	Tammy Saben
David Bisbee	Richard Holden	Brian Salatiello
Judi Bisbee	Bob Huckman +1	Dr. Paula Santos
Blood Donor Center at CC Hospital	Sue Huckman	Elena Schuck
Jim Bogle	Matthew Johnson +2	Curt Sears
Jack Bohlin	Johnny Kelley	Marcia Shannon
Rick Boucher	Howard Kendall +3	Dr. David Seinkppf
Robert Boucher	Nicholas Kerrigan	Ken Sheytanian +3
Sally Bowles +2	Barbara LeFleur	Janet Soja +2
Brian Braginton Smith	Fern Lemay	Dick St. George
Jack Braginton Smith	Kevin Lennon +2	Kathy St. George
Rick Cannon	John Leon, Jr.	Esther Stocchetti
Gerald "Curley" Carey +1	Jim & Pat Leighton	Jefferson Sherman Storm
Giuseppe Carnevali	John Lewis	Jerry Sullivan
Jacqueline Carnevali	Biob Lindquist	Jim Sullivan
Peter Carnes	·	Paul Tardif
Rafi Chaprut	Charles LoBue John Lynch	Art Taylor
Bob Churchill	Jack Maclelland +1	Mary Ann Taylor
Barry Clayman (Major Donor)		
Gail Clayman (Major Donor)	Jerry Manning Tom Martin	Jan Tkaczyk Bernice Todres
Carol Clossen	Frank Mastromauro	Dr. Tom Tomasik
John Cooke + 1	Ken McGuire	Mike Tulman
Hal Cooper	Dorcas McGurrin	Tom Ulrich +2
Finbarr Corr	Robert McInnis	Josephine Umbro
Dick Corsini	Linda McKnight +1	Ron Umbro
Richard Covell	Dave Miller	Scott Vandersall
Therese D'Abre	John Miller	James Walker Jr. +3
Dylan DeSilva		James Walker Sr.
Bob Dubois	Margaret Morgan	
Mike Duffy	Phil Morris	Marlyn Walker
Kenneth Eubanks	G. Anthony Morrison	Michael Walker Erik Wallin
Marianne Eubanks +1	Peter Murray	Connie Weare
Leslie Fedge	Bernie Nugent	
Jim Footer	Bud Nugent	Norme Weare +3
	Judi Olkkola	Fran Webb +1
Paul Funk	Howard Onik	Bob Wells +2
Sgt. Sean Gannon, YPD	Marilyn Padalino	Roby Whitehouse
KP Nero, YPD	Jim Peros	Carol Woodbury
Nancy Gardner	Linda Pisacano	Nickolas G. Xiarhos, USMC
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Mon.	7:00 AM	Barnstable Sunrise	
	7:00 AM	Nauset /Orleans	Orleans Police Dept. 99 Eldredge Park Way, Orleans, MA 02653
Tues.	7:30 AM	Falmouth	Holiday Inn 291 Jones Rd Falmouth MA 02540
	12;10	Martha's Vineyard	The Barn—Bowl & Bistro 13 Uncas Ave. Oaks Bluff, MA 02557
Wed	12:15PM	Nantucket	Fairgrounds Restaurant, 27 Fairgrounds Rd. Nantucket, MA
Wed	6:15PM	Chatham	400 East, 1421 Orleans-Harwich Rd. Harwich, Ma 02645
	7:00 AM	Bourne-Sandwich	Upper Cape Regional Technical High School
Thur.	7:00 AM	Harwich-Dennis	Grumpy's, 1408 Rt. 6A, Dennis, MA 02660
	8:00 AM	Osterville/Mashpee	Percy's Place Rt. 28 Mashpee, MA
	12:15	Hyannis	Hyannis Golf Club, 1840 Iyannough Rd. Hyannis, MA 02601

ROTARY CLUB OF YARMOUTH PAST PRESIDENTS

Richard K. Corsini	1989-90
Jerome J. Sullivan	1990-91
Linda McKnight	1991-92
Thomas J. Martin	1992-93
Phil Morris	1993-94
Rick Plumb	1994-95
Pam Rideout	1995-96
Judi Olkkola	1996-97
Esther Stochetti	1997-98
Rick Cannon	1998-99
Barbara LaFleur	1999-00
Rob Umbro	2000-01
Sally Bowles	2001-02
Jack MacLelland	2002-03
Jan Tkaczyk	2003-04
Rick Boucher	2004-05
Pat Armstrong	2005-06
Dorcas McGurrin	2006-07
Tom Tomasik	2007-08
Marianne Eubanks	2008-09
David Bisbee	2009-10
Jacqueline Adams	2010-11
Mike Riley	2011-12
Susan Provencher	2012-13
Stephen Albright	2013-14
Stephen Albright	2014-15
Tammy Saben	2015-16
Melissa Farrell	2016-17
Matthew Fitzsimmons	2017-18
Kevin Lennon	2018-19
Gerald Carey	2019-20
Gerald Carey	2020-21
John Gilligan	2021-22
- 0	-

THE FOUR WAY TEST Of the things we think, say or do

- 1. Is it the TRUTH?
- 2. Is it FAIR to all concerned?
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4. Will it be BENEFICIAL to all concerned?"

