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The Newsletter of the

Rotary Club of Dover, NH since 1924

Zoom Meetings: Wednesdays at 12:00 pm

April 14, 2021 - Zoom Meeting

Program: Molly Steele, CNM, Peripartum Mood Adjustment Disorders

Bio: Molly Steele, born and raised in NH, has been a midwife in the Seacoast since 2005, cared for thousands of clients at all stages of life, and delivered over 1,300 babies. She graduated with a BA from Wesleyan University, then attended Yale for my midwifery training and MS in nursing. She currently works at Wentworth Douglass hospital, serving as Lead Midwife as well as practicing clinical care, and also at Goodwin Community Health Center, providing prenatal care.

While approximately 50 percent of new moms feel “Baby Blues” after birth, Ms. Steele noted the ups and downs that moms may experience in first couple of weeks – happy, sad, etc. – come from hormonal adjustments, lack of sleep, several different reasons.

Moms may also experience more severe mood disorders from depression (20%), to PTSD (20%) and severe psychosis (less than 0.01%).

All moms and dads have **Intrusive Thoughts** can be frequent – worry about bad things happening to the baby, can be scary and seem very real.

About 25% of fathers have PMAD – lots of stigma around this, and dads are often not screened. Impact is the same as for moms. **COVID 19** Impact has been multi-faceted.

Upcoming meetings:

April 20 - Board Meeting

April 21 - Club Assembly - Jay S. will invite grant recipients to join

April 28 - Rotary Comedy Club (get your jokes ready to share)

Pledge: All

Moment of Reflection - Health & Wellbeing

4 Way Test + 1: All

Rotary Moment: *Rotary Magazine:*

In Our Nature article. Entire section on the new focus for Rotary – the environment – projects we want to get involved in. Great article on various aspects of environment that Rotary is plugged into

Rotarian Guest: Harvey B.

Today's newsletter submitted by Jim V.

Questions/Discussion

Any research of comparison studies that show whether policies in other countries mitigate PMAD? Molly noted that studies show that longer maternal leave and support and partner leave policies do make a positive difference.

Newborn care – any connecting to Adverse Childhood Experiences (ACEs) and attachment? More know about relation to breast-feeding and attachment.

NOTE: Marion has Molly's email address should anyone have other questions or need more information.

Appreciation to Molly - The club will be donating a book to Traveling Tails Van in her honor. Will look for a book that's about bringing a sibling into the family.

Announcements:

Bicycle Racks – Grant awarded from district last spring; city is now installing for us. We'll add Rotary emblems.

Community Gardens Program in Dover – City has given a ¼ acre of land on Garrison Hill Park for community gardens and Conservation Commission is installing water. Also land from county and there is another plot near the high school. Maybe a workday to install fencing and marking out the beds. Idea for the club to take a plot to grow vegetables to donate people in need through an agency. Show of hands on who would be willing to do that? Half a dozen hands up. Jim to send a follow-up survey to gauge interest. Ideas to involve Interact in plot behind DHS. Maybe neighbors around the other plots.

Club Committee Reports:

Golf Committee Update: Kathy F. - More extensive next week at Club Assembly. Has met, done some organizing with Tim, the golf pro. Brochure/flyer is done to be distributed shortly. Things going well.

Bingo: Jerry D. - Those getting vaccinated, let us know when you are safe to go. We are looking for closers, not positions filled. Last Thursday, full crowd and ten boxes sold.

Upcoming Activities/Service Projects

Don't Trash Dover Day: Yulia R. - An hour of time, Saturday, April 24, 9:30 – 10:30, at Garrison School, bags, and pick-up sticks provided. Bring gloves. People break up into smaller groups and go off in different directions.

Foot Bridge Reconstruction at Riverside Rest Home: Gregg D. - We provided a community grant toward the reconstruction of the food bridge. Gregg will take the lead on this project – impressed with

Fines:

Sergeant-at-Arms Kathy L. fined herself \$27 - one dollar for each Rotarian at the meeting - since she has not been at last few meetings to issue fines.

Happy Bucks:

Melissa L. - \$11, three for weekend with the girls and eight for reminder of her trip to Guatemala eight years ago.

Birthdays: April

Peter W.	Apr. 3
Jay S.	Apr. 4
Bob D.	Apr. 7

Anniversaries: April

Ken P.	13 years
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the trail, so much potential out there. There's a volunteer engineer looking at the design of the bridge, to make it wider because they take residents out in golf carts.

Trail itself has tremendous potential – could be a great hands-on project for us. Ties in with our environmental theme. Melissa showed pictures of the bridge and trail. Jay mentioned option for donations of metal beams, etc.

Spring Food Drive: May 1st, Parking lot next to Tucker's. Company pick up available - contact Ron R.

Scholarship Program: Norm – application deadline is April 30. Meeting of committee in early May. Committee is open to new membership. Involves reading applications and scoring them.

Rotary    FOR A HUNGER-FREE COMMUNITY

PRESENT



COMMUNITY FOOD DRIVE

WHEN **May 1st**
9:00 am to 12:00 pm

WHERE
Parking Lot Next to Tucker's
238 Indian Brook Dr. Dover, NH

Help us keep local food pantries stocked by dropping off non-perishable food items!

Ron Richard: ron@dfrichard.com
Marion Cheney: macheney@comcast.net

ROTARY'S 4-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 & BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?