



Rotary Opens Opportunities

BING

THE NEWSLETTER OF THE ROTARY CLUB OF DOVER, NH
SINCE 1924

.MEETS WEDNESDAYS AT 12:15 PM
GOSS BUILDING 121 BROADWAY, DOVER, NH

Dec. 2, 2020 - Rotary Club Meeting Zoom Meeting

Submitted by Noreen B.

Welcome to the Rotary Club of Dover – the greatest Rotary Club in the Universe – Onward and Upward!

Pledge: All

Rotary Moment: Theme for December - Wellness

4-Way Test +1: All

Guests: Dover Mental Health Alliance Steering Committee Guests: Stephen Pappajohn, Jodi Longi, Cora Long, Bill Harbron, Kerri Larkin

Community Partners - Suzanna Weete

Guest of Melissa L: Melissa Hernandez

Margaret Joyce - Dover Greater Chamber of Commerce Executive Director

Program: Suzanne Weete, Dover Mental Health Alliance



Bio: Suzanne Weete is the Community Relations and Development Manager at Community Partners. For 17 years Suzanne has worked in Strafford County for nonprofit organizations such as the HUB Family Resource Center, Community Action Partnership of Strafford County and is currently with Community Partners. Her most recent efforts include working to build the Dover Mental Health Alliance along with other community stake holders to educate the community on mental health, mental illness and suicide prevention.

Suzanne recognized many members of the Dover Mental Health Alliance (DMHA) in attendance, who have put their time, contributions and support in taking the Alliance to new levels, and it's only been in existence for about 16 months! The Alliance Steering Committee members include: Gregg Dowty, Melissa Lesniak, Steve Pappajohn, Director of Dover Teen Center, Jodi Langelotti of OCDNH, Dr. Bill Harbron Superintendent of Dover Schools, Cora Long of the Strafford County Public Health Network, and other Rotarian Alliance Members - Lori Hults, Dave Drucker, and Cate Rafferty.

Suzanne posed some thought provoking questions to ponder and think about our own attitudes toward mental health, mental illness stigma.

1. When you think of someone with mental illness, what image comes to mind, and why?

Whether it's media portrayals of those with mental illness, or preconceived notions that mental illness only applies to certain demographics, the fact is, it remains a taboo subject. We all have mental health. Our mental health moves on a continuum. We all experience ups and downs in life. No one is immune from experiencing mental health challenges.

2. Did you know that many diagnosable mental illnesses are treatable and manageable but that it takes a person on average 11 years to seek help for a mental health challenge. Why is this the case? According to the CDC, NIMH and other sources, the 12-month prevalence of common mental illnesses among adults are:

- 1 in 5 experience mental illness

- 1 in 25 experience serious mental illness

For young people: 17% of youth (6-17) experience a mental health disorder and suicide is the second leading cause of death for people ages 10-34.

Suzanne asked us to think about this scenario: You are walking down the street, an older person falls to the ground while clutching his chest. What would you do?

Suzanne, then asked us if we were walking down the street and see someone talking to himself, perhaps looking a little disheveled, maybe looking like they need help. What would you do then? Would your response be different?

The fact is, she noted, Mental health is just as important as our physical health and should be treated as such. When we know how to recognize and respond, and when we remove our own stigmas, as a community member, business person, good samaritan, volunteer, spouse, parent, uncle, aunt, friend and neighbor, we can be part of the solution and this culture change.

The DHMA is an organization created to educate our community and plant the seeds of culture change so that our community will learn to embrace our mental health, just as we do our physical health. In 2018, Suzanne began working with Dr. Bill Harbron, Superintendent of Dover Schools, on bringing speakers and workshops to the new high school to inform children and most importantly children's parents on what mental illness is, what it isn't and to educate people on the signs of someone in emotional distress. The Dover Rotary supported one of the speakers, Scarlett Lewis, founder of the Choose Love Movement, and mom to Jesse, a six year old who was killed in the Sandy Hook tragedy. Her talk was centered around mental illness, social and emotional learning, kindness and love.

Suzanne's desire to work on this project was spurred because of two untimely deaths by suicide almost one year apart by young teenagers in our district. One of them was in her son's grade. Many played baseball with him and many knew his family. This was traumatic for students, parents and the entire Community. Dr. Harbron and Suzanne recognized that we needed to address the broader audience, to bring to light and figure out a way to educate the community about mental health challenges, mental illness and suicide prevention.

In June of 2019, Dr. Harbron and Suzanne hosted a community summit with dozens of Dover community stakeholders. Facilitated by Michelle Holt Shannon of NH Listens and Mo Nunez of Great School Partnerships, the overall summary report concluded anyone can offer help when they recognize the signs of someone in emotional crisis. We all matter and deserve to be well. From this summit, a dedicated group of about 40 community stakeholders have met monthly with a shared desire to provide mental health education and aware-

ness, to train the community in ways to recognize and respond to someone in emotional crisis, to reduce stigma and to ultimately develop a mental health friendly community in Dover. The Dover Mental Health Alliance was born.

This past year, even during COVID, DMHA has accomplished many things such as identifying common goals and constituency groups to be the focus of its work. DMHA created a logo, launched a survey and a social media site with relevant mental health resources and candid recorded conversations, normalizing mental health challenges by community members and stakeholders.

DMHA is collaborating and building partnerships with local and statewide organizations and addressing community needs with plans to:

- 1) Train community members in Mental Health First Aid
- 2) Develop safe, judgement free zones entitled "The Place"
- 3) Create Mental Health Best Practices and Policy by establishing Mental Health Friendly Workplaces

Comments from Rotarians & Guests:

Stephen Papajohn talked about incorporating adults into the lives in our youth, providing a trusting vibe.

Bill Harbron said that they are looking to provide support to the youth remotely and are moving forward to taking steps in looking to getting students back into the schools

Jodi Langellotti said that others need to be available for support

Suzanne Weete said the numbers of people trying to get help is high and teenagers are reaching out more than in the past. At an individual level, we will need an understanding of how we can help people, primarily by listening. Through the DMHA Alliance we are focusing on the following response to those in need. Ask "Are you Ok?" and just listen.

Cate Rafferty suggested Mental Health organizations similar to those mentioned be there for support.

Betsey Andrews Parker of CAPSC said they are dealing with trauma and mental health now and alliances with organizations like DMHA are great partnership opportunities.

For more information, visit FB - Dover Mental Health Alliance

Announcements:

Thank you to:

- Melissa L, our BING writer for today.
- All who have volunteered to deliver food this month.
- Our shoppers who put together much needed items for the homeless population.
- Rotary Tree Elves who gathered at Noreen's for the making of the decorations.

Club Vote on Officers and Board for 2020-2021

President – Jim Munro

President-Elect – Megan Keil

Secretary – Marion Cheney

Treasurer – Phil Rinaldi;

Board Members, Melissa Lesniak, Malcolm McNeil, Noreen Biehl, Cate Rafferty, Cara Swiechowicz, Kathy Lijoi

Immediate Past President – Gregg Dowty

Motion made by Frank C. and was seconded by Ron R. All were in favor and motion of the Club Officers was passed.

Foundation Minute:

Jim M. talked about how when we had Mike McGovern in a few weeks ago that we designate our Polio Plus donation to a cause close to our club. We have decided to make the \$1,500 donation in memory of Mike Nesmitz, husband of Rotarian, AnnLee Hussey, and who had passed away recently. Both Mike and AnnLee have done so much for Rotary and our community.

Upcoming Meetings & Events:

Dec. 9 - Linda Cutrell, Many Faces Project

Dec. 16 - Club Assembly

Dec. 23 - TBA

Dec. 30 - TBA

Jan. 6 - Bill Gaudreau

Jan. 12 - ACEs District Meeting, NH Veterans Administration

Award from CAPSC

Thank you to CAPSC for the Champion Award to the Rotary Club of Dover. Be sure to sign up for the upcoming Dec. 10th 8:30 AM CAPSC virtual Annual Meeting where all the award winners will be recognized and we can cheer on our club.

Shelter Meal

Sign-up Genius is available to sign up to help through CAPSC of pick up every Tuesday afternoon at 3:00pm from First Parish Church in Dover.

Reports:

Homeless Project - Jim M. shared how gratifying to was to be able to provide over \$1800 in warm clothes, sleeping bags, hats, mittens and more for the homeless in our community. Thank you for everyone's support.

Festival of Trees

Noreen B. shared how all the decorations were done this past weekend by our Rotary elves for the 'LET IT SNOW' tree at the Chamber festival on Fri., Dec. 4.

Thanksgiving Zoom with England

Marion C. shared how she, Gregg D., Melissa L and Peter W. attended the meeting with others that were from Kent County and how they would like to do another do again in the Spring with other Dover clubs throughout the US and worldwide. The host had a NH license plate in the background along with a t-shirt hanging of the State of NH. There was also a couple on the call that had visited the Portsmouth area about 16 years ago and had the opportunity to attend our Dover Club meeting when we were at the Chop Shop in downtown Dover.

Holiday Decorating Contest ❄️ ❄️ ❄️

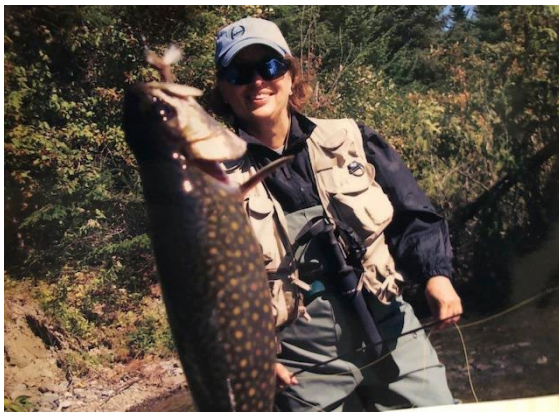
Jim M. thanked Cara S. and Melissa L. for assisting with the marketing and promotion of this event. As of this meeting, there were 12 homes nominated. He sent a list of addresses and prize info to members to help rate the decorated homes.

Upcoming Service Projects:

Fill the Rotary Pavilion Food Drive

Marion C. & Ron R. updated us on the Rotary Fill The Pavilion Food Drive to be held on Sat., Dec. 12, 11:00am-3:00pm.

Those wishing can drive up and make a donation of non-perishable food and CASA will also be making a donation. Through this Food Drive, the Rotary Club of Dover will be donating \$500.00 each to CAPSC and Gather. Sign up Genius link available to sign up.



Dover Rotary Spotlight: Marion Cheney

1. How long have you been in Rotary?

I joined the Indialantic, FL Rotary in 1990. Before that I was asked to be the first female member with a club in VA., right after the Rotary Council on Legislation voted to admit women into Rotary. The Club decided they couldn't accept women at that time since they met in an all Men's Club!!!!

2. My favorite Rotary moments:

My favorite Rotary moment was 2009/2010 when I was our Club's President. Up to that point I had visited over 150 clubs throughout the world and volunteered on several service projects. I started my Rotary year by opening each meeting and welcoming everyone to the "Greatest Rotary Club in the World"...I truly stand behind that statement today. I also enjoyed sharing my Harry stories with members.

3. Where I currently live and where I grew up:

Born and raised in Dover. Went to school in Boston and Virginia. Harry and I met at a stop sign in Dover when I was on Thanksgiving break in 1969. We eloped in 1972 (much to my parent's horror). We have moved 17 plus times and lived in 9 states over our 48 years of marital bliss!

We moved back to NH (temporarily) in 1999 to take care of my parents who were both diagnosed with Alzheimers. Parents have since passed and we are still here.

4. My Hobbies:

Boxing, Fly Fishing, Trap/Skeet Shooting, camping ,volunteering and spending time with Harry and our rescue Brittany Roxy.



5. My Business Profession or Current Working or Non-Working Environment.

I am the managing Broker for the RE/MAX on The Move's Exeter office. I have been a full time REALTOR® for that past 30 years. Prior to that I worked in the International division for Hilton Hotels, Inc. and was Director of Marketing for the LA Dodger's Spring Training Camp in Vero Beach, FL.

6. Something my fellow Rotarians don't know about me:

I am an ordained minister.

7. Final words:

I have the most satisfaction when I feel related to some greater purpose in life. In the end I want to be remembered for the positive impact I have made on the lives I have touched and the communities I have served. Rotary continues to open doors to opportunities for me.

Next week's Spotlight: Nancy Boyle

Birthdays: December

Dave D.	Dec. 10
Nancy B.	Dec. 11
Frank B.	Dec. 15
Tom M.	Dec. 20
Stacey K.	Dec. 21
Jerry D.	Dec. 29

Anniversaries - December

Peter W.	41 years
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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?

THE OBJECT OF ROTARY is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- The development of acquaintance as an opportunity for service;

- High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- The application of the ideal of service in each Rotarian's personal, business, and community life;
- The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.