



Rotary Notary

Week of February 19th

At Rotary Today:

Greeter: Bob Morris

Invocation, Flag Salute & 4-Way Test:

Fred Heismeyer

Special Guests:

Tom Church

- Sunrise Club

Paul Baranivsky

- Morgan Stanley

Member Birthdays:

Cath McClain - 2/19

Chris Whitney - 2/22

Deb Brinegar - 2/24

Rotary Anniversaries:

Dave Sproul - 2/15

36 years

John Exline - 2/17

5 years

Bob Morris - 2/18

4 years

Quote of the Year:

"Let's accomplish great things together."

-Anne Schneider

Mental Health Association

Last week's speaker was the Director of Development & Community for the Mental Health Association of South Central Kansas; Eric Litwiller. Eric used his time with us to highlight the prevalence of Mental Health issues in the community and the measures being taken by the Mental Health Association to combat those issues.



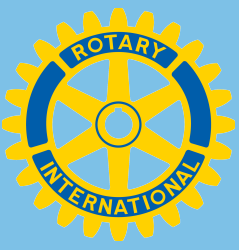
He began his speech by sharing the story of a woman from a broken home. Debra Corey was born to a mother struggling with alcoholism on a German military base. She never knew her father and suffered physical abuse from her step-father. At age 17, Debra turned to the coping mechanism of her mother, alcohol, and later to drugs. At 21 she had her first child; Desirae. Having endured a life of abuse and neglect, Debra would turn to suicide for herself, and death for her new baby, as a way to protect them both from that fate.

Eric Litwiller is not a doctor(although his wife IS a Nurse Practitioner) but he does feel a personal calling to do as much good for as many people as possible. It is that calling that has landed him in his role at the Mental Health Association; to work toward preventing stories like Debra Corey's.

When it comes to mental health statistics, the numbers may surprise many. 1 in 3 people will report experiencing a mental health related issue throughout the year. Of those people, 60% will avoid talking about the issue or seeking treatment. The stigma around mental health is pervasive. We experience it every time a mass tragedy is shown on the news. While people experiencing mental health issues are 12x more likely to be the victim of a violent crime than the perpetrator, it is hard to deny that our perceptions of mental health issues are the opposite.

It is this type of stigma that leads the majority of respondents to say they would "rather tell their boss they were arrested and in jail, than getting mental health treatment" in describing a work absence. And it comes to work, the effects of mental health issues have created an epidemic of "Presenteeism." Presenteeism, as Eric described it, manifests itself as the physical presence of employees, but the complete lack of production. Workers that show up every day, and just do nothing. In comparison to absenteeism, presenteeism costs employers up to 10x more in lost production each year.

In their efforts to address the effects of mental health issues, as well as the stigma, The Mental Health Association of South Central Kansas has established 5 divisions of their organization. These divisions address everyone from children to seniors. Within each division has 6 programs. At any given time, there are 200 professionals working for the organization...



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OSCAR Service Project:

Our next service project will be OSCAR Reading Day at Buckner Elementary on Friday, March 6th. You can sign up at Kim's table or via the link in the pre-meeting email.

Mixer:

Our next Rotary Mixer will be on Thursday, March 5th, at Old Spaghetti Factory. The Open World delegates from Armenia will be joining us so come join the fun!

March Madness:

Joyce Heismeyer will be taking over the March Madness brackets for Kim this year. Get your brackets in by March 19th!



This Week:

Danielle Johnson of Juneteenth and CORE

All of the programs employed by the MHA are focused on either Education, Treatment, or Prevention. It hasn't always been that way. For 38 years, the organization operated mostly as an awareness organization; educating the public on the general affects of Mental Health. In 1985, the then CEO, Rosemary Moore expressed how "Wichita needs more than someone handing out brochures", and the strategies for prevention and treatment were emboldened. That CEO, Rosemary Moore, just happens to be the mother of our EWR President, Anne Schneider.

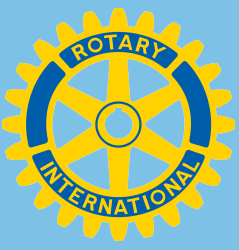
Eric praised the prevalence of so many therapists in our community. Any effort to address the neglected state of our mental health is to be applauded. However, therapists are tasked with merely identifying the determining factors of our mental state. They are not equipped to handle us "once the onion layers are pulled back." For that, we must not be afraid to seek out the help we need. "We don't try to hide broken arms, heart disease, cancer, or the flu. We shouldn't be trying to hide our Mental Health."

Eric concluded his talk by concluding the story of Debra Corey. After multiple failed suicide attempts, and the loss of her 2nd child to the state, Debra and her daughter Desirae found themselves in Wichita at the MHA. Over the last couple years, Debra and her daughter have experienced a great deal of healing. They credit the MHA with saving their lives and now work there; enacting the same programs that helped to change their lives.

Congratulations Scott Jensen!!

Anne presents Scott with his Paul Harris Fellow **Plus** Pin, recognizing his multiple years of achieving the Paul Harris Fellow designation.





Announcements

Open World Update:

With most of the Volunteer slots filled, The Open World Project is now in search of access to a 12 passenger van for transportation. If anyone has a lead on access to such a vehicle, contact Fred Heismeyer. Delegates from Armenia will be in town from Feb. 28th thru March 7th

Rotary International Luncheon:

Register to attend a special luncheon with Rotary International President-Elect **Holger Knaack** from 11:30-1:30 at the Wichita Marriot on March 28th



[Register Here](#)

EWR Foundation Scholarship:

The Foundation Scholarship will be available on the EWR website until April 15th. Share the opportunity with anyone you know planning on attending a Kansas college or WSU Tech this fall!



**American
Red Cross**



JOIN US APRIL 18, 2020

Wichita, Kansas has been selected as a host city for *Sound the Alarm*. *Sound the Alarm (STA)* is our national signature event to install 100,000 smoke alarms in 40,000 homes across 100 major cities with a goal to save more lives. At these events, Red Cross volunteers, along with fire departments, community partners, and community volunteers will canvass high-risk neighborhoods, install free smoke alarms, replace batteries in existing alarms, provide home safety tips and help families create escape plans. This important event engages our corporate and local partners in our life-saving mission and to make homes safer in our Wichita community. *THANK YOU!*

Engagement Opportunities

Volunteers are Needed to:

- ✚ Fill preparedness bags of supplies: February 25-29
- ✚ Pre-canvass neighborhoods prior to the event: March 17- April 3
- ✚ Help install smoke alarms & educate families about fire safety: April 18

To volunteer, please contact: Shannon Wedge shannon.wedge@redcross.org 316.347.0719

For more information about this event, please visit:

www.SoundTheAlarm.org



Contact **Deb Brinegar** for additional information on the upcoming Sound The Alarm event by The Red Cross

deb.brinegar@cox.net