



Rotary Notary

Week of November 13th

HopeNet - Coaching and Counseling

This week's speaker was the program director at HopeNet; Jo Lynn Bright. Jo Lynn used her time Wednesday to highlight some of the challenges facing those in poverty and sharing, with us, the programs offered by HopeNet for not only the poor, but everyone in the Wichita community.

Jo Lynn was 1 of 14 kids growing up in Junction City, KS. She shared with us the story of how her father always made sure that all the kids had access to a car with the keys to one in the mailbox. HopeNet is a faith-based non-profit organization in Wichita focused on transforming lives through coaching and counseling. Jo Lynn's role at HopeNet is to oversee all of those programs offered to the community.

In highlighting the differences between 'Coaching' and 'Counseling' Jo Lynn shared that Coaching is to aid individuals looking to move forward, where Counseling involves the looking back on one's past to identify certain events that impact a person's present and future.

Their coaching programs include a ConnectionQuest, "Getting Ahead", Life Coaching, and Group Coaching. These programs aim to get folks out of the '*tyranny of the moment*' and just 'getting by', and re-direct their focus to 'getting ahead.'

Their counseling services aim to find emotional healing and wellness. These programs focus on identifying all of one's past abuses or experiences that may carry with them debilitating psychological traumas. In identifying them, they are able to arm patients with the tools to combat those traumas. And while many of the issues that HopeNet tackle are more prevalent among those in poverty, mental health and well-being know no class. In fact, she shared that, 1 in 5 people will seek help for a mental health issues every year.

In an illustration to show us some of the challenges facing their clientele, Jo Lynn administered a group activity where we were broken into groups and tasked with assigning sleeping arrangements for 9 people in a standard 2-bedroom apartment.

HopeNet's services are provided on a sliding scale; assuring that everyone who comes through their doors is able to get the help they need. Most of the clientele come via referral from Comcare, the medical community, or simply word of mouth. You can check in with them online at hopenetwichita.org to see all the good they are doing in Wichita.



At Rotary Today:

Greeter: Susan Addington

Invocation, Flag Salute & 4-Way Test:

Robin McGonigle

Special Guests:

Betty Wilken - Derby

Rotary

Dave McDonald - Derby

Bill Smith - Derby

Stuart Palmer - Former

District Governor in

Wyoming

Christiane Doom - Guest

of Speaker

Member Birthdays:

Anne Schneider - 11/14

Brian Blackerby - 11/20

Wedding Anniversaries:

Richard & Becky

Samaniego

11/16 - 6 years

Rotary Anniversaries:

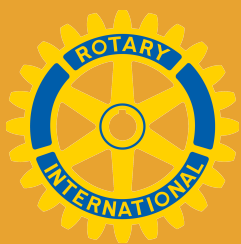
Terry Wiggers - 11/19

6 years

Jonathan McConnell -

11/20

5 years



Turkey Dinners:

The deadline for Turkey Dinner donations is now closed but we can always use volunteers for the deliveries which will be on November 26th. Sign up with Kim.

Next Mixer:

Our next mixer will be on November 26th, following Turkey deliveries, at Fuzzy's Taco Shop at Braeburn Square at WSU. Fun starts at 5:15pm!

NO MEETING on November 27th on account of Thanksgiving.

Christmas Party:

This year's Christmas Party will be on **December 12th** at Intrust Bank Arena. Contact Kim or Shane Pullman for details.

Next Week:

Ron Ryan, Ryan Aviation



Jo Lynn fields questions from the group after her talk on Wednesday.



Anne rings her bell while donning a very stylish plaid vest from her fall collection.



In a gross abuse of my power as Notary Writer, I wanted to show off a picture from my wedding over the weekend at Church of The Magdalen. Many are calling it 'The Wedding of the Century'...or, at least, some folks that have only been to 1 wedding.

(Just wanted to provide my excuse for the late Notary in picture form)