

Rotary Club of Honolulu
Date October 25, 2022
Presiding: Lyla Berg

President Lyla Berg called the meeting to order. **Mitch Weld** gave the inspiration and led us in the pledge. **Beth-Ann Kozlovich** led the singing of *America the Beautiful*. **President Lyla** introduced our guest from Churchland VA Club, Gary Anderson gary.anderson@alldistrictreads.org 757-250-2774. Gary is the All District Reads Exec Director. Lighting literacy fires. Book club for families to light the literacy fire. Fabulous program that we may want to implement in our neighborhoods and schools.

Our guest speakers were Kathleen Rhoads Merriam and Mike O'Malley. Kathleen gave special thanks to the Rotary Club of Honolulu for being a huge part of the Light the Night Walk. Also special thanks and Kudos to **Rick Tabor**.

Kathleen was a dynamic speaker educating us on suicide prevention and statistics. Every 2 days in Hawaii a human being commits suicide and nationally every 17 minutes. Our children and kupuna are at the highest risk.

Mike shared his heartbreaking personal family story with us involving his son Joey. As a result of Joey's inadequate care by the authorities, Mike is an extremely active board member of the Hawaii Chapter of the American Foundation of Suicide and Mental Health. He made a strong point that if someone is hurting, talk to them! Sit down with them. Take time and have a cup of coffee. It may be the just the thing needed to change the trajectory. Be educated, share problem solving skills.

Warning signs are withdrawing from activities, lack of hygiene, problems at work or home, feelings of failure and no hope, giving away possessions, sleeping all the time.

Listen to that person, let them talk. Your gut is going to be right more often than not. Offer messages of hope, say positive things-I care, I feel, I'm here.

For survivors, reach out, get involved in groups, seek professional help, make a difference. Start by contacting the Hawaii or National Suicide Prevention Lifeline. 1800 273 TALK suicideprevention.org The lifeline is free and confidential and always available. Help a loved one, a friend or yourself. Don't be afraid to talk about suicide the line is open 24/7. Hawaii Cares Line 800273Talk is the front door to access the outreach team who can come to your home, psychiatry and medical.

If you want to help, please donate to American Foundation for Suicide Prevention Hawaii Chapter.

Danielle Haviland, Scribe