

# ROTARY CLUB of La Jolla

## ***BITS of News***

09-29-23



## **Healing Hearts and Minds**

**October is Mental Health Awareness Month. This month we have invited two distinguished mental health specialists who will discuss working in this challenging field.**

**We will begin on October 3rd with Dr. Jacob Paulsen.**



**Dr. Paulsen** is a clinical psychologist and the Behavioral Health Program manager at St. Paul's PACE a managed care health plan exclusively for seniors. He will speak about the PACE program generally and will discuss the complex behavioral healthcare needs of seniors, particularly those with severe and acute mental illness. Due to the nature of the population, many patients also present with some combination of severe and persistent mental illness, general medical problems, chronic health conditions and diseases, as well as complex histories of trauma, drug and alcohol abuse, and various neurocognitive disorders. All this can be compounded by loneliness, a factor in mental health among seniors.

**Dr. Paulsen** earned his Ph.D. in Psychology from the University of Minnesota in Minneapolis, MN. He completed his Doctoral Internship in Clinical Psychology at Sharp Mesa Vista Psychiatric Hospital in San Diego, Calif.

**IMPORTANT: Please RSVP to Natasha Vossen's email  
re: our next luncheon on October 3rd:  
[nataschavossen@san.rr.com](mailto:nataschavossen@san.rr.com)**

## September 25<sup>th</sup> Meeting Highlights:

### Inspiration and Pledge of Allegiance: Don Lincoln

**Don** invited us to “continue to grow as Rotarians so that we stand in in our community as a symbol of those willing to freely put service above self and make this our community and the world a better world to live.”

### Happy Bucks \$\$\$: Cindy Goodman

**Cindy** offered **\$25.00** to the Happy Bucks fund on behalf of seeing her good friend Sara Napoli here to speak on the San Diego Police Foundation.

### Announcements: President Brown

**The LJ Rotary Board of Directors has voted to make Cal Mann an Honorary Member of our Club.**



**Cal** was a long time LJ Rotarian receiving the prestigious Walter Dewhurst Award from our club in 2015. In 2017, his love of public service caused him to join The Peace Corps. He was assigned to North Macedonia. 3 years later, his service there was interrupted by Covid and he was forced to evacuate. Since then, he has been working in DC for the Peace Corps. He is being recognized today for successfully fostering an innovative volunteer partnership between the Peace Corps and International Rotary.

## Halloween Party!



Davis Cracroft and his wife have generously offered to host “The Halloween Social” on October 31<sup>st</sup>, 6-8:30 PM. Costumes are optional, and yes, you can bring your dog ...in costume if you like!

## Update on our Garden and Sign Project: **Cindy Goodman**



**Cindy Goodman** the project chair updated us on the Garden Project stating, possibly in as little as two months the project will begin. Costs have been extreme beginning with the City of San Diego taking 40% in city fees and requiring us to pay out \$17,000 in Civil Engineering. Nonetheless, we are on our way to providing La Jolla with

a most beautiful garden and sign.

## Sunshine Person: **Penny Shurtleff**

If you know of any Rotarian club member who has been unable to attend our weekly meetings for specific reasons such as personal, family or medical issues, please notify Sunshine Person, **Penny Shurtleff**, at [plssunrise@sbcglobal.net](mailto:plssunrise@sbcglobal.net) or by phone at: 858-483-4990.



## Our Speakers Last Week: Sara Napoli and Wendy Waddell

**Charles Hartford** who has served on the San Diego Police Foundation Board, proudly introduced Sarah Napoli, President and CEO of the San Diego Police Foundation and **Wendy Waddell** Director of Safety Net. **Sara** discussed the substantial work of the Foundation, to supplement police funding, training, and providing necessary equipment, including police dogs to the SD Police Department.

Years ago, the police came to the Foundation in response to the onslaught of social media, teen cyberbullying, and sexting to devise a program to teach kids and parents strategies to deal with this very real concern. As a result, **Wendy Waddell and her team** today teach Cybernet Safety to children and parents in our public schools. The Safety Net program offers defensive and effective strategies to deal with this harassment, by blocking, reporting and importantly not responding to it.

## Coming October 10, Dr. Ben Maxwell



**Dr. Ben Maxwell**, Chair in Behavioral Health at Rady Children's Hospital and Chief, Child and Adolescent Psychiatry at UC San Diego will address juvenile mental health issues.

Editor: Chuck Marsh , On Bike Ride Sabbatical  
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