

ROTARY CLUB of La Jolla

BITS of News

10-5-23



**Healing Hearts and Minds
Part II**

At our upcoming meeting October 10, we turn our exploration of the Science of treating Mental Health Issues to Juvenile Mental Health, and Psychiatrist Dr. Benjamin Maxwell.



Over the past decade, isolation and loneliness among San Diego's youth has become a significant mental health issue, and Rady Children's Hospital has been at the center of our community's efforts to address childhood and adolescent alienation.

Dr. Maxwell is the Una Davis Family Chair in Behavioral Health at Rady Children's Hospital and Chief, Child and Adolescent Psychiatry at UC San Diego. His work focuses on behavioral health among young people and the

tools that can moderate the stresses and anxieties faced by the younger population of our region.

Dr. Maxwell is a board-certified Child and Adolescent Psychiatrist. He received his medical degree from University of Texas Health Science Center in Houston. He then completed his General Psychiatry residency at University of California – Irvine, followed by a fellowship in Child and Adolescent Psychiatry at the University of California San Diego.

**IMPORTANT: Please RSVP to Natasha Vossen's email
re: our next luncheon on October 10th:
nataschavossen@san.rr.com**

October 3rd Meeting Highlights

Inspiration and Pledge of Allegiance: Kevin Gott



During this month of Mental Health Awareness, **Kevin** invoked us to remember the meaning of Compassion. “It is to recognize the suffering of others and then take action to help. Compassion embodies a tangible expression of love for those who are suffering.”

Guests:

Christine Brady, President of La Esperanza Schools of Tijuana. The schools, 11 miles from the Border opened in 1991 when The Rotary Club of La Jolla obtaining a \$100,000 Construction Grant for the first two classrooms and then set up a Scholarship Program for the Children. Today over 5,000 children have been educated in these schools.

Anne Dick, Spouse of Rotarian Chuck Dick, recently accepted an appointment to serve on the Board of St. Paul's Health Foundation.

Gordon Shurtleff, Spouse of Rotarian Penny Shurtleff, Visiting Rotarian and Past President of Torrey Pines Rotary Club.

Happy Bucks \$\$\$:

Leanne MacDougall offered **\$50** on behalf of seeing Kate McAdams at our luncheon this week.

Cindy Goodman offered **\$50** to the Happy Bucks fund on behalf of finding a Bike Rack on Sale in Coronado last weekend.

Announcements:

Anya Singleton, Director of International Services announced Rotary International has offered up to \$1,000 in matching funds for shelter boxes, tents, and aid to survivors of the devastating Moroccan Earthquake. Anya asked for donations.

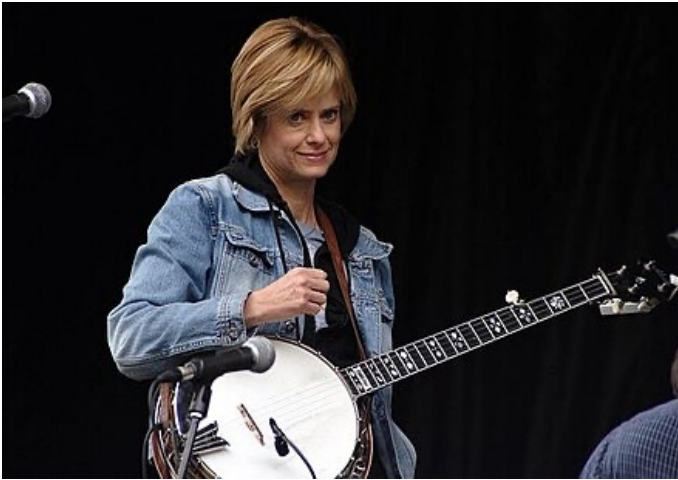


Bill Burch, Bill Boehm, John Donaldson, Natasha Vossen, Chuck Dick, Denise McGuire, Cindy Goodman, and Leeann MacDougall all immediately offered **\$100** in contributions.

Balboa Park Walk to END POLIO

Don Fipps and Rotary are sponsoring a Fundraiser and Walk in Balboa Park on October 22nd. **to END POLIO**. The goal is to get 50 participants. It is only a 3.5-mile course and will starting at 8 AM. Registration must be done before October 18th, and the fee is \$40.00. We need to represent our Club! All our members have received registration materials by email on September 29th at 1:16 PM from Denise McGuire. Time to sign up!

Update on Our Prospective Fundraiser with Allison Brown



Cindy Goodman announced she has met with “The Conrad” who are very eager to work with us on our annual fundraiser featuring Blue Grass Jazz guitarist and banjo player, Grammy Award winner **Allison Brown**. The Conrad is willing to waive many of their usual costs. We need an Angel, (or flock of them) who is/are willing to generously underwrite our upfront costs.

Rotary Club of Torrey Pines is holding their 17th Annual **Veterans Day Program** on November 8th in honor of the 50th Anniversary of the End of the Vietnam War and the return of our American POWs. Registration ends on November 3, 2023. Contact **Gordon Shurtleff**, plssunrise@sbcglobal.net for more details.

Halloween Social



Get Ready! Halloween is coming and on October 31, between 6- 8:30 PM, **Davis Cracraft** and his wife have generously offered to host “**The Halloween Social**”, at their home. Costumes are optional, and yes, you can bring your dog ...in costume if you like!



Who Am I? Patrick Stouffer

Former Rotary President, and current Treasurer, **Pat Stouffer**, is a man who has worn many hats during his lifetime. Born in San Diego during the Second World War he attended St. Martin's Academy and then Helix High School. As a young man he enlisted in the Air Force, during the Vietnam War and served 4 years, 2 in The Southeast Air Commandos a top-level group of the best Airmen, wingmen and warriors of the Air Force. At the end of the war, Pat returned to San Diego and was hired as a Police Officer. With the help of GI benefits, he also attended San Diego State University.

Shortly after graduation, he quit the Police Department, and bought into the "Royal Carriage Garage," an Auto Repair Garage that worked exclusively on luxury automobiles. Four years later, he decided to sell the business and went into Construction Management where he stayed for nearly 20 years. When the Construction business began to bottom out, he bought a Dry-Cleaning Store, grew the business to 4 more stores and then sold all of them in 2001. A couple years later he went back into Construction working until 2008. Finally retiring, he took up Guitar playing and became good enough to get some on-stage gigs. Covid ended his music career, and he again retired. Today he is currently working on learning Spanish. ¿Hablas español? Sí, lo hablo maravillosamente.



Our Speaker Last Week: Dr. Jacob Paulsen

Dr. Paulsen a psychologist, is Director of St Paul's PACE. PACE stands for Program of All-inclusive Care for the Elderly.

Dr. Paulsen gave an excellent overview of the unique PACE program which provides a managed medical plan to help seniors meet their health care needs in their home and in the community instead of in a nursing home or

other elder care facility. The PACE team does this by providing a team of medical experts and health care professionals working directly with the patient and their family to ensure they get the most effective plan of care. Patients or their families can self-enroll with PACE, or they may be referred by physicians and major health institutions such as UCSD and Scripps.

Dr Paulson also spoke of the effects of Covid, the challenges of treating patients through Tele health and the aberrant anxiety reactions we all witnessed during that time (think Toilet Paper hoarding). He stated it was most difficult for those with preexisting Mental Health Issues and today some of those patients continue to exhibit signs of paranoia through hypervigilance and self-isolation.

In discussing the issue of loneliness among seniors, he stated, when seniors retire, they need to plan with intention, and find activities that give them a social outlet, purpose, and a tangible sense of accomplishment.

Coming October 17

6 Students from Muirlands Junior High School and their Parents will join us to discuss their experiences at the Recent LEAD Conference

The LEAD (Leadership, Ethics, Aspiration and Determination) Conference is a leadership and personal development program for 8th grade middle school students. Talented young people attend a two-day camp developed and presented by the Rotarians of Rotary International District 5340. All expenses are paid by the Rotary Clubs of District 5340.

Chief Editor: Chuck Marsh, On Bike Ride Sabbatical in Portugal
Substitute apprentice reporter and co-editor: Denise McGuire

