



# Weekly Spokes

March 10, 2020

## Club Officers (2019-2020)

President-Rhonda Jasper

Pres Elect-Linda Knight

VicePresident-Wendy Freidman-Kolsin

Secretary-Kathy Jans Duffy

Treasurer-Rich Fredenburg

Past President-Dave Markel

## Directors

Class of 2020 Liz Becht

Class of 2021 Jolene Steele

Tim Ryan

Class of 2022 Cindy Ody-Ortego

Dave Swenson

Fred Capozzi

## Club Committees & Chairs

Administration: Tim Ryan

Community Service: Kathy Jans-Duffy/Linda Knight

Foundation: Tim Ryan

Fundraising: Linda Knight/Wendy Freidman/Kolsin

International: Dave Markel

Literacy: Liz Becht

Membership: Rhonda Jasper

New Generations/Youth-Liz Becht

Public Relations-Jolene Steele/Susan Backlund

Sunshine/Social-Jolene Steele

## Club Announcements:

Chocolate Extravaganza 3/28-sell tickets, bring in chocolate and sign up to help distribute posters and signs

Reminder-Dues are Due-please send checks in by end of March

## Trips & Happy Dollars:

Wendy-Tax season trip to Long Island for 4 days, also from the same hometown as our presenter today!

Dave S-He has shared a bedroom with one of our Jr. Rotarians-his mother bought Dave's house!

Susie-trip to Vermont to see family, went for a car ride with newly licensed granddaughter. Also Arise and Go will be playing at the Trinity Church on Wed night, fundraiser for House of Concern.

Dave M-fishing and archery with the grandkids

Linda M-Birthday this month, thankful for the Spokes keeping her up to date while on a 7-week vacation-took a cruise and then time at the beach in Florida.

Linda K-5 nag dollars for candy, ticket money, baked goods and hand sanitizer for the upcoming Chocolate Extravaganza

Ted-thanks for taking picture at Hall of Fame

Liz-Dave S told her there were eagles, she keeps driving up and down Lower Lake Rd but can't find them.

Dave S-Defensive dollars-she should've gone the day he told her about it, she would've seen them! (Susie confirmed-there were eagles!)

## Recent Club Activities- Mynderse Students of the Month



## SENECA FALLS ROTARY

### Today's Guests & Visitors

Junior Rotarians-Maddy Major, Jeremy Porter

Visiting Rotarian-

Guests-Mynderse Academy Students of the Month-Ian Similo, Ryan Wylie, Sofia Meeks.

### Club Member's Rotary Anniversaries

March

Al Johnson-52 years  
Barry Bradshaw-46 years  
Susan Backlund-18 years  
Jerry Macaluso-18 years  
Jamie Damouth-4 years  
Jerry Moran-2 years

### Club Member's Birthdays

March

Rich Fredenburg  
Mike Mirras  
Linda McKeveny

### Important Dates & Reminders

3/28/20-Chocolate Extravaganza

4/4/20-District Training Assembly-Canandaigua

4/30-5/3/20-District Conference-Niagara Falls

### Upcoming Programs

3/17-Tara Montoney-SF Library

3/24-Wendy Freidman-Kolsin-Tax Update

3/31-Club Assembly

### Today's Program/Speaker info:



We were joined by Margaret Morse from the Seneca County Department of Mental Health to discuss Suicide Prevention efforts in Seneca County.

They are currently working on a Zero Suicide Initiative in Seneca County. Suicide is a public health epidemic, and they are working on implementing several steps to assist people in need, both adults and school age

children. An important step is to have universal screening from health care providers since most people who commit suicide have seen a doctor in the last 30 days to 6 months. A large focus is being placed on student mental health, and how we can address mental health and suicide prevention. Schools are using a 3-tier approach: prevention, intervention and postvention. New York State has a Peer Run Program for students with faculty advisors, which allows peers to assist those at risk. Teachers and counselors are available for the students to speak to and to provide a source of strength and guidance to the students.

Seneca County is participating in a Rural New York listening tour being run by the Suicide Prevention Center. This tour will consist of 1.5 hour forums in four rural NY counties. The purpose of the tour will be to gather information on the following questions:

1. What are the main factors that contribute to increased risk of suicide in rural NY? What factors contribute to positive mental health and wellbeing?
2. How do community members seek help for behavioral health concerns and what factors influence these help-seeking preferences?
3. How can rural communities improve availability, awareness, access, and utilization of mental health services and resources?

The meeting will be held on 3/23 from 5:30-7 pm. Space is limited to 25 participants, but as of meeting time, there was still space available. If you are interested in participating, please contact Lisa Reynolds, [lreynolds@co.seneca.ny.us](mailto:lreynolds@co.seneca.ny.us) (315)539-1955