



The Big Wheel

Club 2520, District 6150
September 27, 2021
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Rotary Club of Jonesboro
P.O. Box 654
Jonesboro, AR 72403
Chartered August 1, 1919

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[Lori Chandler](#)
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This Week's Program - September 28, 2021

A-State Men's Basketball 2021-2022 Season Update

Hey, basketball fans! This week's program is A-State men's basketball Coach Mike Balado sharing his vision and goals for the current and future basketball program at Arkansas State University. He is the 16th head coach in Arkansas State University program history. He demonstrates an array of coaching knowledge and exceptional recruiting abilities. Most of all, he cares deeply about his players and their development as people. He truly wants to help them accomplish their goals both on and off the court.

Joining Coach Balado is his Assistant Coach, Mike Scutero.

Come hear what the basketball team will be up to this season.



Mental Health in the Workplace

by [Arkansas Money & Politics Staff](#)

Since 2020, Americans have adapted to a pandemic that impacted nearly every aspect of life, from work and school to everyday activities like getting groceries and even our wardrobes. Whether employees are working remotely or in person, COVID-19 has also impacted the mental health of employers and employees. Additionally, the unemployment rate increased to 14.7 percent in April 2020 and has yet to return to its 3.5 percent pre-pandemic rate.

Source: [The Employment Situation November 2020](#). [Bls.gov, Bureau of Labor Statistics, www.bls.gov/news.release/pdf/empst.pdf](#)

Impact of the Pandemic on Mental Health of Employees

In 2021, Mental Health America (MHA) published its third annual Work Health Survey which measured the perceptions of over 5,000 employees across 17 industries in the U.S. The report yields insights into how we may better understand the mental health challenges employees were and are experiencing during the pandemic. Survey questions measured financial insecurity, burnout, supervisor support, workplace stress, and mental illness. The findings of the survey are alarming.

Financial Insecurity

- ◆ Employees who report earning an annual income of less than \$60,000 are concerned about their finances.
- ◆ Nearly 2 in 3 employees cannot save for an emergency.
- ◆ About 1 in 3 employees cannot afford their healthcare costs.

Employee Burnout

- ◆ Most employees are experiencing the early signs of burnout.
- ◆ Employees experiencing exhaustion, an early sign of burnout, report that workplace stress affects their mental health.
- ◆ Nearly 1 in 4 employees experienced the more severe signs of burnout, including reduced production and cynicism towards coworkers and their jobs.

Supervisor Support

- ◆ Employees are not receiving adequate support from supervisors to help manage stress.
- ◆ Employees who cannot talk to their supervisors about job stressors are less likely to perceive their



Ruth A. Hawkins
Club Director



Christie Matthews Mink
Club Director



Marie-Jose Patton
Bulletin Editor



Ernesto Saucedo
Club Director



Hatton Weeks
Club Director



Brock Wooldridge
Club Director



Eugene J. Wing
CCO-Club Comm. Offcr



Jill Clogston
Club Programs Chair



Dana L. Kennedy
Community Service
Chair



Norman Edward
Stafford
International Service
Chair



Gary Higgins
iPast President



Adam Robert Sartin
Assistant Governor



Events

workplace as a safe environment for employees who live with mental illnesses.

◆ Employers who do not provide and educate employees about mental health resources are less likely to be perceived as a safe environment for employees who live with mental illnesses.

◆ Employees who feel acknowledged at work are less likely to seek out other employment opportunities.

Workplace Stress and Mental Illness

◆ Nearly 9 in 10 employees report that their workplace stress affects their mental health.

◆ Over 65 percent of employees find it difficult to concentrate because of their work environment, compared to 46 percent of respondents in 2018.

◆ Nearly 3 in 5 employees feel that their employer does not provide a safe environment for employees with mental illness.

◆ The majority of employees surveyed are seeking new employment opportunities.

Source: <https://mhanational.org/research-reports/2021-mind-workplace-report>

[Read More](#)

Anywhere in the World Fundraiser

by James Arbuckle

HOW IT WORKS: The District will sell a limited number of tickets (not to exceed 500) at \$25.00 per ticket. A winner will be selected on October 15, 2021, by a random drawing from all tickets sold. The winner is entitled to

- two (2) roundtrip airline tickets ◆ economy fare ◆ to anywhere in the world they want to go
- dinner for two (2) at the destination chosen by the winner

PURCHASE TICKETS:

<https://Registrations.DACdb.com/Register/index.cfm?EventID=77557612&NoCaptcha>

RULES: The maximum value to be awarded is \$5,000.00 and may be used for only airfare and the dinner. Any upgrades in airline seating, lodging at the chosen destination, ground transportation or other related expenses are solely at the expense of the winner. The trip will be arranged by a travel agent chosen by the District and must be taken within 9 months from the time the winner is announced. Failure of the winner to take the trip within the 9 months following the selection of the winner will result in the winner being awarded a cash prize of not more than 50% of the maximum value of the award, said amount not to exceed \$2,500.00. Any tax liability resulting from the award of the prize will be the sole responsibility of the winner.

Good News, September 21, 2021

Al Poston carried the mic for Good News.

Lori Chandler had as guests two Astate students who have joined the newly organized Rotaract Club.

Brian Rega made a donation to Polio Plus in honor of our District Governor James Arbuckle and presented him with a centennial pin.

Bill Burnett just returned from Savannah, Georgia.



Meetings are online and in person.

September 28 -- Weekly meeting. Mike Balado, A-State's Men's Basketball Coach.

October 5 -- Weekly meeting. Dr. Kasey Holder, SBRMC. Update on COVID-19 and Delta Variant.

October 12 -- Weekly meeting. Matt Knight, FUMC. Mental Health Issues.

October 26 -- Weekly meeting. Dr. Bob Warner. Polio and Foundation Presentation.

Birthdays



[Isabella Baughn](#)
September 29th



[Blake A. Guinn](#)
October 4th



[Berl A. Smith](#)
October 5th



[Courtney Sears](#)
October 8th



[John P. Miles II](#)
October 10th



[Kenna S. Harrelson](#)
October 18th



[Kapil Bajaj](#)
October 23rd



[Paige Carswell](#)
October 24th



[John M. White III](#)
October 24th

Carl Cates found his long lost friend DG James Arbuckle. They had gone to high school together.

Jill Clogston honored her husband's 65th birthday and welcomed him to Medicare. She also made a donation in memory of her late mother-in-law whom she said was the best.

John Deacon (1) celebrated a milestone birthday last week, (2) waited 20 years for a transaction to make good, and (3) made a donation in honor of District Governor James Arbuckle.

Ray Keller attended the district conference and announced it was a motivated group of people.

Brenda Fasulo welcomed District Governor James Arbuckle.

September 21, 2021 Serve to Change Lives - James Arbuckle, Rotary District 6150 Governor 2021-22

Our September 21, 2021 program was presented by James Arbuckle, Sr., Rotary District 6150 Governor 2021-22

Have you ever noticed how an act of kindness or service to others has a way of coming back on you as a blessing? It might not happen immediately, maybe years later, but it always comes back.

The smallest act of kindness can spread in ways you might never imagine. Rotary is all about helping others, and our theme this year "**Serve to Change Lives**" reflects that:

- RI Theme ♦ Serve to Change Lives
- Each One Bring One - Think of one person to invite
- Empowering Girls - STEM opportunities
- Rotary Day of Service ♦ Do More to Grow More
- Mental Health - Honesty is the best approach to healing

Arbuckle hopes that you will take these themes to heart and do your best to spread kindness through service. After 2020, we should all be eager to get back out there and do more to grow more. He is excited about the opportunities we will have to meet in person this year and he looks forward to meeting each of you.

You can view the meeting by clicking below:



Photos from the September 21, 2021 Meeting





Dana L. Kennedy
October 25th

Report Card 9/21/21

Membership

Total Active Members - 127

Active members - 47

Active-Service - 43

Active-Partner - 5

Active-Modern - 6

Active-LOA - 0

◆Active Rule of 85◆ members - 23

Honorary members - 6

Total Attendance - 38

Active Members - 34

Friends of Rotary - 0

Honorary members - 0

Proposed - 0

Guests - 4

[Read More](#)