# The Weekly Rundown



I hope you all had a great Thanksgiving! What a great reminder of how blessed we truly are.

We're back on this week - Join us Thursday for our weekly meeting 12:30-1:30PM.

For security reasons, we will use the "waiting room" to accept everyone into the meeting. Please be patient while your are accepted.

Join Zoom Meeting

https://us02web.zoom.us/i/88152292289?pwd=QmdxT3NHb21CSiAzcktTUTlkNHRGUT09

Meeting ID: 881 5229 2289

Passcode: 197574

# CPR Thursday Dec 3rd - Howard Fogle, Rotary Foundation & Polio Update

#### Dec 3 - Howard Fogel, Polio & Rotary Foundation Update

Our own Howard Fogel will update us regarding latest news and achievements of Rotary Foundation and Rotary's focus to eradicate Polio. Our service, focus, and dollars make a difference!

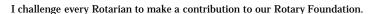




# **Rotary Foundation Minute**

#### Help us reach our goal!

Rotarians are generous people. They give to many good, charitable causes in their communities, including The Rotary Foundation.



Remember that the good we do in the world is limited only by the contributions we receive. And when we give to our Foundation, we are not merely sending cash � we are helping a blind man to see, a polio victim to walk, a child to grow to adulthood healthily, a student to become better educated, and a family to have food to eat.

The slogan Every Rotarian, Every Year means exactly that. Every Rotarian should make a contribution to our Foundation every year. If you haven't already, make it a priority.

Rotarians are generous people. Translate that generosity into giving to our Rotary Foundation.

It is up to each and every one of us to do so.

# **CPR Meetings Upcoming Presentations**

Dec 9 - Social at Olde Mecklenburg Brewery

Dec 10 - TBA

#### **Club Meeting**

Please contact Ron 2798 for more

Time: Thursday at

#### **Club Leaders**







<u>Richard J.</u>



Howard B.



Mark <u>Daniels</u>





Hudson III Public Relations





<u> Alan Turner</u>







Dec 17 - "Virtual" Christmas Celebration (details TBA)

Dec 24 - Christmas Eve - No Meeting

Dec 31 - New Year's Eve - No Meeting

# Holiday Wreaths - Get your orders in by Nov 24th

HAPPY HOLIDAYS!

Hope you took the opportunity to share the holiday spirit at your home and with family, friends, and neighbors by ordering a Holiday Wreath supporting Charlotte Providence Rotary and it's service missions. For those of you who did order, wreaths will be delivered by Dec 7.

Note: Due to COVID, our Club will not be participating in Operation Christmas Child distribution center packaging this year.

# **Rotary Works**

**♦Rotary Works ♦** is an initiative to benefit Rotarians and Rotaractors who are experiencing career transition. Three distinct programs will provide education, networking, and/or financial resources for participants.

Our first Rotary Works program will be a Career Development Series , offered monthly via Zoom beginning at Noon on December 9th, 2020, and at Noon Eastern Time on the second Wednesday of each month thereafter. In our first program we will outline exactly how Rotary Works works and how it will support our members.

Register NOW for Rotary Works - Rotary Opens Career Opportunities -- Noon, December 9, 2020

Monthly topics will vary from direct, self-help conversations to hands-on skill development processes. Each month our professionals will be available to discuss specific topics with you. The topics will be outlined each month in our Rotary Works Newsletter, as well as on the DACdb calendar where you can register for each event.

In the Spring of 2021, we will launch our second phase, the **\$**Zone Job Board" -- a resource to search for or post employment opportunities.

And finally, the third phase is our Impact Fund, designed to offer a one-time grant of \$500 for individuals in our Zones who have experienced financial stress due to career transition. Criteria are being established so eligible Rotarians and Rotaractors can to apply for these grants. We will direct our members to the Zone Website for more information on that process and want to stress that these personal grants are a hand-up opportunity, not a hand-out .

Register NOW for Rotary Works - Rotary Opens Career Opportunities -- Noon, December 9, 2020 or send your regrets that you cannot attend by clicking here.

#### Stephanie Urchick

Rotary International Director 2019-21

## **Atrium Health on the Coronavirus**

From Christy Smith who works for Atrium Health

Atrium Health updated the list of common COVID-19 symptoms according to the CDC.

As a trusted healthcare partner, please know that Atrium Health is here to help our community through this. From sharing prevention tips to offering free and reduced-cost remote care options, we remaking every effort to keep you and the people you serve safe and informed. Be sure to check out <a href="https://www.AtriumHealth.org/Coronavirus">www.AtriumHealth.org/Coronavirus</a> for the latest information. The Atrium Health <a href="https://coronavirus">Community Resource Hub</a> is also available for support. From food pantries to transportation and housing, the Community Resource Hub provides an easy way to access local programs and services.

In this challenging time, we reasking for your help. Awareness and education are key to preventing the spread of this virus random and by sharing information with your network, you can make a meaningful difference. Whether you share via email or social media, we appreciate anything you can do to support these efforts.



Interact



Linda Rakvic Assistant Governor -Mecklenburg County South

## **Birthdays**



John L.
Jacob III
December
8th



<u>Ronald</u> <u>Wimberly</u> December

#### District Leaders



John Michael Walker District



<u>Nicolino</u> <u>Iannelli</u> DG - Elect



Chandan DG -Nominee



Beth E. Trotter iPDG





# What you need to know about coronavirus (COVID-19)

We're all in this together. And at Atrium Health, we're here to make sure you and your family are safe, cared for and informed. Here's what you need to know right now.

## Common symptoms of coronavirus



Fever



Chills



Headache



Cough



Repeated shaking with chills



Sore throat



Shortness of breath or difficulty breathing



Muscle pain



New loss of taste or smell



Nausea or vomiting



Diarrhea



Congestion or runny nose

## What to do if you feel sick



## Stay home

Most people with COVID-19 have mild to moderate symptoms and can recover at home. Rest up and prevent germs from spreading by staying home and away from others for 14 days.



## Get checked and cared for at home

For more mild symptoms, keep yourself and others safe by getting medical care from the comfort of home. If you need help, use our free COVID-19 risk assessment to learn about the care you need.



# Call ahead for in-person care

If you need in-person care for severe respiratory symptoms, call before you arrive at the doctor's office, urgent care or emergency room. This will help your healthcare providers take steps to get you the right care and keep others from being exposed.



If your health problems are a threat to your life, call 911 right away.

## Tips for staying healthy



Wash your hands with soap and warm water



Don't touch your face



Avoid close contact with someone who's sick



Clean and disinfect surfaces and objects people touch often



Stay at home as much as you can, even if you feel well



Wear a mask or cloth face covering in public



Stay informed with accurate information

Free Assessments
Atrium Health.org/Coronavirus

24/7 Health Line 704-468-8888 Care Options
AtriumHealth.org/GetCareNow