

**Rotary**



Rotary Club of Augusta

# April 28, 2025 Club Assembly



**THE MAGIC  
OF ROTARY**

**Rotary**



April is Environment Month

**PLEDGE & INVOCATION by Steven Kaplan**



# THE SUNSHINE REPORT

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William Keogh



**Rotary**



Rotary Club of Augusta



*Member Anniversaries!*  
*Celebrating Years as a Rotarian*

- Dr. Mac Bowman - 6 years**
- Bob Evans - 37 years**
- David Hudson - 48 years**
- Susan Jernigan - 13 years**
- Chris Melcher - 9 years**
- De Pierce - 6 years**
- Linda Tucciarone - 9 years**
- Paul Wade - 14 years**

Presented By :  
**Cliff Richards**

# VISITORS AND GUESTS

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**WELCOME!**  
THANKS FOR JOINING US!



# Rotary



Rotary Club of Augusta



# Rotary

District 6920



# tary

ct 6920



## District 2025 Gold Award



# tary

ict 6920



# Rotary



Rotary Club of Augusta



## District 2025 Extra Large Club of the Year Award



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## District 2025 Rookie of the Year Award



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**THE MAGIC  
OF ROTARY**

Rotary  
District 6920



# **HORATIO "CABBY" CABASARES VOCATIONAL EXCELLENCE AWARD**

Winner:

**Brittany Burnett**  
*Rotary Club of Augusta*



**Rotary**



Rotary Club of Augusta



District Conference 2025  
Daniel Lopez  
GRSP Student Award



Rotary



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## District Conference 2025

T R Reddy won the auctioned **Tie and Scarf** for \$1100, which was donated to End Of Polio Plus Program



**Rotary**

Rotary Club of Augusta



District 2025  
Northern Zone  
Champion

Coralyn Cairns



# Rotary



Rotary Club of Augusta



District 2025  
Northern Zone  
Champion  
  
Coralyn Cairns



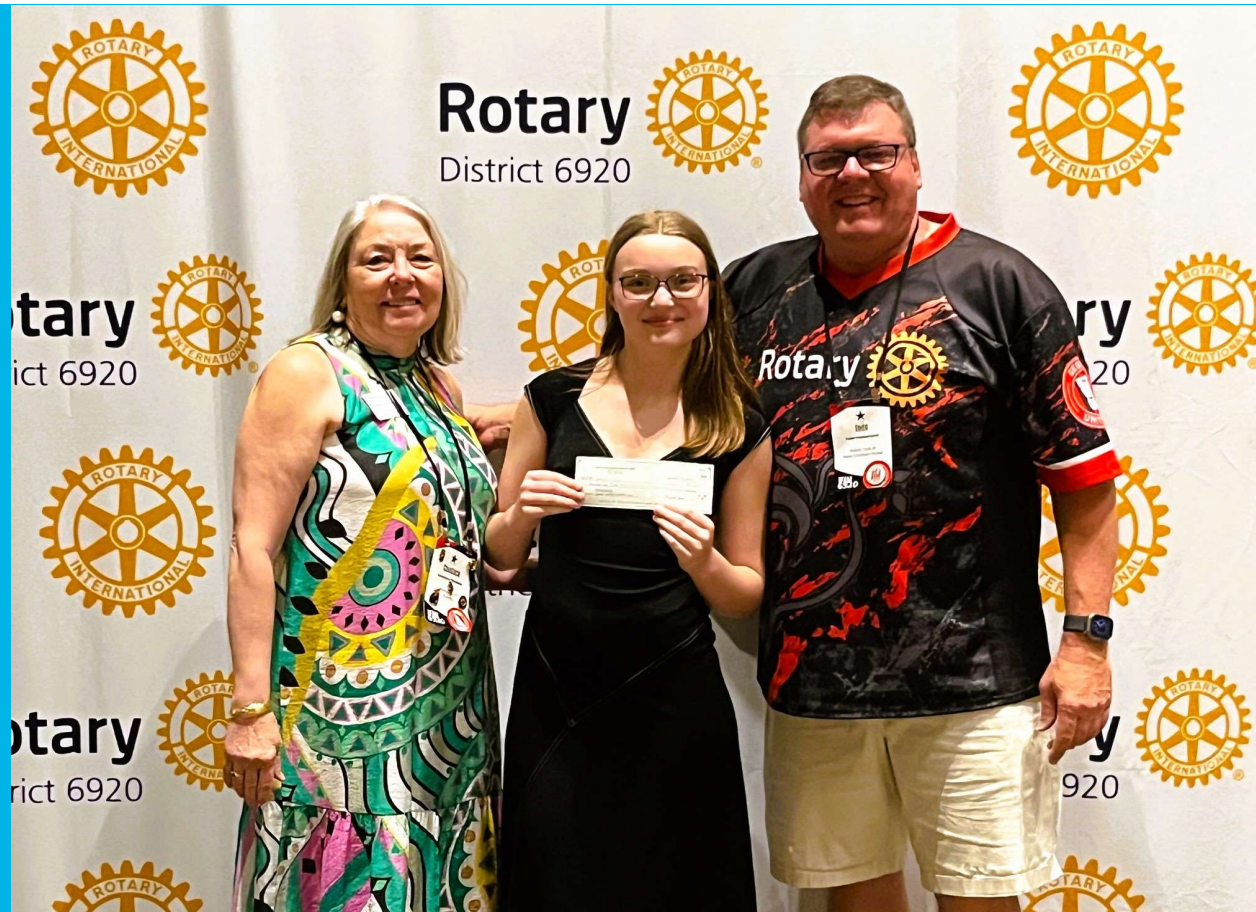
# Rotary



Rotary Club of Augusta



District 2025  
Northern Zone  
Champion  
  
Coralyn Cairns



**Rotary**



Rotary Club of Augusta



District 6920  
2025 GRSP TEAM



# Rotary



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# Rotary



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Rotary Club of Augusta

## Today's Challengers

### INSIDE CART CHALLENGER

**BRENDA DURANT**



Contribute to the blue buckets  
or online at [mycartfund.org](http://mycartfund.org)



### OUTSIDE CART CHALLENGER

# FOUNDATION MONDAY



## DONOR RECOGNITIONS

\$2,000 to 2,999.99 - one sapphire  
 \$3,000 to 3,999.99 - two sapphires  
 \$4,000 to 4,999.99 - three sapphires  
 \$5,000 to 5,999.99 - four sapphires  
 \$6,000 to 6,999.99 - five sapphires  
 \$7,000 to 7,999.99 - one ruby  
 \$8,000 to 8,999.99 - two rubies  
 \$9,000 to 9,999.99 - three rubies

**DEJENIRO PIERCE**  
**MICKEY WILLIFORD**

**PHF+3**  
**PHF**



**Rotary**



Rotary Club of Augusta



**Program Speaker**

**Rebecca Best**

*Executive Director*

*Resilient Communities of East Georgia*



RESILIENT  
COMMUNITIES  
OF EAST GEORGIA

# Utilizing Community Partnerships to Support Youth Behavioral Health

**“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today.”**

**Dr. Robert Block**  
**Former President of the**  
**American Academy of Pediatrics**



# ACES: Impact on Brain, Body and Behavior

For this slide, please watch the following YouTube video:

<https://www.youtube.com/watch?v=W-8jTTIsJ7Q>



ACE's are types of experiences that have been found to increase a person's risk of physical, emotional, and social challenges.

- Experienced before age 18 years
- Shows cumulative risk
- Significant in the context of development
- Can be counter-balanced by resilience



# TYPES OF ACES

## Abuse



Physical abuse



Sexual abuse



Verbal abuse



Emotional neglect



Physical neglect

## Neglect

### Growing up in a household where:



There are adults with alcohol and drug problems



There are adults with mental health problems



There is domestic violence



There are adults who have spent time in prison



Parents have separated

# Expanded ACES

- Effects of poverty, including social effects
- Homelessness
- Community violence
- Drug culture
- Unstable or chaotic home life
- Refugee experiences
- Human trafficking
- Racism/discrimination
- Bullying
- Intrusive medical treatments
- Frequent changes in placement/schools
- Natural disasters
- Serious accidents

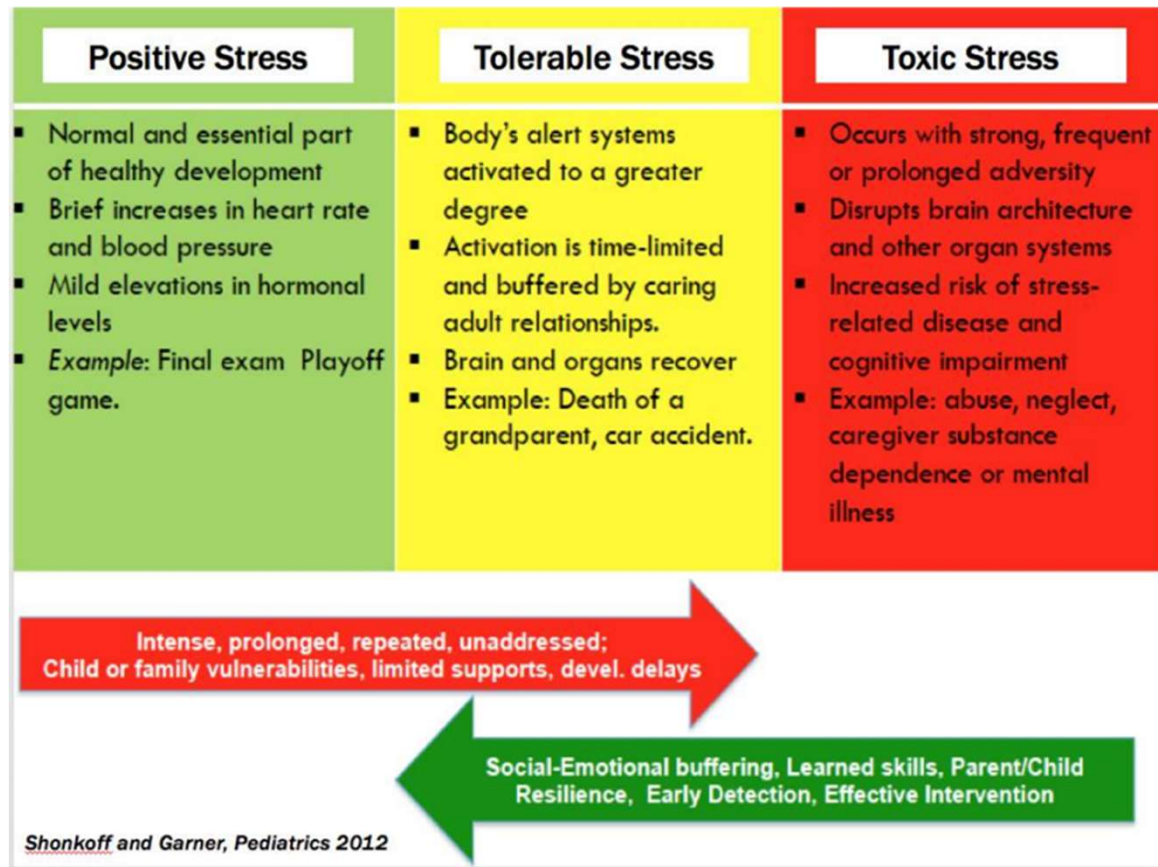


# Other Terms

Trauma: An event or experience that overwhelms the brain

- The ability to cope is dramatically undermined
- Usually associated with extreme or chronic stress
- A natural biological response to an event or series of events that threatens safety and well being.
- Has a significant and complex impact on the individual's life
  - Difficulty controlling emotions
  - Interpersonal disturbances
  - Negative self-concept

Stress: The physical and thought responses to your perception of various situations.



# ACE's, Trauma + Stress = ACES Science

- ACE's are the way we describe an event that caused trauma.
- Trauma is the perception and impact of the event.
- Stress is the body's response to the trauma.
- Terms are often used interchangeably because they are so intertwined.
- ACEs science is the WHAT and WHY
- Trauma Informed Care is HOW we take care of those who have these experiences.



# Positive Childhood Experiences

Positive Childhood Experiences (PCEs) stem from **safe, stable, nurturing relationships and environments**, and have the power to prevent or protect children from traumatic events, toxic stress, or Adverse Childhood Experiences (ACEs).

These positive experiences can happen both in and outside the home.



LEAD RESEARCHER: CHRISTINA BETHELL @ JOHNS HOPKINS UNIVERSITY  
JOURNAL OF AMERICAN MEDICAL ASSOCIATION ARTICLE 2749336  
VISUALLY TRANSLATED BY @LINDSAYBRAMAN

# Resilient Communities of East Georgia

**Our Mission:** Resilient Communities of East Georgia strives to transform the East Central region of Georgia through promoting health and well-being across both public and private sectors.

**Our Vision:** The vision of Resilient Communities of East Georgia is to give all people the voice they need to thrive and be successful.

**Our Values:** Resilient Communities of East Georgia is committed to championing advocacy, fostering a deep sense of belonging, and building a strong, inclusive community. We believe that every person deserves to be heard, supported, and given the tools to thrive.

**Advocacy:** We work to advocate and amplify voices in spaces where decisions are made.

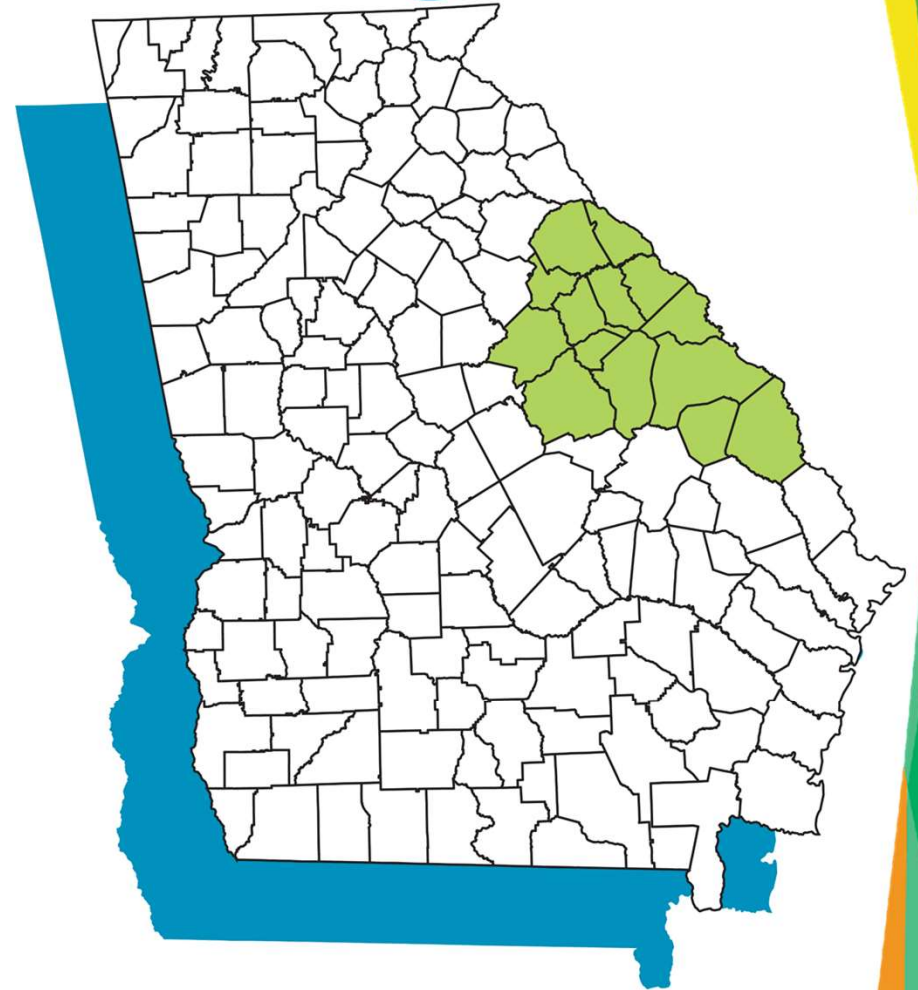
**Belonging:** Through a culture of belonging, we create environments where people feel valued, respected, and understood.

**Community:** Together, we strengthen communities by uniting diverse individuals to work toward a shared vision of justice, opportunity and growth for all.

# Our Region: East Georgia

We cover a 14-county region that mirrors Region 7 of Georgia Family Connection and includes the following counties:

Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Screven, Taliaferro, Warren, Washington, Wilkes



# Training Road Map

The implementation of a trauma-informed approach is an ongoing organizational paradigm shift.

We seek to build a trauma-informed workforce across sectors in our region.



# Resilient Communities of East Georgia

## Advisory Council

Rebecca Best, MBA  
Executive Director

April Hartman, M.D.  
Medical Liaison

Julie Miller, MPA  
Regional Coordinator

Tracy Casanova, Ph.D.  
Medical Student Liaison

Kari Viola-Brooke, LPC,  
CPCS  
Behavioral Health Coordinator

Caitlyn Brantley, LCSW  
Training Coordinator

Teresa Carter  
Resilient Teens Program Lead

Daravious Cullers  
Resilient Teens Program Lead



# Partners & Funders

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# Community resilience looks like...



Health-promoting infrastructure

Restorative justice

Affordable housing

Fair policing practices

Community-driven policy

Integrated social services

Fair lending practices

Living wages

Equitably-resourced public education

# Teaching Resilience

## 5 Pillars of Resilience

Resilience is made up of five pillars. By strengthening these pillars, we in turn, become more resilient.

Learn more by clicking each pillar below.

Self-Awareness

Mindfulness

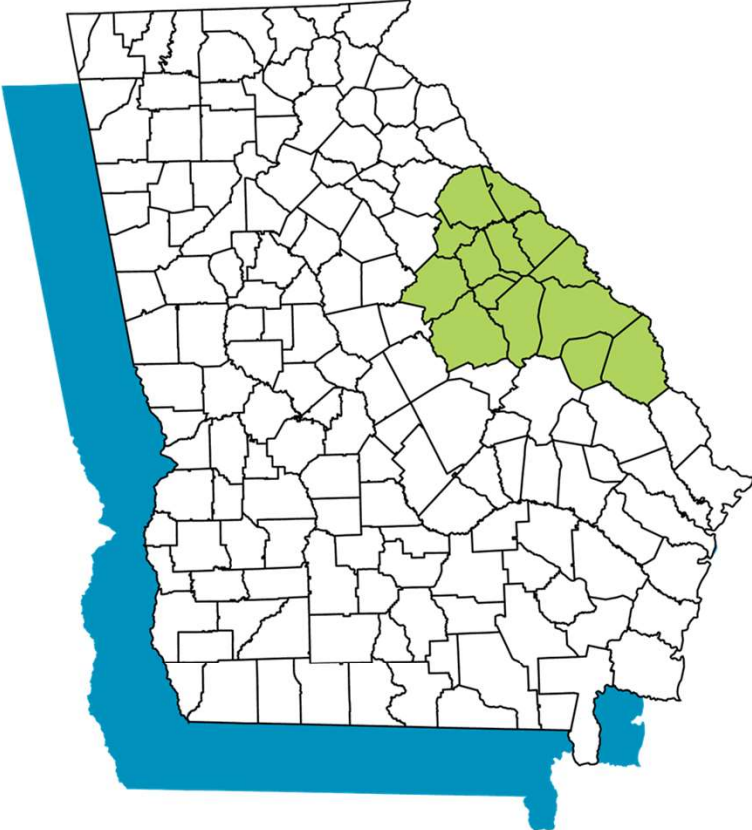
Self-Care

Positive Relationships

Purpose



# Resilient Teens Cohorts



Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Screven, Taliaferro, Warren, Washington, Wilkes

**14**  
COUNTIES

**211**  
MEDICAL  
STUDENTS

**501**  
TEENS



# Resilient Teens Program

[https://www.youtube.com/watch?v=r\\_YhgpxH0EE](https://www.youtube.com/watch?v=r_YhgpxH0EE)





Want to know how to...  
**BOUNCE BACK  
& MOVE FORWARD?**

If you are a teen, sign up for  
**THE ROAD  
TO RESILIENCE**

 it's **FUN**  
it's **INTERACTIVE**  
it's **VIRTUAL**

**NO COST TO ATTEND**

If you attend all sessions,  
you get **\$100**  
(ages 13-19)



REGISTER ONLINE:

[www.resilientteens.org](http://www.resilientteens.org)



What's  
needed:

**90**  
minutes  
a week

**8**  
weeks

  
computer  
with internet

**Resilient Teens  
Cohort Starts  
January 27, 2025**



**Hope  
Givers**

## Teen Testimonials

"It allows me to understand others and their way of seeing things. It also allows me to connect with people based off of what we have in common."

"The resilient sessions taught me how to better care for myself in times of hardships and learn how to bounce back as good as new."

"Today I felt a sense of joy and hope because I have more courage in myself now as a person."

"I loved all of the conversations - they made me think and feel new and different things. Feeling connected with my small group, it's a safe space for me."

# 96.4% of teens recommend Resilient Teens

“I learned that I am loved and it starts with me.”

“I learned how to better take care of myself and I also learned how to look at things from a different perspective.”

“I learned that I am my own person. These meetings have really made me notice a lot of things about myself that I never did.”

“I would recommend it because some kids actually need it and I think it would turn their lives around if they're going down the wrong path.”

# 95.6% of facilitators recommend Resilient Teens

"I think these are topics that help the students look further inwards, and I hope that our discussions can not only help them personally, but that the students can also take their learnings and share with others."

"I think it is a great experience to be able to mentor and get to learn how to teach resiliency."

"I think it's a really good way to connect with teens and help them build their problem solving skills and resiliency."

"I think this will help me become a better physician, because physicians need to act as teachers/mentors to our patients and need to sometimes have difficult conversations."



# TEEN SUMMIT 2024

# How Can You Be a Trusted Adult?

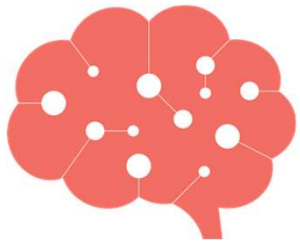
Close eyes and think of someone from your life, outside of family, who was that person and how were they a trusted adult.

In the work you are doing, are you the trusted adult? How can you foster more connection with the youth you serve?



# What can YOU do?

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Educate yourself  
on trauma and  
its impact



Implement  
Hope Givers  
Curriculum



Read "What  
Happened  
to You?"



Engage with  
your Family  
Connection  
collaborative



Encourage a teen  
to enroll in  
Resilient Teens

# What can YOU do?

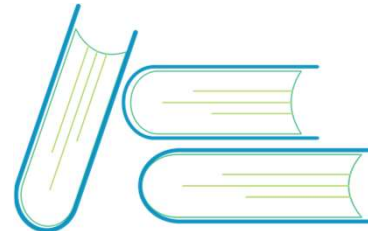
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Take a  
Connections  
Matter  
training



Get trained  
on Darkness  
to Light  
Sexual Abuse  
Prevention



Read to your  
children and  
grandchildren  
daily



Love on  
your family



# Connect

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Rebecca Best, MBA

Executive Director  
Resilient Communities of East GA

Professor of Marketing  
Hull College of Business, Augusta University

[Rebecca@resilientcommunitiesga.org](mailto:Rebecca@resilientcommunitiesga.org)  
706-830-3722 (cell)



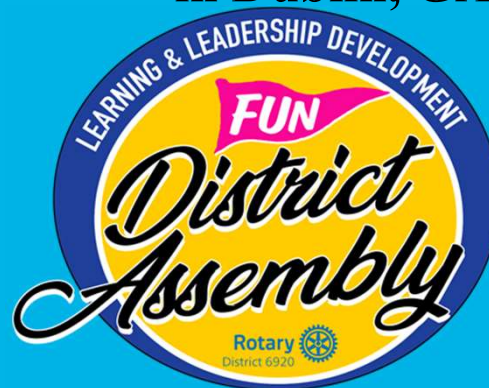
# Rotary



Rotary Club of Augusta



***Saturday, June 28<sup>th</sup> is the District Learning Assembly. 9 am to 3 pm  
in Dublin, GA***



**This one-day event will make your upcoming Rotary year *easier, better, and more fun*. Club officers and committee chairs, both new and experienced, will share lessons learned and save the time and frustration of figuring it out alone. This event is open to *all Rotarians*, even those not on the club's Board of Directors.**



## ROTARY SHARK TANK

Rotary Shark Tank 2025. Shark Tank is designed to uncover **innovative Global Grant projects** with the power to transform communities.

To learn more, please click:

[https://www.cognitoforms.com/RotaryZone34/\\_2025RotaryServiceProjectSharkTank](https://www.cognitoforms.com/RotaryZone34/_2025RotaryServiceProjectSharkTank)

The application deadline is May 30, 2025. Shark Tank will be held on Sept. 13 in Jacksonville, Florida, as part of the 205 Zone Summit in Jacksonville.



## Upcoming Club Meeting

- **April 28, 2025 - Rebecca Best serves as the Executive Director for Resilient Communities of East Georgia, where she drives transformative change through strategic vision, organizational management, and team empowerment.**
- **May 5, 2025 –Kerry Bridges, Regional Executive of Georgia Power Company, will speak about impact of Helene Disaster on Georgia Power.**
- **May 12, 2025 – Probate Court vision by Stacy Johnson**

# Rotary



Rotary Club of Augusta



# MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA





## THE FOUR-WAY TEST

*Of the things we think, say or do:*

*first*

Is it the **TRUTH**?

*second*

Is it **FAIR** to all concerned?

*third*

Will it build **GOODWILL** and  
**BETTER FRIENDSHIPS**?

*fourth*

Will it be **BENEFICIAL** to  
all concerned?