



**Welcome to  
Rotary!**

**May 15, 2023**

*District 6920*

***Club of the Year***

**Rotary**  
Rotary Club of Augusta



**IMAGINE  
ROTARY**

Presented by Rotarian Melissa Johnson





*The  
Sunshine  
Report*



- ***Mental Health Awareness Month*** was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness.
- For the past 20 years, the Substance Abuse and Mental Health Services Administration (**SAMHSA**) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being.
- ***Mental health is essential to your overall health and quality of life.*** Taking care of yourself is an essential part of your mental health and is connected to your physical health.
- When you take care of yourself, your physical and emotional health improve; you become more resilient and can find ways to manage stress in a healthy and positive way.

# SUNSHINE CHALLENGE-*MENTAL HYGIENE*

Mental health hygiene includes simple practices that improve our quality of life by preventing negative behaviors and providing emotional stability. Studies show that spending just **10 minutes** a day utilizing positive psychological behaviors can improve overall mental well-being and health.

## This week:

**EACH DAY-***(today through next Monday)* do at least one the following mental hygiene practices:

1. **Practice mindfulness with one activity.** *For example, mindfully brush your teeth.*
2. **Meditate for 10 minutes before you start your day**
3. **Take a nap** *(Sleep deprivation can have an outsized effect on our cognitive, physical, and psychological functioning)*
4. **Exercise** *(preferable outside) for at least 10 minutes-The research on the psychological benefits of exercise is extensive.*
5. **Listen to music,** *sing or play an instrument for 10 minutes*
6. **Laugh** *(watch funny YouTube videos)*



**LAUGH  
FOR 1  
MINUTE!**



# Welcome Guests!



TOGETHER, WE

**CONNECT**

Rotary



PEOPLE OF ACTION





# FOUNDATION MONDAY



<https://vimeopro.com/rotary/trf/video/304649888>

**Rotary Club of Augusta**



Rotary



**THANK YOU  
DONORS!**



# FOUNDATION MONDAY

DONOR RECOGNITIONS

<https://vimeopro.com/rotary/trf/video/304649888>

## PAUL HARRIS FELLOWS

The Paul Harris fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to the rotary foundation.

- \$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

### Erin Armstrong



Rotary   
 Rotary Club of Augusta

# ANNOUNCEMENTS

- *No meeting on Memorial Day, May 29th*



**AU ROTARACT MEMBERS AT THE GOLDEN HARVEST FOOD BANK**

# INSIDE CART CHALLENGER



# OUTSIDE CART CHALLENGER



**Millie Keene Huff**



**Junior  
Achievement™**  
of Georgia

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



# JENNIFER BOWEN

VICE PRESIDENT OF DESTINATION DEVELOPMENT & COMMUNITY ENGAGEMENT

# NEXT WEEK

**SIMBAI MUTOTI, GRSP STUDENT**



## The Four-Way Test

*of the things we think, say or do.*

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- 1** Is it the truth?
- 2** Is it fair to all concerned?
- 3** Will it build goodwill and better friendships?
- 4** Will it be beneficial to all concerned?

<https://docs.google.com/spreadsheets/d/14YnjhCqUfvEimgwHPVTUVEuePWfFJF9UYxmWEDpPpT0/edit#gid=0>