

Rotary



Rotary Club of Augusta

December 2 , 2024 Club Assembly



THE MAGIC
OF ROTARY

DECEMBER IS

www.rotary.org/donate



DISEASE PREVENTION AND TREATMENT MONTH

The prevention of disease today is one of the most important factors in the life of human endeavor.
Charles Mayo



PLEDGE AND INVOCATION

Presented: by Haskell Toporek



THE SUNSHINE REPORT

Presented by:
Brad Means



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*Member Anniversaries:
Celebrating Years as a Rotarian*

Daniel Rhodes

9 years

Presented By :
Ashley Whitaker

VISITORS AND GUESTS



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December is Rotary's Disease Prevention and Treatment Month. Rotary is an international service organization that focuses on many causes, including fighting disease:

- Rotary's top priority is the eradication of polio, but our members take on far greater responsibilities to fight disease.
- They set up health camps and training facilities in undeveloped countries and in communities struggling with HIV/AIDS and malaria.
- They also design and build the infrastructure for doctors, nurses, governments, and partners to reach the one in six people in the world who can't afford to pay for healthcare.

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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

Heather Atkinson. PHF



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Program Speaker

Dr Lauren Bingham

**Director of the Psycho-Social Oncology Program
Augusta University Medical Center.**



MOVING THE NEEDLE:
THE WHEN & HOW OF
MENTAL HEALTH CARE

Lauren Bigham, PhD

Assistant Professor,
Department of Psychiatry &
Health Behavior

Director, Psychosocial
Oncology Service

Medical College of Georgia
& Wellstar Georgia Cancer
Center



MENTAL HEALTH INCIDENCE & PREVALENCE

23% adults experienced mental illness in the past year

18% of adults experienced a substance use disorder in the past year

46% of Americans will have a mental health condition in their lifetime

Georgia:

- 7th most stressed state when considering work, family, financial, & health-related stress

HEALTH PSYCHOLOGY IN CANCER CARE

Psychological

- Depression
- Anxiety/worry
- Panic/fear
- Anger
- Grief & loss

Behavioral

- Health behavior change...
- Substance use

Interpersonal

- Relationships
- Communication
- Assertiveness

Physiological

- Pain
- Sleep
- Fatigue
- Cognitive changes

WHEN TO SEEK CARE

- Stressor(s) or emotional distress becomes:
 - Frequent
 - Severe
 - Impairing

Emotional

- Feeling overwhelmed
- Sadness
- Anxious or worried
- Irritable or quick to anger
- Feeling helpless, hopeless or powerless

Physical

- Changes in appetite or weight
- Fatigued
- Poor sleep or sleeping too much

Cognitive

- Trouble making decisions
- Difficulty remembering things

Behavioral

- Social withdrawal
- Drinking more than previously
- Increased tobacco use
- Drug use

TYPES OF TREATMENT OPTIONS

Medication

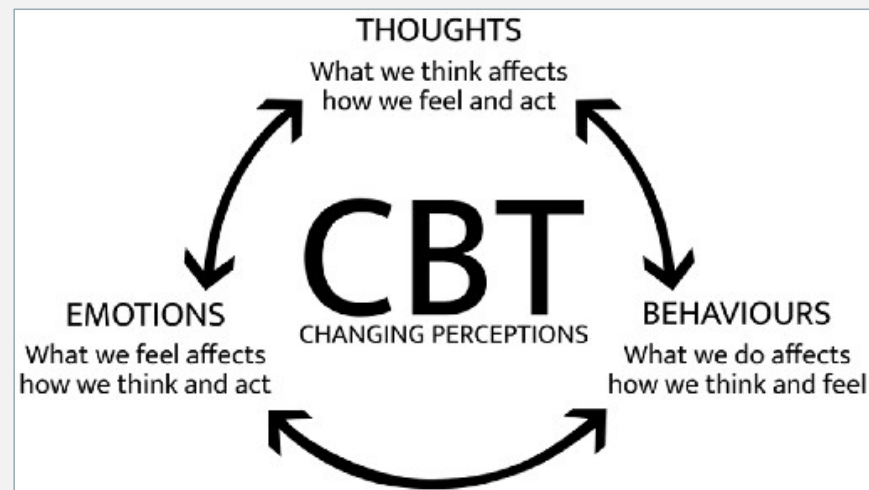
- PCP or GP
- After 2-3 medications
 - Rec: Psychiatry

Anti-depressants:

- First-line treatment for most anxiety disorders, SSRIs & SNRIs
- Long-term management of anxiety yet 2 to 6 weeks to take effect.
- Selected based on side-effects, interactions, patient age, and preference. Family member on
- Education must be provided for consistency in use

Counseling/Psychotherapy

- Strengthening skills or tools



TO FIND MENTAL HEALTH CARE

Contact health insurance company
for covered providers

Request recommendations from GP
or PCP

To find a psychologist for counseling:

- Georgia Psychological Association (GPA)

For a psychiatrist re medication
management:

- American Psychiatric Association

GA Crisis & Access Line

- 1-800-715-4225

AND IN AN EMERGENCY?

Text HELLO to the Crisis Text Line at 741-741

Georgia:

- Georgia Crisis & Access Line: 1-800-715-4225
- Walk-in: Serenity @ 3421 Mike Padgett Highway
Augusta, Georgia 30906 - (706) 432-4800

South Carolina:

- Mobile Crisis: (833) 364-2274
- Walk-in: Aiken-Barnwell Mental Health @ 1135 Gregg Hwy
Aiken, SC 29801 - (803) 641-7700

National Suicide Prevention Lifeline: 1-800-273-8255

Call 911

Go to the nearest ER

THANK
YOU!



Questions?



List of References Available
on Request



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Signature Fundraiser



Enter to win
the *2025 Raffle*
For
DODGE RAM TRUCK.

Tickets On Sale Today.

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Today's Challengers

INSIDE CART CHALLENGER

AMY BRIETMANN



Contribute to the blue buckets
or online at mycartfund.org



SCAN ME!



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2024 College Pick'em

Stacy Tallent



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Three Richmond Academy Interact students (Cullen, Darby, and Carson) volunteered at Gap Ministries' Thanksgiving lunch. Gap Ministries served 124 meals. The students reported that they really enjoyed being able to serve.



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THE MAGIC OF ROTARY



Holiday

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CHILDREN'S BOOK DRIVE

DROP-OFF LOCATION

AUGUSTA ROTARY CLUB MEETING

DECEMBER 2ND
DECEMBER 9TH



YOUR BOOK DONATION WILL MAKE A MEANINGFUL IMPACT FOR FAMILIES AT THE RONALD MCDONALD HOUSE OF AUGUSTA



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Rotary Club Holiday Party

Monday, December 16, Noon

Family and friends invited!



Upcoming Club Meetings

- **Paul Aenchbacher, JMS Burn Center, Doctors Hospital, will present an update on JMS Burn Center on December 9, 2024.**
- **Annual Christmas Party on December 16, 2016**
- **No Meetings on December 23 and 30, 2024 due to Christmas and New Year Holidays.**

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2025 GEORGIA DISTRICT CONFERENCE



APRIL 24-27, 2025
JEKYLL ISLAND, GA

ALL 3 GEORGIA DISTRICTS UNITED TO CELEBRATE AND SERVE

Georgia
Rotary
Districts





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?