



THE DAYBREAKER

July 18th, 2024



WHATEVER
ROTARY MAY
MEAN TO US,
TO THE WORLD
IT WILL BE
KNOWN ONLY
BY THE
RESULTS IT
ACHIEVES
PAUL HARRIS



Today we had 16 in person attendees and 7 ZOOM attendees.

Service Opportunities:

1. John Polles needs help with supporting our efforts at LUM – please contact him if you are interested in helping with this important Rotary project.

2. Committee Assignment Time

John Polles and Bill Lapcheska want to offer each member an opportunity to sign up for a committee for 2024-25. This is an opportunity to volunteer for a committee that interests you!

Committee Assignment Time

Where do you see yourself? Prepare yourself to have a first and second choice.

(I would hate to have Polles pick a committee for me!)

Committee Current Chair	Service Projects Peters	Speaker Shively	Gifts & Requests McGaughey	Toast Salsbery
Committee Current Chair	Membership Gilliom	New Member Polles	District Grants Lapcheska	Foundation Wagner
Committee Current Chair	Fellowship Johnson	Website Adams	RYLA Robinson	Interact Fletcher

Talk to a Committee Chair to see if their committee is just right for you! Do it now!

3. MHA has opportunities to serve youth in a teaching or support role. If interested in obtaining the training for this, please contact Brandi Christiansen.

4. Joyful Journey Classic – August 25 – they will need volunteers to cook hot dogs, but also to work at the Home Run Derby and Celebrity Softball game – save the date

5. We will also be collecting cleaning supplies for Joyful Journey through the month of July and Rebecca will collect these on July 25.

Supply List for Joyful Journey

Paper products

Toilette paper -Paper towel – Kleenex - Napkins

Other Supplies

30-gal Lg Garbage Bags flap tie, black

Liquid Hand Soap- unscented- clear or white

Glass cleaner x3

Multi-purpose cleaner that does **not** contain bleach- Says “kills 99.9% of germs

13-gal Garbage Bags- flap tie white

Disposable sanitizing wipes- Unlimited Lysol disinfecting spray, aerosol-unlimited

Bleach x2

Dishwasher Pods

Art Supplies

Crayola watercolor paint set x10. Painter's tape 1-inch rolls
Painter's tape 1/2-inch rolls
Watercolor paper pads Multi-color packs Sharpies
Thick chisel tipped dry erase markers
Dry erase marker spray- 2 bottles.
Non-acetone nail polish remover for sensitive skin x 3 bottles White
cardstock
Graphite Pencil (6h, 4b, etc.) sets x 5

GUESTS: None

VISITING ROTARIANS: None

INVOCATION: Rachel Johnson

Program: Pushpa Toppo

Pushpa Toppo was our speaker today and spoke on the Ankit Foundation that she founded. She related the history that her son began to have problems with depression during his freshman year of high school and this began a journey of attempting to get help for him. She explained the problems that they had in finding mental health services and the difficulties the entire family began to experience in dealing with his struggles. She related the particular issues they experienced with waiting in Emergency Departments only to be told he wasn't sick enough to require further interventions and the times after he had been hospitalized where he was discharged without any transition back into the life that had been so challenging initially. Unfortunately, the journey ended with her son taking his own life.

After his death she didn't know how to go on, but realized she had to. As she began to think she decided she would dedicate herself to helping other people with mental health challenges to obtain the care they really needed and to find ways to support the families as they struggle through their journey.

She thus decided to found the Ankit Foundation.

The goals of the Ankit Foundation are to increase awareness and decrease the stigma of mental health disorders through their biannual events open to the community at no cost, to help people understand the emotional and mental health challenges of young people and to support the family members through "Ankit Foundation Corp's



Community Mental Health Resources Folders" and "Ankit's Hope" App.. One of the specific goals is to establish subacute follow-up facilities for people discharged from in-patient settings much as those available for people being treated for substance abuse. To accomplish this, they have an online petition to sign to encourage lawmakers to set this up. They also plan to sponsor Ivy Tech Phi Theta Kappa scholarships to students with mental health issues. In the future they also hope to build a support system for college students to increase their resiliency and emotional/mental health. The Foundation established a website which leads people to local mental health services and support. They then printed a folder which can be given out and helps people to find local services with QR codes to link with local service websites.

The next step was to set up an app which will provide this guidance on a smart phone and allows people to enter their zip code and link to services in their area in Indiana. This also provides guidance on how to access the 988 system, but also links to a way to take a PHQ-9 screening test for depression and how to use this to monitor symptoms and response to therapy, This also provides a link to the Ankit Foundation website.

The Foundation has two major events open to the public each year, one on her son's birthday and the other on the anniversary of his death. The next event will be on July 27th at the Riehle Plaza and will have a free concert from 7-9 PM and then a Candlelight Tribute from 9-10 PM at the John T. Meyers Bridge. In addition, the Foundation is active with the LUM Thanksgiving community meal, the NAMI Walk, our A Toast to Mental Health and other activities.

She concluded by sharing her hope that through her Foundation they can prevent other patients and families from having to suffer through what her son and her family experienced.

Trivia Question for the week: Purdue University's "Top of the Crop" Scholarship is awarded in honor of which famous alumnus?

The answer to last week's trivia question: Who was the only president who did not live in Washington, D.C., during his presidency?

The only president who did not live in Washington D.C. during his presidency was George Washington. During his time in office from 1789 to 1797, the capital of the United States had not yet been established in Washington D.C. Washington served his first term in New York City, where he took the oath of office and oversaw the early operations of the federal government. Later, the capital was moved to Philadelphia, where Washington served the majority of his second term. It wasn't until after Washington's presidency that the federal government was permanently established in Washington D.C. in 1800.



Thought of the Week: Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world. ~ Albert Einstein

UPCOMING PROGRAMS:

July 25 – DG Santos Salinas – DG visit

August 1 – Chris McCauley – The Art Museum of Lafayette

August 8 – Gifts and Requests Presentation

August 15 – David Krakower – Lafayette Aviators Baseball

August 22 – Purdue Theatre

August 29 – Lafayette Symphony Orchestra

September 5 – Jim Stone – Q106

September 12 – Raquel Lopez – Civid Theatre of Greater Lafayette

The Four Way Test

Rotary



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?**