

North East  
Meets at Zero Degrees Frozen Yogurt  
and via Zoom

Time: Wednesday at 07:30 AM

# Rotary



## Club of North East

### Years of Service

Chadwick Jay  
Milton  
08-18-2010  
12 Years

Margaret L.  
Scibinico  
08-14-2013  
9 Years

Barry Persofsky  
08-02-2017  
5 Years

Sara Hickey  
08-08-2018  
4 Years

Susie Carr  
08-08-2018  
4 Years

### Birthdays

Barry Persofsky  
August 24th

### The Four Way Test of the things we think, say, or do:

1st- *Is it the truth?*

2nd- *Is it fair to all concerned?*

3rd- *Will it build goodwill and better friendships?*

4th- *Will it be beneficial to all concerned?*

### Events

#### August

**3rd** - North East Weekly Club Meeting

**Speaker:** Steve Sinko

**Subject:** Move 2 Include

**17th** - North East Weekly Club Meeting

**24th** - Board Meeting

**10th** - North East Weekly Club Meeting

**24th** - North East Weekly Club Meeting

### What You Missed ...

By Sara Hickey on Sunday, July 31, 2022



Last week, our own future Rotarian Kristin Jacono spoke to the club about the benefits of being outdoors and her non-profit, Greenhouse Wellness and Physical Therapy. Kristin is a Physical Therapist who started her career working in hospitals, moved to specialize in pediatrics, then outpatient therapy and now home care. She says she was thinking about the barriers to patients' achieving wellness and noted that mental well-being was huge. After much brainstorming, she started Greenhouse Wellness and Physical Therapy as a non-profit on a farm in Elkton, courtesy of the Cecil Land Trust. She wanted to be able to provide outdoor access for patients to improve their mental health and incorporate more whole body wellness to enhance their overall condition.

She currently sees patients by appointment only and offers 1-on-1 PT intervention, a published walking group, and is working on starting various support groups with a mental health practitioner. Krisin highlighted that being outdoors is extremely helpful in balance training due to the increased sensory input that the body needs to process, as opposed to being in an office or indoor gym.

Help her spread the word about this valuable new community resource and visit her [website](#) or [Facebook page](#).



Lots of information and fun things to do in Elkton on their [website](#)

**National Night Out:** Join the North East Police Department and Allied Agencies on Tuesday, August 2nd, 5-8pm, at the NE Town Park for a FREE family event of food, games and fun.



On Main Street in North East, MD

**LIVE AT UNICORN QUEST**

**AUGUST 13<sup>th</sup>**  
**10AM-2PM**

**FREE EVENT**

**CAIT YANDELL**  
PLAYING ON "THE GREEN"

10AM -2PM

**VIRTUAL MEETING LINK**

If you are not able to attend in person, all meetings will be available via [this Zoom link](#). Meeting ID and password are in your email. If you have trouble with internet access, you can call in using this number: [1 929 205 6099](tel:19292056099).