

Robin Payne NAMI Western North Carolina



Robin Payne the executive director of NAMI Western Carolina spoke to the club about the organization last week. She felt it was a great time to speak because of our current Rotary International President's focus on mental illness and mental health. NAMI is a national organization and NAMI Western Carolina is 40 years old this year. There are 20 across the state and only 3 have paid staff so there are lots of volunteers. Many volunteers are parents of adults impacted by mental health conditions. Robin highlighted several keys to success. First was inclusion and making sure decisions are made with vulnerable folks at the table. Second was partnerships with other groups like the Buncombe County sheriff's office, for example. Providing education on mental health, and providing support were the final two keys.

NAMI offers support groups most of which are run by peers themselves or family members of those with mental health challenges. They are not run by clinicians except for the suicide survivors support groups. The tone of the support groups is often more of sharing what has worked for others, and they have a big focus on self-care and connections with other people. The need for services is great as Mission sees about 400 involuntary commitments per month, and there just isn't enough capacity in general for beds but also services needed by those who need support.

Robin encouraged us to get involved by educating ourselves on local issues and policies, and advocating for those with mental health issues. We can also vote for spending on facilities, workers, and crisis response. Finally we can be compassionate, empathize, and be good listeners. If you want to help NAMI directly, you can participate May 18th in their walk at Carrier Park. Details can be found at namiwalks.org/westerncarolina Thank you to Robin for speaking!



CREATE HOPE
in the WORLD

Club Meeting Place & Time

Asheville Breakfast
Meets at Four Points
by Sheraton Hotel
22 Woodfin Street
Asheville, NC 28801
Time: Wednesday at
07:30 AM

Club Officers



Cynthia K. Ireland
President



Henry Watson
Jordan II
President-Elect



Gary K. Bockhold
President-Nominee



Ruth T. Summers
Vice
President



Randy S. Lehman
Treasurer



Carl T. Chesick
Secretary



Richard Anderson
Club Admin
Chair
Sergeant-at-Arms



Patrick J. Blackburn
Membership
Chair

Meeting Notes 1.24.24

Thank you to Linda, Watson and all those who had a hand in the Voices of Asheville event and fundraiser for our club on January 30th.

Thank you to Jen and Bill who recently staffed the table for Rotary at a 2 day mental health event.

This is another reminder that Cindy would like you to email her a picture of something you love or a place that you have visited. The picture needs no explanation and just needs to not have anyone in it that we might recognize as associated with you.

Ruth gave an update on the upcoming Fat Tuesday event. If you have not signed up you can go directly through Grey Eagle's website but there will be a ticket fee. If you would like to avoid that you can order tickets directly through Ruth and writing a check to the club foundation. Randy can also invoice you if your business would like to purchase a sponsorship. There will be a raffle and if you bring a hygiene item you get a free entry into the raffle. Feel free to bring multiple items. We also will still need a few volunteers to set up so please see Ruth if you can be helpful ahead of the event.

The district conference is upcoming on April 19th and 20th in Greenville, SC. The club currently doesn't have anyone registered to attend. Cindy will be going and if you would like to attend please register and see her if you would like to try to carpool. Spouses are welcome to attend with you.

Birthdays



[David L. Hayes](#)
January 31st



[Jennifer L. Maneely](#)
February 18th



[Patrick J. Blackburn](#)
February 20th

Speakers

January 31st

[Salvation Army Major Kenneth Clewis](#)
Ruth Summers Hat Duty

February 14th

[No Meeting-Due to Fat Tuesday Fiesta on the 13th](#)

February 7th

[Pop Service Project](#)
Don Swaby Hat Duty

February 21st

[LEAF-Jennifer Pickering, Exec Director](#)
Ryan Tarrant Hat Duty



[David L. Hayes](#)
Rotary
Foundation
Chair



[Nathan Patrick Moran](#)
CCO-Club
Comm.
Offcr



[Stephanie Young](#)
Club
Programs
Chair



[William Taylor Biddle Jr.](#)
International
Service
Chair



[Donald R. Swaby](#)
Community
Service
Chair



[Linda J. Ruhland](#)
Club Public
Image Chair



[Rodney Douglas](#)
Club Social
Chair



[Henry P. Zaremba](#)
CART Fund
Chair



[James O. Efland](#)
Club
PolioPlus
Chair



[Doug Hutchman](#)
RYLA Point
of Contact
Interact
Club
Sponsor



[James Hylemon](#)
Youth
Services
Chair



[Frank Ungert](#)
iPast
President

Events

February 13th, 6:00-10:00 PM

Fat Tuesday Fiesta - Asheville Breakfast Fundraiser

August 29th, 5:00-9:00 PM

Asheville Tourists Game

Saturday, January 27, 2024

February 19th, 7:30-6:00 PM

Weaverville Flag Project President's Day