



THE SPOKES SPEAK - GEARED TO SERVICE

Rotary Club of the North Fork Valley

POB 1543, Paonia, CO 81428

WEB SITES: www.rotary.org www.rotary5470.org www.paoniarotary.org

Meeting Thursdays at Noon in the Paonia Town Hall

District 5470

Club 1180 - Chartered 12/20/22

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LAST MEETING: September 21, 2017

ANNOUNCEMENTS: Jim Cunningham was admitted to the hospital. Get well, Jim!

Kids Pasta Project dinner will be held on 10/30 at Delicious Orchards. We need 50 people to attend. Donation jars will be set out for our different projects instead of holding a silent auction.

The Paonia Chamber of Commerce Oktoberfest will be held at Edisea Warehouse on 10/14.

Jeff Skeels will put the Paonia football and volley ball ticket taking schedules on e-mail for folks to sign up.

Bob Lario won the football pool.

The cost of lunch will increase to \$10.75 as of the first meeting in October.

Visitors: Rotarian Laura Derby and Don Terrance visited again from Mt. Vernon, VA.

Remember to feed the polio jar. Also, pay your dues.

PROGRAM: Lisa Delaney introduced Sarah Palmer, the Assistant Regional Manager of The Center for Mental Health and Teresa Keller from the Hotchkiss Mental Health Clinic. Mental health services in this area have been provided since 1964. The Center is a non-profit funded by Medicaid at 74% of costs, contracts with governmental agencies, and others. The Center does not turn anyone away for lack of ability to pay for services. It served 6163 people in 2016 with a \$12 million budget. It addresses mental health and substance abuse issues in 6 counties, including 24 hour/day crisis services. In Delta County, 1793 people received services last year at 9 primary care clinics that have mental health clinicians on duty. Delta County Memorial Hospital is now capable of handling a small number of emergency mental health patients.

The Center serves all ages with its 142 employees. In addition to treating problems such as major depression, anxiety, and bi-polar disorders, it provides assessments, group therapy and other psychological services. While the Center can deal with stress reduction, it does not treat dementia. The Center provides services to schools. It is also providing non-professional training in "mental health first aid" to police officers and others. There is a focus on suicide prevention and community education. Patients benefit from tele-health, an Internet service that accesses psychological health providers remotely. Patients self-refer or are referred to the Center from outside agencies.

Current challenges include finding service providers for a 10,000 square mile area. The cost of living in Gunnison and Telluride, an increasing Medicaid population, and a shortage of hospital beds are problematic. Crisis services for non-Medicaid eligible individuals are unfunded. New therapies for mental health services are experiencing rapid changes.

ROTARY INTERNATIONAL: September is New Generations month. One of RI's signature programs for youth is Rotary Youth Exchange, which builds peace one young person at a time. Students learn a new language, discover another culture, and truly become global citizens. Exchanges for students 15 to 19 years old are sponsored by Rotary clubs in more than 100 countries.

What are the benefits? Exchange students unlock their true potential to:

Develop lifelong leadership skills

Learn a new language and culture

Build lasting friendships with young people from around the world

Become a global citizen

How long do exchanges last? Long-term exchanges last a full academic year, and students attend local schools and live with multiple host families. Short-term exchanges last from several days to three months and are often structured as camps, tours, or home-stays that take place when school is not in session.

What are the costs? Room and board are provided by local Rotary clubs, as well as any school fees. Each program varies, but students are usually responsible for:

Round-trip airfare

Travel insurance

Travel documents (such as passports and visas)

Spending money and any additional travel or tours

How does a student apply? Candidates are 15-19 years old and are leaders in their schools and communities. Students may contact local Rotary clubs to see what exchange opportunities are available and what the application process involves.

What about hosting an exchange student? Hosting an exchange student can be incredibly rewarding for your family, bringing an international experience directly into your home. Host families provide room and board and share their lives with exchange students, involving them in family, community, and cultural activities. All host families are screened and trained.

UPCOMING MEETINGS:

Sept 28 – Lisa Ganora, Director of CO School of Clinical Herbalism

Oct 5 - Natasha Leger, Citizens for a Healthy Community

Oct 12 - Business meeting (cont.)

Oct. 19 - Kathy Steckel or Katie Hedley, North Fork Ambulance Assoc.

