Rotary Club of Brookhaven

Brookhaven HTML Template

FEBRUARY 11, 2020

Club Assembly - Come hear President-Elect Jared's plans for the 2020-21 Rotary Year

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ACES - from Bonnie's presentation

I have a whole flyer that I will send out, but the system won't let me attach a .pdf file to these newsletters, so here is the key information.

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www.ConnectionsMatterGA.org

Research shows that having Adverse Childhood Experiences (ACEs), causes unhealthy levels of stress, called toxic stress. These high levels of stress, which are frequent and prolonged, can dramatically change how the brain develops and increase the risk of health and social problems throughout a lifetime.
10 Types of Adverse Childhood Experiences studied
ABUSE

1 Physical
2 Psychological
3 Sexual
NEGLECT
4 Physical
5 Psychological
HOUSEHOLD DYSFUNCTION
6 Substance abuse
7 Parent with mental illness
8 Incarcerated parent
9 Divorce
10 Domestic violence
WE CAN PREVENT AND MITIGATE THE EFFECTS OF ACES
RELATIONSHIPS ARE THE FOUNDATION OF HEALTHY BRAIN DEVELOPMENT AT ANY AGE
• In the absence of a caring relationship, trauma can disrupt

MEETINGS

February is Peace and Conflict Prevention Month

2/12	No Speaker: CLUB ASSEMBLY
2/19	Speaker: Mr. Bob Hagan, End Polio Now Coordinator
2/26	4th Wed: No Meeting
3/4	Jonathan Brilling: Development Director, Auditory-Verbal Center, Inc.
3/11	Meeting at St. Martin's, lunch and school tour
3/18	MEETING CANCELLED
3/25	4th Wed: No Meeting
4/1	MEETING CANCELLED

BIRTHDAYS

2/12 Judith Fuller

WEDDING ANNIVERSARIES

ROTARY ONLINE

https://brookhavenrotary.org
https://rotary6900.org/
https://rotary.org/

ROTARY CLUB OF BROOKHAVEN

Wednesdays, 6:00 pm
Oglethorpe University - Hearst 112
4484 Peachtree Road NE
Brookhaven, GA 30319

SOCIAL MEDIA

healthy brain development
• Communities can promote healthy brain development through relationship building
• Promoting healthy brain development is essential to individual and community wellbeing
Positive experiences can buffer those bad experiences. Whenever we talk about ACEs, it is equally important to discuss relational wealth – being connected in a healthy way to a social network. Research reinforces that positive interactions and experiences for children and families foster healthy development. This can extend to the larger community, thus emphasizing that one caring adult can make all the difference.

American Heart Association - Executive Leadership Breakfast

Please see below from **Jordan Naliwajka**, whom some of us have met when Patrick brought her to lunch.

I am with the American Heart Association and I wanted to share our upcoming Executive Leadership Breakfast with the Brookhaven Rotary Community, as this is a great leadership development opportunity. I have included the invitation and registration link below.

I hope you'll join us for the 2nd Annual Executive Leadership Breakfast Series hosted by the American Heart Association. This year the event is being chaired by Shan Cooper, Executive Director, Atlanta Committee for Progress. She will sit down with Jeff Sprecher for a heart-to-heart as he shares insight and stories. Jeff is the Chairman and CEO of the Intercontinental Exchange, and Chairman of the New York Stock Exchange.

To register for this event please visit the registration link. Register here.

Please let me know how I can assist spreading the word for this unique opportunity!

LEADERSHIP

President	TONY Shaffer
President-Elect	Jared Sobelson
Treasurer	Michael E O'Nan
Secretary	Thomas Hodgson, Jr.
Fellowship Director	Steve Smoak
Public Image	Mark Galvin