



February is Peace and Conflict  
Prevention/Resolution Month

Wednesdays, 12:15 pm  
Capital City Country Club-  
Guest/Vis  
53 West Brookhaven Drive, NE  
Atlanta, GA 30319

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

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

### **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.

-----  
[www.ConnectionsMatterGA.org](http://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 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 2<sup>nd</sup> 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!

[Manage Email Preferences / Unsubscribe](#)

February 11, 2020

## Meetings

February is Peace and Conflict Prevention/Resolution 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.

## Our Rotary Family BIRTHDAYS

- 2/1 John Berry
- 2/13 Mark Galvin
- 2/14 Frank Jackson
- 2/20 Robert Johnson

## WEDDING ANNIVERSARIES

- 2/20 Tom Prior (34)

## Rotary Online

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

## ROTARY CLUB OF BROOKHAVEN

Wednesdays, 12:15 pm  
Capital City Country Club-  
Guest/Vis  
53 West Brookhaven Drive, NE  
Atlanta, GA 30319

## LEADERSHIP

President	Tony Shaffer
President-Elect	Jared Sobelson
Treasurer	Michael E O'Nan
Membership	Benjamin Ragin
Foundation	Bonnie Hardage

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

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

## 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.

-----

[www.ConnectionsMatterGA.org](http://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 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

Fellowship Director	Bob Cunningham
Public Image	Mark Galvin

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 2<sup>nd</sup> 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!