Rotary Club of Thomasville

Newsletter

SEPTEMBER 17, 2024

Wednesday, Sept. 18

Coffee & Conversations

Grassroots Coffee
Wednesday, September 18
7:30 a.m.

Great time to fellowship with fellow Rotarians!

Invite a member who has been inactive recently or who can't make the lunch meetings because of work to join us for coffee and a visit?

We'll buy your coffee at the week's event. Hope to see you there!



Saturday, Sept. 21

Produce Market at Weston Park

7:30 a.m.

The Produce Market at Weston Park begins at 8:30 a.m. on Saturday, Sept. 21.

To volunteer, please arrive by 7:30 a.m. to begin setting up and registering participants.

MEETINGS

September is Basic Education and Literacy Month

9/19	Meeting at Second Harvest – 11:30 a.m. to 1 p.m.
9/26	Program Jordon Williams, Chief Academic Officer for Strategic Initiatives, Thomasville City Schools
10/3	GRSP Students presented by GRSP Chairman Debbie Goodman
10/10	Commissioner Kevin Tanner from Georgia Department of Behavioral Health & Developmental Disabilities
10/17	Meeting at Second Harvest to Pack & Sort Produce for Saturday Free Market
10/24	World Polio Day presented by Foundation Chair Carol Jones
10/31	Club History & Traditions -- celebrated every 5th Thursday
11/7	Housing Innovations by Katie Chastain & Earl Williams

EVENTS

9/18	Coffee & Conversations
9/21	Produce Market at Weston Park
9/26	Blood Drive
10/16	Coffee & Conversations
10/19	Free Vegetable Grow Bag and HOTC Manna Drop at Harper School
10/22	Fireside Chat for New Members
11/21	Online Auction
11/23	Fresh Produce Distribution at Weston Park

LEADERSHIP

President	Marta Jones-Turner
President-Elect	Nathaniel Tyler
Immediate PP	Mary Beth Donalson



Mental Health Focus

Prioritize Tasks

What can I do to take care of my mental health? Taking care of yourself means building time into your day to do a quick activity that improves your mental health – which in turn improves your physical health.

Incorporating quick mental health tips can help you lower your risk of disease, lower your stress, and hopefully improve your overall outlook on life. Today's tip:

Sometimes I like to treat myself and just do one thing at a time.

Single-tasking or *monotasking* can help improve focus, and may even improve your mental health. You may find:

- Increased productivity: Studies show that multitasking and context switching can slow you down, while focusing on one thing at a time can help you get more done.
- Flow state: Single-tasking can help you get into a state of flow, which is a deep state of focus that can occur when doing meaningful and difficult work.
- Reduced anxiety: Some say that focusing on one thing at a time can help you feel less anxious.
- Improved concentration: Some tips for improving your concentration include reducing multitasking, eliminating distractions, and practicing meditation and mindfulness.
- Better sleep: Getting more sleep can help improve your concentration.

Vice President	Nathaniel Tyler
Treasurer	Warren Ballard
Secretary	Anna Lee
Public Image	David Sofferin
Past President	Wayne Newsome

Directors

Foundation	Carol Jones
Membership	Angela Williamson
Service Projects	Barbara Williams-Anderson
Youth Service	Chandler Giddes
Club Director	Scott Rich
Admin	Devona Thompson

ROTARY CLUB OF THOMASVILLE

Thursdays, 12:15 pm
The Plaza Restuarant
217 Broad St
Thomasville, GA 31792

ROTARY ONLINE

https://thomasvillerotary.org
https://rotary6900.org/
https://rotary.org/

YEARS OF SERVICE

9/25	Wayne Newsome (10) 29 years in Rotary
9/28	Wade Glover (1)
9/28	Jessica Sanders (1)
9/28	Terry Scott (1)
9/28	Kristy Wainright (1)
10/3	Julie Carter (5)
10/4	Kurt Stringfellow (6) 10 years in Rotary
10/13	Teri White (13)
10/13	Darcy Craven (3) 8 years in Rotary

- Connect with nature: Connecting with nature can help improve your concentration.

