



The Presidents Club

February 2019 Newsletter

Invitation to our next Luncheon meeting on February 20, 2019 at 11:30 am till 1:00 pm at the Dayton Masonic Temple (lower level)

Please Note: Board of Directors meeting at 1:00 pm after our meeting

As a service club member, I ask myself what more can I do to serve my community? What more can we do to help ourselves and others to not feel lonely or separated during the Winter months? We are vulnerable and can suffer from Emotional, Behavioral, Psychological from the lack of Physical Human connections during the Winter months;

Here are some information and tips.

- 1. Senior isolation increases the risk of mortality.** According to a study in the Proceedings of the National Academy of Sciences, both social isolation and loneliness are associated with a [higher risk of mortality](#) in adults aged 52 and older.
- 2. Feelings of loneliness can negatively affect both physical and mental health.** Regardless of the facts of a person's isolation, seniors who feel lonely and isolated are more likely to report also having [poor physical and/or mental health](#), as reported in a study using data from the National Social Life, Health, and Aging Project.
- 3. Social isolation makes seniors more vulnerable to elder abuse.** Many studies show a connection between [social isolation and higher rates of elder abuse](#), reports the National Center on Elder Abuse. Whether this is because isolated adults are more likely to fall victim to abuse, or a result of abusers attempting to isolate the elders from others to minimize risk of discovery, researchers aren't certain. A critical strategy for reducing elder abuse is speaking up: abuse, neglect and exploitation often go unreported. As for prevention, maintaining connections with senior loved ones helps us ensure their safety. We have had some excellent speakers on this subject; Invite your senior citizen/neighbor to a Club meeting, help them and ourselves to stay connected.

Breaking Bread is a good way to connect with others!

What can we do as Service Work or being a Good Neighbor?

Check on the elderly in your community/neighborhood, a phone call is always nice, shovel their snow for them, invite them over or fix them meals they can just heat up. How about a family movie night bring your families to them in case they do not have family or if their family lives out of town? The elderly has made some remarkable contributions in life and have some of the most interesting stories to tell. Being a good listener always helps. Ask them if they want to journal their life history. Make some memories take pictures if appropriate. Go to the grocery store for them. Help them to understand they are cared for and have value!

I am reminded of this powerful quote by Erma Bombeck: *'When I stand before "God at the end of my life, I would hope that I would not have a single bit of talent left and could say, I used everything you gave me'.*

Khadijah Ali

The Presidents Club of Dayton

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We have three excellent speakers this month

Andrew Sawyer is the Site Manager/Site Anthropologist at SunWatch Indian Village/Archaeological Park,

SunWatch is a partially reconstructed 600-800-year-old Fort Ancient period American Indian village on the south side of Dayton. Andrew holds a BA in Anthropology from Miami University and an MA in Anthropology with a specialization in Archaeology from the University of Denver.

Andrew's thesis research was carried out on an early 13th century pueblo site near Zuni, NM, a site contemporaneous with the 13th-14th century occupation at Sun Watch. Andrew has been at Sun Watch since September of 2002 and along with his duties at SunWatch he is also an Adjunct Instructor in the Department of Sociology, Anthropology, and Social Work at the University of Dayton where he teaches Anthropology courses

Varun Mahajan, M.D. DABR, Chief Executive officer for Mahajan Therapeutics, a Mental Health and Drug Addiction Agency

Dr. Mahajan was raised in Dayton Ohio and graduated from the Miami Valley school. He was accepted into an eight-year medical program at Case Western Reserve University, in Cleveland Ohio, where he completed his undergraduate degree in management, and stayed for medical school. He completed a five-year residency in radiology in Brooklyn New York, and then matriculated as a fellow in breast cancer radiology at the University of North Carolina, Chapel Hill. He has been a past attending at the Susan Komen Center and quantum radiology in Atlanta, prior to moving back to Ohio.

His passion for serving the community, love of mental health and drug addiction treatment, and close hometown roots, were all reasons for his return to Ohio. Dr. Mahajan currently serves as chief executive officer for Mahajan Therapeutics, a mental health and drug addiction agency with presence in Dayton and southern Ohio.

Lisa Hansford LSW MA, The Executive Director at Friends of The Castle

The Castle is a unique and wonderful place of comfort and support for adults with mental illness. Our Mission Statement is: "The Castle is a gathering place of trust and friendship which supports people with mental illness to achieve their highest level of competence and independence." The Castle is celebrating its 23rd anniversary in 2016 as a state-licensed social club serving diagnosed seriously mentally ill adults in Montgomery County. Founded in 1993 by a group of parents and citizens who recognized the scarcity of services for the adult mentally ill population, The Castle has earned a reputation as a safe-haven and social center for this unique group of citizens.

The Executive Director at Friends of The Castle, Inc. is Lisa Hansford. Ms. Hansford's undergraduate degree is in Social Work (BSW) from Capital University. She also was awarded a Master (MA) in Conflict Analysis and Engagement from Antioch University Midwest. She has been a Licensed Social Worker (LSW) in good standing since 2006. She began her career at The Castle on Monday, October 31st, 2016.

Ms. Hansford brings a unique and varied blend of education, knowledge, and skills to her new position including experience in administrative and clinical oversight of mental health and chemical dependency organizations. She was most recently employed as a School Based Therapist for South Community, Inc. Prior to that, she was



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employed for five years as a Behavioral Health Counselor for Nova Behavioral Health and 6 years at CHOICES, Inc. as a Licensing, Training, and Recruiting social worker.

The Castle is excited to have Lisa join our team and provide direction for the services we offer to our members. Her education, licensure, and work experience are a perfect fit for The Castle as it transitions to new service provision and funding models. Even more importantly, her focus on client care is consistent with the mission and core values of The Castle. She can be contacted by telephone at 937-433-3931 or via her email address at Lhansfordcastle@gmail.com.

Phil L. Parker, CAE, CCE, President & CEO, The Dayton Area Chamber of Commerce will be visiting us during lunch and at our Board of Directors meeting to discuss the Citizen Legion of Honors Awards program and updates.

Information of Events from our Clubs and Community

Let Holly Beard know if you would like to volunteer for the "39th Annual Bob Chiles Golf Classic in May of 2019; Planning meetings have already started. Next meeting is:

We are also accepting application for the Outstanding Club Member Breakfast. Each Club can select two (2) Club Members. That is also being held in May of 2019; Date to be

To receive monthly newsletters electronically, have your members email Marcia Bostick at mbostick@dacc.org

Link to download forms: <http://presidentsclubdayton.org/index.php/forms-library>

Organization Speaker Programs - Community Information Leaders

In an effort to support our PCoD members and the public, this section is dedicated to providing a list of area information leaders, whether they be not-for-profits; elected officials and/or specific topic experts. These individuals, if contacted, may make themselves available to speak at club meetings or special events and share important programs, projects, issues or topics with audiences about our community and perhaps where additional volunteer leadership can play an important role in the success of these programs.

This list may change from time to time in order to keep it updated. But it is a great reference guide to many areas of arts, social services, business, government and education in our community. <http://presidentsclubdayton.org/index.php/community>

- Remember to:
- ✓ Send your sponsored activities.
- ✓ Subscribe for the PC newsletter.
- ✓ Use the website for registering your events.
- ✓ Mike Leibold at mleibold@presidentsclubdayton.org

Please visit our website and confirm that your club's information is correct and let Marcia Bostick at mbostick@dacc.org know the changes you have. Go to Members page and select your club: <http://presidentsclubdayton.org/index.php/member> or <http://presidentsclubdayton.org/>

[Download these Forms:](#)



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Annual Bob Chiles Classic Golf Outing

May 10, 2019

Twin Base Golf Course at Wright Patterson AFB

To Register Please Visit

http://www.presidentsclubdayton.org/phocadownload/PCOD_MVMAA_Golf_2019.pdf

Registration Deadline is Friday, April 26, 2019

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Next meeting is:

Golf Meeting Tuesday’s When: 2/12/19 and 2/26/19 11:30 AM - 12:30 PM

Where: Packy’s Sports Bar & Grill

We are also accepting applications for the **Outstanding Club Member Breakfast**. Each Club can select two (2), a Best Club Member and, a non-member who serves the community you wish to honor. This event is May 9, 2019

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