

September

Coat and Blanket Drive Ongoing

Don't forget: Rotary is collecting new and gently used coats and blankets to support the **Thomas County Food Bank's Coat Closet**.

Please bring coats and blankets to any meeting this month or contribute money to help purchase new coats. Cash donations will help the organization buy coats and blankets at discounted prices. Even a \$5 or \$10 donation can buy a coat or blanket. You also can drop your donations off at [Britig Smallridge's office](#) or send money to [Britig via Venmo @Britig-Smallridge](#).

September is Basic Education and
Literacy Month



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!



Thursday, Sept. 19

Pack & Sort

The club meeting on Thursday, Sept. 19 will begin at 11:30 a.m. at Second Harvest Food Bank. Members will pack and sort vegetables and fruit for our Weston Park Produce Market on Saturday, Sept. 21. After we pack produce, lunch will be served.

Working together, serving together, having lots of FUN!



Saturday, Sept. 21

Produce Market at Weston Park

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.



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



September 17, 2024

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 TO BE CONFIRMED
- 10/10 Commissioner Kevin Tanner from Georgia Department of Behavioral Health & Developmental Disabilities

Events

- 9/18 Coffee & Conversations
- 9/21 Produce Market at Weston Park
- 10/16 Coffee & Conversations
- 10/19 Free Produce Market at Weston Park

ROTARY CLUB OF THOMASVILLE

Thursdays, 12:15 pm
The Plaza Restaurant
217 South Broad Street
Thomasville, GA 31792

LEADERSHIP

| | |
|-----------------|--------------------|
| President | Marta Jones-Turner |
| President-Elect | Nathaniel Tyler |
| Immediate PP | Mary Beth Donalson |
| Vice President | Nathaniel Tyler |
| Treasurer | Warren Ballard |
| Secretary | Anna Lee |

September

Coat and Blanket Drive Ongoing

Don't forget: Rotary is collecting new and gently used coats and blankets to support the **Thomas County Food Bank's Coat Closet**.

Please bring coats and blankets to any meeting this month or contribute money to help purchase new coats. Cash donations will help the organization buy coats and blankets at discounted prices. Even a \$5 or \$10 donation can buy a coat or blanket.

You also can drop your donations off at [Brigit Smallridge's office](#) or send money to Brigit [via Venmo](#) @Brigit-Smallridge.



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!

Directors

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

Rotary Online

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

YEARS OF SERVICE

| | |
|------|--|
| 9/1 | Gary Tucker (42) |
| 9/1 | Debbie Goodman (30) |
| 9/4 | Randy Watts (10) |
| 9/14 | Lindsay Clay (1) 3 years in Rotary |
| 9/15 | Tom Everett (18) |
| 9/23 | Andy Jones (14) |
| 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) |

Our Rotary Family BIRTHDAYS

| | |
|------|-----------------------|
| 9/1 | Mary Beth Donalson |
| 9/2 | Rick Piper |
| 9/3 | Dawna Bicknell Tanner |
| 9/6 | William Felts |
| 9/7 | Vann Middleton |
| 9/9 | Ed Titus, Jr. |
| 9/11 | Debbie Goodman |
| 9/11 | Warren Stafford |
| 9/16 | Dominic Ford |
| 9/17 | Chandler Giddes |
| 9/17 | Ash Mervin |
| 9/20 | Jonathan Cleveland |
| 9/24 | Joe Brown |
| 9/24 | John Blackmon |



Thursday, Sept. 19 Pack & Sort

The club meeting on Thursday, Sept. 19 will begin at 11:30 a.m. at Second Harvest Food Bank. Members will pack and sort vegetables and fruit for our Weston Park Produce Market on Saturday, Sept. 21. After we pack produce, lunch will be served.

Working together, serving together, having lots of FUN!



Saturday, Sept. 21 Produce Market at Weston Park

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.



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

