



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 [Bright Smalldridge's office](#) or send money to Bright via [Venmo](#) @Bright-Smalldridge.

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
Public Image	David Sofferin

### September

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## 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
9/30	Tom Everett



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### **Mental Health Focus**

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