11.18.21 Tburg Rotary Minutes

**Present:** Shelly Bullock, Zoren Bullock, Peggy Haine, Joan Munich, Kathleen Overbaugh, Tom Overbaugh, and Frank Zgola

**Absent:** Joseph Barrett, Mark Baumann, Mary Bouchard, Neil DeRaiche, Elizabeth Garner, Ben Guthrie, Dennis Guy-Sell, Mary Guy-Sell, Michael Jimenez, Cindy Kain, Bill Overbaugh, Darlynne Overbaugh, Angel Stillions, and Durand Van Doren

**New member:** Ashlin Thuman

**Meeting Notes:**

President Kathleen reported that, on behalf of Rotary, she had been able to provide the McCoy family, recently burned out of their Searsburg home, with a laptop computer and a printer. She said they are doing well, are amazed at the generosity of the community, and plan to rebuild on the property.

Kathleen also reported that she Is ready to order the rubber ducks for this spring’s Rotary Rubber Duck Race.

A report on the Rotary/Legion-sponsored Junior Olympics was put off until our next full meeting.

The group was pleased to welcome Ashlin Thuman as a new member. She is a nurse-practitioner with the Cayuga Heart Institute of Cayuga Medical Associates, specializing in cardiology, and seeking a way to participate in the local community.

**Guest Speakers from Cayuga Addiction Recovery Services, Monica Adelman and Tracie Miller**

Tracie said she loves to brag about the program, and that CARS has been around since the 1970s, when it was known as Alpha House. They fall under the aegis of OASAS, the New York State Office of Addiction Services and Supports, which regulates CARS and provides most of its funding. One of their distinctions Is that they include the LGBTQ+ population among their clients. They are working to be certified as the only LGBTQ+ addiction recovery facility, providing specialized services to that population.

The program is based on a minimum stay of 90 days, and requires a medical referral. Clients are medically stabilized and are not going through withdrawal. The facility has beds for 60 patients, though some are held aside for COVID isolation, if necessary, and for LGBTQ+ patients.

Residents are provided with enrichment experiences unusual to find in such a facility, including a music room, art room, games, puzzles, weight room, outdoor activities, and 12-Step meetings, and it provides structure for them seven days a week. Monica works with them to devise strategies to help them cope with life post-release. They have classes in parenting skills, and Cornell Cooperative Extension runs Zoom classes. There are family and relationship groups, cinematherapy, book club, and games focusing on self-help. The staff does research with clients to help them figure out what they’ll do when they get out. There are mentor meetings focused on vocational options, and a bibliotherapy group which has recently studied Long Day’s Journey Into Night, Death of a Salesman, Glass Menagerie, Streetcar Named Desire, and Twelve Angry Men – books that offer lessons about coping with troubled lives. Most especially, clients learn how to use their free time. The intention is to send them to libraries rather than bars.

CARS receives deficit funding from OASAS and must provide admission to those who cannot pay. They are a subacute hospital, and bill clients’ insurance. Patients also receive funding from Social Security. CARS also receives donations.

They said their clients are making good use of the chicken-raising facility donated by Rotary, which gives patients an opportunity to care for and enjoy the company of four beautiful chickens, and to harvest their eggs. Patients also enjoy filling the birdfeeders around the property.

Adelman and Miller said they love to have volunteers, that there is a local church group offering bible study, and that BOCES recently received a grant to offer GED classes. CARS employs 44 fulltime staff, four part-time, and five per diem, and the facility is staffed around the clock. It is basically a voluntary program, though some are court-ordered stays, and the facility currently has a 12-person waiting list.

They can use donations of clothes, books (especially urban novels), yarn, etc. There are plans in the works to build a separate women’s facility, and they are hoping to break ground in April.

Thanks to Adelman and Miller – theirs was an eye-opening presentation!

**Upcoming Meetings: There will be no meeting on Thursday, November 25 – HAPPY THANKSGIVING, EVERYBODY!**

The following meeting, on December 2, will be 6:30 at Peggy’s house, 5785 Rumsey Road, Trumansburg, to clean and chop vegetables for the December 4 Winter Fest Rotary soup. If you have them, please bring a cutting board and a sharp knife.

**Happy Dollars:**

Frank was happy to be driving to Connecticut to celebrate a relative’s one-year anniversary, and to spend time with .his sister and his daughter

Zoren was happy (my notes are unintelligible here, but Zoren is generally a pretty positive guy)

Peggy saw a beautiful rainbow that morning

Tom spent last weekend with his son, Bill, in Washington, D.C. at the Spy Museum where there was a Trabant-related conference.

Ashlin was happy to hear loons crying on the lake.

Kathleen was happy to have gone on a double date for dinner and a movie; she loved “Belfast”