

Kiwanis Club of Pasadena

E-Newsletter

April 18, 2022

This week's meeting - Thursday, April 21st 2022 - 12:00 – 1:30 PM – James E Dorschel - First Family Focus - Mental Health Awareness and the stigma attached to Mental Health – Lunch hybrid (Zoom)

Jim Dorschel



Jim and his wife, Penny were married in October of 1985, and we were blessed with twin sons, Brad and Keith, born in September of 1987. On August 29, 2016, their son Keith took his own life.

Since Keith's death Jim has become a mental health and suicide awareness advocate. He is dedicated to speaking out about the stigma attached to mental health and suicide. Mental illness is a disease. It is treatable. The first step is to take away the shame / fear of speaking about one's mental health issues and concerns. Jim is a field advocate for the American Foundation for Suicide Prevention. When Governor Margo's family decided to create her First Family Focus on mental health, she asked Jim to be the chair of the program.

Jim has been active in Kiwanis for over 36 years. He was the 2018 – 2019 Lt. Governor of Division 37. He has been a club President four times, a secretary twice, a treasurer and a club board member for 20 years. Jim currently does Life insurance consulting and training with local State Farm agents.

Topics to be covered will include:

1. Mental health is just as critical as physical health.
2. The stigma attached to mental health and its negative effects on seeking treatment.
3. Steps to end the stigma. What can we do to help?
4. The rising number of youths that suffer from depression and go untreated.
5. Suicide is the 2nd leading cause of death for ages 10-34.
5. Learn Mental Health warning signs.
6. Learn what to do if you are concerned about someone.
7. Together we can help end the stigma attached to mental health conditions and make mental health as acceptable as physical health.

Join Zoom Meeting

<https://zoom.us/j/3292045590?pwd=RE9ubllra29HOVIwK2t1dThTeEtyZz09>

Meeting ID: 329 204 5590

Password: 329204

Dial by your location +1 669 900 9128 US

Thanks to our members who donated \$1,550.00 for Ukrainian relief. Our total contribution from the Pasadena Kiwanis Foundation was \$2,050.00

Last week's meeting – Thursday, April 14th 2022 - 5:30 – 7:00 PM – The Return of the Queen and Royal Court



Jeannine Briggs, John Marshall Fundamental High School, Ava Feldman, South Pasadena High School, Nadia Chung, La Cañada High School and Jaeda Walden, La Cañada High School



Web pages: <http://kiwanisclubpasadena.org/>

<https://www.facebook.com/kiwanis.pasadena> please "Like" our Facebook page

Birthdays and anniversaries April 2022:

Birthdays

NONE

Kiwanis anniversaries - Club

Yvette McDowell	04/11/2002	19 years
Kiwanis Club of Pasadena - Chartered	04/29/1920	102 years

Kiwanis anniversaries – Wedding

Mel & Donna Matthews	04/06/1985	37 years
Don & Janet Anderson	04/10/1954	68 years
Scott & Joy Bell	04/25/1987	34 years

Next Week -

Future events:

Thursday, April 28th from 12:00 to 1:30 PM – Pasadena Kiwanis board meeting on Zoom only

Saturday, April 30th – Kiwanis Club of Pasadena’s Wine Tasting Party – 4:00 – 7:00 PM at Chris & Jean Kolbeck’s home – 11 Mountain Laurel Way, Azusa Canyon – Please RSVP if you plan to attend.

May – Officer and board member nominations & election

May 5th – Ernie Arnold – District Chairman for the Kiwanis Rose Float Project

May 12th - Pasadena HS Astronomy Club

May 19th – Student Awards – at the Salvation Army – 5:30 – 7:30 PM

Saturday, May 21st – Region 13 training conference

Kiwanis Club of Pasadena

What We Do

1. **Villa Esperanza Services** – we work with this organization to help disabled adults in Pasadena improve their self-esteem and help them to give back to their community through the **Aktion Club**.
2. **Salvation Army** – we ring bells during the Christmas season each year to raise money for their charity. We fill backpacks for students of low-income families. We also participate in the Adopt-a-Family Program.
3. **Elizabeth House** – working with homeless, young mothers and their children through support and hope.
4. **Camperships for Kids** – we provide funding to send kids to summer camp who cannot afford to go on their own. Boys & Girls Club and the Salvation Army
5. **Student Awards Program** - We provide annual scholarships to outstanding students from the schools in Pasadena.
6. **Key Clubs** that teach leadership skills to students from:
 - a. **Marshall High School**
 - b. **La Salle**
 - c. **Maranatha (KIWINS)**
 - d. **Pasadena High School (KIWINS)**
7. We have a **Circle K Club** with **Pasadena City College** where these students provide community service and learn leadership traits.
8. **Kiwanis Rose Float Project** – we assist in preparing this international representation of Kiwanis while also being the host club for the President of Kiwanis International.
9. Various other projects, i.e., Special Olympics, Boy Scouts, Girl Scouts, Veterans and others.

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

