



Gusto for May 19, 2020

A publication of the Rotary Club of Appleton

District 6220 Club 2656

May 26th Program: City of Appleton Response to COVID 19

Join us by Zoom to learn more about COVID 19 and it's impact on the Fox Cities and the state of public health. Join Kurt Eggebrecht, Health Officer for the City of Appleton and hear about challenges in the Fox Cities and what must happen in the future to make sure our public health systems are prepared to deal with pandemics. Are there ways that our Rotary Club or our members can help?

Please submit questions to Deborah Wetter at deborahswetter@gmail.com by **Thurs. 5/21** which will help Kurt tailor his presentation to our concerns.

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May 26th Program

City of Appleton Response to COVID 19

Kurt Eggebrecht

Thought of the Day

Jennifer Stephany

Contact Kathy Dreyer at

rotaryappleton@gmail.com

for Zoom Meeting link.

Club Meeting Information

(In person meetings on hold at this time)

Location: Riverview Gardens
1101 S Oneida St
Appleton, WI 54915

Assistant Governor Area 5
Nancy Leipzig

Global Grant Scholarship Recipient

Anna DeWitt

<https://annadewittglobalscholar.wordpress.com>

Rotarian of the Year
Wayne Defferding

TAKE ACTION: www.appletonrotary.org

Gusto Editor: nancy.leipzig@communitycareinc.org

Thought of the Day (from Peter Kelly)

May is mental health awareness month, a time to call attention to approaches that we can use to achieve wellness and overall good health.

“Wellness is more than an absence of disease. It involves complete mental, physical and social well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health.”

With the COVID 19 pandemic, we are all at risk of stress given the demands of daily life and the challenges it brings. Steps that build and maintain well-being and help us all achieve wellness involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends and the community.

Today, Becky Bartoszek from the Fox Cities Chamber presented on the current status of the business community. They conducted the COVID-19 impact survey of their 1000 members. They reported biggest challenge was managing workforce schedules and adjusting their business plan, especially with changes to FMLA. 70% of business members did not have reserves to be shut down for six weeks.

Fox Cities Stronger together is a collective impact model business community with various initiatives. They have also partnered with Outagamie and Winnebago Counties for business loans with very low interest rates, they are intended to help with rapid recover. Businesses that need help should contact the Chamber.

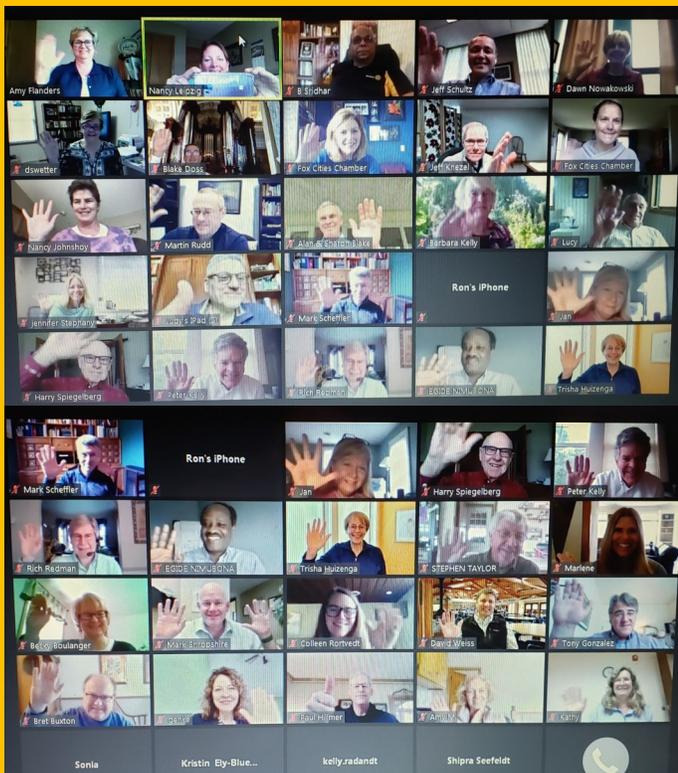
For more information on mental health resources in the community, contact the NEW Mental Health Connection, NAMI Fox Valley, or simply call 2-1-1.

**Membership Corner
*Zoom Coffee Meetings
Thursday at 9am**

**Coffees will be held via Zoom
Email Alan Blake at
alanblake628@gmail.com
for Zoom meeting details.**

*Future guests will be
announced soon.*

Club Membership = 102



**Zoom Meeting
Participants**

May 19, 2020

**Total number
of participants
was 42!**

2020-21 Global Scholar Update

Rich Redman participated on the Global Scholarship interview process May 2nd, and is happy to announce our club nominee, Keyla Higa, was selected! She is a Lawrence senior graduating with a double major in Global Studies and German. Her plan is to pursue a Master's degree in Governance of Migration and Diversity at Erasmus University in Rotterdam, The Netherlands. While she still needs to be officially approved by the Rotary Foundation, we have every reason to believe that will happen, based on their preliminary review.