



Club Business/Announcements from President Steve Truax:

Our Membership Committee will meet by Zoom 2:00 PM Monday March 14th, see Denise or me if you're interested in attending.

The Pancakes for Polio Breakfast is May 30th at War Memorial Park.

The Annual Golf Tournament is scheduled for May 18th at The Woods.

RYLA will be June 15th through 17th at Shepherd's Spring just a 30-minute drive from here. Applications are available.

An award for our club sponsoring a ShelterBox is on its way.

I will have a Club Assembly or two still before my term is done. Please plan to attend and participate in these.

Our Installation Dinner will NOT be June 23rd. Pam and Michelle are heading that up, so stay tuned for their updates.

Guests: Congressman David McKinley, his wife Mary, and staff Kevin & Caleb were guests of Craig Martin. Lynette Scallion was a guest of Buzz Poland. Mark Engle was a guest of Eric Stenger. Marie Dana was a guest of Jared Parsons. ***We love seeing all these new faces!! Keep them coming!***

Student Guests:

Aaron Beiler introduced

Martinsburg Seniors,

Hudson Clement & Kendall Holben.



Program: Caroline Wilson, LSW & Richard Marks, LSW – Community Involvement in Prevention of Overdose Fatalities

The Opioid Epidemic

- The opioid epidemic involves the misuse of, addiction to, and deaths from prescription and non-prescription opioids. In 2017, the US Department of Health and Human services declared the opioid epidemic a public health emergency.
- Nationally, there were an estimated 100,306 overdose deaths from April 2020 to April 2021.
- Overdose Statistics 2020
 - Our county had the 3rd highest rate of overdose fatalities of all WV counties.
 - Berkeley County had 112 overdose fatalities.

- EMS responded to 844 suspected overdoses in Berkeley Co.
- WV leads the country in overdose fatalities per capita: 57.8 per 100,000

Source: WVDHHR Office of Drug Control Policy

- Fentanyl is Poisoning the Drug Supply

What is fentanyl?

- “Fentanyl is a powerful synthetic opioid that is similar to morphine but is 50 to 100 times more potent. It is a prescription drug that is also made and used illegally.” (Source: National Institute on Drug Abuse)

Fentanyl can now be found in:

- Heroin
- Pressed counterfeit pills
- Stimulants such as cocaine, methamphetamine, MDMA, and synthetic drugs (boot)
- Marijuana (anecdotally)
- Other drug combinations and synthetics

People Who Use Drugs (PWUD)

People who use drugs are all around us.

- They are our family.
- They are our friends.
- They are our neighbors.
- They are our customers.
- They are our employees.
- They are our coworkers.



Causes of Addiction

Why do some people become addicted to drugs and not others?

- **Biology:** Genes account for half of a person’s risk of addiction. Mental illness, gender, and ethnicity also have an impact on the risk.
- **Environment:** Childhood trauma and abuse, early exposure to drugs, economic status, stress, parenting, and other factors can impact the risk of addiction.
- **Development:** Early drug use in the teen years or younger causes a higher risk of addiction.

Substance Use Disorder

- Substance use disorder is the current medical term for problematic drug use and/or addiction.
- “Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.” (SAMHSA)
- While the initial choice to try drugs is voluntary for most people, repeated use of drugs causes brain changes that interfere with a person’s ability to resist intense urges to use drugs, even when they want to.
- Substance use disorders are treatable and recovery is very common!

How You Can Get Involved

- A person cannot recover if they are dead.
- Reviving someone of an overdose gives them another chance for recovery and another day with their loved ones.
- Narcan is a nasal spray that can reverse an overdose and anyone can use it! TOGETHER, WE CAN SAVE LIVES.

Opioids

- Narcan can only reverse an opioid overdose.
- Opioids are a group of drugs that act in the same place in the body to relieve pain. The place where these drugs work is called the opioid receptor.
- In addition to pain relief, these drugs have side effects like sleepiness. In an overdose, toxic effects occur when there is an inability to wake the person up and breathing decreases or stops.

Examples of Opioids:

- Heroin
- Fentanyl
- Morphine
- Hydrocodone
- Oxycodone
- Tramadol
- Codeine

Signs of an Opioid Overdose

- Unresponsive
- Not breathing
- Breathing very slowly
- Gurgling, gasping, or rattling sounds
- Skin, lips, and fingernails turning blue or gray
- Pinpointed pupils



Narcan

- If you suspect an opioid overdose, or you are not sure, **administer Narcan** (naloxone).
- Narcan is an antidote that will restore breathing by removing opioids from opioid receptors in the brain.
- The law protects those that administer naloxone:
But only if 911 is called. GET HELP, DIAL 911.

“Any person who administers an opioid antagonist in good faith to someone they believe to be suffering from an opioid-related overdose is not subject to criminal prosecution arising from the possession of an opioid antagonist or subject to any civil liability with respect to the administration of or failure to administer the opioid antagonist unless the act or failure to act was the result of gross negligence or willful misconduct.”

Source: §16-46-5 (c)

Administering Narcan

- Step 1: Call 911 or direct someone else to call.
- Step 2: Lay the person flat on their back. If you cannot move them, make sure their head is straight.
- Step 3: Take the Narcan out of its packaging, and spray into one nostril.
- Step 4: If they become responsive, they may be disoriented, confused, or combative. Give them some space. If the person starts to vomit, turn them on their side so they do not choke.
- Step 5: If they do not become responsive, begin rescue breathing (1 breath every 5 seconds) or CPR if you are able.
- Step 6: After, 1-3 minutes, administer another dose of naloxone. Repeat until the person is responsive or EMS arrives.

Afterwards

- Encourage the person to go to the hospital with EMS.
- If they refuse, try to stay with them for 2-3 hours. Narcan wears off in 30-90 minutes. A person can again become unresponsive after this time.
- Call the WV Poison Center to report using naloxone: 1-800-222-1222

March Birthdays:

Member Birthdays	
Glover, Christine	1-Mar
Branner, Dustin	2-Mar
Hollida, Fred	2-Mar
Crabill, Leslie	4-Mar
Beckwith, Andrew	5-Mar
Roberts, Scott	8-Mar
Lorensen, Maria	9-Mar
Smith, Diane	9-Mar
Truax, Steven Robert	9-Mar
Blair, Robby	11-Mar
Jenkins, Vicki	13-Mar
Lanager, Kimberly	15-Mar
Miller, Vonda K.	21-Mar
Arnett, Tiffany	29-Mar

Member Anniversaries:

Member Anniversaries		
Arndt, Doug	1-Mar	33
Arndt, Jeff	1-Mar	33
Collis, Craig	1-Mar	30
Hollida, Fred	1-Mar	35
Janes, Brad	17-Mar	6
Marriot, Norman	3-Mar	0
Slick, Scott	1-Mar	4

Wedding Anniversaries:

Wedding Anniversaries	
Brookreson, Joe & Susan	25-Mar
Weidman, Ernie & Carolyn	31-Mar

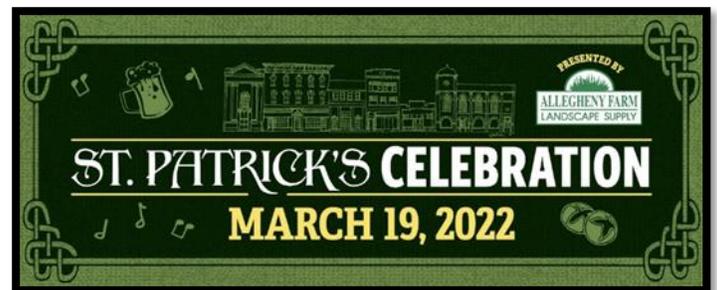
Future Programs:

- Mar 17 - TJ Roccograndi, Charles Schwab -- crypto currency and the metaverse
- Mar 24 - Gary Wine, Assistant County Administrator of Berkeley County
- Mar 31 - Doug Hartman, Director of Fleet Generation – First Energy
- Apr 5 – Board Meeting
- Apr 7 - Maria Lorensen, Hospice – Palliative care program
- Apr 14 - Wes Mackall, Valley College



Community Announcements:

- Main Street Martinsburg is having a St. Patrick's Day Celebration downtown on March 19th from 12 – 7. Music will be provided by Gaelic Mishap. We will have volunteers representing our Club!!!
- The Home Show this year will be on March 26th and 27th at The Roundhouse.
- Mock interviews will be conducted at Hedgesville High School Friday, March 25th, at Martinsburg High School Tuesday, March 29th and Musselman High School Thursday, April 7th. They are looking for volunteers to do the interviews, and they will be conducted from around 7:45 AM until 11:30 AM at the latest.
- James Rumsey is having a Career Fair April 14th. They are looking for both businesses to sign up for a table and for job seekers to attend the fair.

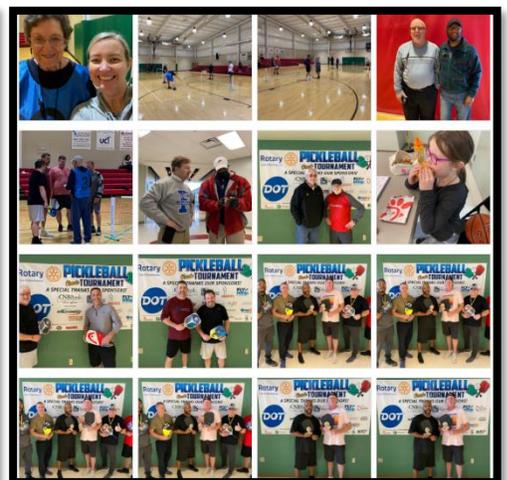


- The 5th Annual Fulton Walker Jr. Scholarship Golf Classic will be held April 29th, see Robert Sowell for details.
- The Boys and Girls Club of the Eastern Panhandle are sponsoring a “Stefani Pierson Champion for Youth Dinner” May 19th.
- The Chamber of Commerce Gold Tournament will be held June 29th at the Woods
- Boys Scouts Distinguished Citizen Award Dinner will be March 22nd.

Club Presentations: President Steve presented Norman Marriot, our newest member, with his Official Rotary Name Badge.



Thanks to all of our sponsors, volunteers and players...without you this event would not have happened. YOU made it a huge success and we appreciate you all so much! Thanks to Berkeley County Parks & Rec for allowing us to use your space and a huge shout out to our fellow Rotarian and lead on this brand-new fund-raising event, Robert Lowe, II (Rob). You turned an idea into a new annual event for our club and it was not without doubt and adversity...You are a great leader and you have gone above and beyond!!! You Rock!!! Until next year...



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