



# Rotary Club of Martinsburg Grapevine

Sept 1, 2022

District 7360 | Club 5296

## Shenandoah Community Health

Mike Hessing, CEO

Shenandoah Community Health (SCH) is a Federally Qualified Community Health Center and Primary Care Medical Home that offers access to primary care, behavioral health, women's health, and oral healthcare right here in the Shenandoah Valley of West Virginia and Virginia. Since 1976, our dedicated clinicians, nurses, and support staff have worked to ensure that our patients receive the highest quality, most comprehensive healthcare possible. SCH's wide range of coordinated healthcare services includes routine care as well as chronic disease treatment and management; mental health and substance use treatment; specialized care for women including prenatal care and delivery, gynecology and surgery; and comprehensive dental care for children and adults. As a medical home, SCH also offers WIC Nutrition Programs; HIV case management; weight and wellness program; on-site pharmacy; lab and x-ray services; nursing outreach to migrant and seasonal farmworkers and the homeless; medication assistance; assistance with health insurance enrollment; social work services; and family support resources. Health education classes, a breastfeeding support group and diabetes management program are offered free of charge and are open to the public. Shenandoah Community Health serves all patients—adults and children—regardless of ability to pay. We also provide interpretation services for patients whose primary language is not English



## Upcoming Rotary Club Calendar & President notes:

- As Pepi gets acquainted with her host family and school, remember we still need another host family for 2nd semester at MHS. Also, if your family is taking a neat, Day or weekend trips to places of interest, think of including Pepi if she has time and interest in joining you.
- Rotary Minute: September is Basic Education & Literacy Month. October is Community Economic Development Month as well as Vocational Service Month.
- Our club is looking to find and sponsor local young adults who are interested in having exciting, life changing experiences as exchange students living abroad! The exchange student committee is planning to get together briefly to talk about this Rotary outbound exchange program after the regular club meeting on September 8. All are invited to attend the exchange student meeting!
  
- Sep 19–23 – Rotary Peace Corps Week, Activities below
- Oct 15–16 – Apple Harvest Pancake Breakfast, Volunteers needed – See Steve Truax to volunteer
- Oct 24 – World Polio Day
- Oct 27 – Combined Morning and Noon Rotary Club dinner\* to welcome DG Vicki back for her official club visit.
- Nov 18 – Rotary Foundation Dinner, State College, PA
- Nov 19–20 – District Conference, State College, PA



Monday, 19 September kicks off the week with a panel webinar including:

Chief Financial Officer of Open Doors Asheville, Keevon Baten, who is a Founding Rotaractor Club President, and Returned Peace Corps Volunteer; President Emeritus of the National Peace Corps Association and Former President of the Alliance for Peacebuilding, Charles Dambach, who was nominated for the 2017 Nobel Peace Prize and received the 2017 Institute for Economics and Peace Leadership and Service for Peace Award; Past Rotary International Director Peter Kyle who has been an active peace builder and former chair of the Rotary Peace Center Committee; and, U.S. Representative for Frontline Defenders, Ana Patel, who is a Rotary Peace Fellow, Returned Peace Corps Volunteer, and a Rotary Representative to UN Women.

The week's other events include:

Tuesday, 20 September – What does “Peacekeeping on the Ground” mean to you? (Social Media Discussion on Partnering for Peace’s Facebook, Instagram, and LinkedIn)

Wednesday, 21 September – Breaking Down the Design of a Rotary–Peace Corps Partnership Project with Peace Corps, Namibia Director of Programming and Training, Jane O’Sullivan (Webinar, 11 am EDT)

Thursday, 22 September – Rotary–Peace Corps Partnership Question & Answer “Drop In” Session with Rotary International, Partnerships Manager, Carrie Golden, and Peace Corps Office of Strategic Partnerships & Intergovernmental Affairs, Acting Director, Ted Adams (Zoom Meeting, 10 am EDT)

Friday, 23 September – Information Sessions: From Rotary to Peace Corps: Continuing Your Legacy of Service (Webinar, 2 pm EDT)

Friday, 23 September – Deepen Your Impact: Get Started on Your Journey to Become a Rotary Peace Fellow (Webinar, 3 pm EDT)

Friday, 23 September – Virtual Cultural Happy Hour (Zoom Meeting, 4 pm EDT)

Attend the Rotary–Peace Corps Week events. Register for them here.

For more information, email [events@partneringforpeace.org](mailto:events@partneringforpeace.org) or visit

<https://www.partneringforpeace.org/cpages/rotary-peacecorps-week2022>.

Member Birthdays	
Porter, Penny	8-Sep
Whalton, Michael	11-Sep
Karos, George	14-Sep
Orem, John	15-Sep
Helman, Derek	16-Sep
Roach, Steven	16-Sep
Printz, Charles Jr.	19-Sep
Kees, Allen R	26-Sep
Burke, Kendall	27-Sep
Janelle, Sherri	27-Sep
Apple, Ken	29-Sep
Fausey, Lisa	29-Sep
Wadsworth, Joanne	29-Sep

Wedding Anniversaries	Years	
Moxley, Gail & Jeff	13-Sep	?
Cogswell, Margaret & Dan	15-Sep	43
Kees, Allen & Becky	21-Sep	9



Member Anniversaries	Start Date	Years
Smith, Jennifer	9/16/2021	1
DeJarnett, Dana	9/28/2017	5
Kees, Allen	9/17/2015	7
Merceruio, Tim	9/25/2014	8
Whalton, Michael	9/18/2014	8
Sherman, Trent	9/12/2013	9

*congratulations!*

### Community Events:

- Sep 13 – Rescue Mission, 604 Project Open House, 6–7:30PM
- Sep 15 – Puttin' for Panhandle Home Health, 10AM or 1PM
- Sep 16 – Tailgating Under the Stars, Chamber Event @ Purple Iris
- Sep 18 – Bavarian Inn Oktoberfest, 11–6PM
- Sep 24 – CHS Blue Jean Ball at the CT Racetrack
- Oct 8 – Hedgesville Heritage Day, 8–4PM
- Oct 12 – Women of Distinction Luncheon
- Oct 15 – Apple Trample, 10:30AM
- Oct 22 – 4–State Food Truck Fest, Main Street Martinsburg, Noon



**Free and Open to Everyone!**

## Walk with Ease

Arthritis Foundation Certified • Doctor Recommended

Walk With Ease was developed for people with arthritis but anyone can participate and benefit from the program. The only requirement is the ability to stand for at least 10 minutes without increased pain.

The program shares strategies for walking safely and comfortably. The goal is for participants to continue their walking regime after the program ends. All participants will receive the "Walk with Ease" guide book.

**CHOOSE FROM 2 LOCATIONS:**

<b>RANSON CIVIC CENTER</b> 432 W. 2nd Avenue, Ranson Mondays September 12 – October 17 9:30 – 10:30 am	<b>WAR MEMORIAL PARK</b> Tennessee Avenue, Martinsburg Tuesdays September 13 – October 18 5:30 – 6:30 pm
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**REGISTRATION DEADLINE 9/9/22**

**SPACE IS LIMITED. SIGN UP TODAY!**

Debra DeJarnett  
304.264.1287, ext. 21814  
email: [debra.dejarnett@wvumedicine.org](mailto:debra.dejarnett@wvumedicine.org)

WVU Medicine

**2022 BOB BARONER Apple Trample**  
Mountain State Apple Harvest Festival

**Saturday, October 15, 2022 10:30 am**

Race Start: Dorothy A. McCormack Center  
Berkeley Medical Center Campus  
Race Finish: Martinsburg High School

Join us for Martinsburg's Annual Fall Run during the Apple Harvest Festival!  
Great for runners, walkers, families to enjoy!

**Registration**

Now – October 1 \$35	October 2 – October 14 \$45	Oct. 15 (Race Day) \$45
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Non-t-shirt registration options available.  
T-shirts only guaranteed for those who register by October 1st.

Event proceeds benefit the WVU Hospitals East Foundation's Cancer Comfort Fund and support the Apple Harvest Committee's community outreach efforts.

**Site Sponsor**  
BCT  
BANK OF CHARLES TOWN

Awards given to top finishers!

Scan the QR code to register online or visit <https://bit.ly/appletrample5k>

## Ranson Walks

**Ranson Walks Kick-Off Health Fair**  
Wednesday, September 7 5-6:30pm

Join us at the Ranson Civic Center for a health fair that will include screenings, healthy refreshments, prize drawing, program sign up and much more!

**Indoor Walking @ Ranson Civic Center**  
Ranson Civic Center is open for indoor walking. Free and open to all. All walkers must fill out a registration and consent form. See Civic Center staff for details.

**Monday–Friday 9am–12noon**  
**Saturdays 1:30pm–7pm**

**100 Miles in 100 Days**  
September 12–December 20  
Need some help making walking a habit? Sign up for Walk 100 Miles in 100 Days. Info will be available at the health fair and in the Civic Center.

**Walk with Ease**  
Mondays, September 12–October 17 @ 9:30am

Walking program specifically tailored for those with arthritis to safely make physical activity part of your everyday life. Free and open to all. To register: [dana.dejarnett@wvumedicine.org](mailto:dana.dejarnett@wvumedicine.org)

In partnership with...  
WVU Medicine

Ranson Civic Center  
432 W. 2nd Ave, Ranson  
304-725-2487

### Future Programs:

- Sep 6 – Board Meeting
- Sep 8 – @ Purple Iris – Tina Hammel, Miss All-American Lady & a special 9–11 Presentation
- Sep 15 – Moises Mendoza, Social Connection Marketing & Videography



# Student Guests

Kevin Funkhouse - HHS Advisor

- Ella Waters
- Deklan Hall



Presentation - Welcome  
New Member Matt Kradel



Manuel Washington brought  
in 3 bags of amazing garden  
veggies for raffle prizes.  
What a nice treat!!!



Basic Education  
and Literacy



Maternal and  
Child Health



Peace and Conflict  
prevention / resolution



Disease  
prevention and  
treatment



Water and  
Sanitation



Economic and  
Community  
Development



Supporting the  
Environment