
FEBRUARY 7, 2024

CORTLAND BREAKFAST ROTARY

OK OK—IT'S NOT TOO HARD TO ADMIT—WE'RE THE DARN FRIENDLIEST CLUB IN THE DARN DISTRICT!



MELISSA SIMMONS

**CORTLAND PREVENTION
RESOURCES**

**DIVISION OF FAMILY AND CHILDREN'S
COUNSELING SERVICES**

ALTHOUGH SHE WAS WORKING HER DREAM JOB AS A MUSIC THERAPIST IN FLORIDA, THE PANDEMIC OF 2020 CONVINCED MELISSA SIMMONS THAT SHE HAD FOUND A NEW DIRECTION.

Melissa settled in Cortland, and had trouble finding a job; she eventually worked at the reception desk of the emergency room at the hospital. After working in the ER for a year, Melissa learned a lot about the community, particularly the struggle the community faces with substance use disorders.

Cortland Prevention Services aims to stop the problem before it starts. CPR primarily uses evidence-based programs selected for the specific needs of our community. Prevention Specialists visit students at Cortland County schools for the "Too Good for Drugs" social-emotional learning program. COR staff partner with SUNY Cortland for COMPASS, where local students are paired with college students for fun activities, serving as a positive alternative. Cortland Prevention also partners with the Mental Health Association of Cortland County and Josie's Journey (and our Speaker of September 8, 2021, Tammy Barrows), to implement a read-along about mental health.

Cortland Prevention Services also realizes the importance of supporting parents—raising a child is hard! CPR provides Parenting Wisely, an online parenting program with versions for both young children and teens, as well as the Positive Parenting Program, where participants meet one on one or in groups with a Prevention Specialist to discuss their unique parenting challenges.

Melissa also touched on some other resources she has: ASAP—Alcohol Servers Awareness Program; Food for Thought—monthly Lunch and Learn; and LBGTO awareness.

Thank you Melissa for explaining to us the essential work of the Cortland Prevention Services!



“Melissa Simmons is originally from Ithaca, NY and has a bachelor's degree in music therapy from SUNY New Paltz, specializing in neurodegenerative disorders. Melissa worked as a music therapist for Hospice in Southwest Florida for ten years, owned a private practice, and also worked at a continuing care retirement community.

Melissa moved back to upstate New York in 2020 and began working as Prevention Specialist at Cortland Prevention Resources, a division of Family and Children's Counseling Services. Melissa became Director of Cortland Prevention Resources and the LGBTQ Center in August 2022.

Melissa's hobbies are playing music, attending live music, the outdoors, and her family.”

PRESIDENT.

JACKIE BURKE.

FRONT DESK.

KAREN DEWITT,
DIANNE HIGGINS

THOUGHT OF THE DAY.

DON FERRIS

HAPPY BIRTHDAY.

DON FERRIS, MIKE EVES

ROTARY ANNIVERSARY.

JOANNE SAUTTER

GUESTS.

MELISSA SIMMONS, MARINA

SIMMONS, BUDD RIGG, SOPHIE CLOUGH

RAFFLE.

MIKE BURKE

ATTENDANCE.

24 + 5 ZOOM



ANNOUNCEMENT



Dianne Higgins explained that we will be slightly altering the breakfast menu for our meetings. We will be alternating between bagel sandwiches and wraps, and will also try some hash browns. It will all be good!

Conrad Janke showed us some of the Rotary banners that we have garnered (p.6).

Jackie Burke published the second announcement of the membership of **Budd Rigg** and **Sophie Clough**. **Matt Banazek** reminded us that there will be an orientation after our meeting for Budd and Sophie.

Ed Finkbeiner is starting to tie flies again and has Jim Dempsey and Mark Roberts to help him in his shop. Rumors of a cold beer circulating are circulating……;

Conrad Janke thanked Melissa Simmons for being our Speaker, and for the membership of Budd Rigg and Sophie Clough;

Corinne Hayes is thankful that she is halfway through the Salvation Army warming center season;

Kathie O'Mara will be having long awaited back surgery on March 15;

Don Ferris somehow made it through another year;

Mike Burke thanked the Club for helping to fund the Kiwanis PBJ250 (p. 4);

Mike Shafer mentioned that the Dolly Parton Imagination Library, which our Club donates to, sent us a thank you letter (p 7).

Don Richards thanked Jackie for f being President today in his absence.



Steve Cinquanti presented Mike Burke of the Kiwanis Club a check for \$250 to support Kiwanis and their PBJ250 drive. The PBJ250 is a program with backpacks to help feed kids during the school winter break. Mike expressed his appreciation for the help that a fellow Service Club is giving to the Kiwanis. With Mike and Steve is Jackie Burke, CBRC's incoming President and the current President of the Kiwanis Club.



Every purchase of Girl Scout Cookies helps Girl Scouts explore new adventures.

Support local Girl Scout troops—and enjoy tasty treats packed with discovery and fun.

Cookie season is here and Troop #60063 (co-led by Valerie Kaiser) is a multi-level troop with girls K-4. Presales are ongoing until February 4 (delivery the week of 2/26). We'll be beginning booth sales in March (Lowe's - pending approval March 16 - 6 10-noon and March 23 1-3pm; Walmart -approved March 24 4-6pm). Cookies are \$6 this year and help fund our badge activities, uniforms and service projects. To find a booth sale near you go to: <https://www.gsnypenn.org/en/programs/cookies.html> and enter your zip code!

Banners



Since our Club's origin in 1990, we have collected banners from Rotarians who have visited our Club, and when members of our Club visit other Rotary Clubs.

Today we highlight Rotary Clubs near and far: Sarasota Bay, FL; Santiago Del Estero, Argentina; and Tully, NY.

While Sarasota Bay touts sailing, golf, and tennis, Tully brags about skiing. And rightfully so!



2023 ANNUAL REPORT

Local Affiliate : Cortland Free Library

Local Territory: Zip Code 13045

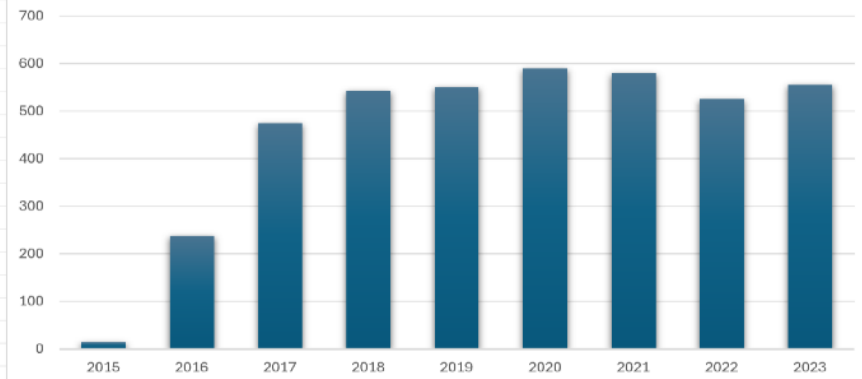
Fostering a love of reading and learning by mailing a monthly, age-appropriate book to the homes of children from newborn up to their 5th birthday – at no cost to the family and regardless of income.

2023 ENROLLMENT

- 5.7% increase over 2022
- 556 kids participating
- 6,499 books gifted

Studies show that families read more when books are in the home.

Cortland Children Receiving a DPIL Book Every Month



Since December 2015, 42,006 books have been gifted to 1,971 Cortland children under the age of five.

2023 Average Cost Per Book (including postage):
ONLY \$2.14!

2023 EXPENSES : \$14,002

- Books & Postage : \$13,939
- Supplies (Stamps, etc.): \$ 63
- Salaries : \$ 0

Cortland's Imagination Library program is run by volunteers -- **NO EXTRA OVERHEAD!**

The Dollywood Foundation helps keep our local costs down by providing the program's infrastructure: age-appropriate book selection, partnering with publishers, monthly mailings, and secure online registration and book ordering systems.

2023 Supporters:

47 Individuals
2 Businesses
4 Organizations/Grants

2023 FUNDS RAISED : \$14,552

- Individuals : \$ 9,934
- Businesses : \$ 800
- Organizations/Grants: \$ 3,819

Supporters Since 2015:

128 Individuals
11 Businesses
15 Organizations/Grants

100% of DPIL funds are raised through donations and grants. DPIL is not included in Cortland Free Library's budget.

All donations are tax-deductible.

PARENT INTEREST + COMMUNITY SUPPORT = SUCCESS!



**Cortland
Prevention
Resources**

*A division of Family & Children's
Counseling Services*