

Cortland Breakfast Rotary

March
15, 2023

The Friendliest Club in the District!



Jeanette Dippo
American Foundation for Suicide Prevention

Jeanette Dippo's life changed in 2006 when her daughter Kim, a successful physician in Minneapolis, took her own life. She learned that the need of survivors was to be “held” by family and community. They also want to make peace with the absence of the loved one, as they didn't get the chance to say goodbye. They want to honor the life of the deceased and find redemption in the loss. In doing so they feel productive and “normal” again.

The prominent theme to survivors is “why”. Suicide is the perfect storm of trauma, relief, sorrow, anxiety, PTSD, and asynchrony. Suicide knows no race barrier, income level, or any walk of life.

Jeanette explained that the closer you are to someone, the bigger the impact. Mothers have the highest rate of suicide after a suicide, and fathers have the second largest rate. She described a survivor of suicide as one who has a high level of perceived psychological, social, or physical distress.

She handed us cards to put in our wallets which alert us to signs of possible suicidal tendencies. There is an official number to call for info and alerting about suicides—988.

We thank Jeanette for being our Speaker today; she has lived through the worst nightmare imaginable, and instead of cowering she has found a renewed purpose.



Whether you have struggled with suicide yourself or have lost a loved one, know you are not alone. Hear about personal experiences from people in your local community whose lives have been impacted by suicide.

Announcements

We have a committee for the September 24 concert by **Steve Jones** at the Center for the Arts: **Mike Shafer, Jackie Burke, Don Richards, Mark Hahn,** and **Conrad Janke.**

Matt Banazek is working with **Cindy Stoker** and the Living History Center for a special presentation in November honoring the sinking of the Edmund Fitzgerald.

Jeremy Boylan is still forming teams for the Spring Clean-Up. So far about 16 seniors have asked for assistance, and Jeremy expects a total of 30.

Happy Dollars

Glenn Reisweber has an old friend who has been hiding for most of the season but is finally coming out—Old Man Winter! Glenn hopes to enjoy life with OM Winter before his inevitable retreat.

Conrad Janke is grateful for **Jeanette Dippo** for being our Speaker today.

President. **Conrad Janke**

Front Desk. **Karen Dewitt, Peter Williams**

Thought For the Day. **Patrick Clune**

Guest. **Jeanette Dippo**

Something You Don't Know About Me. **Jackie Burke**—

related when she was 18 and working at a Pizza Hut in Phoenix, AZ. A man came in to rob the Hut, put a gun in her back. A large man walked up and released her from the cad; it was **Perry Ealim**, a LA Ram lineman who is on Black Wall Street and received a medal from President Obama.

Raffle. **Patrick Clune**

Attendance. 14 brave souls in building and 5 on Zoom

Sorry.



ILL-FATED BLIND DATE:
ST. PATRICK & MEDUSA