

ACTION SERTOMA

NEWSLETTER DEC/JAN/Volume
1/Edition 1



Did You Know? Our National Convention will be returning to Kansas City, Missouri, next spring. We'll be announcing our new convention theme and registration information soon.

Mark your calendars for April 23-25, 2020, and stay tuned for more details!



Crisis Center Seeking Volunteer Groups to Serve and Prepare Meals



LaShonda Crockett considers herself blessed. She is a highly-educated woman and college professor, has a thriving business, Pennie's Tea, a beautiful daughter, and she is a survivor of domestic abuse. She called the Crisis Center several months ago and said, "I just want to give back." And she is doing just that.



The Crisis Center is seeking volunteer groups to prepare and serve meals to residential LaShonda Crockett & her daughters clients that are living at the shelter. This

is an opportunity to make a real difference in the lives of victims of domestic violence. Clients living at our shelter receive a welcome break from cooking while volunteer groups enjoy the experience and positive interaction with clients. Meal preparation and serving can be done as a onetime opportunity or on a monthly basis. Local restaurants and businesses can also get involved by donating or catering meals to be served to the clients at our shelter. Catering orders and homemade meals are prepared for approximately 35 people. If your church group, club, organization or family is interested in participating, please contact Deonne at: dmendyk@crisisctr.org or call 331-431-9688.

RIGHTIES VERSUS LEFTIES WHICH ONE ARE YOU?



Right-handed people dominate the world, and it's been that way since the Stone Age. In Western countries, lefties make up only about 10% of the population.

Scientists have long known that handedness is partly shaped by genes. But it wasn't until 2019 that they identified differences in parts of the DNA of left- and right-handers.

Fetuses start to move their arms around 9-10 weeks. By early in the second trimester, the babies show a clear preference for sucking one thumb over the other. So, handedness is probably hardwired before birth.

In an interesting experiment with right-handed seniors, researchers found that the subjects relied less and less on their dominant hand the older they got. As their right hands grew slower and unsteady, the elderly people handled some of the tasks just as well with their left hands. But they still all saw themselves as strong righties.

Obviously, there are more famous right handers than lefties. Here are just a few of the lefties. Four of the six most recent U.S. presidents were lefties: Ronald Reagan, George H.W. Bush, Bill Clinton, and Barack Obama. Celebrity southpaws include Oprah Winfrey, Bill Gates, Tom Cruise, Paul McCartney, Prince Charles, and his son, Prince William.

Which are you....left or right? Next time you scratch your hand check and see which hand you use.

By the way, there are 4 letters in nose, the one you were thinking of only has 3 letters.



Ladies and Gentlemen

On the 1st Tuesday of each month, the Action Sertoma Club gets together for a wonderful dinner meeting. Currently, we meet at Capri Ristorante Italiano which is located at 12307 S. Harlem Ave., in Palos Heights. Some members meet at about 5:30 p.m. or so for a quick cocktail and some chit chat before heading into the meeting. The dinner starts at 6:00 with a brief update of current matters and miscellaneous things that need to be discussed. After this, it's on to dinner. A few dollars get you into the poker where you can enjoy a three-card high hand and split the pot with the lucky winners walking away with some extra cash in their pockets. You might even be lucky enough catch one of the great guest speakers that come to address the group.

Make sure to join us at dinner and spend some quality time with your fellow Sertomans that you may not otherwise get to see as often as you would like. Remember, your dues pay for the dinner, however, you're on your own for your drinks. That is of course unless one of the lucky card winners decides to share the wealth. Make sure to put the dinner meeting on your calendar. See you there!

A LETTER FROM THE



Dear Sertoma Family,

I am elated to share that we topped **\$15,000** for **Giving Tuesday** and have earned our matching grant from **The Coleman Foundation**. A big shout out of thanks goes to everyone who donated and those who helped make calls yesterday. This means that we will be installing the water bottle fountains for the consumers at both Alsip facilities. This will make it easy to dispense filtered water into their personal bottles, and we will be encouraging them to hydrate! CMHC now has the funds for their Mindful Space at the Matteson facility and has the resources to take consumers to nearby work out facilities

to help reduce stress. Having a Healthy Mind and Health Body, is a very good thing for all of us to strive for!

Second of all, I wanted to let everyone know that we received a grant of **\$101,000** from the **Aileen Andrew Foundation** to address our many capital projects at the CILAs and facilities as well this fiscal year.

Last for now, we received a grant from **Designs for Dignity** and **The Coleman Foundation** to **refurnish another CILA** with more durable furniture. John Young and his awesome team will be working on that project with the residents.

It is so heartwarming to experience firsthand the generosity in others, especially during the holiday season. With all the bad news we hear every day globally and at home, the good news of people helping people shines so much brighter and gives us hope for the future and the joy to celebrate **Service to Mankind**.

Warmly,

Debra Marillo

Director of Advancement, Communications and Volunteer Services



What is Sertoma's Slogan?

What is Sertoma's Motto?

Think that you know? Check it out on the last page of the Newsletter.



Some recent Action Sertoma "Money Matters" including proceeds from events and donations, sponsorships & assistance

- \$1,000.00 from the Burbank Police Department
- \$ 250.00 donation to the *Jones Center Halloween Event*
- \$1,000.00 donation to the *Respond Now Christmas Store*
- \$1,000.00 donation to the *Sertoma Centre's Christmas Coat Drive*
- \$2,500.00 sponsorship of the *Crisis Center's Annual Gala Event*
- \$ 500.00 donation to the *Ray Vanco Children's Foundation*
- \$ 600.00 donation to *POWR Sertoma NFL Bash*
- \$ 300.00 donation to *Danielle Smith*
- \$ 500.00 donation to *Paul Lockwood*
- \$ 500.00 donation to *Jim Koehne*
- \$ 500.00 donation to *Whitney Hopkins*

Action Sertoma has given over \$80,000.00 in donations & sponsorships during 2019!

Congratulations and Thank You for all of your hard work!!!

MEET THE MANGEMENT TEAM OF THE SERTOMA CENTRE, INC.



Learn a little something about the people that are responsible for the operation of the Sertoma Centre. Each recent newsletter has introduced you to a member of the Centre's management team. Last month you were introduced to Paula Phillips, the Centre's Assistant Executive Director. This month meet Michelle Arthur, Associate Director of Program Services. Michele has been at Sertoma Centre since February, 1996. She began as DT service coordinator and then moved to the PSR program as Mental Health Professional in 1998. She has been Mental Health Services coordinator, manager, director, and now Associate Director of Program Services. In this role, she provides oversight to all day programs at all three facilities including CMHC and Employment Services. She is also a Licensed Clinical Professional Counselor (LCPC) and provides counseling at Sertoma's Matteson site for community members with commercial insurance, Employee Assistance Programs or paying privately. Reach Michelle at marthur@sertomacentre.org

Why a Coffee Power Nap Works



If you drink coffee before a 20-minute power nap, you'll be more refreshed and awake than if you took a nap and then drank coffee.

You're tired, but you don't have time to really sleep. Rather than taking a power nap or grabbing a cup of coffee, try taking a coffee power nap.

What Is a Coffee Power Nap? You know what coffee is, but it might be helpful to review the power nap concept. A power nap is a short nap (15-20 minutes) that takes you into stage 2 sleep. It's just long enough to stave off some of the worst effects of sleep deprivation or exhaustion, but not so long that it drags you into slow wave sleep (SWS) or deep sleep, which would leave you feeling groggy if you ended it too soon (sleep inertia). Research has shown that even a 6-10-minute nap helps improve concentration, alertness, motor performance, and learning, while a 30-minute nap confers the benefits of a full sleep cycle, markedly reducing fatigue and reversing much of the physiological damage of sleep deprivation.

A coffee power nap or caffeine power nap is when you drink coffee or a caffeinated beverage right before settling down for your nap.

How a Coffee Power Nap Works The short explanation is that it takes about 20 minutes for caffeine to jolt your system and 45 minutes before it reaches maximum effect. So, the caffeine doesn't keep you from falling asleep, but it's there to boost your performance the minute you wake up.

When you drink coffee **and** take a nap, the sleep clears the adenosine so you wake up feeling refreshed, and then the caffeine kicks in and blocks the receptors so you won't get tired again as quickly. Plus, caffeine boosts your metabolism and gives you all those other great stimulant side effects. It's a win-win situation.

How Do We Know It Works? Scientists can't get into your brain to see the neural receptors and measure binding rates, but the effects of the coffee power nap have been observed.

How to Take a Coffee Nap

1. Drink coffee or tea containing 100-200 mg of caffeine. Don't add sugar or milk. If you choose an energy drink, go sugar-free or else the surge in blood glucose levels may keep you from falling asleep.

2. Set your alarm for 20 minutes. Don't go past 30 minutes because the coffee nap works best if you're awake when the caffeine hits your system.
3. Relax. Sleep. Enjoy. It helps to wear an eye mask or turn out the lights. It's okay if you can't fall all the way asleep. Research indicates even deep relaxation, such as meditation, makes a big difference.
4. Wake up feeling refreshed!

Helmenstine, Anne Marie, Ph.D. "Why a Coffee Power Nap Works." ThoughtCo, Sep. 18, 2019.

NEWS FROM THE SERTOMA CENTRE:

The Centre has been planning for some time now to



increase affordable housing made available to individuals suffering from

developmental disabilities and mental illness who are able to live independently. Sertoma currently operates a 16-unit supportive housing complex in Homewood and has recently secured funding to build another 16-unit complex in Orland Park. This project is in its final planning stages and the Centre is expecting to break ground in the Spring of 2020. This is very good news. Congratulations to all those who have worked so hard in seeing this project through to fruition.





The Piraha tribe is a group living in the jungles of South America. They are well known because they do not have a way to count past two. Studies have shown that tribe members cannot tell the difference between a pile of eight rocks and 12 rocks. They have no number words to distinguish between these two numbers. Anything more than two is a "big" number.

Most of us are similar to the Piraha tribe. We may be able to count past two, but there comes a point where we lose our grasp of numbers. In English, the words "million" and "billion" differ by only one letter, yet that letter means that one of the words signifies something that is a thousand times larger than the other.

1 MILLION

The trick to thinking about large numbers is to relate them to something that is meaningful. One million is a thousand thousands.

- One million is a 1 with six zeros after it, denoted by 1,000,000. One million seconds is about 11 and a half days.
- One million pennies stacked on top of each other would make a tower nearly a mile high.
- If you earn \$45,000 a year, it would take 22 years to amass a fortune of one million dollars.
- One million ants would weigh a little over six pounds.
- One million dollars divided evenly among the U.S. population would mean everyone in the United States would receive about one third of one cent.
- One billion is a thousand millions.
- One billion seconds is about 31 and a half years.
- If you earn \$45,000 a year, it would take 22,000 years to amass a fortune of one billion dollars.
- One billion ants would weight over 3 tons — a little less than the weight of an elephant.
- One billion dollars divided equally among the U.S. population would mean that everyone in the United States would receive about \$3.33.

- One trillion is a thousand billions.

- One trillion ants would weigh over 3,000 tons.

- The height of a stack of one trillion one-dollar bills measures 67,866 miles. This would reach more than one fourth the way from the earth to the moon.

- If you spent one dollar per second, in a day you would spend \$86,400. Over the course of a year, you would spend more than \$31.5 million. At that rate of spending, it would take you over 32,000 years to spend one trillion dollars.
- Taylor, Courtney. "Millions, Billions, and Trillions." ThoughtCo, Sep. 3, 2018, thoughtco.com



At the December 3rd dinner meeting, at Capri Restaurant Italiano, Action Sertoma members in attendance were treated to a surprise donation to the club. A group of Police Officers from the Burbank Police Department, headed by Mike Hehl, the son of our illustrious Sergeant at Arms, Bob Hehl, appeared at the dinner and presented the club with a check for \$1,000.00. The funds having been raised by the Burbank P.D. A really big Action Sertoma Club "Thank You" to the members of the Burbank Police Department for their generosity and efforts on our behalf.

We'll Miss You!

Jovial Joe Varanauski has stepped down from his position as one of the Directors on the club's Board of Directors. Joe has been a dedicated Board member for quite a few years and has served us in a number of capacities. Thank you Joe for all of your hard work on the club's behalf.

Billion

Joe's replacement is Kristine Kalnins. Welcome aboard Kris.

TRILLION



Pictured are the Burbank Police Officers along with Board Chairperson, Bob Scott, accepting the donation on behalf of the club. Pictured is Bob Hehl (on the far right) and Bob's son, Mike, (3rd from right.)

THANK YOU!!!!



Birthdays:

- December 4th Ed Kelly
- December 5th Al Maggie
- December 9th Eva Edgeworth
- December 13th Lorraine Schultz
- December 27th John Savaglio
- January 16th Carla Salerno
- January 17th Jason Nielsen

Anniversaries:

- December 9th Chas Lazzara
- December 5th Kevin Gosewisch
- December 12th Jerry Keller
- December 12th Cheryl Noto
- January 1st Sue Colella
- January 1st Eva Edgeworth
- January 1st Kara Kiley
- January 1st Rick Lakie
- January 1st Al Maggie
- January 1st Rob Surrusco
- January 1st Linda Welsh

Another year has coming to a close where does the time go?

Those of us that are primarily responsible for getting the Action Sertoma Newsletter put together and out to you wish you and your family a



Bob Clifford, Michelle Ojermark and Connie Barrera



ACTION SERTOMA HOLDS ITS CHRISTMAS PARTY IN JANUARY!!!!

On January 10th Action Sertoma held its annual Christmas Party at Gatto's Restaurant on 143rd St. in Orland Park. Yes, you read this correctly. No one has ever said that



Action Sertoma had to follow the crowd. As usual, it was a joyous event with everyone set to celebrate this belated special time of the year with their loved ones and fellow Sertomans. Rumor had it that Steve Reilly used his special Celtic calendar that has every day marked as Happy Hour on Friday, to set the date for the event.

The delicious dinner of salad, calamari, sausage and peppers, pasta with vodka sauce and Chicken Limone followed the cocktail hour. Desert was served and what a desert it was. Ice cream and a beautifully decorated Christmas themed cake from Fleckenstein's Bakery was served and devoured by all of the sweet toothed Sertomans.



While waiting for Santa and his elf to make an appearance, anxious partyers started the gift exchange. The much-anticipated exchange finally took place with many a Sertoman

reverting to their wayward youth and stealing a gift rather than picking one. After all of the gifts were either chosen or stolen, the party wound down with everyone wishing each other a **Merry Christmas** and a **Happy New Year**.



The is the answer to ***What is Sertoma's Slogan and Motto?***:

Go look it up. You should know this!

Just kidding. The answer can be found in the Sertoma Bylaws.

ARTICLE IX – SLOGAN: The official slogan of Sertoma shall be "Service To Mankind."

ARTICLE X – MOTTO: The official motto of Sertoma shall be "Make Life Worthwhile." I think that we all knew our Slogan, but how many knew the Motto. I have to admit that I didn't.



SAVE THE DATE ACTION SERTOMA CLUB & related events 2020

SUNDAY, JANUARY 19TH

POW-R SERTOMA CLUB NFL BASH

115 Bourbon Street, 3359 W. 115th St., Merrionette Park, IL
1:30 pm to 9:00 pm
Contact Frank Tomecek (312) 259-2581 for info.

FRIDAY, FEBRUARY 7TH

SERTOMA CENTRE CIRCLE OF FRIENDS ANNUAL APPRECIATION DINNER

6:00 p.m. - 9:00 p.m.
Sertoma Centre, 4343 W. 123rd Street, Alsip, IL 60803

SATURDAY, FEBRUARY 8TH

NEW STAR "FIRST LOOK FOR CHARITY" - Benevolent Event of the Chicago Auto Show

This is a club sponsored event! 7:00 pm to 11:00 pm
McCormick Place, 2301 S King Dr, Chicago, IL 60616
This is a black-tie event (tuxedo attire mandatory)
Info: newstarservices.org; For tickets, please call John Parker at (708) 535-9800

SATURDAY, FEBRUARY 29ND

CRISIS CENTER FOR SOUTH SUBURBIA ANNUAL GALA / An Evening in Paris

This is a club sponsored event! 6:00 pm to Midnight
Odyssey Country Club, 19110 Ridgeland Ave., Tinley Park, IL
Info: <https://www.crisisctr.org>

TUESDAY & WEDNESDAY
MARCH 17/18TH

HOUSEWARES SHOW PACK-UP (Sertoma Centre)

1:30 p.m. - 9:00 p.m.
Meet at McCormick Place or take a bus from the Sertoma Centre at 4343 W. 123rd Street, Alsip, IL 60803
email: lmolloy@sertomacentre.org

SATURDAY & SUNDAY
APRIL 4TH & 5TH

HOUSEWARES SUPER SALE (Sertoma Centre)

10:00 am (3/30) to 4:00 PM (3/31)
Location to be determined
email: lmolloy@sertomacentre.org

SATURDAY, MAY 9TH

CENTRE'S BIG EVENT HEROES COOK-OFF

5:00 pm - 9:00 p.m.
115 Bourbon St., 3359 W 115th St., Merrionette Park, IL
email: lmolloy@sertomacentre.org

(Please check the respective websites/Facebook pages for additional information)



DINNER MEETING:

1st TUESDAY OF EACH MONTH

at CAPRI RISTORANTE

12307 S. HARLEM AVE., PALOS HEIGHTS, IL 60463

6:00 PM COCKTAILS - 6:30 PM DINNER



LAST TUESDAY OF MONTH

at the SERTOMA CENTRE

4100 W. 127TH STREET, ALSIP, IL

6:30 PM



CHAIRMAN OF THE BOARD

Robert Scott

- PRESIDENT** Dennis Fioretti
- V.P. SPONSORSHIP** Joe Racine, Jr.
- V.P. MEMBERSHIP** Eileen Clancy
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Dan Letizia, Robert Scott, Christine Obbagy

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