



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
May 15th, 2020

The Exchange Club of Sugar Land

4800 Sugar Grove Blvd. Suite 100
Stafford, TX 77477
www.ecsl.org

Weekly Meetings

Wednesdays, 7:00 a.m.

Sweetwater Country Club
Palm Royale Blvd.
Sugar Land, Texas

Officers 2019-2020

President:
Vernon Hunt

President Elect:
Paul Barnett

Secretary:
Vida Goodell

Treasurer:
Brad Porter

Immediate Past President:
David Lanagan

Board of Directors

Rick Bell
Kalina Fashaw
Brad Porter
Juli Fournier
Chanel Bermudez
John Heinemann
Jennifer Boley

Spaghetti Chair 2020
Lori Bisewski

Webmaster:
Charlie Braun
www.ecsl.org

Newsletter Editor:
newsletter@ecsl.org

"Zoom" Speaker of the Week

04/29/2020



Past President of ECSL, John Robson!



John Robson is a Nationally Certified Addictions Counselor and State of Texas Licensed Chemical Dependency Counselor and with thirty-two years of experience. John has been a part of the team at Fort Bend Regional Council on substance abuse (FBRC) since 1990. He has served the citizens of Fort Bend County in that capacity for twenty-seven years and is currently the Chief Operating Officer.

His role at FBRC has allowed him to help shape substance abuse and mental health policy and services in Fort Bend County during a time of exponential county growth. In addition to his duties at FBRC, he serves on the Board of Directors for Texana, Achieve Fort Bend, the Advisory board for Fort Bend Child Advocates and is a past President of Exchange Club of Sugar Land. He and his wife Kathy live in Richmond, Texas, have three children and seven grandchildren.

Continue —

Guest Speaker, John Robson!

**FORT BEND REGIONAL COUNCIL...CHANGING LIVES
& GIVING HOPE!**

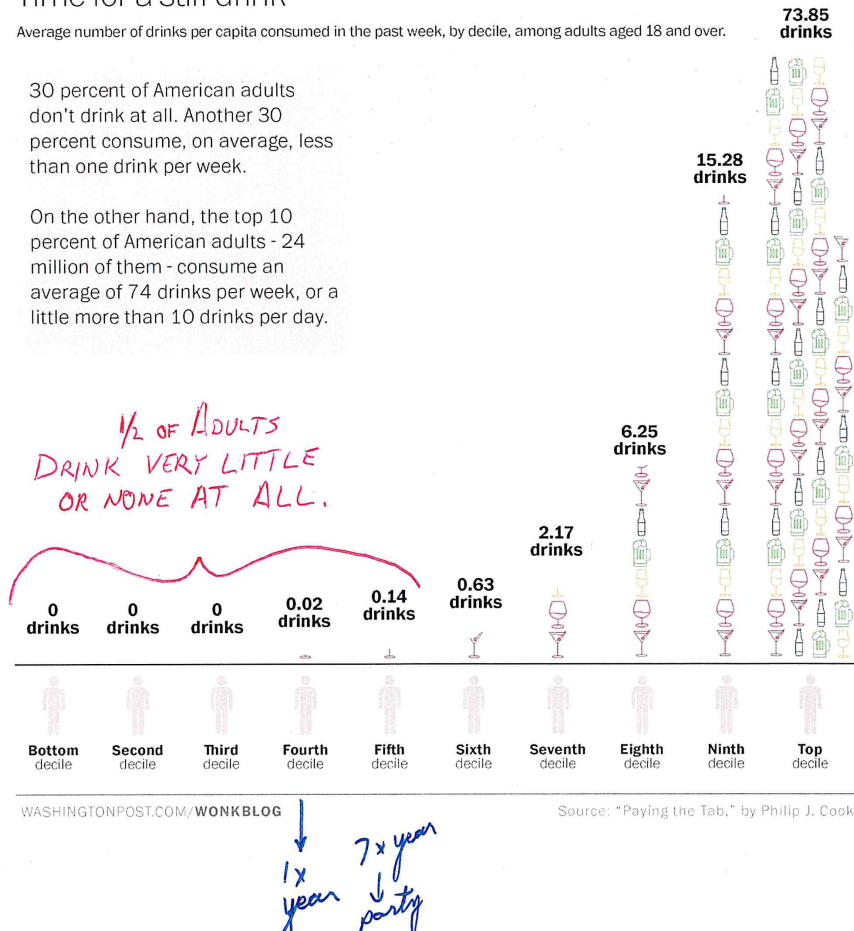
IN THE LAST DECADE

Time for a stiff drink

Average number of drinks per capita consumed in the past week, by decile, among adults aged 18 and over.

30 percent of American adults don't drink at all. Another 30 percent consume, on average, less than one drink per week.

On the other hand, the top 10 percent of American adults - 24 million of them - consume an average of 74 drinks per week, or a little more than 10 drinks per day.



5,377 individuals have been given **hope** through FBRC's treatment services.



FBRC has impacted the lives of **205,192** children with classroom based curriculum programs, small group discussions, one-on-one sessions, drug-free puppet shows and



WHAT WE DO

Since 1976, Fort Bend Regional Council on Substance Abuse, Inc. (FBRC) has challenged the idea that substance abuse is just another sad fact of modern society. Substance abuse disorders are indiscriminate in whom they affect and are the cause of so many problems in our community.

With that in mind, FBRC comprehensively addresses substance abuse through youth prevention and leadership development programs, treatment for individuals and families struggling with addiction, and outreach programs to help families and communities stay safe and drug free.

74 elementary, middle and high school campuses have taken in part in FBRC programming.

A

Place

To

Heal and find Hope!

Check Presentations!



Cookie Joe presents a check
\$1000 to Lindsey Castellanos of
Child Advocates!



Cookie Joe presents a check
for \$1000 to Darla Farmer with
Hope for Three!



Cookie Joe presents
Kathryn Yokubaitis a check
for \$5000 to Star of Hope!

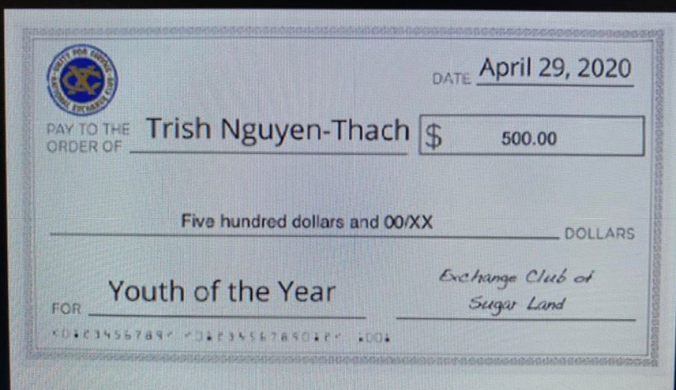
Meet Cookie Joe of Cookie Joe's Dancin' School in Sugar Land!



Dancin' School is a faith driven, non competitive academy of the arts whose mission statement begins with, **"We will inspire our children to honor their fathers and mothers"** Dancers as young as 2 years of age are welcome to begin their training with Ms. Cookie. Classical ballet, theatrical jazz, tap, hip hop and contemporary classes are offered in a warm and welcoming facility.



Student of the Year AWARD!



Ms. Trish Nguyen-Thach a Senior at Kempner High School in Sugar Land, Texas was our Student of the Year and was awarded a check for \$500 dollars.

She plans to attend the University of Houston and study biology and become a dentist.

What she really likes about Houston is the diversity of people that live here!

This past year she was also one of our Students of the Month also.



Exchange had a bid for a "parking space" at the very front of First Colony Mall entry door ! **David Lanagan** bid \$100 for it! Then **Angela McCain M. D.** bid \$500 coming from out of nowhere to slam dunk this one!, and become the winner of the parking spot for 1 whole year ! Interesting that 2 family members would bid against each other as husband and wife! Lol. The parking space will have a permanent pole and sign installed that says **Reserved for Dr. Angela McCain and Mr. David Lanagan.**



Charlene Rogers, is owner and Clinical Director of Rogers Counseling and Play Therapy Center! Prior to becoming a therapist she spent 10 years in Human Resources Management in Houston and Virginia working in the Oil and Gas sector and the Financial Industry.

Then she spent 10 years raising children, volunteering for Child Advocates, the Alzheimer's Association and Fort Bend schools. She presently volunteers for the Houston Junior Forum and at St. Luke's United Methodist Church.

For the past 12 years she has been a psychotherapist. She started a planned sabbatical in March and looks forward to new opportunities. Happily, she recently married fellow Exchangites Bruce Smith in one of the first ZOOM weddings!

Everyone in the family is affected when one person is wrestling with mental health or behavior concerns.

Charlene has a passion to work with clients across the lifespan, from children and teenagers to adults. Charlene has trained extensively and become certified to practice Play Therapy, the researched method of effectively work with children. Having expertise in Child Parent Relationship Training, she is committed to assisting clients learn about positive parenting. She also specializes in Anxiety, ADHD, Teen Issues, Depression, Self-Injury and Trauma.

Charlene talked to us about “ How to be happy or happier in life!” Especially now with Covid-19 and confinement.

Being happy doesn't mean that everything is perfect. It means that you have decided to look beyond the imperfections!

WHAT AM I GRATEFUL FOR TODAY?

1.What experiences, however mundane brought you pleasure today? • 2.What praise or feedback did you receive? • 3. What were moments of pure good fortune? • 4. What were your achievements, however small? • 5.What made you feel grateful? • 6. How did you express kindness?

6 QUESTIONS TO ASK YOURSELF DAILY.

1. LOOK FOR THE GOOD! — Practice Gratitude !
2. KEEP MOVING — EXERCISE! Exercise is critical to maintain well-being.
3. DISTRACT YOURSELF! “Wind down and distract yourself ” with things you love.
4. FEEL YOUR EMOTIONS – BUT DON'T DWELL ON THEM ! Experiencing feelings (positive and negative) is part of having a full life.
5. EAT HEALTHY! Healthy food elevates mood!
- 6.HELP OTHERS! Being “OTHER” focused increases happiness and reduces stress !