

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

President: Ineke Boekhorst Phone: 604-467-2420
 Secretary: David Riddell Phone: 604-406-8882
 Editor: Peter Boekhorst Phone: 604-465-3392

[E-mail the President](#)
[E-mail the Secretary](#)
[E-mail the Editor](#)



APRIL IS MATERNAL AND CHILD HEALTH MONTH

Today (Apr 4): **ADG Preet Pall** - President's Citation

Next Week (Apr 11):

Happy Birthday	Happy Anniversary

CALENDAR OF CLUB AND DISTRICT EVENTS:

Date	Time	Event	Venue
Apr. 22	7 pm - 9:30 pm	Rotary Wine Festival	ValleyFair Mall, Maple Ridge
May 4-7		The 2017 "Make It Happen!" District Conference	Seattle Marriott Waterfront Hotel
Aug. 13		Rotary Duck Race	Maple Ridge Park – Alouette River

RI PRESIDENT'S MESSAGE



Globally, in developed as well as in developing countries, child mortality is on the decline and life expectancy on the rise. In 1960, 182 of every 1,000 children born died before turning five; today, that number is down to 43. A child born in 1960 could expect to live an average of just 52 years; by contrast, a child born this year can expect to live to 71.

Then as now, the factors most likely to determine a child's fate are set at birth: where he or she is born, the educational and economic condition of the family, the availability of medical care. Yet one of the most important advances in public health has reached every country and must now reach every child: immunization.

The use of vaccines has, in many parts of the world, nearly eliminated diseases that once were widespread, such as diphtheria, tetanus, and rubella. Thanks to vaccines, 20 million lives have been saved from measles since 2000. Smallpox has been eradicated – and polio is next.

Thirty years ago, there were an estimated 350,000 cases of polio per year worldwide. As of this date, only 37 cases of polio had been recorded in 2016 – the lowest number in history. All of the other cases, and the paralysis and death they would have brought, were prevented through the widespread use of a safe, reliable, and inexpensive vaccine.

Overall, the World Health Organization estimates that immunization prevents an estimated 2 million to 3 million deaths every year. It also averts a tremendous burden of disability and economic loss. Yet we could be doing so much better: An additional 1.5 million deaths could be avoided by improving vaccine coverage worldwide.

This month, from 24 to 30 April, we join WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention in celebrating World Immunization Week, raising awareness of the incredible impact that vaccines have had on global health. This year's theme is "Vaccines Work" – and they do. Increased use of vaccines has broader repercussions for public health: controlling viral hepatitis, reducing both the need for antibiotics and the development of antibiotic-resistant microbes, and reaching more children and adolescents with essential health interventions. In every part of the world, routine immunization is as crucial as ever to ensure that all children have the best chance at a healthy future.

In an uncertain world, vaccines offer something remarkable: a way to protect our children throughout their lives. By working together to safeguard all children against polio and other preventable diseases, Rotary is truly *Serving Humanity* – now and for generations to come.

John F. Germ
President 2016-17

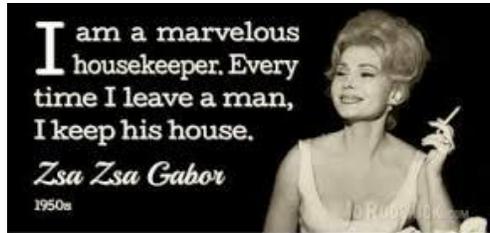
LAST WEEK'S MEETING

March is Water and Sanitation Month:

Rotary makes amazing things happen, like:

Create tools and resources that facilitate, measure, and enhance high-quality water and sanitation projects worldwide.

President's Quote for the Day:



Cheque Presentation



Mike Davies presented a cheque for \$1,000 to **Karen Pighin** in support of the **Arts Angels Program**, under which the schoolchildren (who may not otherwise have the opportunity) attend at the ACT to enjoy various performances. *"Support of the Arts Angels program helps to expand participation in the arts and in turn provide healthy, inclusive experiences that can enrich lives and personal well-being."*

District Membership Survey

Ineke reminded us again to go online and fill out the [survey](#) as it only takes a couple of minutes and is important to the District! (The link is on the website frontpage.)

Happy and Sad

Dave Rempel gave two dollars (which he said were not happy or sad dollars but rather "dollars of gratitude"). Dave says that while his brother is sadly suffering from dementia, and Dave is grateful that he has his health and mind, which, he said, enables him "to stay around and make everybody's life miserable as long as possible".

Debbie MacRae is happy that her son has been transferred to Chilliwack, where presumably he will be closer to home.

Announcements:

A reminder about the fundraiser by the **Rotaract Club** who are raising money for the Starfish Backpack program, by having a bowling night on April 7 in Abbotsford. Two games for only \$15.

Wine Fest is fast approaching in April, and Dave Rempel (chairman for that event) confirm that there are going to be 12 restaurants and 20 wine merchants in attendance.



Each Rotarian is asked to contribute one bottle of wine which will be used to fill a wine cabinet which has been donated by a local business, to be auctioned off at the event. Rotary members are also asked to provide an item for the silent auction.

Guest Speaker - **Lindsay Zylstra** - Options for Seniors Living

Lindsay is the Marketing Manager for the Maple Ridge Seniors Village on 119th Avenue just west of 222nd Street.



Lindsay and her husband and their two-year-old daughter moved to Maple Ridge about a year ago. Prior to working for the Seniors Village, she worked in the hotel business for about 15 years. Her husband is employed with ICBC.



Lindsay gave us a summary of the various retirement concepts or options available for senior living, commencing with the person who is fully independent, moving to those needing greater care and assistance.

These include the following:

1. **Independent Living** - where the person is fully independent either in their own home or in a private suite or apartment in a retirement community. The benefits of living independently in a retirement community include the fact that various services are available including meals, weekly housekeeping, laundry services, recreational activities and entertainment events, a social environment, and safety and security of 24 hour emergency response. The person can choose which of these benefits they wish to take advantage of.
2. **Home care** - this is care that is provided in your "home" whether it is your own original home or in a retirement community. If a person chooses or can stay in their own home, their home can be modified for safe living (ramps, lifts, widening doors, etc.). Daily care may be provided by *Health Help* (which is available from the Fraser Health Authority), or from *Care Aids* in a Retirement Community, or a person can contract for day care by independent contract providers such as "*Nurse Door*", or "*Independence Matters*".
3. **Assisted Living** - this is the designation for someone living in a retirement community who needs home care. In a retirement community, home care services can be provided by either the facility itself or by the services indicated above in the previous paragraph, and the services are flexible and can be added, changed or removed at any time.
4. **Residential Care** - this level of care has many terms to describe it such as "Nursing Home", "Complex Care", and "Long Term Care". However, it may best be described as resident-centered care. Residents have a wide range of care needs and abilities where 24-hour nursing care is provided, all meals and snacks are provided, and all prescribed medications and treatments are administered. Retirement Communities offer daily recreation activities and music, and therapy is available. Depending on the facility, residents live either in a private room or shared room with one to three roommates. Basic furniture is provided by the facility.

Whether a person needs Assisted Living or Residential Care depends on the circumstances. Seniors with dementia or Alzheimer's require a secure environment, and may need 24 hour on-call nursing care. Does the person need assistance getting in and out of bed, in or out of a chair, and on or off the toilet ?

5. **Specialized Care** - including Palliative Care, End of Life Care, and Memory Care. Some facilities (including the Maple Ridge Seniors Village) offer a wide range of many of the above-noted services. For example, the living situation in such a facility can be secure units (so a person who has poor memory will not risk wandering away).

Another important thing to remember is that there are "*Respite Options*" available for all levels of care. Families who care for their loved ones often need short periods of rest or relief from caring for their family or other persons. There are options available for all levels of care, everything from the Adult Day Program at the Ridge Meadows Hospital, to overnights or short-term stays at a retirement community.

Various *subsidies* are available to help with the high cost of caring for seniors. The types of subsidies available include home care services provided by Home Help (Fraser Health Authority), assisted living suites, residential care beds, and even respite stays.

The market costs for a stay in a good care facility can be approximate \$6000 per month. A large portion of the costs of a care facility is paid for by the Fraser Help Authority. The subsidy is based on a person's income and ranges between 70 and 80% of the income of the individual. These subsidized units have the placements based on priority of need and seriousness of the condition of the person. There is a long waiting list and it may take months to receive a subsidized unit. Various facilities that have subsidized units have no control over who gets offer the units, and you are not guaranteed of the location of the unit you are offered. If you normally live in Maple Ridge, say, you have no guarantee of being located in a unit in the area where your family is living. Not everyone is eligible for a subsidy as it depends on the level of income that the person has.

If you go into a Private Pay Unit, you can of course get the care you need now (with no waiting) and can choose a location and community where you wish to live. The Maple Ridge Seniors Village has 108 rooms, 90 of which are subsidized and 18 of which are private pay units.

Lindsay also reminded us about *SAFER*, which stands for Shelter Aid for Elderly Renters. Seniors who live on their own in rented accommodation, and who have low income, can get subsidies to help pay their rent from the provincial government. Income tax credits may also be available.

50-50

Debbie MacRae pulled the King of Hearts.
[some might call that the "better half"?)

President's Closing Quip (Illustrated Version)



Submitted by Laurie Anderson