



Spinoff

ROTARY CLUB OF WEST OTTAWA;
Pardeep Ahluwalia, President

August 21, 2018

Editor: Ginette Thomas

Program: Compassionate Ottawa and Advanced Care Planning

ARRIVAL

Arriving members were welcomed by Greeters **Jeremy Klein** and **Stu Picozzi**; **Doreen Ide** took our lunch money; the Reception desk was managed by **Cletus Peters**; and **Anup Subedi** worked the Past Presidents Draw table. At noon, **Ali Pahlavani**, who was replacing **President Pardeep** for this meeting, invited us to help ourselves to the buffet lunch. At 12:30, he rang the bell and called the 7th meeting of the Rotary year to order, announcing that the Editor would be **Ginette Thomas**. **Robert Shaw-Wood**, replacing **Rod Holmes** at the keyboard, accompanied us as we sang *O Canada* followed by a thoughtful reflection by **Eric Armstrong** encouraging us to be grateful for the bounty from which we benefit.

GUESTS & PP DRAW

Cletus Peters introduced three guests: Jim Nininger, the guest speaker; Paula Campbell, Administrative Assistant at *Compassionate Ottawa* who accompanied the guest speaker; and Wilmer Pulido, a past RCWO member. We serenaded the guests with our usual welcome song.

Anup Subedi invited the guest speaker to pull the winning ticket for the Past President Draw.

Clive Talbot was the lucky \$25 winner.

PRESIDENT'S ANNOUNCEMENTS

- **President Pardeep's** mother passed away unexpectedly. We extend our sincere sympathies to him and his family at this time.
- **Bill Rolph** sent a note about his progress following major heart surgery. We send him wishes for a speedy recovery and a fast return to his committee work!
- The golf tournament is Monday August 27 at the Canadian Club in Ashton. The contact is **Cam Ross** for tickets, information, or to donate items for the silent auction.

- The venue for the August 25th Grants Management Seminar has changed: at Immanuel Christian Reformed Church on Pitt Street, Cornwall. Contact the District website for more information.

TODAY'S PROGRAMME

Gaye Moffett introduced today's accomplished speaker. In addition to academic credentials that include a PhD in Industrial Relations, Jim Nininger's career includes executive roles at the: Canadian Pacific Railway Company; Power Corporation of Canada; Canadian Centre for Management Development in Ottawa; and at the Conference Board of Canada when **Navin Parekh** worked there. It's his dedication to community development that frame today's topic with community leadership roles with the: Board of Governors of The Ottawa Hospital; Human Resources and Compensation Committee of the Board of Trustees of the National Arts Centre; Community Foundation of Ottawa; Community for Excellence in Health Governance; Board of Directors of the Canadian Patient Safety Institute; and Community Foundation of Canada.

"Bringing Death Back to Life: Conversations about Dying, Death and Grieving Well"

"Death is a social experience" said Jim Nininger. He spoke passionately about the ways we can "bring death back to life" with a dialogue about this socially discreet topic with our loved ones. He provided an overview of *Compassionate Ottawa*, a community-led organization that works to improve the quality of life for the frail elderly and for those who face life-threatening illness at any age. On average, when one person dies, 5 other people are affected: relatives, friends, workmates, whomever. This is "community". When we imagine dying, most of us want to be at home surrounded by members of our community. But the reality is that 70% of us will die in hospitals and long-term homes. This is in spite of studies that show that good home care, and good

community involvement through family or volunteers, not only increases the quality of life for terminally ill people, it can even increase the length of life.

Compassionate Ottawa focuses on this notion of volunteers and community outreach. It starts with "advance care planning" conversations with our family on choices we can make now, about our future. To increase awareness, *Compassionate Ottawa* conducts workshops on the importance of having these earlier and better conversations between older adults, families and their health teams. They are available to conduct workshops in apartment buildings, neighbourhood centres, with church groups or with social clubs. He encouraged us to connect with Paula Campbell who accompanied him today for more information, or to grab the one-page flyers, or to contact them directly at:

<https://compassionateottawa.ca/>

In answer to questions from **Peter Fisher, Bea Osome, Ron Doll, Sucha Mann, Dave Morton, Bob Harrison, Marcia Armstrong, Ginette Thomas, Hadi Mortada** and **Carol Bell Thompson** a lively discussion followed. He explained how they get in touch with individuals across the city through existing networks of faith groups and the 13 health centres in Ottawa. They are always looking for volunteers to reach out, as the main problem is social isolation, including individuals living in tall apartment towers in the downtown area. He mentioned the classic book "We Mortals" as a good background resource. In answer to a question about medically-assisted dying, he reiterated the focus of the organization's work is on better living, and that they refer individuals with those questions to other resources in the community. There was a good discussion about social anxiety and pressures on caregivers and the reality of addressing the needs of loved ones as they face their final days in long-term homes and hospitals.

Larry Chop thanked him for his inspiring talk with a small token gift of appreciation and the usual RCWO contribution of \$25 to the *End Polio Now* initiative.

HAPPY DOLLARS

Henry Akanko passed the Happy Dollars basket:

- **Gaye Moffett** was NOT happy with her dog's encounter with a skunk. A lively, but inconclusive, discussion ensued on the merits of tomato juice to deal with the smell!
- **Wilmer Pulito** was happy to be here as this club feels "like home". He's leaving this Sunday to teach English and Canadian Studies at a school in Hefei, a city in central China. He promises to drop in on return visits.
- **Bob Harrison** was happy to contribute to the tomato juice debate by saying that what Gaye needs is LOTS and LOTS of tomato juice to be effective!
- **Ron Doll** was happy to point out the excellent historical tours at Laurier House, drawing attention to what he considers to be the TOP tour guide named Sabine - his granddaughter!
- **Marcia Armstrong** was happy that mums orders are coming in, but also reminded everyone to keep orders coming in before the deadline of September 1.
- **Ken Murray** was happy that he and **Henry Akanko** saw the Saskatchewan Rough Riders beat the Calgary Stampeders, a team that was until then undefeated this season!
- **Ron Scott** was happy to have played in a golf tournament and won a major prize. But his wife won't let him use it: it's a chainsaw...

ADJOURNMENT

Ali Pahlavani adjourned the meeting at 1:30pm after the usual invocation for us to practice the Rotarian principles in the community, and to invite individuals to our luncheon meetings that we may like to encourage to join us.

PHOTOS

Here is the link to **Jean Begin's** meeting photos: <https://rcwo.org/PhotoAlbums/2018-08-21-jim-nininger-compassionate-ottawa>

Tuesday, August 28, 2018

PROGRAM: COMMITTEE MEETINGS

Greeters: **Eugen Achihaei/Claudette Léger-Paillé** Reception: **Caroline De Witt**
Grace: **Ron Scott** PP Draw: **Blair Armstrong** Editor: **Rocco Disipio**
Sales/Attendance: **Mary Wattie**

Tuesday, September 4, 2018

PROGRAM: Guest Speaker: Jes Francis, Fort McPherson Community Greenhouse Project

Greeters: **Ali Pahlavani/Fred Sirotek** Reception: **Tony Watkins**
Grace: **Bud McGinnis** PP Draw: **Nigel Lever** Editor: **Joe Redhead**
Sales/Attendance: **Mary Wattie**