

Meetings: Tuesday 12 Noon

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JUNE IS ROTARY FELLOWSHIP MONTH

Happy Birthday

Happy Anniversary

June 4:	Brian & Sharon Bekar,	June 6:	Dave & Lisa Macpherson
June 12:	Zain & Nicole Kathrada		

Upcoming Speakers:

June 4:	Ineke Boekhorst Report on Belize	June 11:	No Regular Meeting	June 15:	Installation of 2024-2025 Executive
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RI PRESIDENT’S MESSAGE

The honor of a lifetime



It’s customary for a Rotary president in the final month in office to recap the past year on this page, and I am proud of all we have achieved together. But I want to focus on our future, and that begins with polio.

We have reached an astonishing 3 billion children with the polio vaccine, and we have averted an estimated 20 million cases of paralysis. But it’s not enough. We must continue supporting

the End Polio Now campaign to reach zero cases and keep our promise to the world’s children.

Polio is not our only global commitment. In fact, Rotary has been working toward global peace even longer. Spreading Positive Peace through service projects and Rotary Peace Centers around the world is more important than ever.

We must also continue to build peace from within, and that begins with supporting mental health and wellness among our fellow Rotary members and the communities we serve. Rotary has an opportunity to help build a global mental health system that currently does not exist, and I urge all members to consider joining the Rotary Action Group on Mental Health Initiatives to keep up the momentum we began this year.

It’s been the honor of a lifetime to serve as your president. You have given Heather and me memories we will cherish forever. I look forward to our continued friendship and our collective commitment to *Create Hope in the World*.

Gordon Mcinally,
President, Rotary International

LAST WEEK’S MEETING

President **Brenda Jenkins** presided.

Guests:

Carlos E. Morante and **Christian Zempoaltecatl** – Originally from Peru, these gentlemen are in the renovation/construction business operating under the name of EMA Renovation. They previously worked out of Colwood (near Victoria) and recently moved to Maple Ridge. [carlos@ema-renovation.ca T:236-464-1739].

Heather Treleven – is the new Executive Director of the **BC Association of Community Response Networks (BCACRNs)**, and for the past 15 years was the head of the Maple Ridge Pitt Meadows Katzie Seniors Network (MRPMKSN). The BCACRNs is the Provincial umbrella organization that supports local community response networks, who in turn work to create a strong community response for adults who may be experiencing or be impacted by abuse, neglect and self-neglect.

Judith Macrae (our speaker) is the Coordinator of the Maple Ridge Pitt Meadows Katzie Community Response Network (the “CRN”), that is a subcommittee of the larger MRPMKSN. The role of the CRN is to increase awareness, provide education, build relationships, and work towards prevention of elder abuse.

Fine master: **(Laurel Hickman)**

Today’s fine: if you and one of your parents did not talk together today (whether you phoned them or they phoned you).



Happy and Sad Dollars included:

Lynda Lawrence's basement storage area (and her stored stuff) suffered from a plumbing leak.



"The plumber said he can't come right now, but promised to put us on his 'wading list'. Cute, huh?"

Laurel Hickman starts her Master's Degree program shortly, which will take her away from some of our Rotary meetings.



Program:

Elder Abuse - presented by **Judith Macrae** [604-463-9860]



Judith Macrae is the Coordinator of the Maple Ridge Pitt Meadows Katzie Community Response Network.

Social Isolation is a significant risk factor contributing to abuse. During COVID there was an increase in incidences of abuse, neglect, and self-neglect. There are different types of abuse and not all are always visible. The types of abuse include physical, financial, psychological, and sexual abuse with variations to all of these. Many individuals who experience abuse are often ashamed, embarrassed, or fearful to report abuse and neglect. Self-neglect is often due to depression or lack of resources to take care of oneself. It is very important to understand and recognize the warning signs of abuse, neglect and self-neglect and to facilitate support and intervention. Abuse exists on a continuum and only get worse without intervention. Abuse is about power and a power imbalance and must be interrupted.

Adult abuse is any action causing harm to someone over the legal age of 18. Elder abuse commonly refers to adult abuse where the target is a senior or older adult. Instances of abuse often coincide with neglect. Neglect is when lack of care, assistance, or attention leads to physical, mental or emotional harm, or loss of financial assets. Self-neglect is the failure to care for one's self that causes serious physical or mental harm, or damage to or loss of assets. Some forms of abuse may include:

- **Financial** – Financial abuse is the most common form of adult abuse in seniors, older adults, and vulnerable adults. The misuse of a person's funds and assets, obtaining property and funds without the owner's knowledge and full consent, or in the case of an elderly person who is not competent, not in his/her best interests.

Financial abuse occurs when an individual in a position of power extracts funds or other resources to a degree where it negatively impacts the abused person's financial stability. It can also occur when an older adult is coerced by a loved one to provide funds by exerting fear or shame. Financial abuse often takes place simultaneously with other forms of abuse, like psychological abuse, and is frequently committed by someone the abused person knows, like a friend, family member, or caregiver. Having a network of support is key both to preventing and identifying financial abuse. Many older adults are also vulnerable to scams and fraud.

- **Physical** – Violence or rough treatment to coerce or inflict bodily harm – punching, burning, pushing, tripping, spitting. A person doesn't have to have an injury to have experienced physical abuse.
- **Sexual** – Sexual behaviour directed towards a person without their full knowledge and consent, which include sexual assault, sexual harassment, unwanted touching, or use of pornography.
- **Emotional** – includes psychological/verbal/spiritual abuse. Any act or treatment, including confinement, isolation, verbal assault, humiliation, intimidation, infantilization, which may diminish the sense of identity, dignity, and self-worth. It is when someone threatens, insults, intimidates or humiliates an older adult, does not allow them to see their family and friends, or does not allow them to attend spiritual/religious events.
- **Neglect** – the failure to provide the necessities of life or withholding care for someone who needs assistance with food, shelter, healthcare, personal care protection and emotional care.
- **Ageism** – Refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age. While ageism affects everyone at any age, older adults and seniors are particularly vulnerable to experiencing the negative implications of ageism. Ageism affects how we view others and how we view ourselves, and "can erode solidarity between generations, can devalue or limit our ability to benefit from what younger and older populations can contribute, and can impact our health, longevity and well-being while also having far-reaching economic consequences. For example, the WHO says "ageism is associated with earlier death (by 7.5 years), poorer physical and mental health, and slower recovery from disability in older age".
- Other forms of abuse can include over or undermedication, censoring mail, violation of civil and human rights, denial of access to visitors, or invasion or denial of privacy.

British Columbia's adult guardianship legislation was proclaimed in February 2000, and is made up of four Acts:

1. *The Representation Agreement Act*
2. *The Health Care (Consent) and Care Facility (Admission) Act*
3. *The Adult Guardianship Act*
4. *The Public Guardian and Trustee Act*

These four acts were selectively proclaimed with some sections still waiting for proclamation. They work together to create a comprehensive and integrated system of support and assistance for adults who need help in making decisions about their health, personal care, and their financial or legal affairs. Part 3 of the *Adult Guardianship Act* regarding support and assistance for abused and neglected adults is the part of the legislation most closely connected to the Community Response Network. While the legislation does not make it mandatory for individuals to report adult abuse, it is mandatory for Designated Agencies (such as the Public Guardian) to respond to reports of abuse.

If you see something, say something.



Don't stand by, stand up against elder abuse.

Neighbours, friends, and families have a shared responsibility to create safe, strong, healthy communities. Pay attention to signs of trouble.

Care about the people around you.

Warning signs of abusive behaviour:

- injuries – bruises, sprains, broken bones, scratches, especially when the explanation does not fit the injury.
- Changes in Outlook: depression, withdrawal or fear.
- Changes in living arrangements – previously uninvolved relatives or new friends move in.
- Home services are cancelled because of the bills are not paid, or things “disappear” from the house.
- Signs of neglect – no food in the house, being left alone for long periods of time, not having require glasses or hearing aids, not having proper clothing.
- The person shows fear of their abuser.

Reporting Elder Abuse – if an older adult confides in you or mentions their worries about any potential abusive behaviour, take these comments seriously. If you are concerned about adult abuse, neglect, or self-neglect, you may choose to report the concerns to a Designated Agency. Designated agencies have a legal responsibility to address any report they receive. The Designated Agency for our area is the Fraser Health Authority (1-877-732-2808). BC does not have a law saying you must report adult abuse. However, Part 3 of the *Adult Guardianship Act* states that if you do make a report to a designated agency, that agency is mandated to respond to the report (and in the least intrusive way). According to the Public Guardian and Trustee of BC, “Designated agencies work with the adult to give the kind of support they want and need. This may include informal support from friends, family, and advocates. It may also include other services such as home support, meal services, or a day program. Many situations will be addressed in this way. If the situation cannot be resolved informally, is urgent or dangerous, and the designated agency is concerned that the adult seems unable to get assistance on their own due to a physical restraint, physical handicap, or an illness, disease, injury, or other condition that affects their ability to make decisions, the *Adult Guardianship Act* gives designated agencies legal tools to protect adults.”



WORLD ELDER ABUSE
AWARENESS DAY

June 15, 2024

#WEAAD2024

#AgeWithAttitude

BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect... Together

bOLD: Age with Attitude

June 15th is World Elder Abuse Awareness Day. This day was proclaimed in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. On this day we encourage people to wear purple. The Iris is the flower that supports World Elder Abuse Awareness Day. Educational workshops are available and can be accessed @ judithlmacrae@gmail.com.

Leslie's "Uplifting" story of the day



An old farmer and his wife (who had never left their Amish community before) finally visited a new mall in the city and were amazed by almost everything they saw, including two shiny, silver walls that could move apart and then slide back together again. The farmer (never having seen an elevator before) watched as an older lady in a wheel chair entered a small room as the doors opened and then closed again behind her, and then watched in amazement when the doors opened again and a gorgeous 24-year-old woman stepped out. Not taking his eyes off the young woman, he said to his wife, "Quick, step into the box. I will wait here."

Club Announcements

Thursday, May 30 - 5:30 PM at Kingfisher Bar and Grill - 23840 River Rd, Maple Ridge, is the time and place of this month's **PubHub** for an evening of Rotary fellowship.

Saturday, June 15, 2024 – 6:00 PM is our **Installation Night**, when we celebrate our past Rotary Year and thank our President Brenda for all her great work and enthusiasm during the last 12 months, and install our new Board who will take over the reins on July 1. Be sure to get your ticket from Adrienne. We need to know the number attending for the catering!

President's Quote for the Day:



Meadow Ridge
Rotary Club
Maple Ridge, BC



*INSTALLATION
OF
PRESIDENT LAURENCE ANDERSON*

SATURDAY, JUNE 15, 2024 6:00 PM cost \$50.00 p/p

MEADOW GARDENS GOLF COURSE

RSVP: adale@centralawyers.ca

Saturday June 15th is the installation of our incoming President Lawrence Anderson at Meadow Gardens at 6:00 pm.

Submitted by Laurie Anderson