

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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MAY IS YOUTH SERVICE MONTH

CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
June 6-10	Cancelled	RI International Convention in Honolulu	Hawaii Convention Center
June 26	6 pm	Installation of New Executive	T.B.D.
Aug. 9	Cancelled	Rotary Duck Race	Maple Ridge Park

Happy Birthday	Happy Anniversary
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Meadow Ridge Rotary regular meetings are cancelled, due to the Coronavirus.

We will have a [ZOOM meeting](#) at our usual Rotary Luncheon time. You can connect on your computer or smart phone. It's set up as a reoccurring meeting, meaning there is a virtual meeting every Tuesday at 12 noon, until June 30 for now.



OUR CLUB LAST WEEK'S ZOOM MEETING:

President Adrienne Dale Presided

Program: [Myrna Norman - Dementia](#)

Myrna Norman is a member of the Maple Ridge - Pitt Meadows - Katzie Seniors Network

Myrna advised us that 11 + years ago, she experienced difficulties with spatial perception. For example, she sometimes had problems determining whether she was going downstairs or



whether she was on a flat surface. Also, she and her husband had their own business and she discovered that she couldn't do the bookkeeping anymore. She went to see her doctor. She soon learned that, having been given that early diagnosis, her name was "on the list" but there was no help offered at all.

[In an article written by Myrna and published by Dementia Alliance International (DAL), Myrna said this:

Hello, my name is Myrna and I am a Person Living Well With Dementia. I was diagnosed with Frontotemporal Dementia about 11 years ago. My personality, well some of my thoughts and my abilities to control my anger, had changed. My memory was in tact but I knew something was very wrong with me. As with many of us, my general practitioner just told me that my tests had shown

Frontotemporal Dementia and that I should get my affairs in order. But he did not ask if I had any questions. WTF was my first thought. What was Frontotemporal Dementia? If I had questions, first I had to have some education as to what to question.

My husband was going to be away for a few weeks and in hindsight that was a good thing. I got some information, made up an envelope and suggested that he read this on the plane and discuss the issues with our son. During this time, I went into a deep despair. I wailed, sniffled, screamed, had a visit to self pity, and tried to educate myself. A family meeting was called, an appointment was made with a lawyer, and arrangements were finalized.

The probability of 8 years and unable to do stairs would require selling our new house and moving. We moved along as quickly as we could. It took time and about a year later, after we had sold our house, much of our larger style furniture sold, major downsizing was accomplished.

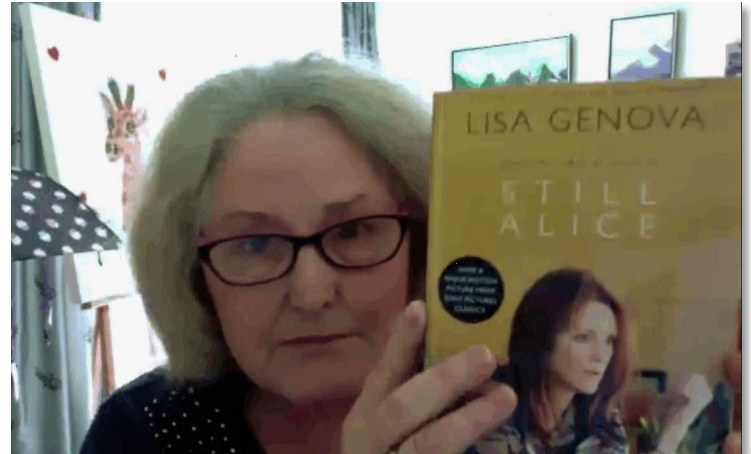
Finding the Alzheimer's Society and taking part in a support group helped immensely. Finding DAI opened so many doors, for instance, meeting others travelling the same journey, education, and more than words can express. Now I am a DAI member (for years) Facilitator, Purple Angel Ambassador, a participant in the Canada Dementia Strategy held year in our capital of Ottawa – about 4000 miles from my home. My life with dementia has brought me more joy than sorrow.]

Myrna further advised us that many seniors with dementia end up in care facilities; often looked after by poorly paid caregivers with little or no training about how to care for dementia patients. She realized that if a person with dementia is not stimulated mentally, he or she would go downhill very fast, as is often the case with dementia patients in care homes. Myrna had the ability to keep herself stimulated, but she became acutely aware that this was not the case with many seniors who are stigmatized. **She therefore decided to become a dementia advocate and to try to break the stigma - the public misconception of what a dementia patient is, and is capable of.** Facing stigma is often of great concern for people living with dementia. Stigma around dementia exists, in part, due to a lack of awareness or understanding of the condition. She wished to get the message across that people should look at her and other people with dementia as just another member of the community, and not be written off. Myrna has been trying to do so as an ambassador for Purple Angels, a dementia support group. It hosts support groups and provides training for those living with or interested in dementia.

[An article in the newspaper (quoting Ministry of Health data) stated that: in Maple Ridge the number of individuals diagnosed with dementia doubled between 2005 and 2015. The Alzheimer's Society surveyed 1,506 Canadians and found that people living with dementia experience far more stigma than individuals with physical health conditions. Approximately 60 per cent of individuals with dementia continue to live in the community, either independently or with care partners. With support from the City of Maple Ridge, the Maple Ridge-Pitt Meadows-Katzie, Seniors Network is developing a plan to make Maple Ridge a "dementia-friendly community," where residents living with dementia, their families and caregivers feel supported, connected, comfortable and safe. "Myrna is a real community champion and advocate for those living with dementia. Myrna is proof that you don't have to hide away and that you can live well with

A survey of the dementia patients showed that 58 per cent of respondents felt that people living with dementia may be ignored or dismissed, while 54 per cent believe they may be socially rejected or avoided, and 50 per cent believe that they may be physically or verbally abused. It takes a lot of courage to face this type of stigma, but according to Myrna: "The more involved you are outside your home, the better off you will be."]

Myrna recommended the book called "Still Alice", about an Alzheimer patient.



[A book review states: Lisa Genova's debut novel about a 50-year-old woman diagnosed with early-onset Alzheimer's disease follows Alice Howland over the course of two years, from disquieting episodes of forgetfulness to the sad final scene in which she sits, holding her first grandchild without really knowing who the baby is. Its early chapters are likely to be especially unnerving for readers over 40, who almost all have moments when they fear that normal middle-aged memory lapses are symptoms of something more serious.]

Fundraising Committee:

Clint Callison and his fundraising committee (Debbie McRae, Patrick Dobyn, Mark Forster, and Libby Nelson) are finalizing their recommendations with respect to a 50/50 draw online, but welcome any suggestions from club members for other fundraising activities that can be done during this difficult time.

Happy and Sad

'Handyman' **Matt DeBruyn** (with some help) managed to put a new roof on one of the buildings on his property.



Hey, see that! Looks like Jim has finally finished re-roofing his house.

MEADOW RIDGE ZOOM MEETING INSTRUCTIONS:

All members have to do, is click on [this link](#) Tuesday at noon. Give yourself a few minutes in advance.

The first time it will download the zoom app, which takes just a couple of seconds and you are in; it's that simple!

Members can turn on their camera if they like, but don't have to.

Here's the link to join a scheduled Zoom meeting.

Topic: Meadow Ridge Rotary Club Meeting

Every week on Tue, May 19 until June 30, 2020,
(7 occurrences) at 12 Noon PT.

Join Zoom Meeting: Click the following link
<https://us02web.zoom.us/j/83896681975?pwd=QW1OdG10RENobzFEeGdjejZQS1IWUT09>

Meeting ID: 838 9668 1975

Password: 898583

One tap mobile

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Dial by your location

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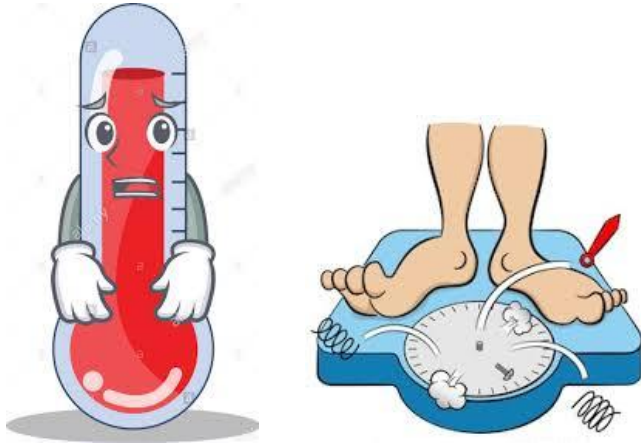
+1 778 907 2071 Canada

'Horticulturist and Bakery Chef' **Sharon Kyle** was busy with her garden of lettuce, radishes and green onions, and teaching her granddaughter how to make bread (virtually, of course).

Presidents Question/Quote for the day:

Our fine master fined anyone who admitted to putting on weight during this Covid "Time-out",

which prompted our president to ask: **Which is scarier?**



The thermometer? or the weight scale?

Submitted by Laurie Anderson

Upcoming District 5050 Events & Other News

UPCOMING EVENTS

Club Training Sessions: Wednesday evenings 7 pm to 8 pm

May 27

The Rotary Foundation - Malcolm Kennedy - register [here](#)

Mentorship & New Member Orientation - Denis Boyd –
register [here](#)

June 3

Membership - Rotary/Rotaract Connection - Phoenix MacLaren

Zoom tips - James Monroe and Roger Powley

Public Image - RPIC Michelle O'Brien

Coffee Corners - normally Tuesdays 10 am

May 26 - TRF Trustee Brenda Cressey

June 2 - TBA

June 6 - RI President Mark Maloney - Saturday, 9 am to 10 am

OTHER NEWS

RI International Virtual Conference - details:

<https://www.rotary1410.fi/dg/the-2020-rotary-virtual-convention-schedule-at-a-glance/>