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Alzheimer Society of Calgary

Jill Petrovic, Director of Philanthropy and Engagement

Jill began her presentation by saying that it was a treat to speak to Rotary, a group of engaged, supportive and active leaders. She expressed thanks for our paying attention to seniors, a growing group in our society.

10% of seniors in Calgary have some kind of dementia, with 8 new cases a day being diagnosed. However this is not an issue affecting only seniors. It turns spouses into care givers and adult children are suddenly looking into care options. People are being diagnosed younger and younger, sometimes (rarely) in their 40s.

Dementia is not well understood — there are many myths which Jill will do her best to explain.

The first myth is that dementia is mostly inherited from one's family. Only 5 to 7% of people suffering from this disease have it in their family. It is sporadic and we are not sure what causes it. Dementia is an umbrella term describing a number of symptoms which includes difficulty with thinking, memory, personality changes. Everything the brain controls can be affected by dementia. It causes a physical decrease in the size of the brain. The normal brain weighs around 3 pounds, whereas a late stage dementia patient's brain might weigh 1.5 pounds. Symptoms are very diverse from patient to patient which makes diagnosis challenging. The speed of progression of the disease also varies from case to case. Alzheimer's disease is simply one type of dementia, the most common type. It is a physical, progressive and degenerative disease of the brain where plaques and tangles cause brain cells to die. Symptoms include memory loss, difficulty with day to day tasks and changes in mood and behaviour.

Another myth is that symptoms are a normal sign of aging, however it is a matter of degree, and how many such symptoms are occurring. For example while it is common for most of us to forget names, dementia patients will forget many things and the memories do not return a little while later. They may have difficulty with language, struggle with vocabulary or using the wrong word. They may have confusion with time and place, getting lost in familiar surroundings. They may begin showing poor judgement, not understanding context, such as touching a hot pan or not dressing appropriately on a cold day. They may have difficulty counting, taking a bus, reading a clock or with misplacing things. Other symptoms can be personality changes such as rapid mood changes, becoming more suspicious. Loss of initiative is also a symptom, such as an individual withdrawing from activities they used to enjoy.



www.alzheimercalgary.ca

How can we reduce the risk of getting Alzheimer's? It is more common in women (1 in 5) than it is with men (1 in 10). It's vital to improve and maintain the health of your brain. While there are no definite guarantees for

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Rotary
Club of Calgary Chinook





Our greeters today were George Kimura and Ian Burgess, making us all feel welcome.

President David started our meeting at 12:15. He introduced 'O Canada' with Ruth on the piano, followed by Rotary Grace. David acknowledged the fact that the land on which we gather today is the Treaty 7 territory and the traditional territory of the

Blackfoot, Stoney and Tsuut'ina peoples, as well as the Metis Settlement of Calgary. He noted that Paul Gaudet would be today's Scribe and then called on George Kimura to introduce our visitors and guests. Today we had a total of 38 in attendance which included 3 guests and 3 visiting Rotarians.



George Van Schaick, standing in for Pat Hutchinson, provided today's Sunshine Report. He let us know that Bart Dailley had been hospitalized but was now resting at home. We hope he will feel strong enough soon to rejoin us at our meetings.



David announced that there would be an informal Board Meeting today at 5pm at his residence to discuss our new website development. He also advised us that we were planning a celebration on May 27th, and that all members should mark the date. Further detail will be provided shortly.

Minute Men:

- Peter Bickham reminded us about our final Cribbage Evening this Thursday, and also about the wrap up tournament on April 15th.
- Wayne Wiebe asked for additional volunteers to help out at our Mustard Seed

Dinner being held tomorrow night. Some had to cancel at the last minute so replacements are needed.

- Rob Wolfson handed out \$20 prizes to a number of winners in our Flames Scoring Pool; including

Wayne Wiebe, Joe Hooper, David Wartman, Bill Churchward, Bev Tonkinson and Gord Billings.



- Rob advised that he would be putting together an NHL playoff pool for our entertainment and fundraising.
- Rob then spoke about our upcoming

special fund raising event being held at the Ranchman's Club on May 10th. The tickets will cost \$125 per person (undetermined amount tax receipt will be issued). All our members are encouraged to support this great cause (IBD Centre) by purchasing tickets and providing silent auction items if possible. Please contact either Tammy or Rob should you have any questions. Visit www.rotarychinois.ca to purchase tickets.

Our 50-50 draw winner today was Stuart Libin who kindly donated his prize back to our Club.

Photos courtesy George Van Schaick



Golf Truisms

- If there is a ball on the fringe and a ball in the bunker, your ball is in the bunker. If both balls are in the bunker, yours is in the footprint
- It's easier to get up at 6:00am to play golf than at 10:00am to mow the grass.
- A good drive on the 18th hole has stopped many a golfer from giving up the game.

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Water and Sanitation Month

March 28th Professor Stephane Guevremont — Moose 419 Squadron
 March 31st Atlanta 2017 RI Convention — last day for pre-registration discount — \$415

Maternal and Child Health Month

April 4th Ken Goosen — GlobalFest
 April 7th Fairview School 'Mix 'n Mingle' — 2pm to 3pm — contact John Charrett for info
 April 11th Dr. Mary Valentich — Assisted Dying
 April 15th Cribbage "Suckling Awards" @ 10am, \$20 sign-up fee — open to members and guests
 April 18th Richard de Boer, Calgary Mosquito (Airplane) Society
 April 25th Dawn Rennie and Dustin Rennie — Director's Report re Club website
 'Youth Dinner' evening meeting

Youth Service Month

May 5th - 7th DisCon 5360 "Strength in Numbers" — register at www.discon5360.ca
 @ Sheraton Red Deer Hotel
 May 10th Kickin' It Country — Charity Concert with Lindsay Ell in support of the
 UofC Inflammatory Bowel Disease Unit
 @ Ranchman's Cookhouse & Dancehall, 9615 Macleod Trail SE, doors open @ 6pm

Rotary Fellowships Month

June 6th Dr. B. Silvius
 June 14th Atlanta 2017 RI Convention — last day for online registration — \$490



KICKIN' IT
COUNTRY



Meeting Minutes cont'd from page 2

George Van Schaick took the podium (after being caught unawares as he thought he was up next week) as our Sgt at Arms. After fining Ron May for late arrival he moved right on to Good News / Bad News:

- Steve McAuley donated having just completed a vacation in Mexico
- Rob Wolfson as he was off next week to Italy, Norm Moro to note his granddaughter's (Ireland) ringette team winning the Provincials
- Hank to "squeal" on David Irving winning last night at Bridge
- Joe Hooper to celebrate his new car purchase
- Dave Wylie to announce his upcoming trip to Palm Springs.

Paul Gaudet introduced our speaker, Jill Petrovic, who is the Director of Philanthropy and Engagement at the Alzheimer Society of Calgary. She has spent more than 15 years in communications and marketing roles across multiple sectors including oil and gas, retail and advertising agencies. Jill's father was diagnosed with frontotemporal dementia just 6 months after she joined the Alzheimer Society. She helps audiences understand that the impact of this disease spreads well beyond senior citizens and the notion that it's just a part of "getting old". Jill speaks on behalf of the important work being done in the community for affected families.



David Wartman thanked our speaker by presenting her with our certificate noting a donation in her name to help eradicate Polio in the world.

President David closed our meeting at 1:27pm.

Speaker cont'd from page 1

preventing Alzheimer's disease or related dementias, research shows you can reduce your risk by following these steps:

1. Challenge your brain through a variety of stimulating activities such as crossword puzzles, learning a new language, learning to play a musical instrument or a new sport.
2. Reduce stress and pursue relaxation techniques such as meditation, yoga or massage.
3. Exercise regularly and aim for 30 to 45 minutes of activity on most days of the week.
4. Activate your social life through social interaction, taking on new hobbies or volunteering.
5. Take care of your health by watching your blood sugar, blood pressure, cholesterol and body weight.
6. Eat healthy; balanced meals and follow a mediterranean diet including whole grains, oily fish, fruits, vegetables, dairy and olive oil. Limit your alcohol intake and eliminate smoking.

Jill wrapped up her presentation by entertaining a number of questions from our members and thanked us for giving her the opportunity to improve our understanding of this important disease.

The Alzheimer Society of Calgary provides support, education and care assistance.

Check them out online at www.alzheimercalgary.ca or call them at 403 290 0110.



Support our 'Kickin' It Country' fundraiser !! Wednesday, May 10th

An article about Lindsay Ell that appeared in 'Canadian Beats' :

Keeping Up with Lindsay Ell

by Dutch Bickell, March 13, 2017

Lindsay Ell is hands down one of Canadian music's hottest exports. No, not only because she is stunningly beautiful, but because Ell has the musical talent that could rival any Nashville veteran. Born in Calgary, Alberta, Ell started playing around with one of her father's guitars and instantly fell in love. Song writing from age 10, and discovered by Canadian Legend Randy Bachman (The Guess Who & Bachman-Turner Overdrive) at age 13, Ell has no short supply of impressive milestones on her resume. Bachman even took the time to assist, co-write, and produce Ell's debut album Consider This.

Between making her debut on the Grand Ole Opry, opening and supporting some of the biggest acts in country music, and releasing a handful of top 20 singles, Ell has worked hard and embarked her way through country music only to come out on top. From her originals to heartfelt covers, Ell literally can do it all. If you don't believe me, check out her version of the iconic Deana Carter song "Strawberry Wine" and experience Ell's mega talents for yourself.

Ell has been making her 2017 rounds by supporting Brad Paisley on his Life Amplified World Tour. In addition to powering through her own solo-set, Ell also takes the stage with Paisley multiple times. Each tour stop Ell usually performs; "By The Way," "All Alright," "Waiting On You," "Don't Call Me Lonely," "Worth The Wait," and "Criminal" to wind up the crowd and get the Life Amplified World Tour party going before joining Paisley later in the show to complete the duet "Whiskey Lullaby" by filling the mega talented shoes of Alison Krauss. Ell also rips into a mean guitar solo alongside Paisley during "Whiskey Lullaby" and the smash hit "Alcohol."

Between tours with Brad Paisley, backing up Carrie Underwood, and cultivating her own tunes, Ell never stops. Taking the time to interact with fans on social media, hit the gym on Snapchat, and still find time to be a chord shredding "triple threat", do not be surprised when you hear new music and headlining tours from Ell in the future.

KICKIN' IT COUNTRY

featuring

LINDSAY ELL

Native Calgarian and Nashville Recording Artist



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