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"YouQuest" Cindy McCaffery & Myrla Bulman

Past President David introduced our speakers, Cindy McCaffery and Myrla Bulman, co-founders of "YouQuest" (Young Onset Dementia), which is a new way to provide assistance and support for the treatment of early onset dementia, both for patients and their family and support givers. Both Cindy and Myrla have personal experience with this condition and decided to make a difference in how it is treated.



Cindy was our first speaker and she outlined her initial introduction to this condition. It started when her 48 year old husband came home one day from his job at the bank and said "I can't figure it out anymore". This started them down the "grey, lonely path to a dementia diagnosis". There is nothing clear cut about this condition, no surgeon's skill can remove it, no medicine can cure it. No technology can slow it. Living with young onset dementia affects family life in many ways. Early on a social worker told their teenage children, "your dad isn't stupid. Look at it this way; his faulty neuron connections are like bridges washed away in a storm". This condition is not quite like the dementia we are used to seeing, affecting our senior citizens. First off, the patients are younger with all the needs and choices which younger people have, more physical activity, diverse activities. They don't fit well into the seniors' homes environment, where dementia patients often reside. Also, symptoms can be different — while memory might be unaffected, their ability to perform the numerous steps needed to complete some jobs are impaired. The spouses and caregivers can benefit from support groups, and it was in such a group where they heard about Mary, a lady who was diagnosed with young onset dementia. She was housed during some days in an assisted living facility with older, less active patients. Mary got bored, wanted out, turned aggressive and ended up being restrained. Her husband told her story at the support group and wondered aloud "if only someone could have taken her out for a walk".

There are an estimated 1,100 such young onset dementia patients in the Calgary area and their caregivers need time to reduce stress, to work, to get other family issues dealt with, and therefore, a place is needed for their patients to go while this occurs.

Myrla took the podium to introduce their project, "YouQuest" which in time may offer such a facility. They

YouQuest
Creating Choices for U65 Dementia



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Rotary
Club of Calgary Chinook





Our greeter today was David Irving who provided an enthusiastic welcome to both members and guests.

President Alex started our meeting at 12:15. He introduced "O Canada" with Ruth Wylie on the piano, followed by Rotary Grace.



He noted that Paul Gaudet would be today's Scribe and then called on Ian Burgess to introduce our visitors and guests. As our resident doctor, Ian strongly suggested that everyone be sure to

get their flu shot as this year's version of the flu is quite strong, and outbreaks are already occurring in our City. Today we had a total of 44 in attendance which included 2 guests.

Alex shared with us an announcement from the Rotary Club of Calgary West regarding a fund raising activity they are involved with. Entitled "A Christmas Gift", it provides the opportunity to purchase a fresh



balsam fir wreath to send to business associates, neighbours or friends. \$40 includes volunteer delivery in the Calgary area, and \$47 ships anywhere in Canada. Order online at: www.CalgaryWestRotaryClub.org Deadline of November 23rd, delivery on December 8th. Alex also told us about

attending, along with Tom Sorenson, St. Mary's award ceremony where they presented the Father Greg McLellan Award to a deserving recipient.

Minute Men:

- Tom Sorenson took the floor to announce the final two winners of our World Series Pool. Hank got to accept once again for his "lucky" wife Janet (her second win), and our good friend from Fish Creek Rotary, Kent Fraser, won for game 7.
- Ted Wada announced the dates of our annual Christmas Kettles shifts, on December 6th, 9th and 11th. There are only 15 two hour shifts over the 9 days so be sure to sign up early.
- Dave Wylie advised us about an opportunity to raise funds by working at a Jaymen Homes open house event in Mahogany on December 6th. They are looking for people to work for 5 hours at this event and the funds raised can go to Rotary if you desire. If interested contact Dave as the coordinator works closely with him.
- Stephen Pick took the floor to make a presentation to Hank Popoff to recognize his leadership and enormous contribution through our Grillin' and Servin' activity. Hank received a unique certificate recognizing his "Golden Brat" award as well as a wrapped painting which, as it turned out, was the infamous Eiffel Tower masterpiece coming home to roost! Many thanks to both Hank and Janet for their contribution to Chinook.

Photos courtesy George Van Schaick



Greeter Schedule



November 14th	Bruce
November 21st	Bruce, Anne
November 28th	George K and Dave W
December 5th	No greeters



Rotary Foundation Month

November 21st	Bruce Covernton, ex-Stampeder
November 21st	Rotary Curling @ Garrison Curling Club @ 4:45 — contact George K
November 23rd	Cribbage Night @ The Legion — contact Peter B
November 24th-26th	Parking for the Spruce Meadows Christmas Market — sign up on line
November 28th	Michelle Douglas, Director, Dogs with Wings
November 28th	Rotary Curling @ Garrison Curling Club @ 4:45 — contact George K



Disease Prevention and Treatment Month

December 1st-3rd	Parking for the Spruce Meadows Christmas Market — sign up on line
December 5th	Annual Seniors Christmas Luncheon
December 5th	Rotary Curling @ Garrison Curling Club @ 4:45 — contact George K
December 7th	Cribbage Night @ The Legion — contact Peter B
December 12th	Steve Allan — Seniorpreneurship
December 12th	Rotary Curling @ Garrison Curling Club @ 4:45 — contact George K
December 19th	Annual Christmas Party — eat, drink & dance @ Toscana Italian Grill with Chance Devlin — contact Tammy T
December 21st-22nd	Casino at Elbow River Casino — sign-up sheet will be circulating, or contact Bruce B
December 26th	No meeting



2018

Vocational Service Month

January 4th	Cribbage Night @ The Legion — contact Peter B
January 9th	Rotary Curling @ Garrison Curling Club @ 4:45 — contact George K — second round begins
January 18th	Cribbage Night @ The Legion — contact Peter B

Meeting Minutes

.... cont'd from page 2

• Paul Gaudet reminded us that the Spruce Meadows Christmas Market was 10 days away and a great deal of help is still needed. Many have already signed on for multi shifts and for this we are very appreciative. Please contact Paul if assistance signing up is needed.



Birthdays:

Bev Tonkinson provided our regular monthly recognition of Club birthdays and anniversaries. For November member birthdays, we note Harry Nazarchuk, Lyle Davidson, Rob Wolfson, John McBean, Ted Wada, Dean White and Mo Tynan. Spousal birthdays for the month are Eva White, Janet Hansen, Polly Kimura, Peggy Churchward and Nancy Soutar. Hearty best wishes to all! We also celebrate two anniversaries; Ian and Gwen Burgess (57th), and Ted and Grace Wada (45th). Congratulations!



Our 50-50 draw winner today was Joe Hooper.

Bob Gentles then took the podium as our Sgt at Arms. He spoke about the importance of remembering those who gave their lives to ensure our future through military service. There are 3,400 crosses at Memorial and Centre Streets representing those who died in service. Bob visited this location and selected a single cross and the person noted thereon.



Henri Joseph Rouleau was in the 46th Battalion, born in 1897, died on September 13th, 1917 at the age of 20. Bob researched this individual's history to discover where he was from, what his early years involved. For a brief time, this young man was truly remembered, as he should have been. Bob suggested we consider visiting the site and doing the same. In order to raise a few dollars he then asked about the history of Canada which did the job.

Good News / Bad News:

Hank donated \$20 of Janet's baseball pool winnings (quite generous of him?), and Anthony rose to express our thanks to Janet as the true brains behind our Grillin' and Servin' activity.

Past President David introduced our speakers, Cindy McCaffery and Myrla Bulman, co founders of "YouQuest".

President Alex thanked our speakers by presenting them with our certificate noting a donation to help eradicate Polio in the world. He then closed our meeting at 1:30pm.



"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"

wish to offer a facility where the patients' preferences are sought and respected, and where they can make decisions affecting their choice of activities. In this place people will be encouraged to be active, and flexible programs will be offered in order to meet the unique needs of both the patients and their caregivers.

YouQuest proposes to set up a 10 person pilot program which will be designed to run for one year. It needs to offer a full day's program (will not run overnight) at a subsidized cost which will make it affordable for families in need of their services. They are looking forward to a decision from our Provincial Government in December regarding their support for this pilot project which would allow them to get started in January. They have conducted fund raising events in support of their project and will continue to do so in the future. They describe themselves as a "coming soon" resource. They are excited to have TRICO Centre join them as a partner for their pilot as they will provide a physical facility together with an appropriate room, kitchen, and access to many varied activities. They believe their pilot project will allow participants to find their own path and having some control of their lives, while permitting caregivers to benefit by freeing up some time to meet their other needs. They are pleased that Centennial Rotary has decided to help sponsor their pilot project and hope other Rotary Clubs will join them in providing support.

Trophy Looking for a Cause

20 years ago Chinook hosted a "Pro-Am" golf tournament. It was discontinued after one, or two years, as it didn't make enough to warrant the effort. For some reason that escapes me, I have had the trophy in my basement for 20 years. (I know that I didn't win it!) Perhaps a Chinook member can suggest how it might be brought back into service. It doesn't have to be for golf, as the figures can easily be replaced.

Bob Montgomery



Frosty on Shift at Spruce Meadows!



Arch Supporters

To help support publication and distribution of the Arch to members, please contact Stephen Pick at 403-938-2876 or stephen.rotary@ontheridge.ca

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The Arch is published a couple of times a month. Please forward any items for inclusion to Stephen Pick.

This space
available
for you!
Call or email Stephen!

Chinook Rotary Christmas Party December 19th, 2017

Dinner at Toscana Italian Grill; for a little taste of Italy (just in time for Christmas)

Cocktails at 6, dinner at 7, entertainment throughout!

Chance Devlin will be our piano man for the night, serenading us while we eat, drink and dance!



Tickets \$50/person; cash only. All payments are due December 5th.

If there are any questions or concerns please email Tammy Truman at tammy-truman@cooperators.ca

Additional Details:

Toscana Italian Grill
1B 8330 Macleod Trail SE
(next door to London Drugs)

Attire: Christmas Party Wear

This is a 4 course set menu and you will have your choice of various items for 3 of the 4 courses. Coffee and Tea are also included. All of this for a \$50 cost per person.

Other libations can be ordered from their large selection of spirits and wines at a price that suits your needs. The bill for your drinks will be charged per table.

We have the whole restaurant and the seating will be arranged at a later date when I know how many people are coming. We have some tables of 4, some of 2, and we can make long tables of 8 or 10. So once I have the numbers then I will work with the owner on the best table arrangement possible for our group and possibly, if I have requests on who wants to sit with who.

The \$50 does need to be paid to me in advance. No I cannot accept a credit card.

I hope you understand this, but If I say you can pay Connie with CC, then she has to keep track of who has done that, Al Holt will have to keep it in a separate spot, and then I need to receive a cheque for that amount etc etc. So it's just easier as I will be in charge of paying the food bill at the beginning of that evening, and I'm not interested in collecting that night, as I too want to enjoy the party. If you are away and will not be back to a meeting to pay prior, then please contact me for alternate arrangements.

I will have a file folder starting next week going around the meetings, but please feel free just to email me directly to reserve your spot, and I will fill in the master attendance sheet. If you are driving by the office you can leave your cash here as an option too.

I'm looking forward to this unique different approach for our annual Christmas get together and hope you are too!

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