



FEBRUARY 12, 2020

This week's speaker was Rotarian Bruce Ross. Bruce delivered a touching story of his life-long fight with depression.

Bruce was introduced by Donna Litwin-Makey. Bruce's wife, Cheryl, was a classmate of Donna's while they were attending school.

Bruce is a professor at Fanshawe College and was formerly a senior vice-president finance at Mainstreet Credit Union. He has an MBA from Laurentian University.

Bruce has had Persistent Depressive Disorder since Grade 10, and had Major Depressive Disorder (clinical depression) in 2006. His depression was not diagnosed until 1995.

Those suffering from Major Depressive Disorder can have depressed mood, diminished

interest, significant weight gain or loss, slow mental and physical movements, fatigue, feelings of worthlessness and guilt, poor concentration and suicidal thoughts.

Bruce has tried desperately to fight depression.

He has tried 21 different medications over the years.

He attended a sleep disorder clinic, had a thyroid test, undergone Cognitive Behavioural and ElectroConvulsive Therapy and Magnetic Stimulation.

He tried a homeopathic doctor, deep brain stimulation and Ketamine.

Bruce has had little if any success with all of these medications and treatments.

Dr. Chandrasena told Bruce that he was the most treatment resistant patient he has ever had.



Rotarian Donna Litwin-Makey, Rotarian Bruce Ross and President Paul Watson

Bruce also decided to use self-help measures. He read self-help books. He tried continuous education for many years to see if that would help, in the process earning his MBA. He heard that exercise helps with depression so he tried running. He ended up running several marathons and survived many triathlons. Nothing really helped.

He decided to keep his mind occupied by writing an autobiography about depression, a book that is still available on Amazon.

Bruce advises anyone with depression to accept it, learn about it, share your story with people important in your life including family and consider medications and cognitive therapy.

Many people have suffered from depression. Abraham Lincoln, Winston Churchill. Ellen DeGeneres, Beethoven, Brad Pitt, Oprah and J. K. Rowling are some of the more famous.

Living your entire life with depression must be very challenging and we thank Bruce for sharing his experiences with Rotary today. Our thanks were more formally expressed by Rotarian Tania Sharpe.



District Governor Sparky Leonard, left, presented an award to Past District Governor Keith Koke at today's meeting, recognizing his outstanding and dedicated work with Rotary.

Accompanying Keith to today's meeting was his daughter, Debbie, who lives in Florida. We were pleased that she was able to join us today and see her dad receive this award.

Congratulations, Keith.



Happy Notices

BIRTHDAYS

Moira Kerr
February 10

Doug Sulman
February 12

Tom Storey
February 16

CLUB ANNIVERSARIES

Peter Tanner
5 years February 4

UPCOMING MEETINGS

February 19
Cathy Staal, Sally Joyce
and Sue Cummings
National Nutritional
Lunch Program

February 26
Club Meeting
No Speaker

March 18
Sharry Coppo
New Member

March 25
Club Assembly



The Rotary Club of Chatham gratefully acknowledges the support of Riverview Gaming Centre