



JANUARY 16, 2019

This week, our guest speaker was Ron Posno, a fellow Rotarian from London who is the uncle of Rotarian Colin McGregor.



Colin introduced Ron and his wife, Sandy, to the club. He told us that Ron has been a Rotarian for 27 years and has been married to Sandy for 57 years.

Ron was born in London, graduated from Western University and has a D. Ed. from Toronto. Ron worked in education and retired after serving as a superintendent.

He has recently been diagnosed with dementia and is in the early stages. Rather than hide his diagnosis, Ron has decided to talk about his journey through dementia.

Dementia starts with MCI, minor cognitive impairment. Parkinson's and Alzheimers are other forms of dementia.

Over a period of 8 - 20 years, the brain continues to disappear as it shrinks and hardens. There may be personality changes during this period. People with dementia will need care givers. As time passes, they will not be able to drive or do other routine chores.

Eventually, severe stages are reached where the patient becomes incapacitated. He no longer can function and is unable to care for himself.

Ron told us that he is now 80 years old and is in the very early stages so he is not likely to reach this late stage of the disease.

However, Ron is aware that others will and their quality of life will be gone. To avoid this final stage, he is an advocate of medical assisted dying. He is offering workshops called "Your Life - Your Choices."

This is not an easy topic and we thank Ron for sharing his journey with us. He was thanked more formally by President Jennifer.

Guest speaker Ron Posno addressing the Rotary Club.



The Rotary Club of Chatham

E-Bulletin

35 Thames St., Chatham • 519-354-8300



Above, Ed and Maxine Robbins, Penny and Mike McGregor, Charles Seaman, Colin McGregor, President Jennifer, guest speaker Ron Posno and his wife Sandy.

Left, Colin McGregor introducing our guest speaker

BIRTHDAYS

None

Happy Notices

UPCOMING MEETINGS

Jan 23 CK Reads
Megan Cowan
from Chatham-Kent Public Library

Jan 30 Club Meeting

Feb. 13 Keith Koke
polio

Feb 20 Police Chief Gary Conn
Community Crime Reporting

Feb 27 Club Meeting

March 20 Peter Tanner
Guatemala Project

March 27 Don Shropshire
Municipal Update

May 8 Laura Richardson
International Water Work

CLUB ANNIVERSARIES

Win Elzinga
36 years

Charles Seaman
36 years

Doug Sulman
36 years

Carl Veroba
31 years



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

**This week's photos
courtesy of
Alysson Storey**