

**NEXT MEETING - WEDNESDAY, 4th SEPTEMBER 2002 Time: 6.00 pm for 6.30 pm**  
**VENUE: THE OLD BANK CAFÉ, 161 SHARP STREET, COOMA**  
**SPEAKER/TOPIC: VIRGINIA LOGAN – ALPINE AREA CO-ORDINATION**

**INTRODUCED BY: CLAIRE NEUMEYER**

**VOTE OF THANKS: DAVID EPSTEIN**

**APOLOGIES OR GUESTS:** *Please advise Darrell Gaukroger on 6452 3302 by midday of meeting.*

*Non-apology & non-attendance means you pay for the meal.*

*Apology, Non-attendance & no make-up means you pay \$2*

**SERGEANTS DOB-IN-A-MATE:** Richard Warner 645223850 (leave a message)

**SEPTEMBER ROSTER:** *Attendance: Cheryl Cottam & Mark Revelant Property: Richard Lawson*

*Be Early. If not at meeting arrange for substitute. At another venue arrange to bring necessary property.*

**THOUGHT OF THE WEEK BY:** Julie J

**Next Week:** Tom Dennis

*Every exit is an entry somewhere else.*

**LAST WEEKS MEETING:**

The guest speaker was Pam Farrelly from Cooma Health Services who spoke on aged care and rehabilitation services. Pam was born and reared in the UK but met and married an Aussie and came over there in '69, worked firstly in the Hospitality industry but then began assisting people with Dementia, she has a good repartee with them, and is part of the Aged Care Assessment Team, who assess people referred by GP etc. The major cause of dementia is Alzheimer's Disease. Dementia is an illness which can impair memory, thinking, orientation, comprehension, language, judgement, emotional control, social behaviour and depression. For successful outcomes it is necessary to know the persons life history, family, happy times and make them feel good. They often feel left out, unattended and miss socialisation which might encourage them to stay functional, concentrate and remain focused.

There are services and resources available to assist persons staying at home, including home services, caring needs, shopping assistance, meals on wheels and transport. With hospital and nursing home facilities available for those assessed to need this, also respite care. Funding is available from Veteran Affairs. Also the Cooma Contact Centre group has activities for the elderly with assistance from TAFE teachers, which are well received. There is also needs for carers and there is a carers respite centre at Queanbeyan which caters for the needs of those who provide assistance to these patients, and also a local support group.

But these people more importantly need their contact with their family, friends and community and socialisation to improve their lifestyle.

**NEWS:**



**Christmas Cards:** available from Secretary Gordon \$12 per pack of 10. All proceeds to mental health in the community.



**Rotary Meeting:** for 25 September has been transferred to Monday 23 September at Cooma TAFE whose students will be preparing and serving the meal.



**Market Day Team:** 15 September. Steve S; Marko; Claire N; Des T and Frenchy (if he doesn't have a seniors moment and forget).



**Thursday 19 September:** with Lions and Apex will be engaged in a joint catering for the Variety Club Bash, raising funds for disabled children. This is a 12 day event and the 1st stop over is here at Cooma. So keep the day vacant please.

**ROTARY INFORMATION:**

**Attendance Last Week:** 34 members out of 42 = 83% **Visiting Rotarians:** Graham Dixon (Eden)  
**Guests:** Marianne Burgess (Margaret E); Corinne Waelti & Pam Farrelly (Club) **Apologies:** Ashley C (still made the Royal though); Cheryl C; Alan H; Richard L; Brian L; Ken P; John J **Sick Leave:** Patrick K **We Also Missed:** John C

**BULLETIN EDITOR/REPORTER:** Des Trute