

# Rotary Club of Cooma Inc

*Rotary Theme:*

*Our Club*

**Meeting – 20 May 2015**

**Guest Speaker – Kevin Dunne**

Email: [coomarotary@home.netspeed.com.au](mailto:coomarotary@home.netspeed.com.au)

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A reminder to everyone: If you are unable to attend any meeting YOU SHOULD ADVISE ALLAN SPENCER on [allan@coomamusic.com.au](mailto:allan@coomamusic.com.au) or 64526067 BY LUNCH TIME THE TUESDAY before the meeting. Failure to do this will mean that you will be asked to pay for the meal.



**THANK YOU** to all helpers at the May markets:  
John x 4 (King, Chapman, Clarke, Bujalski),  
Danielle, Jim, Elaine S, Ken, Robbyn, Mark x 2  
(Luff and Cooper), Neil . Total service hours – 48

**Another THANK YOU** to David H and Tom K for  
their work on the Lambie Gorge project 16 May,  
and to David H, Tom K, Richard H, Sue, Peter,  
and Hass on 23 May. Special thanks: Margaret E  
for the support. Total service hours - 27



## **MAY ROSTER**

<b>Attendance</b>	Ash, Tom K
<b>Property</b>	Margaret E, Ken
<b>Fellowship/Meals</b>	Danielle, Meg, Jim, John K
<b>3 minuter</b>	27/5 Meg
<b>Introduction</b>	27/5 Dugald
<b>Thanks</b>	27/5 Marco
<b>Sgt/Thought</b>	27/5 Richard L

## **JUNE ROSTER**

<b>ATTENDANCE</b>	Darrell, Tom S
<b>PROPERTY</b>	David H, Dugald
<b>FELLOWSHIP</b>	Danielle, Meg, Tony, John Clarke
<b>MARKETS 21/6</b>	John K, John Chapman, Alyson, Neil B, Katrin, Neil M, Brian, Meg
<b>THREE MINUTER</b>	3/6 Helen 10/6 Mark C 17/6 Kevin 24/6 Brian
<b>INTRO</b>	3/6 Tom S 10/6 Mark L 17/6 Brad 24/6 Graham
<b>THANKS</b>	3/6 John Clarke 10/6 Anne 17/6 Jim 24/6 Allan
<b>SGT/THOUGHT</b>	3/6 Mark JN 10/6 John Chapman 17/6 Marco 24/6 Joe

## **NOTICES:**

The Salvation Army is looking for volunteers to  
take part in the Red Shield Appeal.

It is now time for Bowel Care, the campaign  
running over May and June. Kits, \$15 each, can  
be collected from Hooks Pharmacy and  
pharmacies in Jindabyne and Berridale. After  
sending the sample away, results will be advised  
both to the resident and the doctor concerned  
within a fortnight.



Neil B is in Nepal with his friend Ongchuu Sherpa. The wishing well raised \$400.

David H: The Lambie Gorge project is continuing and there will be a working bee on this coming Saturday (16<sup>th</sup>) at 9am.

THOUGHT OF THE WEEK (Richard L from Adam Lindsay Gordon):

Life is mostly froth and bubble,  
Two things stand like stone,  
Kindness in another's trouble,  
Courage in your own.

MEETING STATISTICS: Attendance – 81%  
Visitors – Sue Schramm (Alyson), Steve and Irene (Tom S), Jan (Les), Mary (Jim), Ken Lister, Jeannette (John Clarke), Helen (Graham), Marilyn (Darrell), Ruth Dakin, Ann Douglas, and Verity Jackson (Kevin), Tina Mayhew (Danielle), Anna (club)

Apologies – Andrew, Mark L, Katrin

Leave – Brad, Brenda, Joe

We also missed – Neil M

May Dates:

Birthdays: Jim 2<sup>nd</sup>, John K 7<sup>th</sup>, Alyson 19<sup>th</sup>, Andrew 27<sup>th</sup>, Hans Neumeyer 1<sup>st</sup>

Joined Rotary: Peter A 12<sup>th</sup>, Bob King 13<sup>th</sup> (61 years), Margaret E 24<sup>th</sup>, Les 26<sup>th</sup>

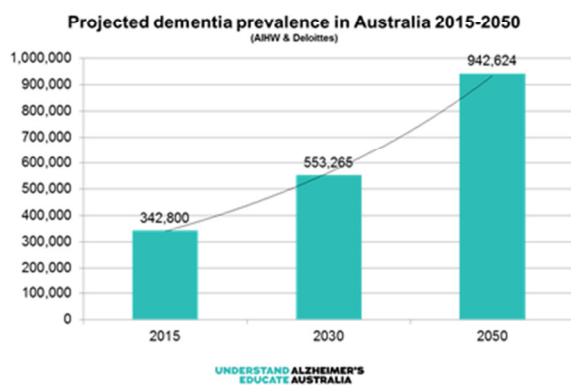




#### GUEST SPEAKER – Kevin Dunne – Issues in Dementia

- the different types (over 100) of dementia, 55% being caused by Alzheimer's Disease
- early symptoms: progressive and frequent memory loss, confusion, personality change, apathy and withdrawal and loss of ability to do everyday tasks
- 3 out of 10 people over the age of 85 and almost 1 in 10 over the age of 65 have dementia

#### DEMENTIA PREVALENCE: AUSTRALIA



Your Brain Matters, a new brain health program conducted by Alzheimer's Australia, stresses keeping our brain challenged, being socially active, healthy eating, regular physical activity and good heart health – avoiding smoking, excessive drinking, managing blood pressure, cholesterol, blood sugar and body weight. Kevin went on to speak about his journey with

Maree and her Alzheimer's Disease from the early symptoms, first noticed in 2002, to the present stage where Maree is high care. Maree is living at home, but Kevin is grateful for the help that is available in Cooma: the Home Care package, level 4, provided by Cooma Monaro Home Nursing Service, and the Cooma Challenge Day Care Centre.

Recently Kevin was chosen to attend the international conference on dementia in Perth. Here he was able to share his experiences and learn from the other attendees. A cartoon program is being developed to help all those involved in Alzheimer's.

Of special help to Kevin are Verity Jackson, the Dementia Advisory Person for the Monaro, Ann Douglas who heads Monaro Home Nursing Service and Ruth Dakin who is coordinator of the Cooma Challenge Day Care Centre in Walgarra St. In addition, the support of family and friends and his faith are important factors in living in this challenging time.

At the end of his talk, Kevin received a standing ovation.



#### GROWTH IN AGEING AUSTRALIA TO 2050

