



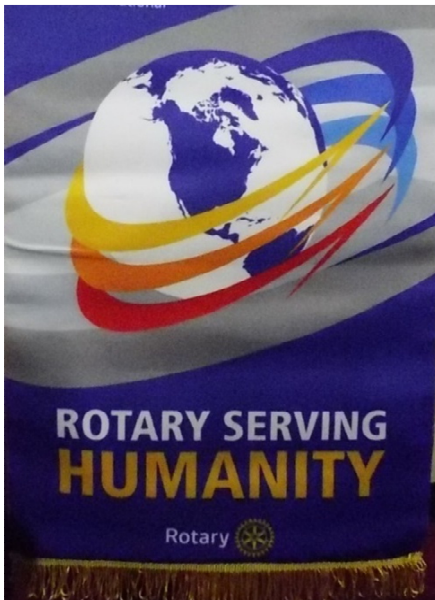
ROTARY

Web address:

www.clubrunner.ca/Cooma

Email address:

rotary@coomarotary.net.au



MEETING STATISTICS

Attendance: 82.5%

Guests: Ruth (Geoff and Helen), Fiona (Club)

Apologies: Carlo, John B, Dave B, Kevin, Joe

Leave: Brad

Recess: 21, 28 December and 4 January;
bowls night with Lions is on 18 January.

Dinner attendance: Apologies and guests notified to Darrell by Tuesday mornings. Email - dgcooma@bigpond.net.au Phone - 6452 1159 Mobile - 0407 411 422. Failure to notify Darrell of an apology will incur a dinner fee.

Rotary Club of Cooma Inc

*December Theme: Disease
Prevention and Treatment*

Meeting – 14 December 2016

Guest Speaker – Fiona Cooper



John K: Catering at the clearance sale resulted in a profit of \$448.34. Thanks to all who helped.



Membership: Reporting on the membership meeting, Dugald mentioned the possible changes that could occur with the club, eg communication within the club, relationship of the club with the wider community, how to use social media, and how best to use members' skills. These issues, arising from the evaluation prepared by Meg and Tom last year, will be investigated by committees that will report to the club in March.

**Meg: 1. A reminder of possible donations to the house being set up in Bombala – tools, pots and pans, etc.
2. Lucy Hobgood Brown, a director of Handup Congo, is collecting glasses and sunglasses to help people in Africa, to be sent in April.**



John CI conducted an impromptu fine session for Foundation. He distributed a photo of polio-afflicted children showing them in their beds with their legs tied down. Consequently, over \$150 was raised in a very short time.





The club members presented Neil with a plate and banner to mark their gratitude for the donation, both of money and clothing.



Neil also visited Angel's orphanage. It seems that the organisation will be evicted from its current premises. Angel is setting up a school hostel in his village in central Nepal for orphan children.



THREE MINUTER: Neil has once again travelled to Nepal and brings back greetings from the Mahabouddha Rotary Club in Kathmandu. Neil was able to take a donation of \$1000 to give to the club to set up a scholarship to help young people acquire a better education. There are no fund raising activities, such as our markets, but each member works very hard to donate US\$1000, mostly to Foundation.



THOUGHT OF THE WEEK: Jeannette

I make no secret of the fact that I would rather lie on the sofa than sweep beneath it; but you have to be efficient if you are lazy.





GUEST SPEAKER – Fiona Cooper

Fiona works with Community Health partly as the McGrath Breast Care nurse and also as a community nurse with a cancer care focus. As a community nurse, one of a team of 13 such nurses, her priority is to support patients in their homes to avoid being admitted to hospital. The problem could be a wound that needs dressing or it could be a chronic illness. The team members coordinate care and have a range of skills: the true meaning of a team is obvious when different nurses are called on to cater for a special need. The team members can alert doctors when anyone needs more specialist attention.

At first a comprehensive assessment is done for each new patient, goals for health care are identified and then a care plan is developed together with the patient. This includes all the services that the community health offers.

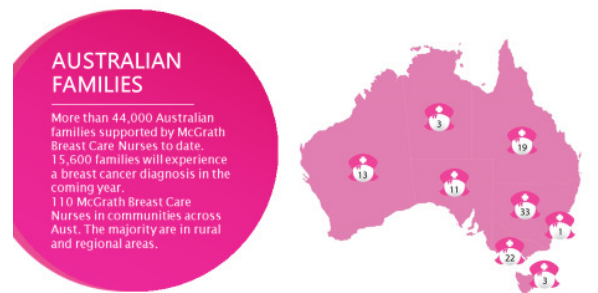
The community health centre offers services such as audiometry, continence advice, wound management, cancer support, palliative care, women's health, child and family health, aged care assessment and



support for chronic disease such as for asthma and diabetes.



Jane McGrath was diagnosed with breast cancer at the age of 31 and after diagnosis of secondary breast cancer she met a breast cancer nurse. She was so grateful for this that she and her husband Glenn decided to set up the McGrath Breast Cancer Foundation. As a McGrath Breast Care nurse, Fiona is but one of 110 Breast Care nurses throughout Australia the majority being in rural and regional Australia.



Her work covers education about the disease, the risk factor, its signs and symptoms, and the care of patients who contract it. This education is aimed at the public as well as all the health care professionals who could be involved in the care of patients.

