



The Lakeshore

www.rotarymontreallakeshore.com

Vol. 2018-19

Issue No. 16

Tuesday

October 23

2018

BE THE INSPIRATION WEEKLY BULLETIN OF THE ROTARY CLUB OF MONTREAL-LAKESHORE

Chartered February 27, 1961

This Week's Program...

Art Surette, chair of the organizing committee for our 2019 annual auction, and vice-chair **Knud** will conduct an **Auction Planning Meeting**.

Birthdays and Anniversaries...

Happy Birthday, Judith Warne, Thursday, October 25th!

Future Programs...

October is Economic and Community Development Month

Oct 30: **Club Assembly**. Our Committee Chairs will be prepared to discuss their reports presented at the Board Meeting October 24th. Those reports will have been emailed to all members prior to the Club Assembly. Perhaps we will also get a sneak peek at the Oyster Party that will take place on Friday, just 3 days away.

November is Rotary Foundation Month

Nov 6: **David Leroux-Petersen**: Charles River Laboratories Canada: **Community Outreach Programs and Initiatives**.

Nov 13: **David Warne**.

Special Events...

Oct 24: Board of Directors meeting in the Boardroom of **Semiha Karacova's** building, 6500 TransCanada Hwy West. The meeting is scheduled to start at 6:30 pm.

Oct 26-28: **District Conference**, Four Points by Sheraton Hotel, 285 King Street East, Kingston ON. Register at <http://rotary7040.com/page/2018-district-conference>.

What are the hallmarks of a healthy Rotary Club, and how do we foster the ideal conditions for a vital and engaged membership?

We invite you to participate in our professionally facilitated dialogue across all generations of Rotary (from Interact to Honorary Rotarians), as we focus on the opportunities and potential that lie ahead for our organization.

We will discuss the ongoing value, relevance, and accessibility of Rotary.

- Why might a Rotary Club consider changing its ways?
- How can we promote collaboration and mentorship between generations?
- How might we attract and engage new members of all ages?

Nov 2: [Friday] Our annual **Oyster Party**, 300 Surrey Drive, Baie d'Urfé (Rescue Squad's Training Centre).

Last week's meeting...

We had a rather meager turnout last Tuesday to hear **Linda Israel** and **Meghan Williams** talk to us about **Alzheimer Groupe**. Present were **Wayne, Lawrence, Maureen, Stan, PDG Bill, Louis-Philippe Lefrançois, Joe Maxwell, Sade, Sola, Knud, Brenda, Cameron, Joe Tabet** and **David Warne**.

Lawrence told us that he and co-President **Cameron** have agreed that Lawrence will be our club president until March and Cameron would take over the reins of the club from that point in time until June 30th, 2019.

We had two visiting Rotarians last week: **Mark Chau**, President, and **Peter Wong** of the Old Montreal club.

We were also pleased to welcome **Vicki Horsfield** who gave us a brief update on the progress made in Guatemala by her project to combat extreme poverty there by providing water filters and gas stoves. She read English translations of two letters from her students there, both expressing their appreciation for the Eco filters and gas stoves they received, thanks to donations from Rotary clubs. She also showed us a huge poster made by her students to thank Rotary clubs in Canada, the United States and Antigua, Guatemala.

Maureen told us that she had agreed to chair the Membership Committee. "If anyone knows of any member who is unwell or not coping, please let me know. We need to help our fellow members as well as helping other people."

"Also, Lawrence spoke to **Kelly** who told him she would be moving around the 20th of December. It would be nice if we could offer to help Kelly and Darren with anything they might need to prepare for the move, packing for instance. Also, her daughter, Sophie, has been in hospital with viral meningitis. She is home now and on the way to recovery, but this is what I mean when I say we need to help each other."

Wayne took a moment to promote our **Oyster Party**. "We have ordered 7,500 oysters, as we have done for the past two years. There will also be the usual accompaniments—cold cuts, sandwiches, pizza and **Andy's** great oyster chowder. Beer and wine are included in the ticket price. **Stan** has tickets and we all need to sell them, give them to family members. Keep in mind that we only charge for tickets that actually cross the door. Every member has to get involved but if we do, it will be a success. Remember, this is one of our major fundraisers, so please be diligent about selling tickets; that's the key to success."



Brenda reminded us we have purchased Dictionaries4Life again this year. "For the past few years the Youth Committee and Community Committee have distributed these dictionaries to schools, primarily for Grade 3 students. We've been going to schools in Pointe-St-Charles and Verdun. These books are illustrated by a Rotarian artist in England. They're printed in Dubai, shipped to Rotterdam then on to Montreal where they are picked up by Rotarians from Ottawa, where I go to pick them up. There is a bookmark and a sticker that says that the distribution of these dictionaries is a project of the Rotary Club of Montreal-Lakeshore, supported by a District 7040 grant. It's good PR for us.



"We'll be going to a school in the Pointe on Friday, October 26th. If anyone wants to accompany us, you are welcome.

"I also want to remind you that the Community Committee gave a grant last year to Montreal General Hospital Foundation when Cameron's daughter, Wendy, spoke to us about organ donation.

"Tonight West Island Mission is holding its Annual Meeting and it will also feature volunteer appreciation. **Sola** has agreed to attend to represent our club.

"Tomorrow the Lakeshore General Hospital Foundation is holding a volunteer appreciation luncheon. **Joe Maxwell** received a personal invitation so he and four members of the Community Committee will be going to that.

"The next day, Thursday, the LGHF will be shooting a video right here at the Holiday Inn and Joe will be highlighted in that. Cameron and Lawrence and I will also be there. This, too, is great PR for our Rotary club, as this video will be featured on the Internet.

"The Montreal Lakeshore University Women's Club is holding a fundraiser on Wednesday, October 24th. Bowser and Blue will be featured performers for this event. We have again purchased an ad in their brochure.

"The West Island Mission is asking for help. They have toys to distribute again this year but in a different manner. The toys will be presented in groups according to children's ages and parents can choose the toys they want to give their children for Christmas. If you wish to sign up as a volunteer, to help organize the toys and other gifts in age groups—girls 8-12, boys 8-12, babies under one and teenage girls, please let me know.

"Welcome Hall Mission also needs volunteers to help them with their grocery store on Friday, October 26th. That's also the date we will be visiting schools to deliver dictionaries, but from 12:45 to 3 pm we will also help at the Welcome Hall Mission. We have five people signed up for that so if anyone else wants to volunteer, let me know. Within the next week or so, we will be delivering socks to the Denis-Benjamin Viger residents on Île-Bizard and to children at La Corde Centre in Pierrefonds.

"**Aislin** will be speaking to our club on Tuesday evening, December 4th, and we will be asking members to donate non-perishable goods for our Christmas baskets at that meeting. We will also be inviting Rotarians from other Montreal area clubs to join us for that special evening meeting."

Knud pointed out that **Vicki Horsfield** might like to have a few dictionaries for the children in Guatemala. Brenda and Vicki agreed that Vicki could have ten Dictionaries4Life.

Bill had a joke for us. "It's a blonde joke." He began, "my apologies to any blondes in the room."

A blonde wanting to earn extra money decided to do odd jobs for her wealthy neighbors.

At the first house, the owner says, "Well, you can paint my porch. If I supply the paint and brushes, how much will you charge?"

"\$50" she replies.

The man agrees and gives her the paint and brushes and goes back in the house.

The man's wife overheard their conversation and asked him if she had realized that the porch goes all around the house.

"She should. She was standing on it"

A short time later the blonde came to the door to collect her money.

"You've finished already?" the man asks.

"Yeah, and I had paint left over so I painted two coats."

Impressed the man reaches for the money.

"And by the way," the blonde added, "it's not a porch. It's a Lexus."

Knud distributed brief questionnaires for members to complete prior to the auction planning meeting October 23rd.

Maureen introduced our speakers.

"**Linda Israel** is the Executive Director of Alzheimer Groupe (AGI). She began her working career as a teacher, paused to raise their two children then returned to work in the community. She has held executive positions in organizations over the past 33 years. She has been at the helm of AGI for almost 10 years and is proud to have helped realize the soon-to-be-a-reality of an AGI office in Dollard-des-Ormeaux.

"**Meghan Williams, MSW**, has been working at AGI for over 10 years. After completing her Master of Social Work at McGill she began working for AGI as a counsellor providing support to families and training of professionals. Meghan is responsible for ensuring that AGI programs continue to respond to the needs of families and individuals with a diagnosis of dementia."

Linda thanked us for inviting them back. "We spoke to your club about five years ago [It was on September 23rd, 2014, actually. *Ed.*]. She also thanked Peter Wong for organizing this visit and for his friendship towards AGI over the years. She said AGI had held a fundraiser based on The Amazing Race TV show and the winner of The AGI Cup was the Rotary Club of Old Montreal. She told us that Alzheimer Groupe has been in existence for over 30 years, adding that its mission is to provide support services for everyone living with this disease.

She reminded us that there is no known cause of Alzheimer's and therefore no cure. Consequently, the support services that AGI provides is very important. AGI is a volunteer organization with over 120 volunteers. She also told us that AGI relies on donations. From the sale of used clothing donated, AGI raised \$80,000 last year, she told us. Other AGI fundraisers include a golf tournament, a gala at the Montreal Museum of Fine Arts, as well as the Amazing Race she told us about earlier. They are also grateful for financial donations received from Rotary clubs and other organizations.

She turned the podium over to Meghan to tell us about the support services offered by AGI.

Meghan began by asking how many present have someone in their family or circle of friends who is living with dementia. A lot of hands were raised.

She told us that she has been with AGI for about 11 years and observed that it is a warm and wonderful organization to work for. She said the services offered by AGI include an activity centre, where people with dementia can feel at home, where they can joke around, engage in positive physical activities. When families come to the AGI activity centre to pick up their loved ones, they are always smiling and that, she said, is a gift. The activity centre is one source of respite for caregivers. Another source is what AGI calls Respite on Wheels. She said they work with NOVA and have trained NOVA staff on dementia care and how to provide an activity plan where the NOVA worker will develop a personal relationship with the caregiver and visit them in their home at the same day and time every week.



Meghan also told us about a social group offered to people who have been diagnosed under the age of 65 and are thus more physically fit. At a community centre the person can engage in gym programs, art therapy, volunteer work at food banks, and visit the Museum of Fine Arts.

She said AGI also offers music therapy every second Sunday in Côte St-Luc, where a family member or a friend will go with the person living with dementia and sing songs with a music therapist.

She said that AGI also needs volunteer help, such as drivers to take caregiver and the person diagnosed with dementia from one respite program to the next, for example. Or to a doctor's appointment.

She told us about services for caregivers, whether for a loved one in the early stages of dementia or for someone in a long-term care facility. She said AGI also offers individual or family counselling, so "if you or someone you know needs help, it's available. Call us at AGI."

Meghan told us about "Safety Net," a mentorship program specifically designed to connect a caregiver with someone who has also gone through the caregiving experience. It links the caregiver up to the right person or someone they can meet in a coffee shop in the evenings or one weekends. Questions the caregiver does not want to put to a professional can be put to their mentor.

She also told us about AGI conferences coming up—one in November and one in January, where they bring in speakers from Montreal or the United States.

Linda and Meghan said they had brought two brochures on AGI's programs, services and activities, and encouraged our members to take a copy with them.

There were several questions and comments from the audience, which Linda and Meghan handled very well.

Brenda thanked our speakers for their very informative presentation and commented, "We know that dementia is not a normal part of aging. Although we don't know the cause we know that it is very prevalent."



As she said in her remarks, Brenda told us the good news that **Aislin** will be our speaker on December 4th.

She has asked that we publicize a fundraiser that Aislin and Serge Chapleau will be doing the previous week, to raise funds for The Lachine Hospital Foundation.

So here it is:

An evening with renowned Montreal cartoonists **Serge Chapleau and Aislin** to benefit the Lachine Hospital of the MUHC.
 Tuesday, November 27, 2018
 L'Entrepôt
 2901 St-Joseph Blvd.
 Lachine, QC H8S 4B7
 8 pm, \$95 per person

