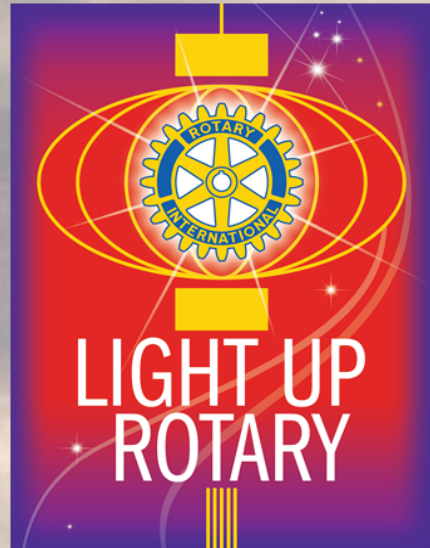


Rotary Club of Tamworth - First Light 2014—2015

Rotary 





**President
Diane Ford**

Wednesday, 23rd July, 2014 Meeting # 1220

Quote of the Week:

“To succeed in life you need two things – ignorance and confidence” Mark Twain

Di's Diary

Well, at least the first Club Assembly for the year is over! Are you all as confused as I was? There seemed to be a lot of good discussion going on and some groups have already come up with some good ideas.

Thank you to everyone who helps out at Rugby. I know it's hard when we have back to back games but its great when we can get the roster filled.

A big thank you to Graeme Kruger for his generous donation of an accommodation voucher for NZ. We will organize an auction in the coming weeks so get your bids ready. The money raised will go to a local charity with some input from the winning bid welcome.

So that's it, see you all this week.

Cheers,
Diane.



MEETING NOTES

Please be advised that there has been a change to accessing the website for the Working With Children Check. The website below will direct you to the right place.

Kind regards, Annette Mackay, District Secretary

<http://www.kidsguardian.nsw.gov.au/Working-with-children/working-with-children-check>

- Fines raised \$130.65 on 16/7. The P.O. raffle raised \$230 over 2 weeks.
- A message from Phil: When paying your membership subscription, please remember to identify your payment with your name and member number.



DATES TO REMEMBER....

Thur 24th July: Pedal the Peel Meeting -

5.15pm, Robbo's Office, 201 Marius St

Sun 3rd August: Gold Coast Golf Classic

Wed 6th August: New England Dementia Forum

15th, 16th, 17th August: RYAG Equine

October Long Weekend: Cobar Rotary "Billycan Bash"

Sun 12th October: Pedal the Peel

Meeting Roster	Wed 23rd July	Wed 30th July	
Guest Speaker	Terry Balla	Sandra Lambkin	
Topic	Natural Fertilizer for Farm and Garden	RSL Sub-Branch Duties and Centenary of ANZAC	
Door Team	Dennis Maunder Jenny Jackson	Jim Raymond Marilyn Curtis	
Meeter & Greeter	Barry Biffin	Peter Hyde	
Welcome	John Toulmin	Dennis Johnson	
President Assist	Michael O'Connor	Graeme Kruger	
Visitor Assist	Phil Penman	Brian Yeo	
Corporal Assist	Max Cathcart	DJ Jones	
Introduction	Chris Celovic	Terry Robinson	
Vote of Thanks	Richard Hardwick	Phil Lyon	
Post Office Raffle Roster			
25 July	1 August	8 August	15 August
Vicki Cooper Dave Baddams	Dave Baddams Brian Logan	Brian Logan Paul Stevenson	Paul Stevenson James Treloar
22 August	29 August	5 September	12 September
James Treloar Chris Celovic	Chris Celovic Peter Ryan	Peter Ryan D J Jones	DJ Jones Jane Bradford
Corporals for July		Corporals for August	
John Worlton, Anne Jacob		Graham Nuttall, Paul Stevenson	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Terry Burgess 27/7, Marilyn Curtis 29/7, Jim Raymond 29/7		
Partners Birthdays	Jo (David Baddams) 26/7		
Anniversaries			
Club Induction	Graham Dooley (18 years) 24/7, Tom Hellmann (1 year) 24/7		
Stats for last meeting			
Attendance	73%		
Make-Ups	Nil		
Visiting Rotarians	Nil		
Visitors	Nil		
Heads & tails	Marilyn Curtis		
Raffle	Brian Logan		

WHY City To Surf???

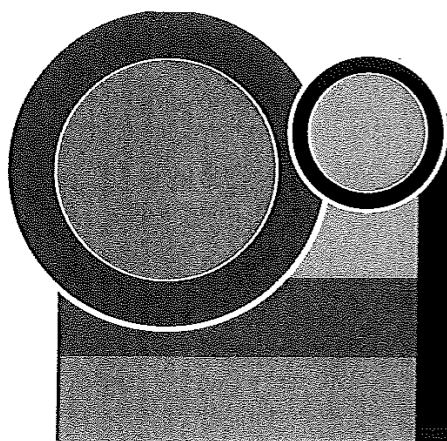
WHY Alzheimers????

- I am running the City to Surf (14kms) this year to raise money for Alzheimers Australia
- I last ran in this event 38 years ago (only yesterday....ha ha!) with a special school friend.
- Last year she was diagnosed with Early Onset Alzheimers at the young age of 53.
- Sadly in a couple of years she won't know her two sons (now 18 and 16) or husband and will more than likely be in the same nursing home as her Mum.
- Please help me reach my fundraising GOAL! Every little bit counts so I would really appreciate whatever you can afford.
- Our official Team is called the 'Memory Joggers' and you can sponsor me direct on <https://city2surf2014.everydayhero.com/au/genevieve>

Many thanks

Genevieve Gittoes





New England Dementia Forum
Tamworth Town Hall, Fitzroy Street
Wednesday August 6, 2014

Dementia: Tears, fears and practicalities

Registration Form for Carers and Interested Public

Name: _____

Are you a carer of someone living with dementia? Yes No

Phone: _____ Email _____

Morning Tea will be provided on arrival (please note lunch is not provided)

Venue: Tamworth War Memorial Town Hall
Fitzroy Street, Tamworth

Time: 9.00am - 9.30am – sign in and morning tea
Start at 9.30am with opening/Welcome to Country (day will finish by 3.15 pm)

There is no fee for attending this Forum.

Please note, as places are limited, you must formally register to attend the Forum

Registrations close 25 July, 2014.

Send Registrations to McLean Care — phone: 02 6722 2655 fax: 02 6722 2025

Note: for further information about the forum please contact Viki Brummell, HNE Local Health District, phone: 02 6739 0131 or Cate Doyle/Sally Henry, NEML, phone: 02 6771 1146

Please note there is limited paid parking available behind the Tamworth Town Hall.



Connecting health to meet local needs



UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA
FIGHTDEMENTIA.ORG.AU



McLean Care



Health
Hunter New England
Local Health District



Family &
Community
Services

ALZHEIMER'S DISEASE

This Help Sheet describes the symptoms of Alzheimer's disease, the most common form of dementia, as well as its causes, progression and treatment.

What is Alzheimer's disease?

Alzheimer's disease is a physical brain disease that causes dementia, resulting in impaired memory, thinking and behaviour. It is named after Alois Alzheimer, the German doctor who first described it in 1907.

Alzheimer's disease is a progressive dementia – caused by a progressive degeneration of brain cells. The brain is the control centre for your whole body and different regions of the brain are responsible for different behaviours. The brain degeneration that occurs in Alzheimer's disease affects memory, thinking skills, emotions, behaviour and mood. As a result, a person's ability to carry out daily activities becomes impaired. As the disease progresses, symptoms worsen.

Alzheimer's disease is characterised by specific changes in the brain. There is an abnormal build up of a protein called beta amyloid, which forms "plaques" outside the brain cells. Inside the brain cells, another protein called tau builds up into "tangles". These abnormal protein accumulations disrupt messages within the brain because they damage connections between brain cells. The brain cells eventually die and brain volume shrinks. These brain changes occur gradually and actually begin many years (on average around 15 years) before symptoms of dementia occur. The brain is able to compensate for the early damage, but eventually the damage becomes too great and brain function is affected.

As Alzheimer's disease affects different areas of the brain, specific functions or abilities are lost. Memory of recent events is often the first to be affected, but as the disease progresses, long-term memory is also lost. The disease also affects many of the brain's other functions and consequently language, attention, judgement and many other aspects of behaviour are affected.

What are the symptoms?

Alzheimer's disease typically starts slowly and in the early stages, the symptoms can be very subtle. However, as the disease progresses, symptoms become more noticeable and interfere with daily life. The disease affects each person differently and the symptoms experienced vary.

Common symptoms may include:

- Persistent and frequent memory loss, especially of recent events
- Vagueness in everyday conversation
- Being less able to plan, problem solve, organise and think logically
- Language difficulties such as finding the right word and understanding conversations
- Apparent loss of enthusiasm for previously enjoyed activities
- Taking longer to do routine tasks
- Becoming disoriented, even in well-known places
- Inability to process questions and instructions
- Deterioration of social skills
- Emotional unpredictability
- Changes in behaviour, personality and mood

Symptoms vary over time as the disease progresses and different areas of the brain are affected. A person's abilities may fluctuate from day-to-day, or even within the one day, and can become worse in times of stress, fatigue or ill-health.

FIGHTDEMENTIA.ORG.AU

NATIONAL DEMENTIA HELPLINE 1800 100 500

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**

This help sheet is funded by the Australian Government under the National Dementia Support Program

Who gets Alzheimer's disease?

Any person can develop Alzheimer's disease, but it is much more common in older age. As for all forms of dementia, the risk of Alzheimer's increases with age. For people aged 70 to 74, approximately 1 person in 30 has dementia, while for people aged 90 to 94 it is 1 person in 3.

In a few cases, Alzheimer's disease is inherited, caused by a genetic mutation passed from one generation to the next. This is called familial Alzheimer's disease and results in symptoms occurring at a relatively young age, usually in the 50s but sometimes younger. This type of Alzheimer's disease affects a very small number of people.

Other genes and lifestyle and health factors are associated with an increased risk of someone developing Alzheimer's disease. Being less mentally and physically active and having risk factors that affect heart and brain health (smoking, obesity, diabetes, high cholesterol, high blood pressure) seem to be associated a higher chance of getting Alzheimer's disease, but do not make it certain. Further information about dementia risk factors and risk reduction is available at yourbrainmatters.org.au

What causes Alzheimer's disease?

Researchers are rapidly learning more about the chemical changes that damage brain cells in Alzheimer's disease. However, apart from the few individuals with familial Alzheimer's disease, it is not known why some people develop Alzheimer's disease and others do not. It is likely that a number of factors contribute to development of the disease, including environmental, genetic and health factors.

How is Alzheimer's disease diagnosed?

Currently there is no single test to diagnose Alzheimer's disease. The diagnosis is made after careful clinical consultation. The assessment might include a detailed medical history, a physical examination, blood and urine tests, a psychiatric assessment, neuropsychological tests (to assess memory and thinking abilities) and brain scans. After eliminating other causes, a clinical diagnosis of Alzheimer's disease can be made. The diagnosis can only be confirmed after death by examination of the brain tissue to identify the plaques and tangles.

New techniques for detecting the presence of Alzheimer's disease are becoming available. Plaques in the brain can now be seen using special brain scans and changes in protein levels can be identified in the cerebrospinal fluid (this is the fluid that surrounds the brain and spinal cord and a sample can be taken using a lumbar puncture).

These new techniques mean that Alzheimer's disease can be diagnosed even before symptoms begin, which will become very important in the future when we have treatments that can stop the disease.

It is important to have an early and accurate diagnosis to determine whether the condition is caused by Alzheimer's disease or whether a different condition requiring its own specific treatment is causing the symptoms.

How does Alzheimer's disease progress?

The rate of progression varies greatly from person to person. However, the symptoms will get worse and the disease does lead eventually to complete dependence and finally death. The average time a person lives with Alzheimer's disease is 7 to 10 years, but this varies greatly from person to person.

Is there treatment available?

At present there is no cure for Alzheimer's disease and no treatment that can stop the disease progressing. However, there are medications available that can help stabilise or slow the decline in memory and thinking abilities for a time. Drugs may also be prescribed for secondary symptoms such as agitation or depression, or to help a person with Alzheimer's disease sleep better. Further information about these medications is available in the Help Sheet *About Dementia: Drug treatments and dementia*.

Non-drug therapies, staying active and socially connected, and managing stress can be beneficial for people with Alzheimer's disease. Education about the disease and professional support are important for the person with Alzheimer's disease, their family and carers. This support can make a positive difference to managing the condition.

FURTHER INFORMATION

Alzheimer's Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at fightdementia.org.au



For language assistance phone the Translating and Interpreting Service on **131 450**

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- **FIRST.** The development of acquaintance as an opportunity for service;
- **SECOND.** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- **THIRD.** The application of the ideal of service in each Rotarian's personal, business, and community life;
- **FOURTH.** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Rotary Grace

O Lord and giver of all good
We thank Thee for our daily food
May Rotary Friends and Rotary ways
Help us to serve Thee all our days

The Four-Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Tamworth—First Light

Meets Wednesday morning,
6:30 for 7:00 am at
Frog & Toad Function Centre
236 Goonoo Goonoo Rd
TAMWORTH NSW 2340

Phone: 6765 7022

Club Officers and contact details

President—Diane Ford

president@tamworthfirstlight.org.au

Secretary—Vicki Cooper

secretary@tamworthfirstlight.org.au

Treasurer—Phil Penman

treasurer@tamworthfirstlight.org.au

Other Clubs meet:

Monday
Tuesday
Wednesday
Friday

Tamworth West, West Tamworth Bowling Club, 6:30pm
Tamworth Rotary Club, Service Club, 6:15pm
Tamworth on Peel, Calala Inn, 6:30pm
Tamworth Sunrise, Sanctuary Inn, 7:am