

Rotary



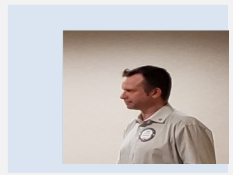
The Desertarian

The Newsletter for the Rotary Club of Palm Springs,
California



October 31, 2020

October is Rotary Economic & Community Development Month



President John Fitch

President: John Fitch, **President-Elect:** Paul Raffer, **Secretary:** Ed McBride, **Treasurer:** VACANT
Board Members: Bob Allan, Victoria Bentley, Judy Bronstein, Tim Ellis (Ex-officio), Dorys Haltermeyer-Ross, Helene Kalfuss, Barbara Lippert, Andrea Madrigal, Michele Nobleman, Frank Peabody, Paul Raffer
District Governor: Barry Valdez
Desertarian Reporters: Frank Peabody, Barbara Lippert, Jim Dunn, Nandy Kruger



This Weeks Program

Jack Poyfair, Executive Director and Tom Webber, Marketing & Sales Director from Vista Cove at Rancho Mirage. The topic was **How do I care for a loved one with Alzheimer's?** Some highlights of their presentation:

- Dementia
 - An observable, irreversible decline in mental abilities
 - Not a normal part of aging
 - Medical diagnosis required to determine the underlying cause or causes of symptoms
- Alzheimer's is the most prevalent cause of Dementia
 - Slow, progressive, degenerative, irreversible brain disease, which leads inevitably to death
 - Gradual loss of intellectual abilities – memory, thinking, reasoning, judgment, language and personality
 - Losses cause interference with a person's daily life and functioning
- 6-8 million Americans have A/D (projected to grow to 14 million in people 65 and older by 2030)
- Likelihood of A/D increases with age
 - Ages 65-74 = 10%
 - Ages 85 and older = 50%
- Individuals with A/D may have:
 - Depression
 - Anxiety
 - Violent behaviour
 - Delusions
 - Hallucinations
- Duration of A/D is 8-20 years

ANNOUNCEMENTS

- There will be free COVID Test by appointment at the Palm Springs Convention Center. Appointments for the Palm Springs testing event can be made for various time slots between 8 a.m. and 2:30 p.m. by calling 800-945-6171 or at www.rivcoph.org/coronavirus.

Birthdays and Anniversaries for October

Member Birthdays	Birthday
Allan, Robert C. (BOB)	4-Oct
Hostrop, Richard W. (RICHARD)	8-Oct
Haltermeyer, Dorys (DORYS)	12-Oct
Taft, Margie (MARGIE)	20-Oct
Freymuth, Peter (PETER)	22-Oct

Member Anniversaries	Start Date	Years
Nobleman, Michele (MICHELE)	3-Oct	2
Bentley, Victoria (VICTORIA)	9-Oct	1
Kalfuss, Leonard M. (LEONARD)	24-Oct	2

This Weeks Program (Continued)

- Do
 - Give short, one-sentence explanations
 - Repeat instructions or sentences exactly the same way
 - Allow plenty of time for comprehension
 - Distract by changing to a different subject or activity
 - Use “therapeutic fibbing”
 - Break down all tasks to simple steps
- Don't
 - Reason
 - Argue
 - Confront
 - Remind the individual he/she forgot
- Memory care is a distinct form of long-term care designed to meet the specific needs of a person with Alzheimer's and other related Dementia

They wanted to thank us for the opportunity to present to the group. They wanted to remind folks to both like and follow them on Facebook (<https://www.facebook.com/VistaCove/>). They update their newsletter monthly and post interesting articles or links to specific information on memory care and Alzheimer's related issues.

Andrea Madrigal of the Palm Springs Girls and Boys Club was our vocational speaker and she shared with us how she discovered her life's calling to work with boys and girls and developing their life skills to prepare them for adulthood! As a community we are very blessed to have her in charge of this amazing program! Thank you Andrea!

