



NEWSLETTER

WOMEN'S PROBUS CLUB OF VANCOUVER

Volume 17 Issue 8, January 2020

Next meeting: Tuesday, February 4, 2020

Time: 9:30 am – Coffee Place: Point Grey Golf Course
10:00 am – Meeting 3350 S.W. Marine Drive

SPEAKER

ROBB LUCY

Topic: How will you be Remembered....

A Definitive Guide to Creating and Sharing your Life Stories

Women's Probus Meeting, January 7, 2020

Greeters: Diane Scharfe and Marti Oppenheimer.

Barbara Wynn, who is filling in for Davinder while she is on holidays for two months, opened the meeting at 10:00 a.m.

Barbara introduced new member Ann Coombs and guest Deep Sandhu. She thanked our greeters, Diane and Marti.



Women's Probus of Vancouver: www.probusvancouverwomen.com

Probus Canada: www.probus.org

Probus International: www.probusglobal.org



Member Information

Membership: Any changes to the roster MUST be completed on the form which appears at the foot of the Roster on the website: <http://www.probusvancouverwomen.com>.

If you do not wish to continue to belong to the Club, please let Membership Chair, know.

If you are sponsoring a new member, she should print an application from our website and mail it, together with a cheque, to the Membership Chair, Lois Lindsay.

Any member who has an email address is asked to be sure that it is included in the password-protected Roster on the website. This will ensure that you receive last-minute notifications such as weather-related meeting cancellations.

Please check that your postal address, phone number and email address are correct. Send all contact/address information changes to the Membership Chair

Correspondence: Sharon Norlander has taken on the job. If anyone knows of someone who should receive a card, please let Sharon know.

Friendly Reminders: Please turn off cell phones and, as a courtesy to other members, NO PERFUME at Probus meetings. Please remember to return your badge to the desk before leaving the meeting.

Lunch is available in the Point Grey Golf Club restaurant after our meetings. We are limited to 20 people. Please sign up at the "M-Z" badge desk. Payment is by debit or credit card only. The restaurant is closed for lunch in January, February and March.

The golf club has a defibrillator if anyone has a problem during the meeting.

Material to be included in the January newsletter should be submitted to Vera Devins by February 10.

A reminder to everyone that the Point Grey restaurant is closed for January, February and March. Barbara mentioned to be aware of fraudulent E-mails and to not reply. Check out the sender's E-mail address first and verify with a phone call.

Please advise Sharon Norlander if any messages of condolences need to be sent out.

VSO tickets are selling out fast, so let Estelle Jacobsen know if you are interested in tickets by filling out the form attached to this newsletter.

Vera Devins spoke about the need for more help with the newsletter since she will be away at different times during the year. Thank you to Frances Pitcherack for volunteering.

Further message from Jane Le Porte with regard to the above:

Please consider volunteering to take notes of the speaker's talks at our monthly meetings. We have one volunteer already and a team of three reporters would spread the workload for this very important segment of our monthly newsletter.

You would write 300/400 words and there are many aids available, i.e:

- Most of our speakers are on the Internet and many have a similar talk on YouTube.
- The speaker could send you a copy of his/her PowerPoint presentation and also give you their notes.
- If your mobile phone has the capability, you could record the talk.

You would submit your article to Vera Devins, Newsletter Editor, within a week of the meeting. Please contact Vera Devins if you can help, or if you have any questions.

Donna Battye introduced our speaker, Dr. Cheryl Wellington, who spoke about the research being done on Dementia and Alzheimer Disease on Women (AD).

Alzheimer Disease is the most common form of Dementia. Two things the brain must have:

- 1) Extracellular plaques: amyloid-beta peptides
- 2) Intracellular neurofibrillary tangles (Tau)

The human brain has over 400 miles of blood vessels. Heart health is connected to brain health. What is good for the heart is good for the brain.

In the past, autopsy results have proven that there is Alzheimer's Disease, but there are now new ways to look into the brains of living people. Blood tests are being developed and PET Scans can be done, but those are extremely expensive.

Women bear a large proportion of the Alzheimer's Disease burden:

- 60% of all Alzheimer's Disease caregivers are women
- 64% of Alzheimer's Disease patients are women

At age 65, women have a 1-in-5 chance of developing Alzheimer's Disease, compared to a 1-in-11 chance for men.

Women with the apoE4 (the risky gene variant) are twice as likely to develop Alzheimer's as women without apoE4.

Men who live past 65 years of age may have healthier hearts, which may also protect the brain from AD.

In countries with good screening tests, dementia rates go down.

Prevention:

- Vascular health should be as good as it can be: get check-ups for blood pressure, cholesterol levels, diabetes screening and blood sugar levels.
- Regular exercise (1 hour a day) and healthy diets (no processed food, etc.) will all help with heart and brain health..
- Minimize risk of head trauma.
- Social interactions.

Emerging treatments:

Drug Company Biogen Inc. in Boston plans regulatory filing for the drug "aducanumab" in the U.S. Dr. Wellington is not sure what the process will be in Canada. It is a very expensive drug treatment. Aducanumab will clear Amyloid Beta antibodies in six months. Clinical trials will have to be done on people who meet certain criteria.

Advances in early detection:

Brain changes occur 15 to 20 years before AD symptoms develop.

In 2018 a new research framework based on biomarkers in living persons was developed. It avoids the term Alzheimer's Disease.

The A/T/N system includes a fluid and imaging biomarkers in each category:

A: Amyloid (CSF or PET)

T: Tau (CSF or PET)

N: Neurodegeneration (MRI, PET, CSF and in the future blood)

One needs to have both amyloid and tau to have AD. Blood tests for brain proteins are not standard yet. A new machine at UBC can detect infinite sizes of blood protein. Dr. Wellington has this machine in her lab at the Brain Centre.

They are working on a national screening program for neurodegeneration.

Two-stage screening:

- 1) Blood test
- 2) Imaging, CSF and neurological exams

Dr. Wellington suggested that we could connect with the Alzheimer's Clinic to participate in clinical trials. She ended her talk with questions from the membership.

For those people who want to receive more detailed information on Dr. Wellington's talk, contact Vera Devins at [who](#) will send a PDF file on the presentation.

Anne Lindsay thanked the speaker and the meeting ended at 11:15 am.

February Speaker: Robb Lucy

Robb Lucy is an author, speaker and producer. His first career was as a journalist and producer with CBC radio. He then formed his own company producing mixed media for corporations, governments and museums around the world. Robb was co-creator of the '*Think On Your Feet*' marketing system with Dr. Keith Spicer and was co-founder of the Make-A-Wish Foundation in Canada where he spent 25 years on the local, national and international boards. For a little fun, Robb was chair and co-host with Peter Mansbridge of the Peter Gzowski golf tournaments for literacy.

After 35 years building non-profits, Robb continues as a volunteer with the Prostate Cancer Foundation and with his local Search and Rescue team.

VANCOUVER SYMPHONY CONCERTS

FEBRUARY 14 - Friday 8 pm - For every Beatles' Fan - **Perfect Valentine's Date Sgt. Pepper's Lonely Hearts Club Band** live with full band and orchestra, performed exactly as it was originally recorded, the first Rock LP to win a Grammy. Hear the complete album live the way it was meant to be with the original symphonic treatment.

Purchase no later than January 24. *Purchase early -- expected to sell out!*

MARCH 13 – Friday 8 pm – **The Beethoven Experience**

Otto Tausk conducting **Symphony No. 6 Pastorale**, which is Beethoven's portrait of nature, and the breathtaking **Piano Concert No. 4**.

Purchase no later than February 21.

A UNIQUE VSO EXPERIENCE 5:30 pm to 8 pm

APRIL 30 – Thursday 5:30 pm

Join the VSO for **happy hour** in the Orpheum at 5:30 pm, a **shorter format** of two compositions instead of three and no intermission. General admission. **Concert at 6:30 pm** hosted and introduced by the conductor in a casual atmosphere. Then mix and mingle with VSO musicians after the performance. **Bernstein On the Town:** Three dance episodes. **GERSHWIN Porgy & Bess.**

Purchase no later than March 27.

Name _____

Phone # _____ Email _____

\$55 (formerly \$95)

Sgt. Pepper – Seating Preference – Orchestra _____ Balcony _____ # of seats _____

\$55 (formerly \$95)

Beethoven – Seating Preference – Orchestra _____ Balcony _____ # of seats _____

\$23.75 (formerly \$28.75)

Unique Experience – General Admission, Orchestra level only _____ # of seats _____

WHICH PROBUS CLUB? Men's _____ Women's _____ Mixed _____

Cheques only accepted - made out to the Vancouver Symphony Orchestra

Mail to:

Estelle Jacobson, 1192 Nanton Avenue, Vancouver, V6H 2C5 Phone 604-259-1091

