

PARRAMATTA VIEW CLUB – Newsletter July 2024

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We are all saddened to learn that our valued member, Dr Janette Welsby, who lost her long battle with her health on Tuesday 18 June. Janette joined Parramatta VIEW Club in February 2017 and was our treasurer from February 2018 until ill health took over in early 2022. As her cousin said “she’s with the love of her life again...”

Guest speakers at our June meeting were Jenni Thompson from Proveda Services, and a representative from Nurse Next Door, who provide some of the home care services (see Janette with Angie when she was brought to our September 2023 meeting!)



Proveda is one of the registered Home Care Package providers. Jenni warned that we should not leave it until the last minute to request a home care package as it can sometimes take a long time to be approved. Once approved a range of services can be included in the package including physiotherapy, a dietitian, cleaning, gardening, personal care, meal preparation, nursing, etc. We were given a list of the current Home Care Package Fees and charges.

From our Friendship Officer, Zita

Yvonne is suffering from a lot of pain in her knees and spends a lot of time sleeping. She’s still able to get about a bit and will try to make it to our Wenty Leagues lunch.
June

For your diary

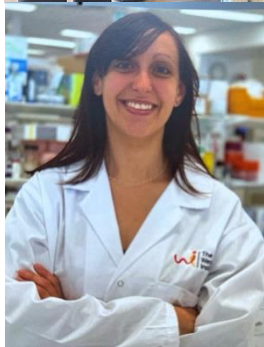
Wed 3 July, 11 for 11.30 nbc, Guest Speaker Ron Ray, Sydney Ferries, esp. Parramatta Ferries.

Wed 17 July, 12 noon, Wenty Leagues

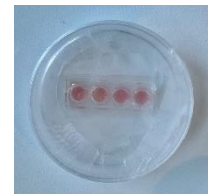
Wed 7 August, 11 for 11.30 Birthday Luncheon, Entertainers: Ketty and John

July birthday 30 th Yvonne	August birthdays 8 th Ruth – a big O! 13 th Fay
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<p style="text-align: center;">The VIEW Club Pledge</p> <p>I pledge to promote the interests of VIEW, to extend friendship to all and to help those in need</p>	<p style="text-align: center;">Grace</p> <p>O Lord, giver of all good, we thank thee for our daily food. May VIEW Club friends and View Club ways, help to serve thee all our days.</p>
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On Wednesday 19 June a group of 16 VIEW members and Aquarobics friends of Wendy visited the Westmead Institute for Medical Research (WIMR). We were welcomed by Hilary May Black who was our guest speaker in March. After a tour, one of the researchers, Dr Caitlin Finney told us about her work that aimed to identify late onset Alzheimer's which is the most common form and is usually diagnosed after the age of 65. She looked at gene data from almost 1,000 people – half had Alzheimer's disease and half did not. There she found two mutations linked to Alzheimer's. She is now working on some skin samples from these patients and turning them into stem cells at WIMR. These are then used to produce three of the most common cells in the brain. By combining these three types



of cells she has formed 3D brain structures. These Caitlin calls "her babies" and she is examining their reactions to common drugs. The next stage will be to use brain cells from those who already had Alzheimer's, to see if any drugs would be effective in reducing the effects.

Friendship thoughts

From Maureen: Some wise sayings or just Murphy's Other Laws?

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone from California would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait, may be the things left by those who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. God gave you toes as a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.