

THE OFFICIAL BULLETIN OF THE GYRO CLUB OF SHERWOOD PARK



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I WAS JUST THINKING: I will be posting telepathically today. So if you think of something funny, that was me.

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- ◆ Meanwhile in Canada
- ◆ Meanwhile NOT in Canada
- ◆ Animal Instinks'
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- ◆ The Last Word

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EDITOR'S RANT

The past week I have experienced firsthand the desperate state our health care system is in. My wife, Calli, had a dementia episode that required her to be transported by ambulance to hospital. We were told she would be admitted in a couple of hours, but that timeline turned into 18+ hours. She was physically restrained to her ER cot for the entire 18+ hours, and the restraints continued in the unit after admitting until a doctor finally came the following day.

The lack of communication seems to have been the standard. The unit appeared to be unaware of what had occurred in the ER. Shift changes required re-educating the new staff about Call's situation, needs, and history. Then she went 48 hours without a visit from a physician, so no changes were allowed, even though the medication they had put her on had reduced her to a near comatose state, and the pharmacology warned it should not be given to seniors with dementia due to significant side effects that out-weighted most benefits - side effects that prominently included stroke and death.

When we finally were able to speak to a new physician, he agreed to take her off the medication that had been prescribed, provided we arranged for 24-hour private care. Apparently, it is common practice to handle seniors with dementia, especially those who are ambulatory. The standard protocol is to use either physical or pharmaceutical restraints, typically in the form of potent antipsychotic meds that keep them from getting out of bed

Rant contd.

reason.

The meals were an issue from the start. Calli has been on a very specific carbohydrate restricted diet for the past year. After a careful and full discussion with the staff, including a detailed talk with the dietitian, we were alarmed when the next meal came with the total opposite of what she was allowed to eat. The dietician came up, was equally horrified at what had been served and headed back down to “discuss” it with the kitchen staff.

Virtually everyone who saw her agreed that a urinalysis was a priority, but nobody actually ordered it. After continual requests from us, she finally got it on day four. She went almost four days without eating or drinking much of anything because of the antipsychotic restraint. Finally, after our daughter made the urgent request, the doctor agreed to start an IV, took her off the “warehousing” drug, and she’s slowly showing encouraging signs. There is no agreement regarding how long she will be in hospital or where she will go from there. If anyone knows, there is no communicating even a hint.

As I write this, I am obviously anxious and frustrated. My faith in the system had weakened over time but had not been truly tested for a while. I have very little faith left. I may just use the opportunity to let off steam, or I may use it as a rant.

I wrote the above on day five. It is now day fourteen of an absolute horror show. An MRI on day six revealed that, surprise, she had suffered a “recent” stroke.

For someone who can go into delusional paranoia if she was fed a meal with any more than 5 gm of sugar, they served her 2 packs of sugar with her tea and chocolate cake with icing! When the diet restrictions were finally noted, their interpretation was to starve her, with a small salad and a ¼ cup of broth for supper. This pattern could only be changed once a week, so it was strongly suggested that I go home and cook her meals and bring them into the hospital. When I returned with a cooked supper and a piece of low-carb bread to toast, they balked at allowing the bread in case it contaminated their toaster! No consensus even between shifts on toaster use.

Last night they injected her with one of the drugs that the physician had discontinued several days ago because it is absolutely contraindicated for someone with stroke and dementia. They admitted they had not checked her chart before doing so.

This is just a small sample of why I am ranting. I am frightened, discouraged, and angry. Our Health Care System is far more broken than I could have imagined until I saw and experienced it first-hand.

I recognize that hospital staff are overworked, understaffed, and reaching burn-out. They are also victims of the broken system. It is not simply a local problem. My family doctor is closing his office and is leaving the province. He is among a growing number who are heading elsewhere in the country, to the US, or are retiring. So far, there seems to be little evidence of creative or effective planning to deal with the ever-concerning shortage of Health Care professionals needed to turn the tide. Roadblocks to increasing the number of new practitioners

Finally...end of Rant!:

at all levels seem to remain in place. The system can't ignore the reality. The system is broken.

This bulletin will get out. It just isn't going to be on my planned schedule.

Update:

We decided to rescue Calli from the hospital over a week ago. We took her off the medications that she had been prescribed. Within 48 hours the pre-stroke Calli began to emerge and continues to leave her hospital comatose state further and further behind. We are by no means out of the woods, but she is still alive.

So much for the New Years Resolution to keep rants on the light side for a while. At least the valve on my pressure gauge feels a bit better.



"Those who don't study history are doomed to repeat it. Yet those who *do* study history are doomed to stand by helplessly while everyone else repeats it."



Just like a rant, crying out to nobody in particular

LAST MEETING - Social Evening January 24th

A casual social evening took place at the GCC. Some played cards. Some just visited. There was no real formal agenda. We were home by the standard senior's bed time of 9 o'clock.



AS YOU ARE NOT DOUBT AWARE BY NOW, THE PLANNED VALENTINE DANCE EVENT WAS CANCELLED.

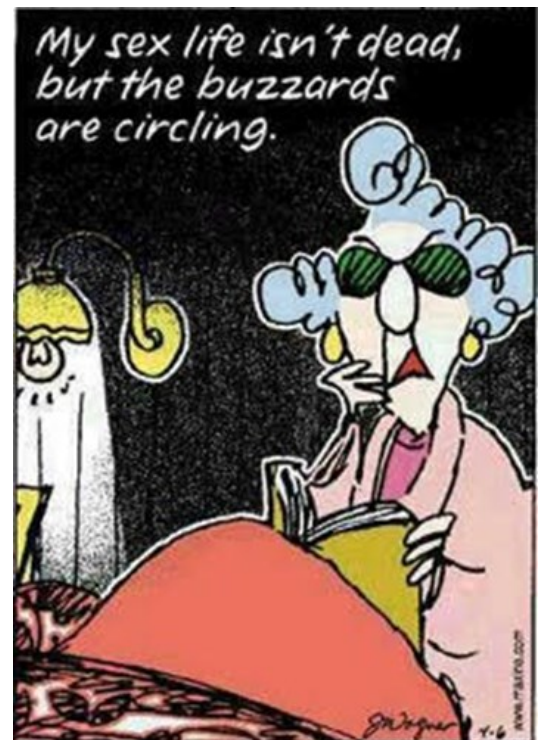
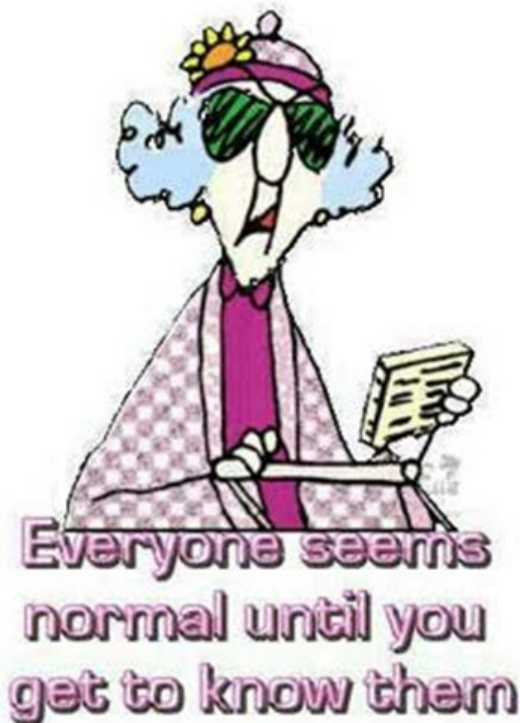
FUTURE MEETINGS:

POKER NIGHT MARCH 8TH

Bring your good luck charms and your lunch money to the GCC and 6:00 PM for an evening of betting and bluffing with your fellow Gyros.

MARCH 22nd has us scheduled for DOMINOES NIGHT at the GCC

Ian Bannatyne, assisted by Paul West are your go-to people for this relatively new event, featuring a few professionals and a bunch of novice amateurs. Please mark your calendars and let Ian know you are planning to attend.



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HEALTH AND WELFARE

Ian Bannatyne's wife, Ann, who injured her hip again, is still in the Norwood Recovery Centre. Ian reports that she is doing well. She received the OK to try standing on the leg for the first time in two months. She was walking that very afternoon with a walker. Ian predicts she will advance more quickly now that she has started to walk. Your Gyro friends are all cheering you on, Ann.

Earl Korber reports that **Lee** has been moved to a separate facility and is in failing health.

This is a tough time and our hearts go out to both of you.

For those of you who may have missed **Jack Beattie's** obituary, it has been in the past two editions of the Sherwood Park News as well as the Edmonton Journal. The key message to remember is that Jack's Celebration of Life will take place at the Belvedere Golf and Country Club on Saturday, April 29th (time to be determined)

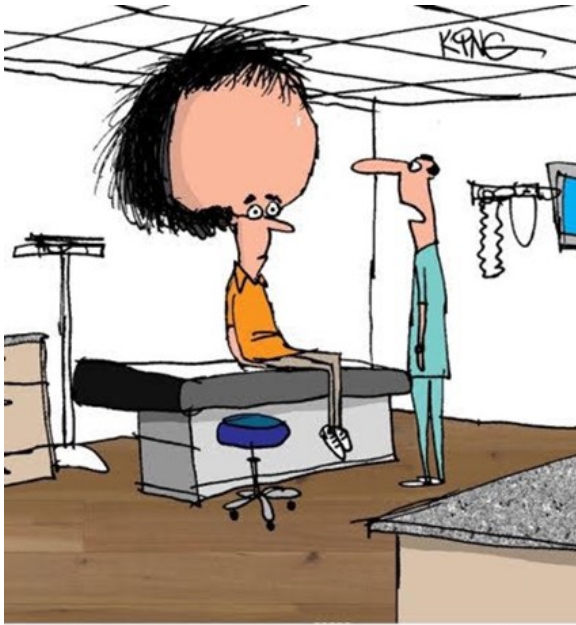
AGING GYROS:

According to my records, if Larry Klaus had been born a few hours later, we would have no March birthday boys, but he jumped the gun and arrived on March 31st so he has the distinction of flying solo on our Aging Gyro feature this month. Way to plan ahead, Larry.

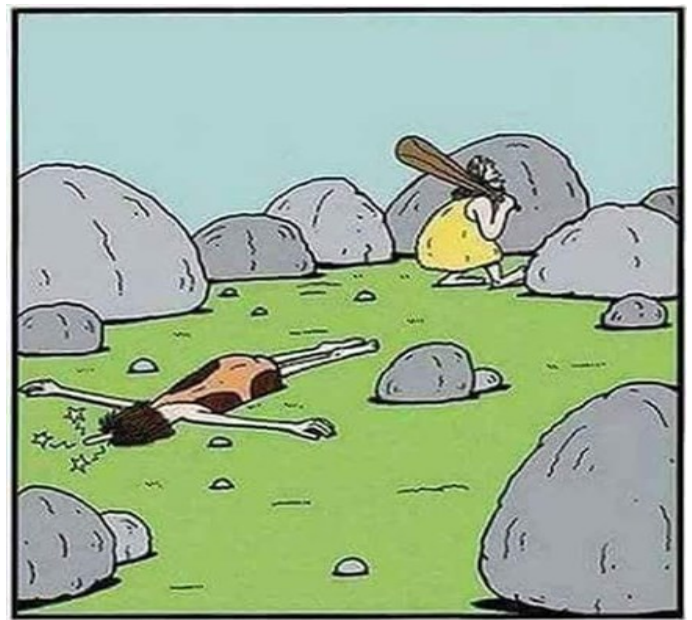
I also think he precipitate the longest sentence in the bulletin that I can recall. With my memory, that may or may not be significant.



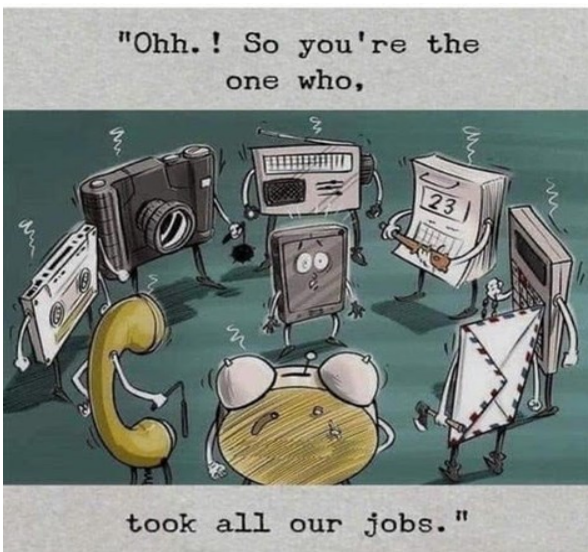
COMPUTER CONFUSION



"I suggest not remembering any more passwords.
Your brain is at max capacity."



Unfriending – the early years



Life's short. Make sure you spend as much time as possible on the Internet arguing with strangers about politics.

BEVERAGE BANTER



THE ANSWER
MAY NOT LIE
AT THE
BOTTOM OF
A BOTTLE
OF WINE.
BUT YOU SHOULD
AT LEAST CHECK.



"I've often been asked, 'What do you old folks do now that you're retired?' Well...I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and vodka into urine. I do it every day and I really enjoy it."



CARROTS
can be good for your eyes, but
WINE
can double your vision.

Angie, Farris & Chandra - Oh My



I'M NOT HAVING A GLASS OF WINE, I'M HAVING SIX.

ITS CALLED A TASTING AND IT'S CLASSY.

THOSE WERE THE DAYS



Woman on a mission – giant baguette and six Bottles of wine - Paris 1945



Keith Richards waiting for the rest of The Rolling Stones to get old enough to start a band

with mematic



Every group has a lead singer

GIDDY GASTRONOMY

Pro cooking tip:
If you stir coconut oil into your kale, it makes it easier to scrape it into the trash.



The diet fork



AGING GRACELESSLY

**I'M SO OLD
I REMEMBER
MULTIPLICATION
WAS CALLED
"TIMES TABLES".**

Oldtimers

**You Know You're
Getting Old When
"Friends With
Benefits", Means
Having Someone Who
Can
Drive At Night.**



**You know you're starting
to get up there in years
when you have to
use a shopping
cart at the
pharmacy.**

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*Maxine
Wagner*



**I ordered a chicken and an
egg from Amazon. I'll let you
know.**

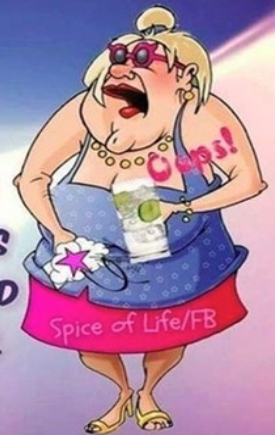
GYRETTE GIGGLES

NEVER LEAVE HOME
WITHOUT A KISS, A HUG
AND AN 'I LOVE YOU.'
THEN REMOVE THE DOG
HAIR FROM YOUR MOUTH
AS YOU WALK TO THE
CAR.

YOU KNOW YOU'RE A
GROWN UP WHEN YOU
ACTUALLY PICK UP THE ICE
CUBE INSTEAD OF KICKING
IT UNDER THE FRIDGE.

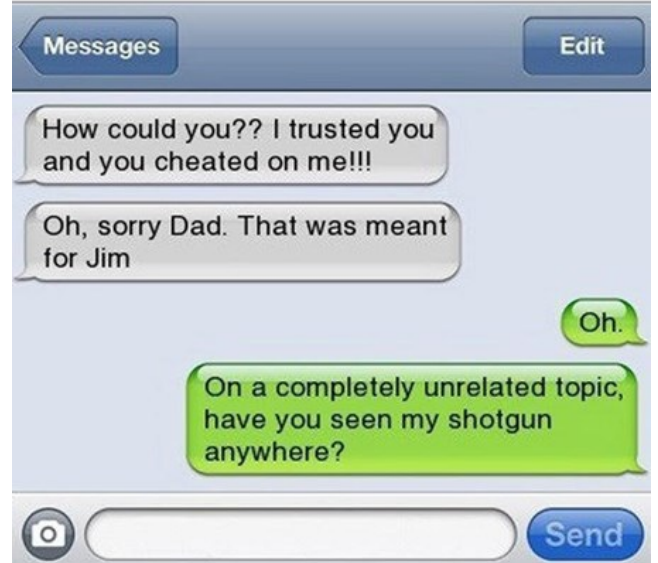
One big difference
between men and women
is that if a woman
says "Smell this",
it usually smells nice.

IT'S NOT MY
FAULT I HAVE
A DOUBLE CHIN.
WHEN GOD WAS
GIVING OUT CHINS
I THOUGHT HE SAID
GIN SO I SAID I'LL
HAVE A DOUBLE.



How men can ruin a romantic pool party

COMPUTER CONFUSION



KID'S KOMEDY

Silence is golden. But when you have kids, silence is suspicious

Later that day
Sally taught herself
how to ride her
own bike



Rare footage of my parents on
their way to school

MOM: IF A STRANGER CAME
UP TO YOU AND SAID "I'M
YOUR MOM'S FRIEND, SHE
TOLD ME TO PICK YOU UP."
WHAT WOULD YOU SAY?

KID: I'D SAY "YOU'RE LYING,
MY MOM HAS NO FRIENDS."

MOM: NOT WHERE I WAS
GOING, BUT OK.

When that annoying little kid running
around the restaurant hits his head
on a table and starts crying.



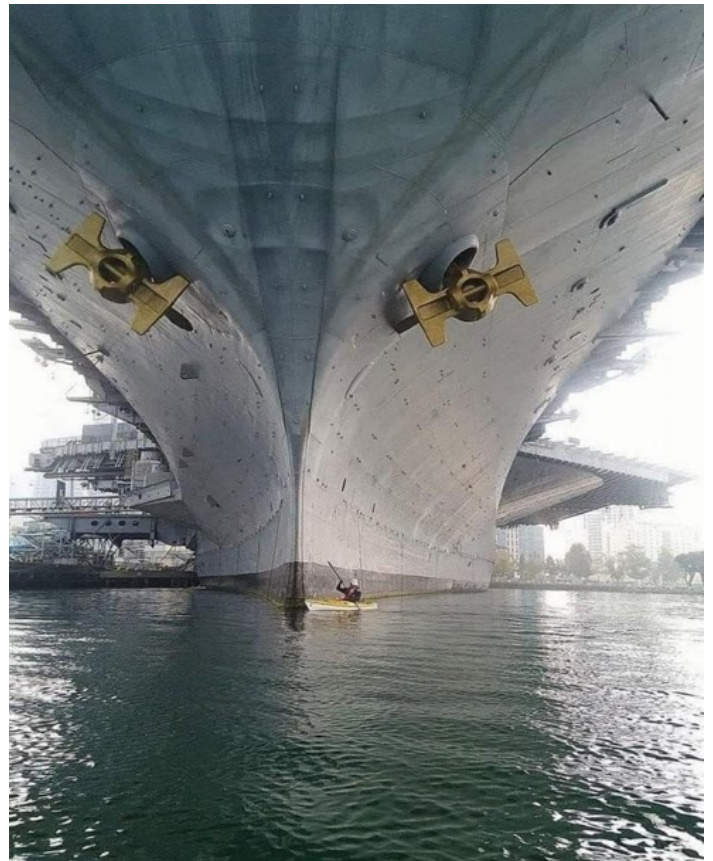
Boys never actually grow up. Their toys
just get bigger and more expensive.

Hmmm...

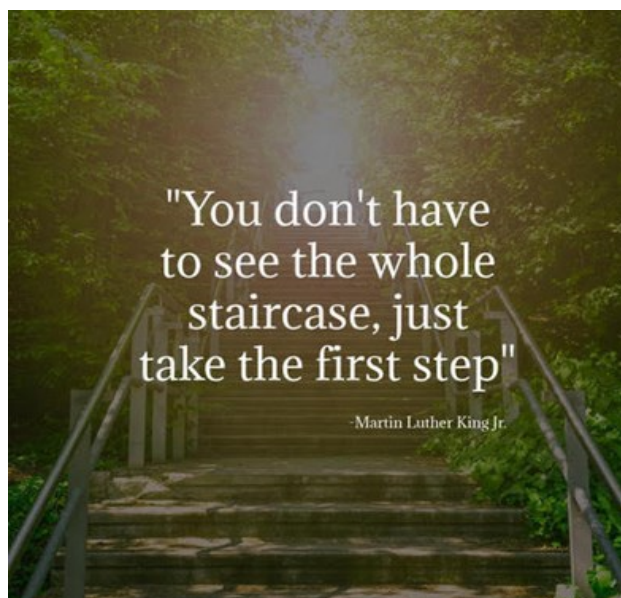
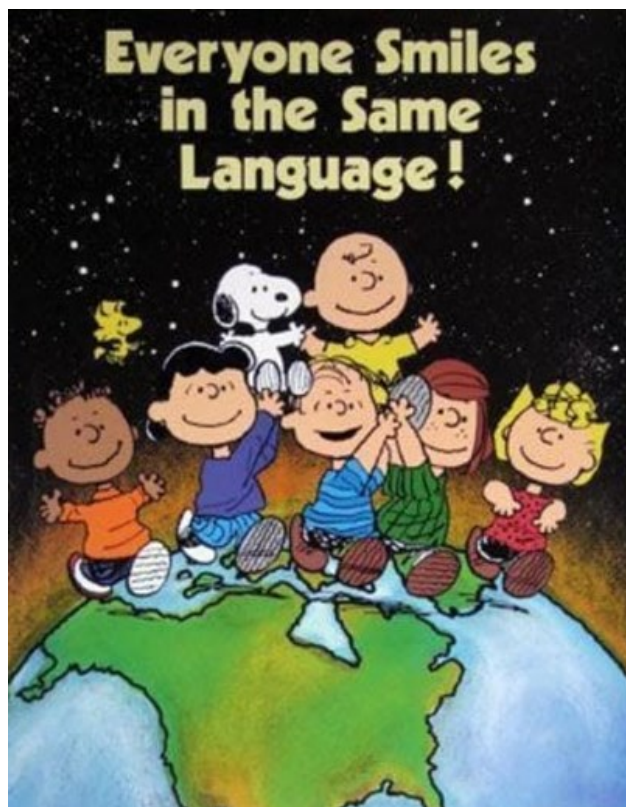
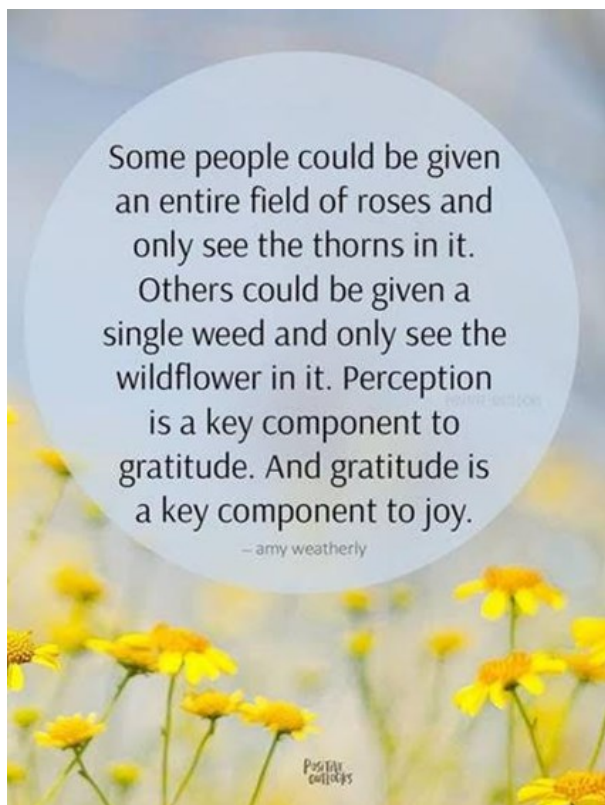
Mechanicangelo



Back in my day, we didn't wear helmets. We just got irreversible brain damage and didn't cry about it.

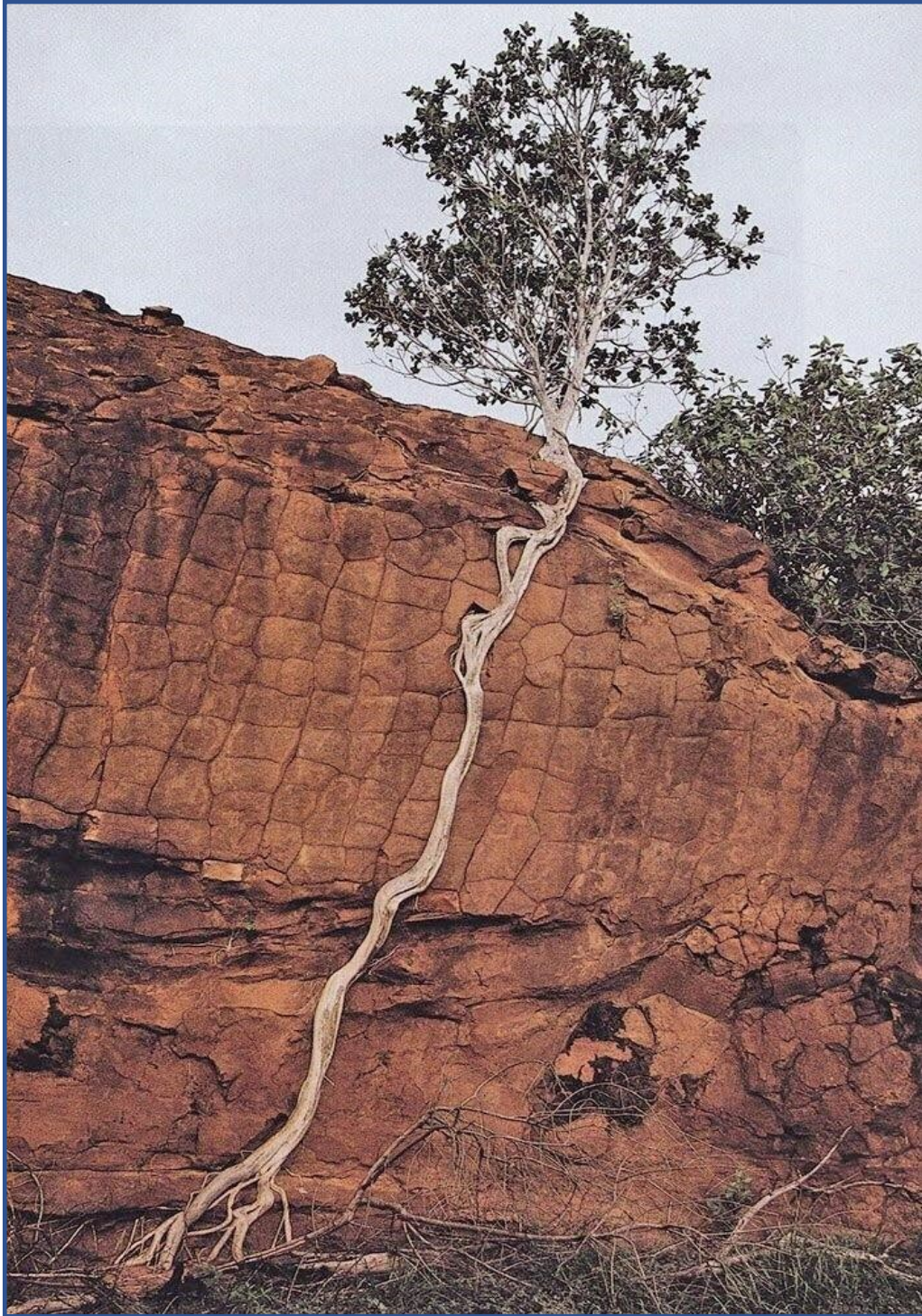


POSITIVITY TIDBITS / DID YOU KNOW?



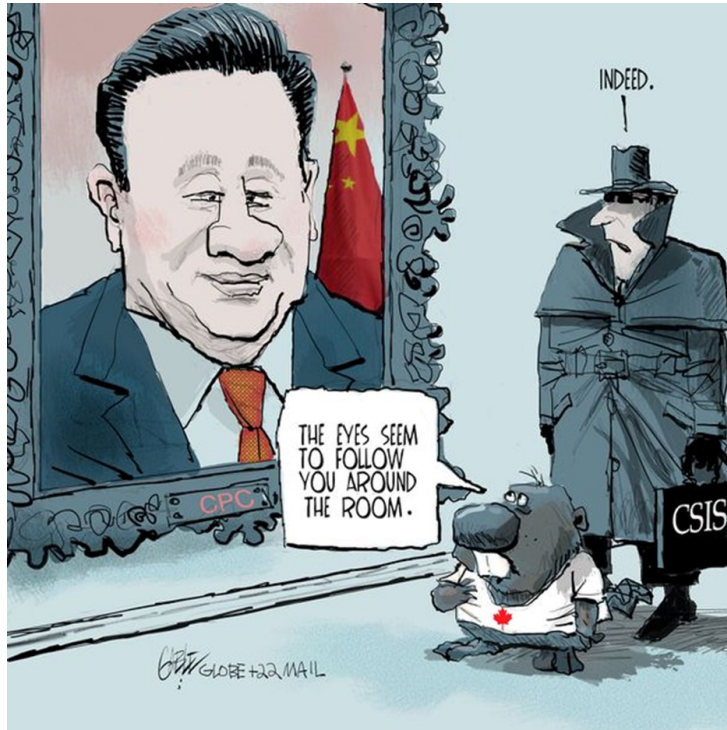
ANXIETY MEDICINE

In these uncertain times it is easy to let your anxiety start to creep up . Perhaps while we are in various forms of lock-down, some images from our amazing world will help remind us that regardless of how things may look right now, we are indeed so lucky to be inhabiting this beautiful planet.

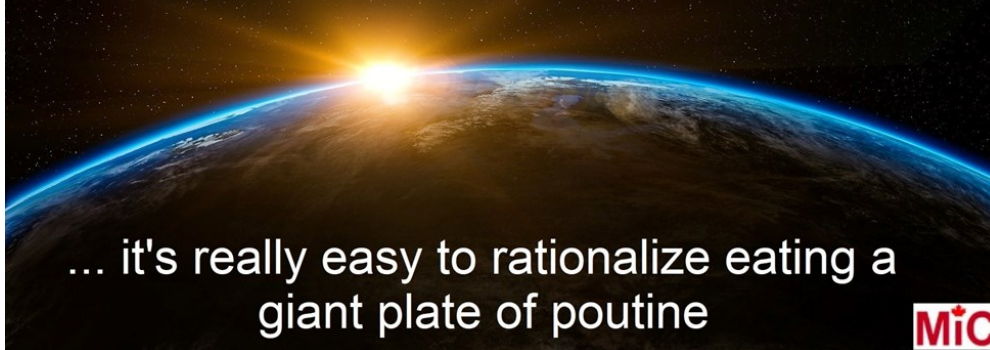


A Tree With Some Serious Will To Live

MEANWHILE IN CANADA



When you think of how huge the Earth is and how it is just a tiny speck in a vast universe

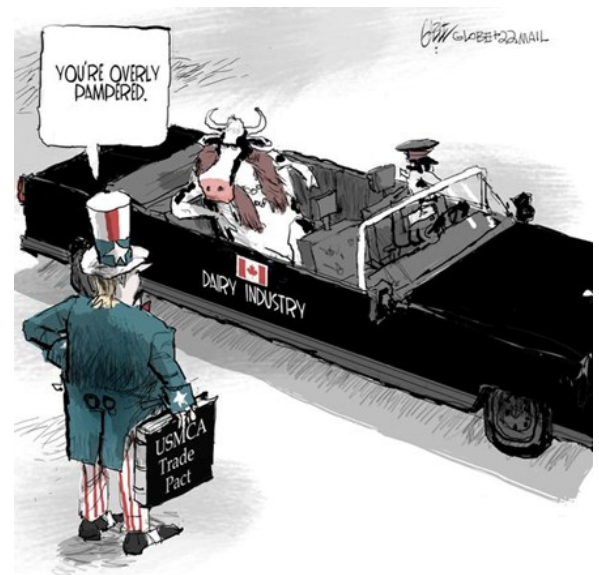


... it's really easy to rationalize eating a giant plate of poutine



MEANWHILE NOT IN CANADA

The Beatles with a groupie who somehow got a backstage pass. 😊



ANIMAL INSTINCTS



My Aunts Goat Thinks It's A Dog. It Won't Associate With The Other Goats And Only Hangs Out With The Dogs

I got an F in art class for my cat drawing . . .



. . . I'm still wondering what was so wrong with it.



Man Arrested For Training Dog To Throw Bricks At People Ringing His Doorbell

ASIAN NEWS | May 28, 2021 09:11 PM



boredpanda.com

Bed and Breakfast



SNICKERS AND GUFFAWS

If you think you're having a bad day, remember the woman standing behind 3 mannequins. 😂😂



The unknown forest where Home Depot sources their 2x4s



I'm always surprised when heavily tattooed couples have a baby and it comes out blank.



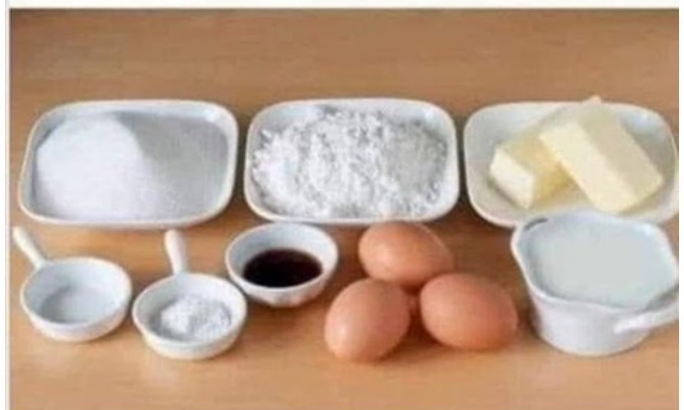
IN CASE OF ZOMBIES or yard work



Knowing girls these days. Those are probably eye lashes.



The manager at our local IKEA is retiring, so I sent him this cake...



GYRO FRIENDSHIP PICTURE OF THE WEEK



You've got a friend in me

AND THE LAST WORD....

I don't care how
nice the **hand soap**
smells... you should
never walk out of
the restroom
sniffing your finger.