



NEWSLETTER

PROBUS CLUB VANCOUVER

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Clubs for retired and semi-retired professional and business persons, former executives and others

www.probusvancouver.com

April 2012

Next Meeting: April 10th, 2012

Time: 9:30 am

Location: H.R. MacMillan Planetarium and
Space Centre, Lower Level

Speaker: Dr. Stephen J. Troope, President and Vice
Chancellor of The University of British Columbia.

Topic: "Does Society Need Universities?"

UPCOMING EVENTS

Monday, April 16th
Visit to VanDusen Botanical
Gardens

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DR STEPHEN J. TOOPE PhD

Professor Stephen J. Troope was named the 12th President and Vice-Chancellor of The University of British Columbia on March 22, 2006.

He began his second five-year term in July 2011.

An International Law scholar who represented Western Europe and North America on the UN Working Group on Enforced or Involuntary Disappearances from 2002-2007, Professor Troope's academic interests include public international law, legal theory, human rights, international dispute resolution, and family law.

Professor Troope is active with many associations, currently serving as Chair of the Association of Universities and Colleges of Canada (AUCC), Member of the Research Council of the Canadian Institute for Advanced Research (CIFAR), and as a Member of the Board of Directors for the Public Policy Forum. He is Past Chair of The Research Universities' Council of British Columbia (RUCBC) and World University Services Canada (WUSC).

Prior to joining UBC, Professor Troope was President of the Pierre Elliott Trudeau Foundation, a position he held

since 2002. The Foundation is an independent, private, and non-partisan organization created to promote outstanding research and interaction between researchers in the social sciences and humanities and the wider society. From 1994-1999, Professor Troope served as the Dean of McGill University's Faculty of Law. Previously, he served as Law Clerk to the Rt. Hon. Chief Justice Dickson of the Supreme Court of Canada from 1986-1987. He continues to conduct research on many aspects of international law and is currently working on issues of human rights and culture, and the origins of international obligation in international society. His most recent book, with Jutta Brunnée, is *Legitimacy and Legality in International Law: An Interactional Account*, which won the American Society of International Law's 2011 Certificate of Merit for Creative Scholarship.

A Canadian citizen, Professor Troope earned his PhD from Trinity College, Cambridge, (1987), his degrees in common law (LLB) and civil law (BCL) with honours from McGill University (1983), and graduated magna cum laude with his AB in History and Literature from Harvard University (1979).

Stephen Troope is married to Paula Rosen and they have three high school and university-aged children.

Report of the March 13th Meeting

Attendance: 141 Members and Guests

President Don Newman called the meeting to order at 10:00am, welcoming attendees and the guest speaker, Dr. John Sloan, a Clinical Professor with the Department of Family Medicine at the University of British Columbia, whose impressive biography is available in the March Newsletter. **Brian Wasson** acted as secretary.

Orrin Webber, a member of the Membership Committee then introduced three new members (see "Welcome New Members")

Activities Chairman **Bill Robertson** stated that the visit to the VanDusen Garden on April 16, 2012 is 80% filled (See "Visit to VanDusen Botanical Gardens").

Speakers Chairman **Brian Maunder** introduced the speaker, Dr. John Sloan, highlighting his move from general family practice into care for the elderly, particularly the frail elderly.

Dr Sloan opened his presentation with photographs of definitely frail and elderly people. His definition of a frail elderly person is one who has an irredeemable dependence on others for the activities of daily living, due to impairment either physical or mental. There are many causes of frailty but frailty is the common element. His position is that our health care system's priorities fail to address the needs of the frail elderly. He feels so strongly about it that he has written on the subject in the book titled *The Bitter Pill, How the Medical System is failing the Elderly*.

The two cornerstones of the modern health care system are prevention and rescue. Addressing prevention, Dr. Sloan pointed out that the basis of prevention is diagnosis of a condition and the prescription of appropriate drugs. The error in this approach for the elderly is that the prescription of medications is based on predictions of the results whereas the consequences of taking a medication by an elderly person are largely unpredictable as the physical conditions of the elderly range widely from the so called norm, such as organ function. This error is magnified by the fact that the reaction to drugs by the elderly is unpredictable as they are excluded from the testing of drugs. There is a sound reason for this approach as most elderly have more than one "treatable"

condition so that test results cannot be isolated.

Another failure in prescribing drugs to the elderly is the time frame for the benefits to be reached. It is the green banana problem. Also, drug reactions are particularly unpredictable in their effect on other unrelated health issues.

According to Dr. Sloan, rescue for the frail elderly is nothing short of a disaster. The structure developed to cope with massive heart attacks actually works well for the patient suffering a massive heart attack but works against the welfare of the frail elderly. They are put into a hospital for conditions the hospital cannot fix. There the patient is assessed by a battery of specialists who reorganize drugs and treatment, sometimes in conflict with each other. All this is totally disorienting to the frail elderly patient from the arrival of the firetruck which precedes the ambulance, through the induction process in an urban Emergency Ward to the intrusive routines of a geriatric ward if he or she gets that far.

If this scenario is the opposite to what the frail elderly wants, what does he or she want? Dr. Sloan introduced us to the Sunshiner who is a frail elderly person personified on his website, sunshiner.ca. The website appears to act as a support resource and information source for the elderly and those who are concerned about their care.

The Sunshiner is characterized as a person who has at least five of the following seven characteristics:

1. I'm near the end of my life.
2. Every day I need help doing things that matter.
3. I don't want to be a burden to the people I love.
4. I have trouble getting around, trouble with my memory, or both.
5. I care more about being comfortable than I do about living longer.
6. I would love to take less medication
7. I don't want to go to the hospital.

In response to the Sunshiner's needs, Vancouver Coastal Health has set up a program, Home VIVE (Home Visits to Vancouver Elders) and VIVE Plus with apparently major prodding by Dr. Sloan. VIVE services some 400 patients with nursing and doctor coverage 24/7 in a team format to attend to the medical needs and flexible home care of these patients in their homes. It is seriously oversub-

scribed.

In answering questions, Dr. Sloan pointed out that a patient in a hospital bed costs the system \$1200 a day. Home care at most costs \$325 a day. It is recognized that VIVE can service only a small fraction of the age group it targets. The medical system is slow to adopt this concept. It has been tried sporadically in more remote areas of the Province but what is being done in Vancouver on a specifically targeted basis will slowly spread as it makes economic sense. Victoria is slow to adopt new concepts but VIVE now has their attention.

The issue of Representation Agreements and Medical Directives was raised. Dr. Sloan cautioned people to find a person they can trust and be frank in expressing your wishes so that there will be no uncertainty in the event of a crisis.

(*Writer's Note:- I was in a the doctor's office recently where I found a fifty page Province of British Columbia Publication titled *My Voice Advance Care Planning Guide* which is an extremely comprehensive treatment of this subject.)

Gordon Thom thanked the speaker for his informative and entertaining address. He pointed out that it will be of particular interest when he gets to be old.

WELCOME NEW MEMBERS

Donald Lintott - Education/Teacher,
Administration

Dr. Sidney Mindess - Civil Engineer/ UBC
Professor

Bruce Sutherland - Real Estate Development

MEMBERSHIP SERVICES TEAM

Greeters - Graham Clay, Will Preston

Cashiers - Richard Primeau, Leigh Taylor

Past President Greeter - Gordon Thom

Member Services Desk - Jon Collins

PRESIDENT'S MESSAGE



In this column, from time to time I will profile members who have made outstanding contributions to our Club.

The minutes of the first meeting of the Probus Club of Vancouver on January 21, 1997 list DOUG LAMBERT as CHAIRMAN of the HOUSE COMMITTEE, a job he has done in exemplary fashion for the past FIFTEEN YEARS. Doug arranges the venue for our monthly meeting and he and his helpers insure the badges are available, tables and coat racks are in place and hot coffee and Tim Bits are available for pre meeting socializing. He provides a centralized corporate office for our Club (currently his home), arranges printing and mailing of the Newsletter to the 20% of members who do not have or do wish to receive same by email, manages the printing and mailing of about 400 annual dues notices and opens the return mail with members cheques and survey responses. His encyclopedic knowledge of the Club and our members is invaluable in the deliberations of our Management Committee and he is willing to assist you with any project or problem.

The next time you see DOUG LAMBERT. our congenial "Jack of all trades" thank him for his outstanding contributions to our Club.



The Blue Whale Skeleton
Picture taken during Tour of the Beaty Biodiversity Museum at
UBC

**VISIT TO VANDUSEN BOTANICAL GARDENS**MONDAY APRIL 16TH4251 OAK STREET (OAK AND 37TH)**MEMBERS AND GUESTS – \$20 PER PERSON – ONLY 20 SPACES LEFT!****Event will go rain or shine. Dress warmly and wear comfortable shoes as it can be windy.****Bring umbrellas or sunglasses depending upon weather.**

April is prime time to view the spring blossoms in the 55-acre VDBG with its 7,500 kinds of plants from around the world. The new \$22 million 20,000 square-foot Visitor Centre, designed to look like a native orchid is now open. This state-of-the-art facility with its undulating, petal-shaped sinuous green roof, solar cells, photovoltaic panels, geothermal and energy exchange systems aims to be Canada's first certified "Living Building". The building has been designed and built to meet the LEED Platinum level of excellence.

8:45 TAILGATE PARTY – COFFEE AND PASTRIES IN THE VDBG PARKING LOT**9:30 LECTURE AND QUESTION PERIOD IN THE VISITOR CENTRE**

"THE NEW VANDUSEN" – Conducted by HARRY JONGERDEN, GARDEN DIRECTOR
VanDusen's revolutionary new Visitor Centre has propelled it into front ranks of botanical gardens. There is a renewed emphasis on its mission to inspire understanding of plants to all life on earth. Garden Director Harry Jongerden will talk about the paths taken to this point and the Garden's auspicious future.

10:45 SMALL GROUP GUIDED TOURS OF THE GARDEN**12:00 OPTIONAL – NO HOST LUNCH AT EITHER:**

- A) Truffles Fine Foods – located in the Visitor Centre: beverages, soups, salads and sandwiches
- B) Shaughnessy Restaurant (adjacent to the garden) - phone 604-261-0011 to make a reservation

Post lunch you are free to re-enter the garden and explore on you own.

For more information contact Bob Nugent at 604-264-7763

YOU MAY REGISTER:

- 1) At Probus monthly meeting at the Activity Desk
- 2) Pay on-line at Probus website using Pay Pal
- 3) Mail registration form and payment (\$20 per person): to Bill Robertson 3711 Puget Drive, Vancouver, B.C.V6L 2T8 e-mail: robertsonwd@hotmail.com

Deadline for registration: April 10th Cancellation Deadline April 10th

NOTE – MAKE CHECK PAYABLE TO PROBUS CLUB VANCOUVER

I plan to attend:

Name: _____ Guest: _____
Phone Number: _____ E-mail: _____