

*Alzheimer Society of Kingston, Frontenac,  
Lennox and Addington*

**2021-2022  
Annual Report**



**Our Vision:** is a world without Alzheimer's Disease and related disorders

**Our Mission:** is to alleviate the personal and social consequences of Alzheimer's Disease and related disorders and to promote research

# Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

**Our vision:** A world without Alzheimer's disease and other dementias.

**Our mission:** To alleviate the personal and social consequences of Alzheimer's and related diseases and to promote the search for causes, treatments and a cure.

## Our Values:

**Collaboration:** We work together and with partners to fulfill our mission and achieve our goals, to ensure Canadians receive personal and responsive services throughout their dementia journey.

**Accountability:** We measure our performance and follow a process of continuous improvement. We are wholly accountable for our actions and must account to our stakeholders for our use of the financial and human resources available to us.

**Respect:** We set for ourselves the highest standards of honesty, trustworthiness and professional integrity in all aspects of our organization and carry out our work with the utmost respect for the dignity and the rights of the people we serve.

**Excellence:** We strive to engage stakeholders in meaningful ways. To inform, listen and be attentive to those we work with: People living with dementia, families, community partners, donors, volunteers and staff members.

## Our guiding principles

1. **Personhood:** A standing or status that is bestowed upon one human being, by others, in the context of relationship and social being. Personhood implies recognition, respect and trust. (*Sourced from: Kitwood, T.M. Dementia Reconsidered: the person comes first. p. cm.- 'Rethinking Aging series'*)
2. **Dignity and respect:** To create positive conditions where the person can live without fear of shame or ridicule; where people are treated with warmth and authenticity; listened to without judgment; and are given opportunity for self-determination and self-expression.
3. **Acceptance and understanding:** To accept each person with unconditional positive regard; to accept behaviour as a form of communication which expresses unmet needs or emotions; and to assist the person to continue to enjoy basic personal freedoms.
4. **Relationships:** To support and preserve present relationships; to support the person in the development of other positive relationships.
5. **Recognition and individuality:** To recognize the individuality of each person with their own unique life experiences, personality, values, beliefs and opinions; to have these factors respected and incorporated in support planning.
6. **Relationships of trust:** To provide the conditions necessary to satisfy fundamental needs and create a climate for personal realization by providing a relationship based on trust. In a relationship of trust, the person knows confidences are respected; choice and control is maintained; and the person will not be abandoned.



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### **A Message from the President**

The past year has been very challenging with on-going restrictions from COVID-19 impacting operations and program delivery. Despite the challenges the Alzheimer's Society Kingston, Frontenac, Lennox, and Addington was able to continue to safely support clients and caregivers through this difficult time.

The last year has been busy at the governance level. The Board has gone through significant change over the past 2 years with a new slate of directors, and new bylaws in place to guide our work and help us fulfill our governance mandate. We participated in development of a unified provincial strategic plan for all Alzheimer Societies across the province, which identified priorities for our collective work across Ontario including partnerships, inclusive and robust programs, Dementia Friendly Communities, health advocacy, empowered workforce and innovative funding. We look forward to the roll out of the strategy over the next several years and are excited to see positive change in the quality of programs and services that we provide. We are also excited to be going through an accreditation process which will ensure the Society is providing a high-quality service that meets provincial standards.

Thanks to all our supporters and donors!! Without your contributions we would not be able to fulfill our mandate.

Chris Mackey, Board President

#### **Board of Directors**

Chris Mackey - President  
Ashley Miller - Vice President  
Jim Kennedy – Treasurer  
Lynda Moore – Secretary  
Blair Hicks – Director  
Susan Ilkov-Moore – Director

#### **Staff Directory:**

Vicki Poffley -Executive Director  
Kim Parkinson -Administrative Assistant  
Lesley Kimble – Fundraising Coordinator  
Sarah Winkelman RPN – First Link Care Coordinator-Navigator  
Krystian Martin – First Link Care Coordinator Navigator  
Colton Sedore– Recreation Coordinator  
Kim Parker – Education Coordinator  
Pam Lemke –Education and Client Services Coordinator  
Jan White –Education and Client Services Coordinator



### **A Message from the Executive Director**

Who knew this time last year we would still have another year of the pandemic and be providing services and supports virtually. We did indeed get to the starting line a few times and then had to come to a halt and continue with virtual delivery of programs and services. There were however, still moments that not only did we feel connected to each other and our clients but our clients experienced the connection as well. Whether it be during Minds in Motion, our Men's and Ladies Peer groups, our Caregiver Cafe or other support groups such as Men's Caregiver Group and Companions on the Journey, clients expressed their gratitude for still feeling connected.

All of this just highlights the resiliency of our team to be able to pivot on short notice ensuring that we meet clients where they are at and providing the best client experience as possible. We do listen to their voices to ensure they are driving the services they want and need. This leads me to the wonderful news that we will be starting an In-Home Recreation Therapy program this coming year. This program would not have been possible without the support of the board of directors and the financial contribution of the Greater Kingston Community Foundation.

From an operational standpoint we have been busy ensuring the strength of the society for years to come. Strategic planning at the provincial level has been a beneficial experience. I was fortunate to be on the steering committee that drafted the plan which has resulted in our society having a draft plan to sink our teeth into and make sure that it meets our local community's needs. I am excited that this will be a team effort in the new fiscal year.

The Ontario Health Team continues to be very active. We have just begun an evaluation of the work done to date to ensure that we are hitting our proposed targets to the ministry and ensuring that our Rural KFLA Health Team is built on the principals of patient centered care.

Accreditation has also been a focus although we were able to extend the deadline an extra year. We have been actively working on our policies and processes to ensure that they meet the standards of CCA (Canadian Centre for Accreditation). This is indeed a great deal of work however we will be stronger and in a better position to continue to meet the demands for service from our community.

Advocacy was also at the forefront of our work this year with a provincial election taking place it will be more important than ever for the Alzheimer Societies in Ontario to speak with one voice to ensure that the government understands the needs of those living with or caring for people with dementia. We have a small but mighty group made up of staff, board and lived experience that will be meeting with our candidates locally.

So, it has been another busy year, but we haven't done it alone, Alzheimer Society of Ontario continues to be an incredible support to local societies across the Province and KFLA is not exception to the support and services. We have benefited tremendously from their leadership which continues to strengthen the relationship amongst ASiO (Alzheimer Societies in Ontario).

In closing, I can not express my gratitude enough to the staff, board, volunteers, and our donors. For us to continue to do all of the work, we need the support of each of you. Thank you to all and I look forward to 2022/23 where we will continue to ensure the strength of our supports and services as we meet the needs of our community.

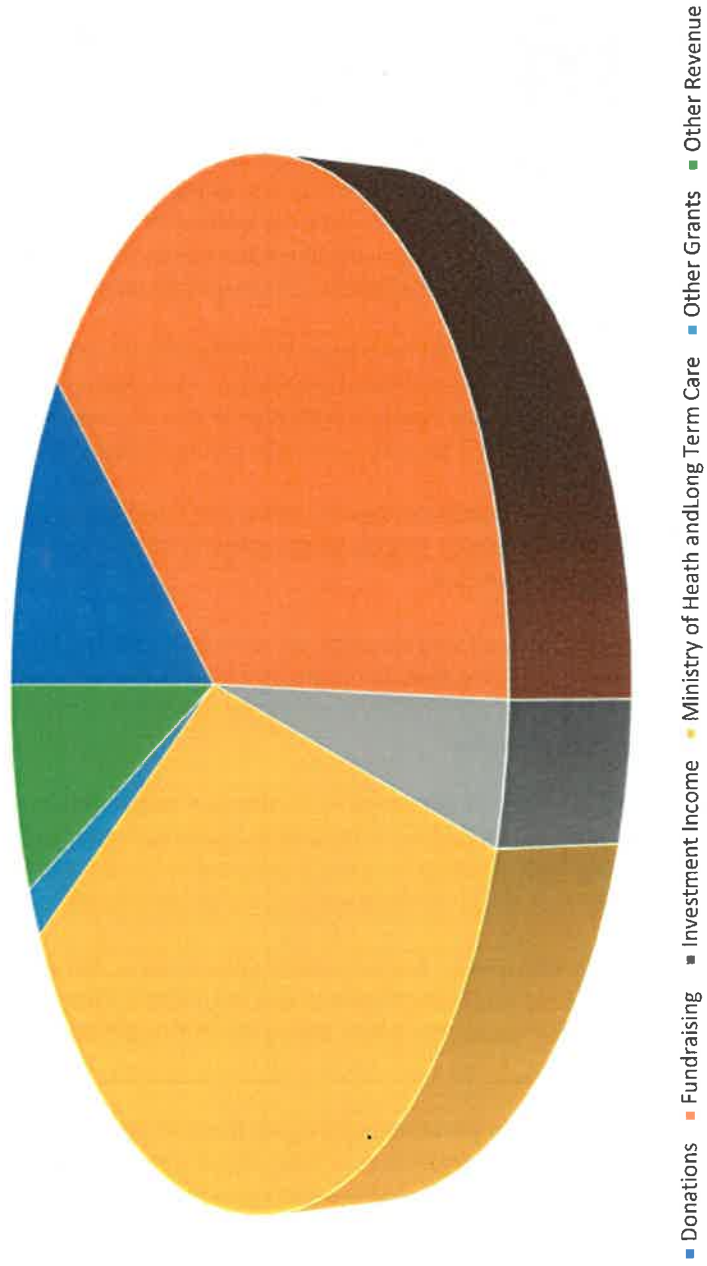
*Vicki Poffley*

Vicki Poffley,  
Executive Director

**REVENUE as of March 31, 2022**

Donations	\$86,327	11%
Fundraising	\$291,472	39%
Investment Income	\$28,331	4%
Ministry of Health and Long Term Care	\$273,486	36%
Other Grants	\$13,500	2%
Other Revenue	\$56,633	8%

**REVENUE as of March 31, 2022**



# Expenses 2022

Totals

Expenses 2022		
Advertising	\$1,365	1%
Amortization	\$4,561	2%
Bank Charges and Interest	\$2,592	2%
Board and Meeting Expenses	\$82	1%
Building Maintenance	\$1,206	1%
Building Rent	\$46,833	3%
Computer Supplies and Software	\$3,010	1%
Education and Program Supplies	\$8,795	3%
Equipment and Software Maintenance	\$8,024	3%
Equipment Rental	\$1,814	1%
Fundraising and Volunteer Expenses	\$1,947	1%
Insurance	\$3,593	2%
Membership Fees	\$800	1%
Ministry of Health and Long Term Care -One Time Expenses	\$0	1%
Office Supplies	\$12,704	9%
Postage and Courier	\$1,699	1%
Professional Fees	\$30,904	5%
Salaries and Benefits	\$479,197	68%
Telephone and Internet	\$7,456	3%
Training and Conference Expenses	\$1,128	1%
Travel	\$1,280	1%
<u>Utilities</u>	\$2,580	1%

**\$128,179**

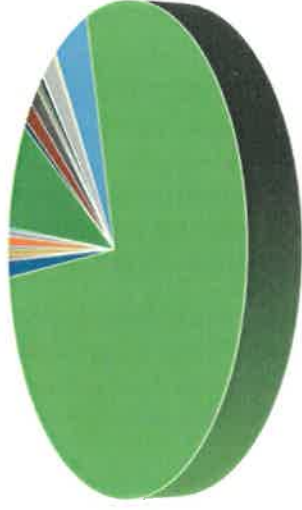
**\$15,392**

**\$143,571**

**Excessive of Revenue over expenses before other Items  
Other Items (Government Assistance)**

**Excess Revenue over Expenses**

EXPENSES 2022



- Advertising
- Amortization
- Bank Charges and Interest
- Board and Meeting Expenses
- Building Maintenance
- Building Rent
- Computer Supplies and Software
- Education and Program Supplies
- Equipment and Software Maintenance
- Equipment Rental
- Fundraising and Volunteer Expenses
- Insurance
- Membership Fees
- Ministry of Health and Long Term Care -One Time Expenses
- Office Supplies
- Postage and Courier
- Professional Fees
- Salaries and Benefits
- Telephone and Internet
- Training and Conference Expenses
- Travel



### **Living with MCI: Chris and Wendy Willis**

At 58, I knew I was having some short-term memory problems and issues finding words. Still, to be told a year ago just after my 59<sup>th</sup> birthday, that my diagnosis was mild cognitive impairment (MCI), was a real shock to my wife Wendy and me.

A retired military HR Logistics officer, I found myself having issues processing thoughts about 6 months before my diagnosis. It was caught early, and the only person who really noticed anything prior my being diagnosed was my wife. Gradually, we shared the news with family members and their reaction has been positive; they have been very supportive of both Wendy and me, as have our friends.

Following my diagnosis, my neurologist referred me to the memory clinic in Ottawa to continue with follow-up. I made my first visit this past November, and the next steps of my treatment are being determined.

During my research, I've been reading about "self-imposed stigma". This hits home with me. I fear that, as things progress, I will become a burden to others — specifically my wife and family. I also fear the loss of my independence. Ultimately, I fear the time when I will lose my memories and am no longer able to recognize my family and friends.

### **Living with Dementia**

I believe that people's attitudes are changing, but still have a way to go. Over time, people have become more aware about dementia through information provided by the Alzheimer Society, from physicians who are better educated about dementia and through the proliferation of information from other sources such as the Internet.

Additionally, as our population is living longer, I also believe that more and more people personally have experienced living with family members who have Alzheimer's or another form of dementia.

In the past 15 years, both my wife Wendy and I have lived through having three of our four parents being diagnosed with and ultimately dying from Alzheimer's and dementia. As a result, we enter the next phase of our lives together knowing — and in some ways, dreading — the possible challenges that we'll have to face together in the coming years.


Stepping through the doors of the Alzheimer Society last year, after I was first diagnosed with MCI, was one of the hardest (and best) things we ever did. Together, we've taken the opportunity to further educate ourselves about dementia and MCI. We've joined in on some of the social and support groups offered through the Society office in Kingston, and along the way made new friends with whom we have something in common. We've all faced similar challenges.

We are choosing to continue to live our lives in the moment. We don't dwell on what challenges the future may hold; we take each and every day as it comes. My life isn't over just because I've been diagnosed with dementia. It does not and *will* not define who I am. I am still me inside — the same person that I was before my diagnosis.

Here are my tips to help you understand:

- When diagnosed with dementia, use the resources available to you to learn about the disease. The more you learn, the better equipped you and your caregiver will be. The first thing that you and your caregiver should do is to go to your nearest Alzheimer Society office and talk with them. They're a great source of information and also have extensive resources available to you to help you learn more. There are also great sites on the internet with good information about dementia.
- The diagnosis of dementia does not define or change who you are. You are still you inside. Everybody's journey is different: They say, "When you meet one person with dementia, you have met one person with dementia."
- Dementia is not just an "old person's disease". It predominantly develops in people aged 65 and above, but it can also affect younger adults too (this is young onset dementia).



- 
- Even with a diagnosis, there's still much that you can do to delay the further onset of dementia. Eating well, exercising regularly, being socially active and challenging your brain (doing puzzles, learning something new, art classes, etc.) are very important things that you can do.
  - Early on, you and your caregiver need to develop your network of support that will sustain you throughout your journey. Your journey will be long, sometimes difficult and you will need your support networks along the way. You also need to establish your legal framework (Wills, powers of attorney, etc.) so that your caregiver can help take care of you in the future when you are no longer able to do so.

### **Wendy as Wife and Caregiver**

I lost my mother Anna, father Ron, and my father-in-law Barrie to dementia. I've experienced heartache, fear and loss, and many tears have fallen, but I cherished every moment I had with them. I did my best to treat them with respect and dignity. Now, my husband Chris had been diagnosed with mild cognitive impairment (MCI).

Chris is a highly intelligent, kind, generous and loving man. I fell in love with him the first moment I saw him. He enjoys art, golf, country music and working around the house. I never dreamed that our life together would unfold with Chris being diagnosed with MCI.

The length of our future together is in jeopardy, as no one is sure if or when Alzheimer's will become the norm. All I know is that I love him, support him and will always be here for him. I was devastated when I found out he was diagnosed with MCI, and that it could lead to Alzheimer's. At that moment, all I could think of was that the man I deeply love and cherish was about to disintegrate in front of my eyes — and there is nothing I could do about it. We hugged and cried a lot and didn't know what to do.

I'm not sure which one of us came up with the idea, but we decided we needed help to figure out how we were going to live with this terrible disease. So, we went to the experts at the Alzheimer Society. I was very surprised that nobody in the healthcare system referred us to the Alzheimer Society in the first place. When we did speak with the folks at the Alzheimer Society, they provided books and pamphlets to read and answered all our questions. It prepared us for talking about Chris's diagnosis with our kids and family.

It's tough as a caregiver to know when and how much I should intervene on my husband's behalf. Sometimes I try too hard and make the mistake of taking over completely and forgetting that he can still do it. I have become over-protective of Chris, and I try every day to fight that urge, and to give him the freedom to try without me. It's tough, but we are learning together through open communication, laughter, and a few tears.

### **Here are my tips to help you understand:**

- **Visit your local Alzheimer Society ASAP and educate yourself. Bring your family with you.**
- **Just because someone has dementia doesn't mean they don't matter anymore. They are still here, and they matter. Please don't ignore them or talk around them. People with dementia have feelings just like everyone else.**
- **Research is paramount. There are free websites that can help counter aphasia and other difficulties that affect people with dementia.**
- **Increase your social activity. Get involved with the events at the Alzheimer Society as a couple. It's important for you both. They provide support and guidance to both the caregiver and the person who is diagnosed.**
- **Last, but definitely not least: Live in the moment. Do not think of the 'what ifs'. To stay happy, we focus only on today.**

Chris and Wendy live in Kingston Ontario and Chris is Dad to three adult children. Chris retired in 2019, and Wendy retired in 2010, from CFB Kingston. They regularly attend Alzheimer society outings and activities, and Chris still enjoys his hobbies such as golf, music, walking etc.



### Kevin and Sheila

Shelia and I met in 1983 at the TRANZAC (Toronto Australian New Zealand Club). We didn't have connections or family in either Country but had a common interest in playing darts. We started dating in 1984 and purchased our family home in Ajax in 1986. As an escape from the city, we enjoyed seasonal vacations in a cabin in Prince Edward County and enjoyed our time there so much that we decided that we would like to purchase our own property on a lake. So, in 1989 we purchased our property on Racoon Lake with a vision of building our home and retiring there, which we did in 2008.

Before the diagnosis Sheila was a strong, independent, intelligent, caring, loving, kind, adventurous and hard-working woman. She spent most of her career in Human Resources with such companies as, Hudson Bay Mining and Volkswagen Canada, the last 17 years of her career were spent with Tory's, a large Legal Firm in Toronto, where she knew and worked at times directly with now mayor of Toronto John Tory. Outside of work Shelia also enjoyed being involved in her community. As a member of the TRANZAC club, she served as events coordinator for several years, organizing many camping/canoeing trips as well as ski trips. She was also a member of the Maoria Dance Group and performed at the at the Sydney-Auckland pavilion at the Metro International Caravan. In 1984 she and her group also performed along the parade route in Toronto for Pope John Paul 2<sup>nd</sup>, in Ottawa for Sir Edmund Hillary, the first person to reach the Summit of Mount Everest, and during a trip to Washington DC to perform for New Zealand Diplomats.


Sheila enjoyed traveling, visiting the British Isles, Northern Ireland, Europe, the Caribbean, the USA including Hawaii. Together Sheila and I also visited all 10 provinces in Canada.

And then the change started. I believe that not only the 'how' but the 'when' we realize that something was wrong is important, because timeline and rate of progress plays a big role. I would have to say that I suspected something was wrong three or four years before Sheila. I first started to see the signs in late 2014. At first, they were only small, and I had to question myself, if I was just imagining something. At first it was just a little lapse in memory, a little talking to herself, taking longer to do basic things and more trouble staying on task (just going from one task to another). Example doing laundry, she would put the dirty laundry in washer, then go start something else, come back add detergent and fabric softener, come back again before starting washer or maybe not. I started paying more attention to her actions and saw things were getting worse as the next few years past.

It was 2017 - 2018 before Sheila started to know that something was probably wrong. She did not talk to me about it at first but did talk a little with my sister. She would talk about empty or dark places in her brain. It was late spring 2018 that she drove to Lyndhurst with her mother, cousin and his wife. But returning to Kingston she did not know where she was or how to get back. She had to depend totally on landmarks to get back. She did not say anything to the others. She was able to remember it to tell me and was able to write it all down so could tell the family doctor. I believe that this did scare her a little, but she blamed it on a medication that she had been taking for a few months. She was taking it in the morning and after that incident, she took it at bedtime. Our doctor didn't think it was drug related, but it did show him that something was wrong. After this I began paying more attention to her driving and realized that she was showing signs of having trouble driving. As a result, I began doing most if not all driving, even taking time off work if she had to drive to Kingston.

Sheila never wanted to talk about the possibility that she may have Alzheimer's, but always said she knew that she would someday, because her mother had two sisters and a brother who has passed with it.

con't....



Shelia was a caregiver for her mother, who fell and broke her hip in October 2016, while living in her own home. I believe that the stress and pressure of being her mother's caregiver actually resulted in speeding up the progress of Sheila's Alzheimer's. Seeing this, I knew that my first step was getting her mother into a retirement home. As we say, we can only fight one battle at a time! Then, in March 2018, I started the diagnosis process, with the help of a great family doctor who trusted, believed, and listened to me, and realized that I was a very important partner in this journey. It was not an easy time in the sense that it involved many appointments, and many phone calls with our doctor and the Mental Health Team once they became involved. When things began happening with Sheila they happened fast. Sheila was given her diagnosis in March 2019, her driver's license was taken away in August 2019, and in December 2019, her psychiatrist issued a letter stating that Sheila was no longer capable to make decisions and that Power of Attorney for both Personal Care and Finances should be enacted. It was at this time, that I was told by the Psychiatrist that I should not leave Sheila alone for any length of time and that in all her years of dealing with dementia, she had never seen such a rapid progression as Sheila's. She also suggested that I see a Social Worker for my own mental health because I was already away from work on stress leave.

Shelia now lives in a retirement home about 45 minutes away from our home. My caregiver role has changed but I am still my wife's caregiver. I'm often asked, 'how has it been for me' and that is a big question to answer, as I am sure it is for any caregiver. Well... in real estate, it is all about location, location, location and in caregiving it is all about strategy, strategy, strategy!

I often say it might be easier to tell what it has not been like. However, I can say that it has been a rollercoaster ride, with its ups and downs, twists, and turns, with a few full 360's thrown in to keep you on your toes. It has been stressful, mentally and physically exhausting and heart breaking to say the least. But this journey has had its positive side as well. I have had to educate myself about Dementia/Alzheimer's. What it is, what it will do to the person and what it can and may do to a Caregiver. I have had to learn strategies to support Shelia, realizing that what works today may not work tomorrow, I have had to control my emotions when with Shelia because she is no longer the person she was. I understand that it is the disease and not the person, and it is ok to tell little white lies and bite your tongue often. I also know never to question, disagree, or argue with her and to redirect when I can. I know that every person with the disease and every caregiver are different and what works for my person and myself, may not work for others. I can only listen, support, guide and suggest strategies that have worked for me. Over time I have learned more, gained more knowledge and experience in managing myself and the disease- it has not made this journey easier, however it has helped me deal with it better for both of us.

Yet throughout all of this, I have grown to be a much stronger, caring, loving, understanding, compassionate, patient, positive person with the ability to see the full picture. If there is anything good that I can say about the disease, is that the person living with it in most cases, does not know or feel that there is anything wrong with them, they are in their own little world. Sheila will often say, "I know that I have Alzheimer's, but I don't feel any different than I have ever felt, I can still do whatever I have ever done". I have also learned and accepted that my life is basically on hold. Knowing that someday I will get back to a normal life. It will be a different life than before, but I have started planning as much as possible for that day when it comes.

**If I can give any piece of advice to other Caregivers - look after the person you are caring for but do not forget to take care of yourself on this journey and remember to do 'feel good' things for yourself, as it will also be good for your loved one.**

# Fundraising Highlights - Total \$291,472



Donations:

**\$10,850**

Sponsors:

- Ted Custance and Catherine Arnold from Village Lifestyle Real Estate Team

**12 years and still going!**

Special thanks to Ron Earl for hosting this Annual Memorial Golf Tournament

*In Loving Memory*

Memorial Donations:

**\$176,721**

**IG WEALTH MANAGEMENT**  
**WALK FOR ALZHEIMER'S**

This event raised:

**\$70,587**



We're walking for DAD in London, Kingston, Napanee & Toronto!

**SOCIAL**  
with a purpose

This event raised:

**\$18,304**

Sponsored by:

**Talyx Ltd.**

**RKJL Foods Ltd.**



Top Sponsors:

- National: IG Wealth Management
- Your TV
- 88.7 My FM
- Napanee Lions Club

## Third Party Events

**\$15,010**

- Quest for Kindness \$101
- The Cuban \$426
- Secura Golf \$500
- 1926 Skate \$5100
- Forget Me Not Portraits \$1945
- Rotary Club Waterfront \$900
- Queen's Alzheimer's Outreach \$5229
- Humanity in Music \$171
- Pet Valu Robotic Pets \$675
- The Quest 2022 \$573



We want to thank all the individuals, community groups, and local businesses (far to many to name) who have supported fundraising events during the past two years.

# What We Do

## 2021-2022 Overall



**2045**

Total Visits Across  
the organization



**3960**

Hours of  
Programs  
Provided



**3324**

Total Virtual Attendance  
at All Programs



**2547**

Total Virtual Attendance  
at Education &  
Social Programs



**1826**

Registered Individuals  
Served Across  
All Department



**428**

Unique Individuals  
Served



**1097**

Direct Client  
Service Hours



**432**

Online Virtual  
Education &  
Social Groups

## **Our Programs and Services:**

- Support Groups with both Caregivers and Clients living with a Diagnosis
- Caregiver Support
- Music for Memories
- Minds in Motion
- Armchair Traveler
- Music Project
- Lending Library of books, assistive devices and electronic pets
- Reminiscing Kits (in collaboration with Kingston Frontenac Public Library)
- U-First Training
- Finding Your Way
- Vulnerable Persons Registry (in collaboration with Kingston Police)

THANK YOU TO OUR 2021 DONORS – WE COULDN'T DO THIS WITHOUT EACH AND EVERY ONE OF YOU

Haakon Industries (Canada)  
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This is a wonderful poem, written from the heart, by a Caregiver. The caregiver uses the analogy of boxing, something he and the person with dementia are familiar with. It speaks to how they are feeling at this particular point in time: He demonstrates that this is how the person with dementia and the caregiver feel, on The Alzheimer Journey, while on the COVID journey. We are not fighting the person but the disease.

Tonight my legs feel as if they are made of lead  
My head is so heavy, as if someone filled it with cement  
My shoulders feel as if they are carrying a large load

As I enter the ring I see my foe, that I have seen many times before  
Across the ring he seems bigger... stronger... more confident  
The bell rings round one, he attacks with more force and energy than ever before

I am down... there is no count... I get to my feet... no standing eight  
There is no roar from the crowd, no referee, tonight is different  
He does not wait, attacking again, with more force than before, I am down for a second time

No count... no standing eight... I find myself on my feet again, waiting for the bell to end this round  
It does not ring, the endless attack goes on, I fall for the third time, in this opening round  
This would be the end, in a normal bout, but there is nothing normal, about this bout

The bell rings to end round one, I am standing in my corner, only to hear it again, for the start of round two  
He does not let up on his attacks, with more force and anger, I am knocked down again and again...  
only to get to my feet each time

This is the sense for the next several rounds, only making him more determined to destroy  
me  
I stand in my corner and can see the anger in his eyes that I am still here, the bell rings round eleven

Bloody... battered... black... and blue, I survive the next four rounds, only to see his anger hate grow  
more intense Second last bell, round fifteen, there is no stopping him now, he must win knocking me  
down a number of times

In the final seconds he strands over me with victory on his face, in his mind, I pull myself to my feet, the  
bell rings, it is over  
We return to our corners... the disappointment shows on his face... he has not defeated me... I live to  
fight tomorrow

You may ask who is this ruthless foe? He is not man nor beast; but he is "Alzheimer" who only wants to  
destroy... all those who oppose  
him

If we stay strong! He can and will be defeated!

Kevin Ryan





The Forget me not, a tiny blue flower that grows wild in the soil of Newfoundland and Labrador was first used as a symbol of remembrance of Newfoundland's war dead in 1917.

Not until 1949 when the former British colony joined Canada as its 10<sup>th</sup> province, did Newfoundland adopt the red poppy immortalized in the poem "In Flanders Fields".

While most descendants of those who laid down their lives for freedom wear a poppy on Remembrance Day there are some who still choose the delicate sky blue flowers as their symbolic salute.

The forget-me-not is a good symbol to remember the Newfoundland soldiers. The blue symbolizes the loyalty of those young soldiers to their country of Newfoundland as they fought very bravely. The flower, (which can survive in harsh climates and grow in the toughest terrain), symbolizes the strength and courage of those young Newfoundland men on the battlefield.

Bud Davidge, a songwriter from Newfoundland, wrote a song called "*The Little Blue-Forget-Me Not*" to help keep the tradition of Memorial Day and the famous flower alive in Newfoundland and Labrador's history.

A verse in the song goes:

Forget-me-not, wee flower of beauty,  
Your royal symbol proudly stands,  
Blue as the loyal men that wore them,  
Far from their homes in Newfoundland.



### **The significance of the Forget Me Not symbol**

The Alzheimer Society uses the Forget Me Not flower as a symbol to represent memory loss, one of the symptoms of Alzheimer's disease.

The Forget Me Not is also a reminder to remember people with Alzheimer's disease and other dementias, as well as their caregivers.

The three flowers in the symbol represent the person with dementia, the caregiver and the Alzheimer Society.



"We  
Remember  
Their love  
When They Can  
No longer  
Remember"