

December 6th, 2021

Alzheimer Society of KFL&A Forget-Me-Not Newsletter

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It is so beautiful to see the lovely snowy blanket that we have seen recently. Winter has officially arrived and with winter comes Christmas. It is beginning to look a lot like Christmas around the city and surrounding areas. Some folks have truly gone all out this year with Christmas lights despite all that is going on around us in the world. Be sure you grab some hot chocolate and go for a Christmas lights tour if you can. There are some amazing ones just north of the 401 on Unity Road around Elginburg... Truly breathtaking!

We are so excited to announce our "Drive Thru Christmas Party, to be held at our office on Tuesday December 21st from 1-4. We will have our tents set up, staff will be on hand to share a cup of holiday cheer and some goodies. We have missed seeing your faces and look forward to enjoying a quick "Hello". Simply come on down to 400 Elliot Avenue and you will see us set up in the parking lot outside our office. Roll down your window and we will have a chance to share some treats with you. No need to get out of the car and a safe way to still enjoy a moment. So come one, come all! We do hope to see you all on the 21st.



The Heat Is On: Dementia and Body Temperature

By Alisa Tagg

Have you ever thought about individuals living with dementia and how their body temperature may affect their cognitive performance? Neuroscientists in England, France, and Switzerland have been studying this for years, and now the United States has begun research. A French study found that people with Alzheimer's disease were less able to maintain their body temperature. This has led to explorations into the treatment of thermoregulation. Thermoregulation is the process that allows the body to maintain its core internal temperature.

A British study noted that temperature regulation affects circadian rhythms. Lack of thermoregulation can affect sleep cycles. This may be one reason people with dementia have disturbed sleep.

We already know that body temperature can be increased through physical activity, diet, medications, or simply by increasing the ambient temperature. According to the Center for Medicare & Medicaid Services and the Long-Term Care Federal Survey Guidelines, facilities must provide "comfortable and safe temperature levels and must maintain a temperature range of 71 to 81 F degrees."



Caregivers, and anyone working with people diagnosed with dementia should remember to maintain a comfortable ambient temperature. Being too hot or cold is unpleasant for anyone, but for people living with dementia, it may also have more profound effects. Besides minding the thermostat, providing time to rest between activities and promoting hydration can help people stay at a comfortable temperature.

Cold weather tips

Staying warm and safe outdoors

In the winter, getting outside and being active can be fun for everyone. But going outdoors with someone with dementia requires great care. They won't always dress appropriately for colder weather and slippery conditions. Perception problems may make it difficult for people to see ice on the sidewalk or they may believe snow to be a solid surface. To manage outdoor risks:

- Cover all exposed skin. Hats and scarves are particularly important.
- Dress in bright colours and add reflective material to clothing.
- Encourage them to take smaller steps and slow down.
- Make sure they wear non-skid boots.
- Buy boots that use Velcro instead of laces to make it easier for them to dress themselves.

Other issues

People with dementia may feel increased anxiety, confusion, and even sleepiness due to the decreased sunlight in the winter months. To manage these issues:

- Encourage some physical activity each day.
- Install special bulbs that simulate sunlight.
- Open curtains during daylight hours.
- Use a Happy Light (they are available at Costco or Walmart and are not very expensive)

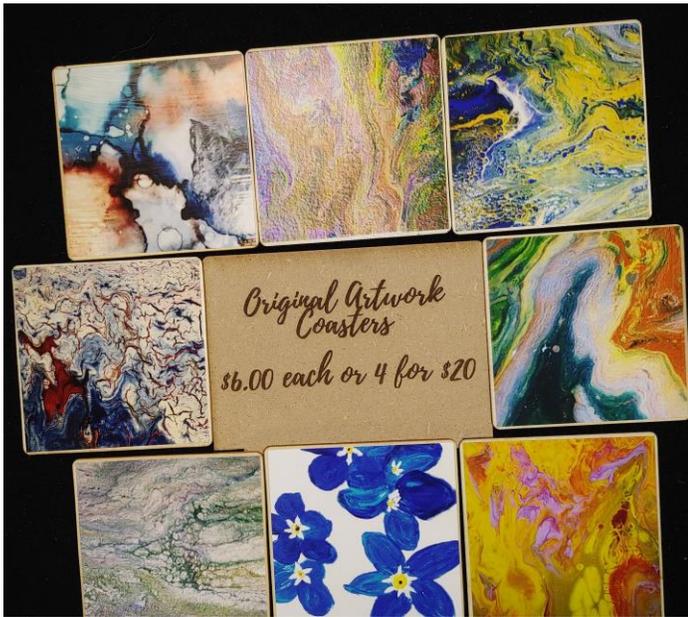
The risks when people with dementia go missing are particularly high in the cold winter months. It can also happen without warning. They can become confused and disoriented even close to home. Contact your local Alzheimer Society for specific programs to help keep your loved ones safe.

We have several terrific resources to aid in some strategies for living safely at home, please feel free to contact us and we are happy to forward some information to you!

Alzheimer Boutique

We want to remind folks that if you would like to do some Christmas Shopping with us, we have built up our stock of items for you to purchase. We have coasters, note cards and necklaces.

All of the items featured in our boutique are made from original paintings crafted by those on the dementia journey. The program encourages them to tap into their creativity and be part of something that gives them great purpose. Your purchase helps to keep the programs going as we are continuing to develop new and amazing products.



Price List:

Coasters- \$6 each or 4 for \$20

Note Cards - \$3 each or 4 for \$10

Necklaces - \$20 each

A Special Thankyou to Chris and Wendy for all their help with the assembly of our lovely boutique items. We appreciate all your assistance in getting ready for the Christmas Rush!!



CHRISTMAS AROUND THE WORLD

Join us for Christmas Around the WORLD on Wednesdays for circle of friends! During the month of December, we will be travelling to different parts of the world to learn about their Christmas celebrations and traditions.

First Stop Dec the 1st was, Christmas in Denmark



Second Stop December 8th is England and Scotland



Third Stop December 15th is Germany



Last Stop December 22nd is Thailand



WEEKLY ONLINE ACTIVITY PROGRAMS

“CIRCLE OF FRIENDS” GROUP

Join us on Wednesdays at 1:30, this month we will be presenting Christmas Around the World

[CLICK HERE](#)

LADIES PEER GROUP

Wednesday Mornings at 9:00 am

[CLICK HERE](#)

MEN’S PEER GROUP

Tuesday Mornings at 8:30 am

[CLICK HERE](#)

MOVE AND GROVE WITH MARI

Thursday Mornings at 10 am

[CLICK HERE](#)

MUSICAL HAPPY HOUR WITH MAX AND WAYNE

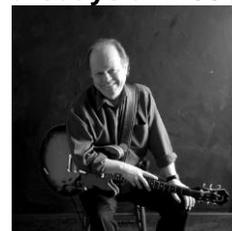
Monday December 6th, Monday December 20th

At 6:30 pm

[CLICK HERE](#)

Province Wide, Live “Musical Memories” Singalong

Thursdays at 2:00 pm



Thursday December 9th

Mari Presents, “A Collection of Christmas Favorites”

Thursday December 16th

Michael K Meyers, Christmas Show

Link to Join Us on Zoom:

[CLICK HERE](#)

FUNdraising News



The website is open for registration now, so get your team together and start thinking about all the kind deeds you can do in January, during your

Quest for Kindness!

The *Quest for Kindness* is a month-long event (January 1 to 29) that challenges participants to make at least 30 kind-nections by completing a series of acts of kindness like baking cookies for someone, shoveling a neighbour's

driveway, or even something as simple as paying someone a compliment. Designed for family, friends, and colleagues to spread kindness, create awareness, and raise \$1 million for crucial Alzheimer Society education, counselling, and social recreation programs, the *Quest for Kindness* highlights the importance of being kind to the community, to people living with dementia, and even to yourself. Throughout the event, participants can watch their community light up with kindness using the online *Kind-nections Map*—a map of Ontario that will display all the acts of kindness that are being completed and the kind-nections that are being made in real time.

Registration for the event is open now, and every dollar raised from the *Quest for Kindness* will help ensure essential Alzheimer Society programs and services are available in every community across Ontario to everyone who needs assistance. For more information on the *Quest for Kindness* and to register, visit www.jointhequest.ca or email Lesley at fundraising@alzking.com for more information.

This is a great activity you can do with your kids or Grandkids, or one that a classroom or even a whole school can work on together, because you can never have too much kindness around!

Our sincere thanks to all who participated in the Giving Tuesday campaign. Your support helps us to help people in our region to live well with dementia. Whether through group or individual counselling, recreational activities, participating in support groups or any of the many programs available locally, we aim to keep our clients and their caregivers, connected to the community.





The Alzheimer Society is participating in the Festival of Trees holiday display at the Royale Retirement Residence, as well as in the Rosewood Retirement Residence tree display.

Drop in any weekday between 9 am and 4 pm this holiday season, to see all the beautiful trees and look for the Forget Me Nots at both locations! All covid protocols in place, must show proof of vaccination and screen before entering.



December 15th is National Skate Day. Skate for fun, exercise and Alzheimers!

December 15 is National Skate Day for Alzheimer's. It started with the dream of Steve McNeil, who skates for 19 hours and 26 minutes to raise awareness and funds for Alzheimer's disease.

Since 2018 McNeil has skated his marathon 18 times in cities across Canada in rain, blizzards and -40C temperatures. In 2018 he skated in the seven Canadian NHL cities and 2019 he skated in 11 cities across the country.

Covid-19 has made it impossible for him to do that again this year, however he will be skating for the 10th year this time in 10 Ontario towns and cities. He will launch the skates in Toronto at Nathan Phillips Square at 12.01 a.m. Dec. 15 and skate until 7.26 p.m.

He has introduced 1926 National Skate Day for Alzheimer's Dec. 15 and is inviting people across the country to do that Canadian thing and skate and donate \$19.26 or whatever they can to their local Alzheimer Society. There are donation links on his website www.1926Skate.com.

He is also reaching out to hockey teams from professionals to minor teams and challenging them to take the #1926challenge and skate for 19 minutes and 26 seconds while listening to ACDC music, post to his website, donate \$19.26 to their local Alzheimer Society and challenge their rivals to do the same.

McNeil, 60, a mailman and recreational hockey referee, skates marathons as a tribute to his Mother, who died of the disease. She was born Dec. 15, 1926, thus the name connection. He says his 19-hour and 26-minute effort is just one day in his life, but caregivers for people living with dementia spend that much time each day looking after their loved ones.

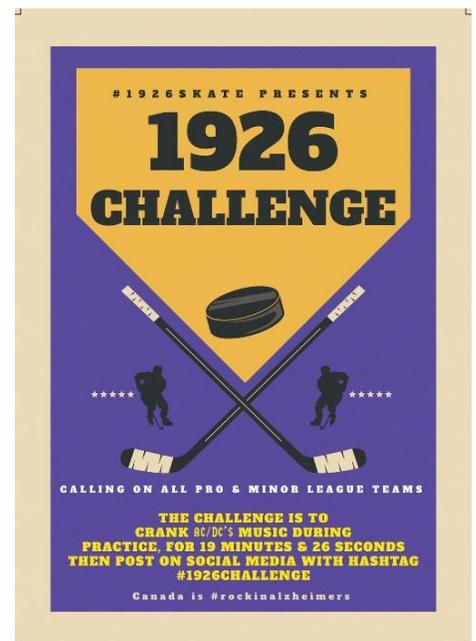
"Covid-19 has been devastating for seniors and their families," McNeil says. "More and more families are going to need the assistance that their local Alzheimer Societies can provide. That's why this fundraising skate is so important."

Alzheimer Societies offer programs and support services for people living with dementia and their care partners. The funds raised through National 1926 Alzheimer's Skate Day will help local Alzheimer Societies continue to provide virtual social and recreational programming to those who need help most.

People are asked to donate \$19.26 or more to their local Alzheimer Society or simply lace up their skates and come out to support National Skate Day.

Steve has a challenge for local hockey teams which can be done anytime during the skating season! Visit his webpage at www.1926skate.com or facebook page 1926 Skate for Alzheimer's.

We are excited to let you know that Steve McNeil will skate in Kingston on January 15 in Springer Market Square, and we'll tell you more about it in the next newsletter. Watch for details!



A 'Golden' Presentation

John M Parrott Centre in Napanee was the recipient of the new IG Wealth Management Walk for Alzheimers **Golden Shoe Award** last week, a presentation that was held off due to COVID restrictions.

The Home's residents and staff participate in the walk each year, and this year, they raised almost \$6000 in a series of activities they held throughout the month of May.

Jason Stapley of IG Wealth Management added a special addition to the award with a \$500 donation to go toward a special social event for the residents, so the recreation staff are busy working on a Winter Ball for the residents.

Our sincere appreciation to John Parrott residents and staff, as well as to IG Wealth Management for their support! And to Candice McMullen, former staffer at the Alzheimer Society, now Manager of Recreation Therapy at John M. Parrott Centre.



Updates on Social with a Purpose Fundraisers

Special thanks to Andrea Latimer, owner of **Total Diva Boutique Spa**, who hosted a virtual Silent Auction for Alzheimer's, for the sixth consecutive year, in memory of her Dad, Gary Latimer. We are sincerely grateful to Drea, Total Diva staff, and to the many local businesses who donated to the auction. The support is overwhelming, and this year, **the auction raised a total of \$4000!** Thanks as well to Julia Stathopolous, owner of **Crave Coffee House and Bakery**, for partnering with Drea by giving a special treat to everyone who donated to the Society on site at the Spa, and for the sale of the Forget Me Not cookies for the past few weeks, at the coffee house, for which she will donate \$1 per cookie sold.

A big thank you to Sara Prest, Manager of Recreation Therapy for **Briargate Retirement** in Amherstview, and the staff, residents, and families of Briargate. Sara organized a variety of activities for residents including a Jeopardy contest and last week, two residents, Rick and Susan, presented Lesley Kimble with the results of their efforts, **\$1444.40!**

This month we also wish to thank the **Amherstview Foodland** for their donation through their monthly Community Kickback program. During the month of August they raised money through the sale of propane and charcoal and last month they presented Vicki Poffley with a cheque for \$500! Much appreciation to Jason and Tammy, owners of the Amherstview Foodland for their support, and to all of the customers who contributed to the donation through the purchase of these items!

And last but not least, our thanks goes to Sheena Brazeau of Royale Retirement Residence and its Residents, for organizing their Social with a Purpose activities in November, which included a 50/50 draw, a toonie toss and a lottery jackpot! Thank you to General Manager Josh Lavigne for presenting us with a cheque for \$397.00! We do sincerely appreciate the support of the whole Royale community!

To date, Social with a Purpose events have raised almost \$18,000!





We want to ensure you remain connected to us and as this pandemic continues, we will continue to use phone calls and Zoom for our support and client groups until such a time that we can gather in person again.

To participate fully in the Zoom groups, you will need a computer, tablet or smart phone that has a camera and an internet connection, **however if you only have a phone, you can still call into the groups.** Just contact us to get the phone number for the group you would like to join. Please note that you will often be in the virtual “waiting room”; you just sit back and relax, and we’ll do the rest.



Have you tried zooming? If not, are you someone who is unsure of new technology? Reach out to us and we are happy to chat over the phone to work on getting you connected.

Want to book an appointment to talk to an Alzheimer Society staff member? We are available for you outside of group times to help you through these difficult times by lending an ear and offering suggestions where needed. Just contact us via email or at the office and we will be happy to schedule a time to chat either in person, on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

From the Education Desk!

Healthcare Providers

We are able to offer education for you and/or your organization – we can do this over zoom, teams, the phone or just about any other virtual platform-and soon we hope to get back to some in-person offerings.

Interested in learning more and discussing? Reach out to
to
Lisa Prest today!

Care Partners for someone living with dementia (Unpaid care givers)

We are excited to be able to offer U-First! For Care Partners workshop as well as the First Link Learning Series for our care partners. Please stay tuned for upcoming offerings!

Do you know a local business/service provider that would benefit/be interested in training on dementia?

We are currently looking for local businesses who would benefit from training on Dementia and how to be more Dementia Friendly. If you know a business owner, or someone we can reach to start the conversation, please reach out to Lisa Prest – we all know that having a person to connect with tends to work better than cold calls.

We are particularly interested in training banks, retail stores, doctor’s offices and other essential service providers.

We want to hear from YOU!



Our goal is to provide the education that YOU need. Please take a moment to either email me with any suggestions or complete this survey:

www.surveymonkey.com/r/KFLAED

PROGRAMS & GROUPS FOR CAREGIVERS



WEEKLY CAREGIVER CAFÉ

Tues afternoons 1:30

[Click here to join](#)

FRIENDLY FRIDAYS AT THE CHIT CHAT

Live, email Noreen if you would like to join
noreenpeters@cogeco.ca

CAREGIVERS EVENING CHAT with Patti and Jan

the Second Tuesday of Every month at
7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at
10:00 am

[Click here to join](#)

Pre-COVID the Men's Group met in person on the third Thursday of each month, but presently the meetings are virtual on Zoom. The purpose of the Group has not changed.

Men who are primary caregivers of a much-loved partner or parent with dementia get together to learn how their new experiences are not frighteningly unique, and to apply the experiences of others to individual personal situations.

So, you could say, the Men's Group creates a space where guys can feel comfortable.



PROGRAMS & GROUPS FOR CAREGIVERS continued....

CARE IN THE FACILITY

Join us monthly on the first Wednesday of every month at 10:00am for a support group for those with loved ones in care homes.

[Click here to join](#)

Don't forget to check out the Education section of the newsletter for upcoming sessions for Care Givers!

Société Alzheimer Society

DISTRICTS DE KENORA/RAINY RIVER DISTRICTS

HOLIDAY SING ALONG WITH ANNA!

A Virtual Music Event



MONDAY, DECEMBER 13, 2021
2:00 P.M. VIA ZOOM

MONDAY, DECEMBER 20, 2021
6:00 P.M. VIA ZOOM

Everyone Welcome!

Pre-registration is required.
info@alzheimerkrr.com

Lift your spirits with the songs of the season! Come join us as we enjoy the music of Anna Schwartz, a gifted pianist and singer! This is an open event, meaning anyone can come participate!

Once registered, you will receive an email that includes the link to join this program as well as the song sheets.

To register for this event, contact us at:
Alzheimer Society of Kenora/Rainy River Districts
618 - 9th Street N. Kenora ON P9N 2S9
807.468.1516 or 1.800.682.0245 | info@alzheimerkrr.com
www.alzheimer.ca/krr



Drive Thru Christmas Party

Tuesday December 21st | - 4 pm

We've missed seeing your lovely faces so stop by at 400 Elliott Avenue Unit #4, Kingston for a cup of Holiday cheer and some goodies to take home. Your presence will help make our season Jolly and Bright.

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON



Folk, Jazz, and Tango Concert

with Michael Bridge
and Kornel Wolak

Sunday, December 12th from 2:00 P.M. – 3:00 P.M.

Alzheimer Society Toronto and Xenia Concerts present in partnership with TO Live: Folk, Jazz, and Tango with Michael Bridge and Kornel Wolak. Join us on Zoom to watch this concert broadcasted live from the Janet Mallett Theatre.

Bridge & Wolak are a globe-trotting music & comedy duo, combining traditional acoustic instruments with 21st century digital technology. **Michael Bridge** (accordions & piano) and **Kornel Wolak** (clarinet & piano) perform their original brand of fusion repertoire, drawing from their classical roots and love of folk and jazz music. With deft virtuosity and endless wit, Bridge & Wolak have been called the “Victor Borges of the 21st Century.” Fun-loving gentlemen (with seven degrees in music), they are both globe-trotting musicians and educators. “Watch and be amazed!” — CBC

Special thank you to our partnership with **Xenia Concerts**, **George C. Hunt Family Foundation**, and **TO Live** for sponsoring this event.

Register at the following link:

<https://alz.to/event/folk-jazz-and-tango-concert-with-michael-bridge-and-kornel-wolak/>

For more information, please contact Katie Berkelmans,
Recreation and Volunteer Programs Manager at kberkelmans@alz.to or 416-847-8914