

October 11th, 2021

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

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Hello Reader!



It is so hard to believe that we are already in October. This month marks the final hurrah before winter sets in! We do hope that you are

able to take in some of the beauty of this season and perhaps enjoy some fall colours and flavours that are ever so abundant during this the most beautiful season of all.

We hope to see you at some of our online offerings this month, and again a reminder that we are available for 1:1 meetings in person – provided you complete the COVID screening on site and follow all other guidelines. If you would like to book an appointment with our Client Services Staff, feel free to contact us at the office – extensions for the staff are in the staff directory to the left of this column.

On behalf of the whole team here at the Alzheimer Society of Kingston, Frontenac Lennox and Addington, we would like to wish you all a very Happy Thanksgiving. We hope that you have an opportunity to gather with family and friends either in person or virtually over this holiday season. We all know how important it is to be thankful!

Happy Thanksgiving

A recipe for a thankful heart: one cup of true love, two cups of kindness, three cups of grace, a teaspoon of patience and forgiveness, and just a pinch of zest for living. That's the kind of thanksgiving meal we're cooking in our lives together!

Thanksgiving



The Heat Is On: Dementia and Body Temperature

By Alisa Tagg, BA ACC/EDU CADDCT CDP
NAAP Association Director

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 active can be fun for everyone. But going outdoors with someone with dementia requires great care. He won't always dress appropriately for colder weather and slippery conditions. Perception problems may make it difficult for him to see ice on the sidewalk or he 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 her to take smaller steps and slow down.
- Make sure she wears non-skid boots.
- Buy boots that use Velcro instead of laces to make it easier for her to dress herself.

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. He can get confused and disoriented even close to home. Contact your [local Alzheimer Society](#) for specific programs to help keep him 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!

Virtual Travel Opportunities



shutterstock.com - 50284774

Explore 32 National Parks from your Couch

<https://www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3>

Musical Theatre and Broadway Entertainment

<https://www.youtube.com/channel/UCdmPjhKMaXNNECr1FjuMvag/featured>

Virtual Travel Experiences including Famous Landmarks, Museums, Outdoor Adventures, Shows, Concerts, Wildlife, Outer space and more!

<https://www.buzzfeed.com/annahaines/virtual-travel-experiences>

A list of linked virtual experience tours including Ruins of Pompeii, Exploring Coral, Opera Shows, Walking Tour of a Rain and Snow Forest, NYC Ballet Performance, and many more!

<https://www.activelivinggreybruce.org/online-experiences>

Ted Talks General:

<https://www.ted.com/talks>

Warm and Fuzzy Feeling Talks:

https://www.ted.com/playlists/558/talks_that_ll_give_you_a_warm_fuzzy_feeling_7

30 Ways to Leave Home without Leaving the Couch

Online Experiences 4 of 11 Art/culture virtual tours

<https://www.realsimple.com/work-life/entertainment/arts-culture/best-virtual-tours-13>

Art/culture virtual tours:

<https://www.realsimple.com/work-life/entertainment/arts-culture/>

WEEKLY ONLINE ACTIVITY PROGRAMS

“CIRCLE OF FRIENDS” GROUP
Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more

[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](#)

MINDS IN MOTION
Thursday Mornings at 10 am

[Click here to join](#)

Monday’s link for MIM and Yoga is different please see your October Calendar- Tuesday MIM no longer available

If you have any questions about the groups, please feel free to contact Mari Vepsalainen, Program Coordinator, programs@alzking.com or 613-544-3078 x209

Province Wide, Live “Musical Memories” Singalong

Thursdays at 2:00 pm



Thursday Oct.14th
Mari

Thursday Oct 21st
Michael K Meyers

Link to Join Us on Zoom:
[CLICK HERE](#)

FUNdraising News



Forget Me Not Photos

Kingston: Sat. October 16, 10 am – 4 pm

Napanee: Sun. October 17, 10 am – 4 pm

(locations are outdoors and will be given at time of booking)

(Ask us about alternate dates- we will add more days if we have enough interest.)



**Have your family photographed by a
professional in time for holiday gift giving!**

Covid protocols in place for all sessions

\$75 per 20-minute mini session (must book in advance)

You will receive a minimum of 12 digital images of up to 3 poses
and a free 5 x 7 print as well as 20% off processing and frames.

Photos by
Rob Mooy Photography



FOTO SOURCE
CAMERA KINGSTON

A fundraiser for the *Soci t  Alzheimer Society*

KINGSTON, FRONTENAC, LENOX & ADDINGTON

Call 613-544-3078 ext. 204 to book or email: fundraising@alzking.com

**There is still time to book your family photo in Kingston or Napanee.
Can't make the date? Call us, we may have another date to offer you
or we will try to accommodate you if we are able.**

Email Lesley at fundraising@alzking.com

THANK YOU to everyone who drank coffee
drank it yourself or purchased it for someone
day in support of the Alzheimer Society of
cents per cup, our grand total for the day,
start to our fall fundraisers. Special thanks to McDonald's owners and staff for their amazing support
again this year!



from McDonald's on October 1. Whether you
else, there were 6768 coffees consumed that
KFL&A! With McDonalds donation of 50
including donations, was \$3529.75 - a terrific



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 Wendy 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 Wendy – 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.

I 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!

MORE PROGRAMS

MUSICAL HAPPY HOUR WITH MAX AND WAYNE



Feel Free to join us with your dinner if you like! Dinner and a show! Max and Wayne perform some amazing nostalgic songs and provide something for everyone! Come and join the Show!

Monday October 18th at 6:30

[CLICK HERE](#)

FRIDAY ZOOM MATINEE MOVIE

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078

Friday October 15th at 1:30pm via ZOOM

<http://us02web.zoom.us/j/8783367494?pwd=a2dtQkhjOHJ0cGZnTmUvNkpnNDIKUT09>

August Rush

Society of Alzheimer Society

Webinar: Nutrition and Dementia from Toronto Chapter



This 4-part series will cover various topics related to dementia and nutrition. As dementia progresses, many individuals with dementia and their care partners experience significant dietary and feeding challenges that may contribute to reduced dietary intake, malnutrition, an increased risk of frailty and disability, and a decreased quality of life. Through this educational series, participants will gain a greater awareness of nutritional needs, eating challenges and practical strategies in caring for individuals with dementia.

This live webinar is presented by a special guest in collaboration with South Riverdale Community Health Centre.

<p>Part 1: Nutritional Needs and Concerns for Individuals with Dementia</p> <p>Thursday September 23 from 2:00pm – 3:00 pm EST</p>
<p>Part 2: Mealtime Behavioural Challenges and Feeding Strategies with Dementia</p> <p>Thursday October 7 from 2:00pm – 3:00 pm EST</p>
<p>Part 3: Dementia and Chronic Disease Management</p> <p>Thursday October 21 from 2:00pm – 3:00 pm EST</p>
<p>Part 4: Food Myths and Facts in Dementia</p> <p>Thursday November 4 from 2:00pm – 3:00 pm EST</p>

[Click here](#) to register

Log into www.alzeducate.ca and go to <http://www.alzeducate.ca/live-webinars/> for more information and to register for this, or other, upcoming sessions. Be sure to click on “Webinars for Family Care Partners”, “Enrol” and follow the instruction to “Register” for the upcoming sessions.

If you miss the webinar, you can always log in to the website and watch previous recordings!



Therapeutic Chair Yoga

for Caregivers

WEDNESDAYS

October 13th, 20th, 27th, November 3rd, 10th, 17th, 24th, & December 1st
from 10:30 A.M. to 11:30 A.M.

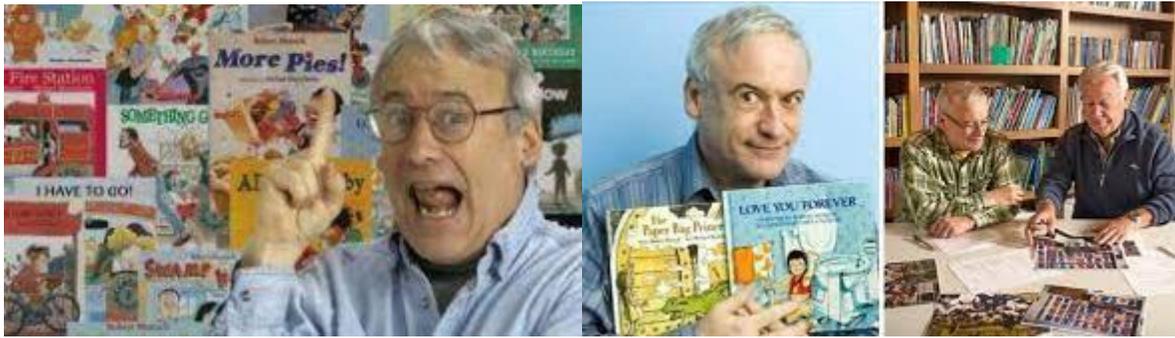
Join our upcoming Therapeutic Chair Yoga 8-week series where participants will be guided through gentle chair yoga and learn mindfulness practices to enhance health and wellbeing. Discover simple tools that can improve mood and cognition, decrease stress, improve sleep, and increase energy, balance, and strength.

This program is intended for **caregivers** (related to person living with dementia), as a form of self care.

Facilitator: Ingrid Wirsig is a Program Coordinator at the Sunnybrook Academic Family Health Team and a certified yoga therapist (C-IAYT). She is an experienced yoga teacher with a special interest in therapeutic yoga for seniors and mental health.

This program will be held on Zoom, registration is required at the following link:
<https://alz.to/event/therapeutic-chair-yoga-for-caregivers-online/>

For more information, please contact Recreation and Volunteer Programs Manager,
Katie Berkelmans at kberkelmans@alz.to or 647-629-7181



By: Liz Braun

If you read to your children, chances are there's a Robert Munsch book in your house.

Munsch, 76, one of Canada's most beloved storytellers — behind *The Paper Bag Princess*, *Love You Forever*, *Mortimer* and *Thomas' Snowsuit* — did [an in-depth interview](#) last week revealing that he is struggling with dementia. Social media lit up with an outpouring of love for the author, [with this tweet from Bob Rae](#) typical of the response: "Robert Munsch brings such sheer joy into our lives #LoveYouForever Robert." It is characteristic of the author to go public with his dementia. Munsch has struggled with mental health and addiction issues most of his adult life and has been upfront about it all, stating [on his website](#) that he was diagnosed as obsessive-compulsive and manic-depressive. Munsch and his wife have three children. One of his best-known books is *Love You Forever*, a story that grew out of a song he had composed for two children he had lost. He says on his website: "Along the way I became Canada's best-selling author, but I was not selling much in the U.S.A. Then *Love You Forever* came out as a Canadian book in 1986. I had written it as a memorial for two stillborn babies we had in 1979 and 1980. The story actually started out as a song". The account continues with news that Munsch had been the best-selling author in the U.S. too, unbeknownst to anyone, until the New York Times reported it in the mid-'90s.)

Munsch was born in Pittsburgh in a family of nine children and has lived in Guelph, Ont. since 1975. As a young man, he spent seven years studying to be a Jesuit priest — working in an orphanage as part of his theological training made him aware that he liked working with kids. He left the seminary and began working in daycare, which is where he met his wife. Making up stories became Munsch's way of settling the children for nap time at daycare. He did that for years without considering writing the stories down. The move to Guelph, where he and his wife worked at a preschool at the university, turned out to be serendipitous — his new boss was married to a children's librarian. Urged to write down his stories, Munsch submitted the book *Mud Puddle* to 10 publishers. Nine rejected it, but Annick Press published it in 1979.

He has since published more than 60 books (often with illustrator Michael Martchenko) in over 30 languages. He has sold 100 million books worldwide, and *Love You Forever* alone has sold more than 30 million copies. Munsch, who became a Canadian in 1983, has been honoured on Canada's Walk of Fame and is a Member of the Order of Canada. His work has been transformed into plays, TV shows and musicals. There are two schools named after him in Ontario.

He said Saturday that this is what he hoped would be the take-away from his books:

"Kids, love your parents and parents, love your kids. It's a complicated world and try to make the best of it."