

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

Alzheimer Society of KFL&A \* 400 Elliott Ave, Unit #4 \* K7K 6M9 \* 613-544-3078 \*



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Hello Readers!

So hard to believe that we are already at the end of April. April showers bring May flowers. We hope that we can have some opportunities soon to enjoy those lovely blooms!

We are currently under the “stay at home order” once again here in Ontario, so, our office phones are being answered and we are open by appointment only.

As mentioned in previous issues, we are fully online and we continue to reach out to clients by telephone as well. If you need to reach us or would like further information about any of our programs, please call 613-544-3078. Should you need to leave a message for the staff, please be assured messages are checked daily and your call will be returned promptly. Also, if you are a new reader, our calendar and newsletter have links to all programs and our staff directory can be found on this page.

The May calendar features all of our educational offerings, support groups and programming for the upcoming month. If you are finding the lockdown challenging, be sure to check out our Minds in Motion Program, as we are offering three sessions per week. May’s movie feature picked by the attendees of our last movie is “Hook”, featuring Dustin Hoffman and Robin Williams, it is an American swashbuckler adventure with an all-star cast. Also, our friends in Sarnia and Peterborough are joining and adding some flavor to our calendar, if you enjoy travel, feel free to join the Friday travel series offered by Sarnia, the destination is written in the calendar. We are looking at offering a monthly virtual Bingo and are one step closer to making this happen. Stay tuned for this new program, it will require a registration, details will be made available as soon as we finalize the program. if you have a program idea feel free to reach out to Mari our Program Coordinator at 613-544-3078 x 209 or email her at [programs@alzking.com](mailto:programs@alzking.com).

### In this issue:

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## CAREGIVERS CORNER

### 10 Tips To Reduce Stress

Taking care of someone with dementia requires time and energy. It can be a demanding and stressful task. Here are some tips for managing caregiver stress.

#### **Learn about the disease**

Knowing as much as you can about the disease and care strategies will prepare you for the Alzheimer journey. Understanding how the disease affects the person will help you comprehend and adapt to the changes.

#### **Be realistic...about the disease**

It is important, though difficult, to be realistic about the disease and how it will affect the person over time. If you can be realistic, it will be easier for you to adjust your expectations.

#### **Be realistic...about yourself**

You need to be realistic about how much you can do. What do you value most? A walk with the person you are caring for, time by yourself, or a tidy house? There is no "right" answer; only you know what matters most to you and how much you can do.

#### **Accept your feelings**

When caring for a person with Alzheimer's disease, you will have many mixed feelings. In a single day, you may feel contented, angry, guilty, happy, sad, embarrassed, afraid and helpless. These feelings may be confusing. But they are normal. Recognize that you are doing the best you can.

#### **Share information and feelings with others**

Sharing information about the disease with family and friends will help them understand what is happening and better prepare them to provide the help and support you need. It is also important to share your feelings. Find someone with whom you feel comfortable talking about your feelings. This may be a close friend or family member, someone you met at an Alzheimer support group, a member of your religious community, or a health-care professional.

#### **Be positive**

Your attitude can make a difference to the way you feel. Try to look at the positive side of things. Focusing on what the person can do, as opposed to the abilities lost, can make things easier. Try to make every day count. There can still be times that are special and rewarding.

#### **Look for humour**

While Alzheimer's disease is serious, you may find certain situations have a bright side. Maintaining a sense of humour can be a good coping strategy.

#### **Take care of yourself**

Your health is important. Do not ignore it. Eat proper meals and exercise regularly. Find ways to relax and try to get the rest you need. Make regular appointments with your doctor for checkups. You also need to take regular breaks from caregiving. Do not wait until you are too exhausted to plan this. Take time to maintain interests and hobbies. Keep in touch with friends and family so you will not feel lonely and isolated. These things will give you strength to continue providing care.

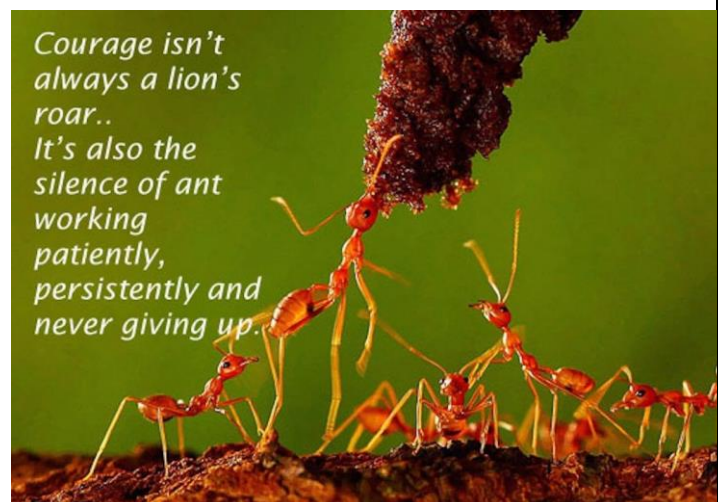
#### **Get help**

**Support:** You will need the support that comes from sharing thoughts and feelings with others. This could be individually, with a professional, or as part of an Alzheimer support group. Choose the form of support with which you are most comfortable.

**Practical help:** It can be hard to ask for and accept help. But asking for help is not a sign of inadequate caregiving. You cannot care for a person with Alzheimer's disease alone. Ask family and friends for help. Most people will be willing to assist you. There may also be programs in your community that offer assistance with household chores or caregiving tasks. Your local Alzheimer Society can help you access these.

#### **Plan for the future**

Planning for the future can help relieve stress. While the person with Alzheimer's disease is still capable, review his or her financial situation and plan accordingly. Choices relating to future health and personal care decisions should be considered and recorded. Legal and estate planning should also be discussed. As well, think about an alternate caregiving plan in the event that you are unable to provide care in the future.



*Courage isn't  
always a lion's  
roar..  
It's also the  
silence of ant  
working  
patiently,  
persistently and  
never giving up.*

## ACTIVITY CORNER

Next Month's Movie Feature:

**FRIDAY ZOOM  
MATINEE MOVIE**

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078

http://us02web.zoom.us/j/87833674941?pwd=a2dt0khjOHJ0elZnTmUvNkpnNDIKUT09

Friday May 21st at 1:30pm via ZOOM

Society of Alzheimer's

**Never underestimate the value of the Great Outdoors** Exercise is good for your physical and mental health. Go for a walk in your neighbourhood, or on a local [trail](#) - you will never regret time spent in nature!

### **Take a Virtual Tour or Find Activities Online**

Did you know that there are 30+ local museums/galleries and historic sites in this area? You can experience some of them virtually! [Visit a Museum from Home](#)

**Beyond this region:** The Canadian Museums Association has put together a list of museums across the country that provide virtual tours and interactive exhibits online - history, science, arts and more, there is something for everyone. [Find a Museum](#)

Science is everywhere and learning can happen anywhere - check out these free activities available online from the [Ontario Science Centre](#).

## 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**  
2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Wed. Mornings at 9:00 am  
(for ladies with early onset)

[CLICK HERE](#)

**MEN'S PEER GROUP**  
Tuesday Mornings at 8:30 am

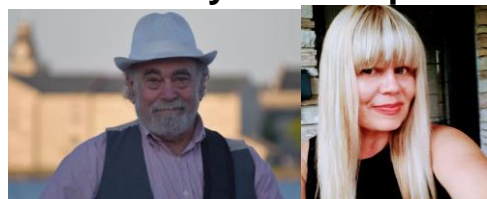
[CLICK HERE](#)

**MINDS IN MOTION**  
Mon, Tue, Thur at 10 am

[Click here to join](#)

If you have any questions about the Groups, please feel free to contact Mari Vepsalainen, program coordinator, [programs@alzking.com](mailto:programs@alzking.com) or 613-544-3078 x209

## Province Wide, Live “Musical Memories” Singalong Thursdays at 2:00 pm



**Thursday April 29<sup>th</sup> Featuring:  
Roger James**

- Please note change as Roger had to switch dates

**Thursday May 6<sup>th</sup> Featuring:  
Mari – The Best of the 60's**

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

# IG Wealth Management Walk for Alzheimer's

Help us show the 4,300 people living with dementia in KFL&A and those who care for them, that they do not walk on their journey alone by supporting them one step at a time.

This May, we're calling on YOU to lace up your shoes, fundraise, and get ready to walk 4,300 steps in honour of the 4,300 people living with dementia throughout KFL&A during the IG Wealth Management Walk for Alzheimer's!

You can complete your steps at your own pace by walking 4,300 steps per day, per week or by taking it slow and walking as many steps as you can throughout the month. This challenge is perfect for everyone, so make sure to get your friends and family involved and hit the trails, your treadmill, or even by doing your chores. It's that easy!

Whether you walk 4,300 every day in May or per week, you are supporting the 4,300 people who living with dementia in our communities! Click below to register for either the Kingston Walk or the Lennox & Addington Walk.

[Register for the Kingston Walk](#)

[Register for the Lennox & Addington Walk](#)

By committing to fundraise and walk 4,300 steps, you will help meet the growing demand in life-changing programs and services that our community relies on for their wellbeing. Every step that you take is a step towards supporting one person impacted by dementia. If you have any questions, please contact us at 613-544-3078.

## Who will you be walking for this May?

### TITLE SPONSOR



### SPONSORS





We want to ensure you remain connected to us and as this pandemic continues into another wave, we cannot safely offer in person group sessions yet therefore we will continue to use phone calls and Zoom for our support and client groups.

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.

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.

**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 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!

Join us on **April 27, 2021 from 1:30-3:00** via zoom, with our Guest Speakers Shauna MacEachern and Craig Halpenny. In this 90 minute session we will focus on consent, capacity and legal considerations such as Power of Attorney Documents, Wills, etc.

**Tuesday, April 27, 2021 from 1:30-3:30**

[REGISTER HERE](#)

**Contact us for any questions or for assistance in registering**

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**Seniors' Health & Safety Series, hosted by Royale Retirement Residence via zoom; 1:30:**

**Wednesday, May 5: Let's Talk about Dementia**

**Wednesday, May 12: ABCs of Fraud**

**Wednesday, May 19: Protect your Heart Health**

**Contact Sheena at 613-634-5900 to reserve your spot, or [register here](#)**

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

We are excited to be able to offer U-First! For Care Partners workshop. Please note that in order to successfully complete the course, you must attend all sessions in that Workshop (6 hours total). Feedback from the first session has been positive!

**Stay tuned for our next offering, or reach out to Wendy to have your name added to the waiting list!**

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## I want to hear from YOU!

My 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](http://www.surveymonkey.com/r/KFLAED)

Please contact Wendy at [education@alzking.com](mailto:education@alzking.com) or call 613-544-3078, ext.: 203 if you have a suggestion for a speaker or topic you would like to know more about.

## 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](mailto:noreenpeters@cogeco.ca)

### CAREGIVERS EVENING CHAT with Patti and Jan

Tuesday, April 12th, at 7:00 pm

[Click here to join](#)

### SUPPORT GROUP FOR MALE CAREGIVERS

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.

Next meeting Thursday, April 15th at 10:00am [Click here to join](#)



## PROGRAMS & GROUPS FOR CAREGIVERS

### 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!

## Looking for Participants!

Be part of the world's largest study about support for young onset or rare dementia. Share your lived experience by participating in interviews, taking part in creative activities, and completing questionnaires.



### Research Criteria:

- Living with young onset or a rare form of dementia
- Supporting or caring for an individual living with young onset or a rare form of dementia
- 18 years or older
- Residing anywhere in Canada

Interested or  
want to learn more?

Dr. Adetola Grillo

[adetolag@nipissingu.ca](mailto:adetolag@nipissingu.ca)  
705.474.3450. Ext. 4858

Dr. Mary Pat Sullivan

[maryps@nipissingu.ca](mailto:maryps@nipissingu.ca)  
705.474.3450. Ext. 4496

Rare Dementia Support  
Advice Community Learning



Economic  
and Social  
Research Council

FUNDED BY

NIHR

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UCL

NIPISSING  
UNIVERSITY

PRIFYSGOL  
BANGOR  
UNIVERSITY

Alzheimer Society  
SUDBURY-MANITOWLIN NORTH BAY & DISTRICTS





Are you a health or social care professional working with people living with a young onset or rare dementia and their family care partners?

We would like to understand more about your work and would appreciate if you could complete this short survey.

The survey will take about 10-20 minutes to complete and is part of the Rare Dementia Support (RDS) Impact Study.  
Thank you very much!



Accept This Honour

Walking in a long dark tunnel --  
Struggling to understand the journey --  
Heart-wrenching to feel so helpless --  
Hopeless against this unrelenting disease --  
This train wreck happening before my eyes:

She has the function of a toddler with the attitude of a teenager with all the guilt of being my mother ...

The joy of reading her her favourite poem and getting the same reaction like she hasn't heard it in forever ...

The sister I loved so dearly was being taken from me piece by piece ...

Miss my partner even though he's physically still here, trying to be positive and know these moments with him won't come again ...

I just hope she knows that even when I am frustrated I still love her so much ...

If only there was a cure or something to stop this!

They need someone who they can trust ...

It's YOU ... ACCEPT this honour -- Show your patience, understanding, unconditional love and dependability.

Accepting the inevitable  
Tiny snippets of dappled sunlight

Êtes-vous atteint d'un trouble neurocognitif, comme la maladie d'Alzheimer?

Prenez-vous soin d'une personne qui l'est?

Nous voulons vous entendre! L'expérience des troubles neurocognitifs est différente pour chacun et nous travaillons pour améliorer les soins que vous recevez chez votre médecin. Nous menons une enquête confidentielle visant à changer la manière dont les médecins travaillent avec les personnes atteintes d'un trouble neurocognitif au Canada. Votre histoire est importante et nous voulons entendre votre opinion. Merci de répondre à notre enquête.



Société Alzheimer

[alzheimer.ca/enquête](http://alzheimer.ca/enquête)



Placez votre caméra au-dessus de cette image pour accéder à l'enquête.



416-669-5715

[Research@alzheimer.ca](mailto:Research@alzheimer.ca)



Nous sommes ici pour vous aider.  
Trouvez votre Société Alzheimer locale à [www.alzheimer.ca](http://www.alzheimer.ca).

Join Us!



Complimentary  
Webinar Series

## Seniors' Health and Safety Series

Hear from sector experts!

- **Let's Talk Dementia: Wed. May 5<sup>th</sup> at 1:30PM**

The Alzheimer's Society will discuss its services, dementia, reducing the stigma, and how to support someone with dementia. Share your story and receive support.

- **ABCs of Fraud: Wed. May 12<sup>th</sup> at 1:30PM**

Avoid identity theft, gain information on 10 common frauds, learn the signs of fraud and what to watch out for, and know who you can call.

- **Protect your Heart Health: Wed. May 19<sup>th</sup> at 1:30PM**

The Heart & Stroke Foundation will discuss common risk factors, the signs and symptoms of heart disease and stroke, and heart health during troubling times.



Scan the QR code  
to register now!

**Space is limited.**

Please call **Sheena** at

 **613-634-5900**  
to reserve your spot!

*Soci t  Alzheimer Society*  
KINGSTON, FRONTENAC, LENNOX & ADDINGTON



*Royale Place*  
Retirement Residence

[siennialiving.ca](http://siennialiving.ca)

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