

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!

Welcome Spring, the flowers are blooming, and trees are budding.

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

Inside this issue you will learn of some of our upcoming events, programs, and education sessions. Please remember that we are fully online and continuing to also reach out to clients by telephone. 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 one of 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 attached April Calendar and links embedded in the email are for recreational programs, caregiver support, and education. To join any of our services simply click on the title of the program in the calendar or use the links in the email.

Our Minds in Motion Program is going strong we are offering three sessions per week, feel free to join us for an hour of exercise for the body and the mind. This month’s Matinee Movie, we won’t be able to do the movie snacks this month as per the stay at home order, but hopefully in May we will be able to have treats with our movie once again. Remember 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. Let us know if you enjoy BINGO we are looking at offering a virtual Bingo once a month during our Circle of Friends Program. We continue to appreciate your patience and understanding as we navigate our new environment “Together Apart”.

In this issue:

1. Caregivers Corner – Caregiving Self Care
 2. Activity Corner, at home activities and programs being offered on Zoom
 3. Fundraising Activities
 4. From the Education Desk
 5. Programs for Caregivers
 6. Spotlight on Volunteers/ Volunteer Week
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Q&A

CAREGIVERS CORNER

These unprecedented times can be very trying. While we recognize it can be difficult, we encourage you to take a few minutes each day to check in with yourself, recognize your needs, and most importantly, breathe.

Mindfulness is a practice that can help relax and soothe. Follow the tips below from Mindful.org and remember to be good to yourself, too. Even five minutes is enough!

Set aside some time. You do not need a meditation cushion, bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space, even if it's a few minutes a day.

Observe the present moment as it is. The aim of mindfulness is not quieting the mind or attempting to achieve a state of eternal calm. The goal is simple: we are aiming to pay attention to the present moment, without judgment. Easier said than done, we know.

Let your judgments roll by. When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.

Return to observing the present moment as it is. Our minds often get carried away in thought. That is why mindfulness is the practice of returning, again and again, to the present moment.

Be kind to your wandering mind. Do not judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

15 Inspirational Quotes to Encourage Caregivers

Caring often calls us to lean into love we didn't know possible. —Tia Walker, author

Enjoy the little things in life, for one day, you'll look back and realize they were the big things. —Kurt Vonnegut

It is not how much you do, but how much love you put in the doing. —Mother Teresa, missionary

Doctors diagnose, nurses heal, and caregivers make sense of it all. —Brett H. Lewis

If you find it in your heart to care for someone else, you will have succeeded. —Maya Angelou

The simple act of caring is HEROIC. —Edward Albert, actor

Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness. —Harold Kushner, Rabbi

To love a person is to learn the song in their heart, and to sing it to them when they have forgotten. —Thomas Chandler

Never believe that a few caring people can't change the world. For indeed, that's all who ever have. —Margaret Mead, anthropologist

One person caring about another represents life's greatest value. —Jim Bobb

Keep your patience and give all dignity to our blessed seniors that they have earned over a lifetime. —Sherril C.

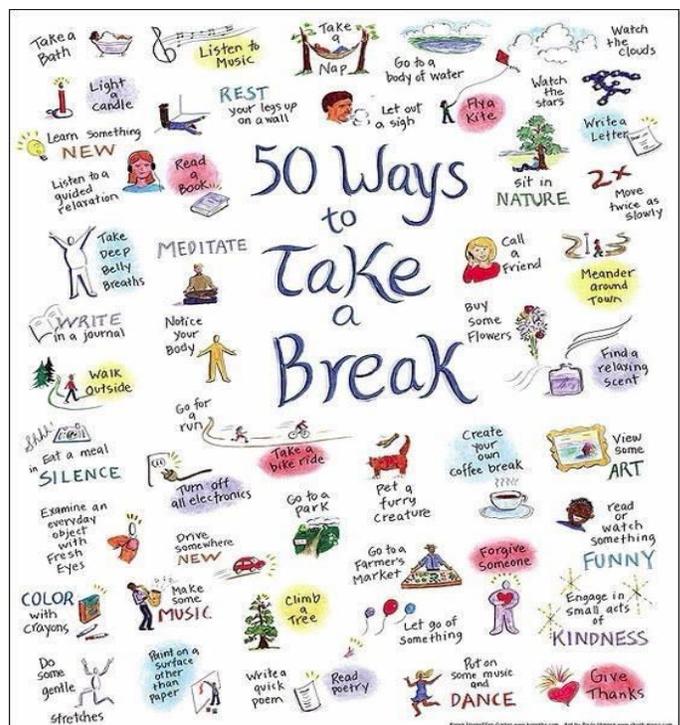
Be the change you wish to see in the world. —Gandhi

A hero is an ordinary individual who finds the strength to persevere and endure despite overwhelming obstacles. —Christopher Reeve

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. —Colossians 3:23-24

Self-care is not selfish. You cannot serve from an empty vessel. —Bleanor Brown

www.lovelaughandbingo.com



ACTIVITY CORNER

This Month's Movie Feature:



**FRIDAY ZOOM
MATINEE MOVIE**

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078

Friday April 16th at 1:30pm via ZOOM

<http://us02web.zoom.us/j/8783387494?pwd=a2dtQkhjOHJ0G1ZnTmUvNkpnNDIKUT09>

FLORENCE FOSTER JENKINS

Society of Alzheimer Society

ONLINE ACTIVITIES AT HOME:

Painting:

Dot Art Mandala Stone Painting
<https://youtu.be/dWxyUqfWYfs>

Easy Stone Paintings:

https://youtu.be/aK_pMV-vM2I

Online Jig Saw Puzzles:

<https://www.jigsawplanet.com/>

Online Brain Games for Seniors:

<https://youtu.be/DEnbvuxOloM>

Travel Destination of the Week: A Virtual Tour of 32 National Parks



At least 32 of the U.S. national parks are available for viewing thanks to Google Earth and Google Arts & Culture, including the Grand Canyon, Yosemite, and Utah's National Park (pictured above). To enjoy this scenic tour from the comfort of your own home, click [here!](#)

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
2nd, 3rd, 4th Wed. Mornings at 9:00 am
(for ladies with early onset)

[CLICK HERE](#)

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

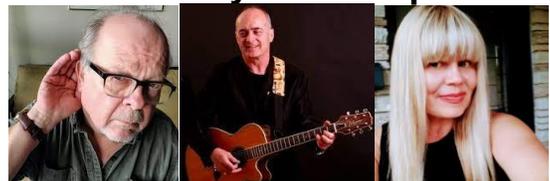
[CLICK HERE](#)

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 or 613-544-3078 x209

Province Wide, Live "Musical Memories" Singalong Thursdays at 2:00 pm



Thursday April 15th Featuring:
Michael K Meyers

Thursday April 22nd Featuring:
Glenn Reid

Thursday April 29th Featuring:
Mari – The Best of the 60's

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

IG Wealth Management Walk for Alzheimer's



I'm walking
for you

walkforalzheimers.ca

If you are thinking of walking in the IG Wealth Management Walk for Alzheimer's this year, here is something to keep in mind - **4300**. That's the number of people living with dementia in KFL&A - 4300. So, why not plan to take one step for each and every person living with dementia in our communities? When you think about it, it's really easy to get in 4300 steps in a normal day - you can

walk, run, dance, bike, garden or do anything that gets your feet moving.

4300 is the goal, and it's a goal that is doable regardless of your age or fitness level! You can choose to walk that many steps on just one day in May, or you may decide to log that many steps once a week in May -that's a total of 17,200 steps -or, you might be a huge walking enthusiast and walk that many steps every day in May – that's only 129,000 steps in total! And if walking isn't your thing, then ride your bike, or dance, or you can log your steps while you're working in the garden! Chasing a toddler around all day? You've likely got your 4300 steps a day in before you even realize it! You can do it with **whomever** you want, whenever you want, wherever you want in May!

Tell Your Story!

Share your story with your friends and family, tell them why you are walking and/or who you are walking for. Invite them to help you form a team or donate to your walk - even if they don't live in the same city, because it's a virtual walk, they can still join your team and walk wherever they happen to be!

Are you walking in memory or in honour of someone special? Was your Grandfather president of the local fair board and that is why you're walking at the fairgrounds? Did your Mom love being at the cottage and that's why you are walking there?

Share your page on social media, send out emails to your friends, get the message out any way you can! Take photos of your walk and/ or make a video –send them to us and we'll post them on our social media pages too, and possibly include them in a video showing how KFLA families supported those living with dementia in our communities!

When?

You can walk any time in May! We'll have a wrap up on Sunday, May 30 and you'll get the details of that a bit later. You can find the Walk sites here: www.alzgiving.ca/kingstonwalk or www.alzgiving.ca/napanewalk and all the instructions to register, how to form a team and communicate with your team, are there for you. There is even a [Walk Your Way Handbook](#) to help you with getting your team together, getting your message out, making your videos etc. If you have any questions, please do not hesitate to call Lesley Kimble at 613-544-3078 ext 204, or email fundraising@alzking.com

Who will you be walking for this May?



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

After registering, you will receive a confirmation email containing information about joining the meeting.

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!

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

Please contact Wendy at 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

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!



Joanne Does

Province Wide, Live "Music Soothes The Soul" Sing-along with our special guest Joanne Does. Joanne sings all different genres and often has her co-host Riley, a retired Therapy Dog join her!



REGISTER TODAY

Register now and you will receive an automatic link to this program: <https://form.jotform.com/201775068192257>

JOIN US ON WEDNESDAY APRIL 21 @ 1:00 P.M.

FOR THIS FREE ENTERTAINING PROGRAM

If you have any questions please email Anita Dahl, Social Recreation Coordinator at anita@alzheimer.oxford.on.ca

Spotlight On Volunteers

Each year, the Society gets to work with Queens students (through the Arts and Science Undergraduate Society) who volunteer to work with our clients in our recreational programs. This year, unfortunately, we couldn't give them an opportunity to work with our clients in person, however, they didn't let that stop them - they decided to raise money anyway, to learn about Alzheimers through our educational program, and to pass that knowledge on in any way they could.

Here is a summary of their fall activities and they will be wrapping up their winter activities very soon! We have thoroughly enjoyed working with Co-Chairs Gabby and Michelle and the rest of the group this year, even though we couldn't connect them up with our clients. They have been an active group and we are so appreciative of their enthusiasm, especially given that it was not what they were expecting this year.

Thank you to all of the committee for your efforts, we look forward to having you back next year when hopefully we can all get together in person!

COMMUNITY OUTREACH FALL UPDATE



ALZHEIMER'S OUTREACH



Meet The Co-Chairs

Gabrielle Hicks & Michelle Galper

Gabby Hicks and Michelle Galper are in their Third Year of Political Studies at Queen's and both share a passion for brain health and supporting a cause that affects the lives of far too many

Meet The Executive Team

In October, Gabby and Michelle hired 12 lovely executives to complete their team

Tatiana Decore
Sara Duaibes
Olivia Nadalini,
Kathryn Green
Kathryn Macrae
Laura Cohen
Gabby Fava
Aurora Corbett
Gillian Groth
Victoria Settini
Josie Doering

AO raised around **\$2300** in the Fall Term!! 

Fall Term 2020 Events

- first AO run ever!!
- people signed up and ran or walked the provided route
- many people shared photos on Instagram to show their support and raise awareness
- **over \$2000** was raised for the Alzheimer's Society



- seminar to educate the Queen's community about Alzheimer's Disease
- educate students on how to support those suffering from Alzheimer's along with their family
- learn more about prevention



- Community Outreach has partnered with Tommy's for Supper Series
- every two weeks (on Tuesday) two Community Outreach committees have a chance to raise money for their organizations
- people call in to order and get free delivery
- tips and 10% of sales are split between organizations
- Alzheimer's Outreach raised **\$106.91!!**



 AO Instagram: [@queensalzheimersoutreach](https://www.instagram.com/queensalzheimersoutreach)

Thank you for taking the time out to read the Community Outreach Fall update. Please do not hesitate to contact me if you have any questions/comments/concerns.

Sincerely,

Knowren Ansari



Community Outreach Deputy For Volunteer Support & Appreciation

April 18-24 is Volunteer Week...

..and though we would like to be able to thank all of our volunteers in person, that isn't possible right now. One of things that has made this year so difficult for everyone, both staff and clients, is that we have missed our wonderful volunteers so much! We've been able to continue our programming with just a handful of long time volunteers who were already leading support groups and a few who were able to help raise money through third party events during the pandemic. We basically had to put the majority of our volunteers on hold for the past year.

We are so appreciative for your dedication to our Society, and for sticking with us during this stressful time. To those waiting to resume their duties, we hope we will be able to get you back into the fold very soon. While your roles may look a little different when you return, we do hope you will still be anxious to work with us in whatever form we can offer.

In the meantime, we would like to take this opportunity to say THANK YOU to all those who have been involved with us over the past year, to the few we were able to work with, to our new volunteers, even if you haven't had a lot of opportunities to do what you came to do, and to those waiting to begin their volunteer duties. Whether you are helping in the office, in fundraising, in support groups or programs, Volunteers really are the heart of our operation, and it just isn't the same without all of you working alongside us!



On behalf of all our Staff and Clients, thank you for your dedication and loyalty..