

KFL&A Alzheimer News



SAVE THE DATE

IG Wealth Management Walk for Alzheimer's

Saturday May 25th 10 am - 1pm

CaraCo Track and Field

1350 Gardiners Road Kingston

www.alzgiving.ca/Kingston2024

Napanee Walk -May 11, 2024

John Parrot Centre 9am - Noon

For more information, to sponsor the walk, volunteer or register a team contact Michelle Moore

Fundraising Coordinator 613-544-3078 ext 204 or fundraising@alzking.com



In Person Groups:

We are pleased to share that our in-person groups continue in Kingston 613-544-3078, Napanee 613-354-8937 Extension 7220 and Northbrook 613-827-6700. If you would like more information about groups in your area please call your local office. If you are a person living with or caring for someone with memory impairment note that you must register for groups in advance.

[The current schedule for the groups \(Registration Required to](#)

[attend\) at our Office is:](#)

Monday: 10:00am-Noon **Mixed Support Group**
with **Caregiver Chat** 10:00am till Noon

Tuesdays: 10:00am - Noon **Men's' Support Group**

Tuesday 1:30 pm to 3pm- **Men's Support Group**

Wednesdays: 10:00am -11:30am - **Ladies' Support Group**

[Both Online and in - Person:](#)

Caregiver Café every Tuesday from 1:30pm - 3:00pm - [ZOOM](#) also in person in the office

[Drop In Groups for Caregivers In Person:](#) -no registration required

Thursdays 10:30am -Noon -Napanee Office

Thursdays 1-3pm Drop in Coffee Social -Kingston office

[At the Request of Participants, the following Groups will continue to meet on Zoom:](#)

Musical Happy Hour with Max & Friends 2nd & 4th Mondays of each Monday **6:30pm**

Caregiver Evening Café 2nd Tuesday of the Month - 7:00pm - **ZOOM**

4th Thursday of the Month Virtual Caregivers Group 5:30 - 7:00pm **NEW TIME! Zoom**

Gentle Exercises - Wednesdays at 1:30pm

Note* Zoom Links for handy reference or find them in your calendar!

NEW -Memory Café every Monday at the Napanee Office in person from 10 am to Noon

Also New Virtual Caregivers of Parents Support Group - First Tuesday of the Month via Zoom - [link here](#)

Please arrive no earlier than 15 minutes before group begins and all groups end at time noted.

Join us for a special showing:
Wednesday, May 8, 2024
Doors @ 6:30, Performance @ 7:30
Tickets \$25 per person

**A Fundraiser for the
Alzheimer's Society of KFL&A**

Domino Theatre
presents

TEN LOST YEARS



by

**Cedric Smith, George Luscombe,
and Jack Winter**

directed by

Martha Bailey



[Click HERE](#) or scan the QR Code for Tickets

Domino Theatre, 52 Church St. Kingston (Portsmouth Village)

Organized by the Masonic Association of Frontenac District

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

**April: Volunteer Appreciation Month.
Celebrate selflessness and hard work.
Thank volunteers for their contributions.**

Meet our Volunteers!



Danielle



Emily



Elaine



Vittoria



Kevin

Wesley
Hannah
Meghan
Jenna
Madhu





KINGSTON KIWANIS
MUSIC FESTIVAL

HIGHLIGHTS CONCERT

APRIL 30TH @ 7-9 PM

Isabel Bader Centre for the Performing Arts

**A selection of performances recommended
by the adjudicators at the annual
Kingston Kiwanis Music Festival April 3-11**

An exciting event at a world class facility!

Admission by donation

Find out more - email info@kkmf.ca

Sponsored by the Ballytobin Foundation




Are you supporting someone with Dementia/Memory Loss? We are here to help you!

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

We offer one on one support as well as:
Support groups
Activity programs
Online Exercise Programs
all at no cost to you.
All provided in a safe inclusive space.



613-354-8937 ext 7220 

www.alzheimer.ca/kfla 

26 Dundas Street West 
Napanee K7R 1Z4

Email: lross@alzking.com

Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Virtual Support Group for Caregivers of Parents

On the first Tuesday of every month starting in February 2024.

**Children who are
caring for a parent
with dementia
will be able to
attend our virtual
support group via
Zoom once a
month**

**Tuesday's
5:30 pm to 7:00 pm
Via Zoom**

**For registration and
inquiries :**

613-354-8937 ex 7220
lross@alzking.com
Scan QR code



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Memory Cafe

A social program for people with dementia
and their caregivers featuring social
interaction, games, fun and laughter.

When: Every Monday
10:00 am -12:00 pm

Where: Napanee Alzheimer's Office, Napanee Area
Community Health Centres, 26 Dundas St.

Why: To offer families support, meet other people
and to have fun!

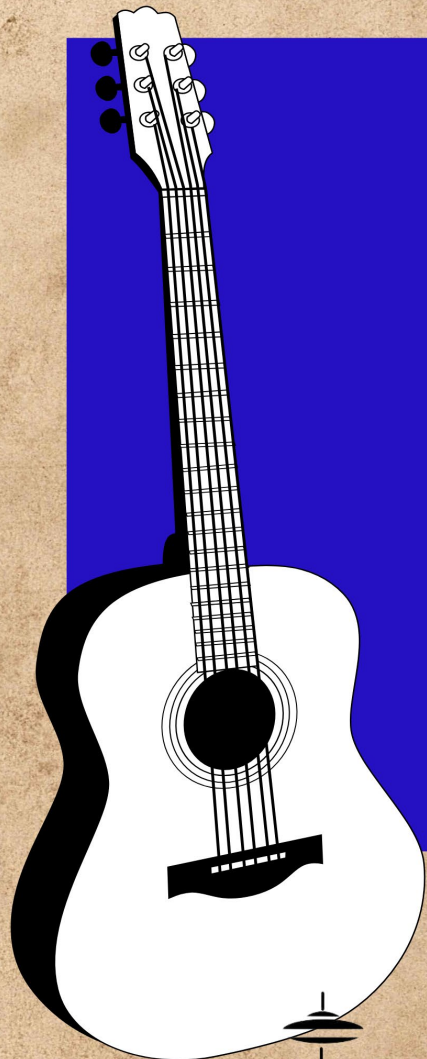
How to sign up?

Call 613-354-8937 ex 7220

Email lross@alzking.com

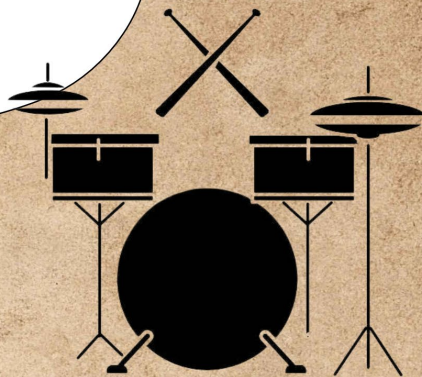
Scan QR Code





LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX GLENN AND WAYNE WITH FRIENDS



**BEST
LIVE
MUSIC**

2nd and 4th Monday night of the Month (excluding Holidays)

6:30pm

<https://alzheimersociety.zoom.us/j/95805318149>


or click on the link in the Calendar

For more information contact the office at
613-544-3078 or email reception@alzking.com

Coffee Time Social

Come join us Thursday 1:00 - 3:00pm
for casual conversation with our staff
and other persons living with a diagnosis

KFL&A Alzheimer Society Office
1200 Princess Street, Kingston ON



No appointment necessary
For more information please contact our office at
613-544-3078 or email reception@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC,
LENOX & ADDINGTON

How to Support a Loved One with Dementia During the Total Solar Eclipse

Taking place April 8, 2024 starting at 3:20pm
Kingston is on the path of totality for the eclipse.

If the person cannot safely watch the total solar eclipse, please consider making their space as comfortable and safe as possible.

- Avoid very dark spaces as people living with dementia may fear darkness or become confused if they cannot see well.
- Provide soft, indirect light by using wall washers or translucent light fixtures or coverings to prevent irritating shadows.
- Avoid harsh overhead lighting.
- Encourage engagement in multisensory activities:
 - Painting (nails, picture, etc.) while having a conversation. Use pictures or objects in the room as conversation starters.
 - Drawing or doing a puzzle while listening to their favorite music.
 - Watching their favorite TV show curled up in their favorite blanket.
- Stay as close to their routine as possible to reduce confusion and agitation.
- If you must travel to a public space, consider having companion cards on hand.
 - These can be great to share with people working at the checkout at a grocery store, servers in restaurants, nurses in a doctor's office, and bank tellers.

To safely observe a solar eclipse, follow these guidelines:

1. **Avoid Direct Eye Contact: Never** look directly at the Sun, especially during a solar eclipse. The intense sunlight can cause serious eye damage. Keep your eyes protected!
2. **Use Proper Eye Protection:** Regular sunglasses **do not** offer sufficient protection. Instead, use **special eclipse glasses (available at your local library)** or handheld solar viewers with **approved solar filters**. These filters are designed to block harmful rays and allow safe viewing of the eclipse.
3. **No Homemade Filters: Avoid** using homemade filters or ordinary sunglasses, even if they are very dark. Stick to approved eclipse glasses or handheld viewers.

Remember, the beauty of a solar eclipse is best enjoyed while prioritizing your **eye health**. Enjoy the celestial spectacle safely!



It's Tax Season!

Important Tax Information for Adults 65 or Over

Did you know tax credits are available to people living with dementia and their care partners? Filing your tax on-time can help you access the financial supports you are entitled to and make life more affordable. Below are some common tax credits you or a loved one might be eligible to receive:

age amount credit for those 65+ with income under \$98,309;

Canada caregiver credit for those supporting a family member with a physical or mental impairment;

disability tax credit for those living with prolonged physical or mental impairments;

medical expenses credit for costs exceeding 3% of net income;

home accessibility expenses credit to help make your home more accessible for people living with dementia or other disabilities; and more!

Sign up for CRA My Account to view and manage your tax and benefit information online.

Tax Credit Guide

An updated Tax Credit Guide is now available to reflect changes for the 2023 tax season on the various credits and benefits for adults aged 65 and over, including people living with dementia, their families, and care partners. This guide outlines tips on how to prepare for filing taxes, and information on eligibility and how to apply for each credit. Available online on our website or ask for your free printed copy at the office.



Alzheimer Society

KINGSTON, FRONTENAC,
LENOX & ADDINGTON

MINDS IN MOTION

Alzheimer's Society of KFLA is thrilled to announce Colton Sedore as our new Minds in Motion Coordinator!

The program will include: physical activity, mentally stimulating activities and healthy refreshments.



Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- increasing physical activity through gentle group exercise
- establishing new friendships with others who are living with similar experiences.
- engaging in fun, social activities

The person living with dementia benefits from:

- Improved balance, mobility, flexibility, and alertness.
- Increased confidence, and comfort with their circumstance.

The care partner benefits from:

- An opportunity to focus on their own health and have fun with their partner.
- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

All participants benefit from:

- Sharpened mental functioning, sometimes lasting two to three days.
- An increased sense of social participation.



TO LEARN MORE,
PLEASE CONTACT



Colton Sedore



613-544-3078 ex 209



recreation@alzking.com

Ask about Minds in Motion® volunteer opportunities!

SNOW ROAD FUNDRAISER



Thank you so much to the Snow Road Snowmobile club's annual fundraiser breakfast for Alzheimer Societies. The volunteers work so well, like a well-oiled machine!

It was my pleasure to share the space and proceeds with Lanark Leeds and Grenville Alzheimer Society once again. The breakfast served over 200 people, and the two Societies shared a little more than \$1300.00.

Thank you to Volunteer Kevin Ryan and Mayor NF Gerry Lichty for all your support!



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



If you are a business and want to contribute, there are several ways you can help:

- You can offer a discount on your products or services.
- You can host a contest or event to raise awareness and funds for the Alzheimer's Society.
- You can offer a special promotion and donate a portion of the proceeds to the Alzheimer's Society.
- You can provide a special service to support the cause.
- You can also put out a donation collection container to encourage people to donate to the Alzheimer's Society.



You can fundraise in many ways!

Would you be interested in hosting a fundraiser with your coworkers, family, or friends? Or with a group or an organization that you belong to?•

- Coffee break/tea party
- Bake sale
- Book club
- A special Dinner / Luncheon / Breakfast event
- Game / Trivia night / Card Party
- Sporting, exercise event
- Karaoke
- Silent auction / Raffle 50/50
- Contest or Challenge
- Paint, craft event
- Offer Lessons in cooking, music, dance



Gift Giving!

Are you planning to celebrate a special occasion such as a birthday, wedding, or anniversary?

- Host a tribute in honour of a loved one or in memory of
- Instead of gifts, encourage family and friends to donate to the Alzheimer Society.
- Create a challenge for yourself that friends and family can sponsor.

Contact fundraising@alzking.com 613-544-3078 ext 204



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

WALK FOR ALZHEIMER'S

SPONSORED BY THE JOHN PARROTT CENTRE

Napanee



Saturday, May 11th, 2024
9:00 am - Noon
309 Bridge St W, Napanee



<https://www.canadahelps.org/en/charities/alzheimer-society-of-kingston/p2p/Napanee2024>

Sponsor * Participate * Donate * Volunteer
Event Contact: Michelle Moore fundraising@alzking.com 613-544-3078 ex 204



IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society

Kingston

Saturday, May 25th, 2024
10:00 am - 1:00 pm
Caraco Track N' Field
1350 Gardiners Rd, Kingston
www.alzgiving.ca/Kingston2024



Sponsor * Participate * Donate * Volunteer
 Event Contact: Michelle Moore fundraising@alzking.com 613-544-3078 ex 204

**IG WEALTH
MANAGEMENT**

WALK FOR ALZHEIMER'S

Alzheimer Society

Volunteer

Walk for Alzheimer's is the Society's largest community fundraiser. Join in on the big event and work with our fundraising Team in planning and implementing ideas to make this years event bigger and better.

- ✓ Event Promotion
- ✓ Create Event invitations, flyers, posters
- ✓ Find Sponsorship opportunities
- ✓ Create, plan, host games/activities.
- ✓ Promote Walk In a Box
- ✓ Entertainment, Photography



SIGN UP TODAY! [HTTPS://WWW.SIGNUPGENIUS.COM/GO/10C0945AAAB2EA1FBC16-47585772-WALK](https://www.signupgenius.com/go/10c0945aaab2ea1fbc16-47585772-walk)



613-544-3078 ext 204



fundraising@alzking.com

Sponsored by:



medium roast coffee blend

"FORGET ME NOT"

Purchase yours today, or buy some as a unique gift for family members, friends, or neighbors!

Cost is \$16.00 per pound

\$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.



In addition to cash and checks, we accept credit and debit cards

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

ALZHEIMER'S APPAREL IS NOW AVAILABLE!!

Shop our online merch store and help support our mission!

https://usimiapparel.com/Alzheimer_Society/shop/home

\$10.00 per item will be donated to the Alzheimer Society of KFL&A.

For Inquires email fundraising@alzking.com



1200 Princess Street, Kingston, ON, K7M 3C9
Phone: 613-544-3078
Email: ask@alzking.com
Website: www.alzheimer.ca/kfla
Facebook: facebook.com/alzheimerKingston

Help for Today. Hope for Tomorrow...®



Lived Experience Network South East Ontario

Who we are

The Lived Experience Network South East Ontario is an open community of older adults and families/care partners living with dementia, complex mental health, substance use or other neurological disorders, sharing their lived experiences, advise and input with the medical community and with each other.

Our goal

Exchanging Knowledge, Partnering for Change.

Lived Experience Network South East Ontario members can engage in both regular group and individual conversations, acting as a "knowledge bank", in hopes of enhancing services across the region. Input and suggestions for change will be shared with healthcare professionals who provide, plan and evaluate services in the community, hospitals, long term and primary care.

Lived Experience Facilitator

Sharon Osvald, our Lived Experience Facilitator, was the first Facilitator and part of the launch of the Lived Experience Network

South East Ontario from 2013-2018, drawing on her ten years of lived experiences supporting her mother through dementia in the home, hospital and long-term care. In the past five years, Sharon has gained experience working for the Alzheimer Society and she continues to work part time at an Adult Day Program.

Sharon is excited to be returning to her role as the Lived Experience Facilitator and understands from both a lived experience and professional perspective how great the needs are in this community.

Get involved

Online: Visit livedexperiencenetworkseo.ca for info about how to join one of our regular Advisory Zoom Lived Experience chats.

Phone or email: Contact Sharon via phone or email your own personal lived experience story and suggestions for change.

Contact

To phone Sharon Osvald, email a request for her to phone you back OR leave a message at the Alzheimer Society of KFLA office at: 1-800-266-7516 or 343-645-6240
Email: sosvald@alzking.com

Lived Experience Network South East Ontario is a partnership between Providence Care Seniors Mental Health and the Alzheimer Societies of SE Ontario. Website: livedexperiencenetworkseo.ca

Land Acknowledgement

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron-Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

Staff Directory Main Number 613-544-3078 (unless otherwise indicated below)

Vicki Poffley, Executive Director Ext. 207 vpoffley@alzking.com

Kim Parkinson, Administrative Assistant Ext. 201 reception@alzking.com

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 Firstlink1ASKFLA@alzking.com

Krystian Martin, 1st Link Care Navigator Ext. 206 Firstlink2ASKFLA@alzking.com

Michelle Moore, Fundraising Coordinator Ext. 204 fundraising@alzking.com

Colton Sedore, Recreation Coordinator Ext. 209 recreation@alzking.com

Justine Carlson, Program Coordinator Ext. 202 jcarlson@alzking.com

Sharon Oswald Lived Experience Coordinator 343- 645-6240 soswlad@alzking.com

Jan White, Client Services Coordinator 613-329-7078 Ext 212 jwhite@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@alzking.com

Lorraine Ross Education and Support Services Napanee Office 613-354-8937 ex 7220 lross@alzking.com

Did you know... the KFL&A Alzheimer Society has 3 locations to help our clients and caregivers find support and programs?

Kingston: (Main Office)

1200 Princess Street -Providence Care Village

Kingston, Ontario K7M 3C9

Phone # 613-544-3078 Fax: 613-544-6320

Email: reception@alzking.com

Napanee:

Napanee Area Community Health Centre (2nd Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

Phone # 613-354-8937 ex 7220 Fax: 613-544-6320

Email: lross@alzking.com

Northbrook:

The Emmanuel United Church

108 Addington Road, Northbrook Ontario K0H 2G0

Phone # 613-827-6700 Fax: 613-544-6320

Email: plemke@alzking.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|---|---|---|--|------------------|
| |  <p>EASTER HOLIDAY Office Closed</p> | <p>1 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office NEW Caregiver of Parents Zoom 5:30pm</p> | <p>2 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>ZOOM</u></p> | <p>3 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>ZOOM</u></p> | <p>4 In Person Support Group Napanees Office 10:30am - Noon Coffee Social 1 - 3pm</p> | <p>6</p> |
| <p>7</p> | <p>8 Solar Eclipse today! Mixed Peer Group & Caregiver Chat 10:00- Noon Memory Café 10- Noon Napanees Office</p> | <p>9 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office Caregiver Evening Chat 7:00pm - <u>ZOOM</u></p> | <p>10 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>ZOOM</u></p> | <p>11 In Person Support Group Napanees Office 10:30am - Noon Coffee Social 1 - 3pm</p> | <p>12</p> | <p>13</p> |
| <p>14</p> | <p>15 Mixed Peer Group & Caregiver Chat 10:00- Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u> Memory Café 10- Noon Napanees Office</p> | <p>16 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p> | <p>17 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>ZOOM</u> Afternoon Trivia 1-3pm</p> | <p>18 In Person Support Group Napanees Office 10:30am - Noon Coffee Social 1 - 3pm</p> | <p>19</p> | <p>20</p> |
| <p>21</p> | <p>22 Mixed Peer Group & Caregiver Chat 10:00- Noon Memory Café 10- Noon Napanees Office</p> | <p>23 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p> | <p>24 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>ZOOM</u></p> | <p>25 In Person Support Group Napanees Office 10:30am - Noon Coffee Social 1 - 3pm Virtual Caregiver Group 6:30 - 7:00pm NEW TIME! <u>ZOOM</u></p> | <p>26</p> | <p>27</p> |
| <p>28</p> | <p>29 Mixed Peer Group & Caregiver Chat 10:00- Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u> Memory Café 10- Noon Napanees Office</p> | <p>30 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p> | <p>April 2024 Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanees Orange: All Welcome Caregivers and Persons Living with a Diagnosis</p> | | | |