

KFL&A ALZHEIMER SOCIETY NEWSLETTER



AUG 2024

- PLEASE NOTE THE OFFICE WILL BE CLOSED MONDAY, AUGUST 5TH FOR THE CIVIC HOLIDAY.
- TO GET ALL THE DAILY NEWS AND ANNOUNCEMENTS PLEASE MAKE SURE TO JOIN OUR EMAIL MAILING LIST PLEASE CALL THE OFFICE:
613-544-3078 OR
EMAIL RECEPTION AT:
RECEPTION@ALZKING.COM

OUR ADDRESS IS:

PROVIDENCE VILLAGE
1200 PRINCESS STREET
KINGSTON, ON K7M 3C9

OUR REGULAR HOURS OF OPERATION ARE
MONDAY THROUGH FRIDAY 9 AM TO 4:30PM



HIGHLIGHTS THIS MONTH

**Thank you to Secura Wish Foundation
Annual Picnic -September 13th
Minds in Motion - sign up for the next course**



Groups:



Our in Person Groups take place at all of our offices

Kingston 613-544-3078

Napanee 613-354-8937

and Northbrook 613-827-6700

If you would like more information about groups being held at each location please reach out!

Please note Registration is required for in person peer groups

IN PERSON ONLY:

Monday: 10:00 am to Noon -Mixed Support Group

Caregiver Chat: 10:00 am - Noon- Kingston Office

Tuesday - Men's Support Group 10:00am till Noon -Kingston Office

Mixed Peer Group 1:30 - 3:00 pm

Wednesday - Ladies Support Group 10:00am till 11:30 am -Kingston Office

IN PERSON AND VIA ZOOM:

(All are welcome)

Tuesday: Caregiver Café every Tuesday from 1:30pm – 3:00 pm - Kingston Office also via [ZOOM](#)

ZOOM Groups only - All are Welcome

Musical Happy Hour with Max and Friends - 2nd and 4th Mondays of the Month 6:30 pm -[ZOOM](#)

Caregiver of Parents - 1st Tuesday of the Month 5:30 pm - [ZOOM](#)

Caregiver Cafe -2nd Tuesday of the Month 7:00 pm - [ZOOM](#)

Drop In Groups - all Welcome

Memory Cafe - Mondays - 10:00 am till Noon - Napanee Office

Thursday Morning Caregiver Group -10:00 am till 11:30 am Kingston Office

Thursday Afternoon Coffee Social (Memory Cafe)- Kingston Office 1:00 pm till 3:00 pm

End of Summer Picnic

Join us for a last hurrah to summer with Max and Friends Performing LIVE! Lunch will be served so RSVP to reception at: reception@alzking.com or 613-544-3078

Noon to 3:00pm



To sign up click on link below, scan the QR code or call Reception at 613-544-3078

<https://www.signupgenius.com/go/10C0945AAAB2EA1FBC16-50271215-askfla>

Location:

Rotary Park

1282 Coverdale Drive

Kingston K7M 8V9

in case of rain we will be at the office location

**Friday
September
13th, 2024**

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

*Thank
you!*

SECURA
FINANCIAL GROUP

We would like to thank Secura Financial Group Kingston for hosting their 16th annual charity golf tournament in support of local charities, and choosing the Alzheimer's Society of KFL&A as one of their recipients.

This year, they raised an impressive \$12,000 to support our Society.





WELCOME

TO THE TEAM

Dear Supporters of the Alzheimer Society of KFLA,
We are delighted to announce a significant milestone in our organization's journey with the appointment of our new Executive Director, Kathleen Ingram.

After an extensive search, we are confident that Kathleen brings the vision, leadership, and dedication to drive our mission forward. With her extensive background with various leadership roles within the Salvation Army, and most recently as an Operations and Program Manager at the Alzheimer Society of Hastings-Prince Edward, we believe she will inspire our team and community to continue making a meaningful impact in the lives of those affected by Alzheimer's disease and related dementias.

Kathleen joins us at an exciting time, and we are eager to leverage her expertise to lead us through Accreditation, expand our reach, and advocate for the support and awareness our cause deserves.

Please join us in welcoming Kathleen to the Alzheimer Society family. Kathleen will be in the office starting in August. We look forward to working together to advance our mission and enhance the lives of individuals and families facing Alzheimer's disease.

Sincerely,
Ashley Miller, Board Chair
On behalf of the Board of Directors, Alzheimer Society KFLA



Our friend Chris Barton is riding his e-bike from Montreal to Prince Edward Island this August with Love, Sweat, and Gears - in support of our local Alzheimer Society of KFL&A.

He's aiming to raise a minimum of \$5,000, and he's incredibly close to reaching that milestone! If you're interested in contributing to his fundraiser and following his inspiring journey, we encourage you to visit his fundraising page.

<https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=5413423&langPref=en-CA#&panel1-3>

Alzheimer Society
KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



**LOVE,
SWEAT
+ GEARS**



20
24



Alzheimer Society Book Sale

Friday Sept 20th, 12pm - 3pm

Saturday Sept 21st, 9am - 2pm

Westdale Complex , 12

Richmond Park, Napanee ON

Do you have books to donate?

Donations can be dropped off at the Kingston or Napanee offices, arrangements must be made prior to drop-off

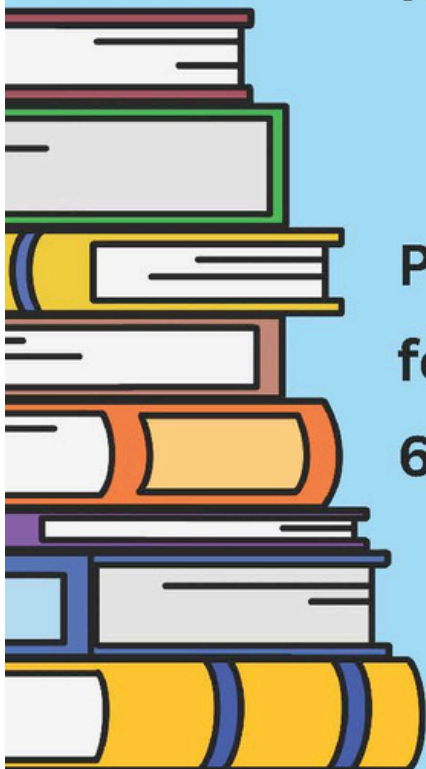
No:

- textbooks
- Magazines

Please Contact Lorraine Ross
for further information:

613-354-8937 ex 7220

Alzheimer Society
KINGSTON, FRONTENAC,
LENOX & ADDINGTON





Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Virtual Support Group for Caregivers of Parents

On the first Tuesday of every month.

**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

Dementia 101

Free Information Sessions

Dementia 101 presented by:

**Lorraine Ross, Alzheimer Society KFLA in partnership with
Councillor Rob Fenwick of Stone Mills Township.**

This Q&A session will allow participants to learn about
Dementia and the services available in our community.

Light refreshments served, courtesy of Tim Horton's Napanee.

UPCOMING SESSIONS

WEDNESDAY NOV. 27TH

1:30 pm

Newburgh Community Hall
#2 Factory Street
Newburgh

Thanks to Moscow United Church and Stone Mills Township for the spaces to host these sessions.

Kindly RSVP if you would like to attend.

Lorraine Ross ✉ lross@alzking.com ☎ 613-354-8937 ex 7220 🌐 www.alzheimer.ca/kfla

SCAN ME





The Lived Experience Network South East Ontario

Who we are

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

Our goal

Exchanging Knowledge, Partnering for Change.

The 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 by phone on Mondays or Fridays at 343-645-6240 or email your own personal lived experience story and suggestions for change.

Contact

You can phone or leave a message with Sharon Osvald at 343-645-6240 OR leave a message for her with the Alzheimer Society of KFLA office at: 1-800-266-7516
Email: sosvald@alzking.com

The Lived Experience Network South East Ontario is a cooperative effort of the Alzheimer Societies of SE Ontario in collaboration with Providence Care Community Seniors Mental Health Behavioural Support Services. Website: livedexperiencenetworkseo.ca

15th Annual Alzheimer's Memorial Golf Tournament

Welcome to our 2024 Sponsors Ted Custance and Catherine Arnold
of
Village Lifestyle Real Estate Team

To date we have raised \$156, 000 for the Alzheimer Society of KFL&A

Why not put a foursome together, sponsor a hole , donate a prize or all of the above!

Join us to raise money for programs, and services which support those living in KFL&A with Alzheimer's and other forms of Dementia, a disease which has claimed the lives of our close friends: Roy Partridge, Danny White, John Murray, Bill Huntley, Guy White, Joe McCormick, Bill Ball, Don Hutchinson, Constance Nobes (Earl), Mary Charlotte Mahood (White) and many others near and dear to our hearts.



**Wednesday
September 4th , 2024
Starts at 1pm
Loyalist Golf and Country Club
Bath, ON**

**\$140 a Person: Includes Golf, Cart & Supper.
4 Hole In One Prizes (\$10, 000 & Colour
TV's), Closest to the Pins, Putting Contest and
Ball Guess. Raffle not included.
Silent Auction will be held!**

Contact: Ron Earl 613-389-6058 rearl6@bell.net
Thank you for your Support!

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

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

**IS THIS SOMETHING YOU WOULD BE
INTERESTED IN?**

CONTACT US TO SIGN UP TODAY!



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.

Sessions run Wednesdays from
1:00pm - 3:00pm and Thursdays from
10:00am - 12:00pm, Aug 6th to Sept 26th



**TO LEARN MORE
PLEASE CONTACT**



Colton Sedore

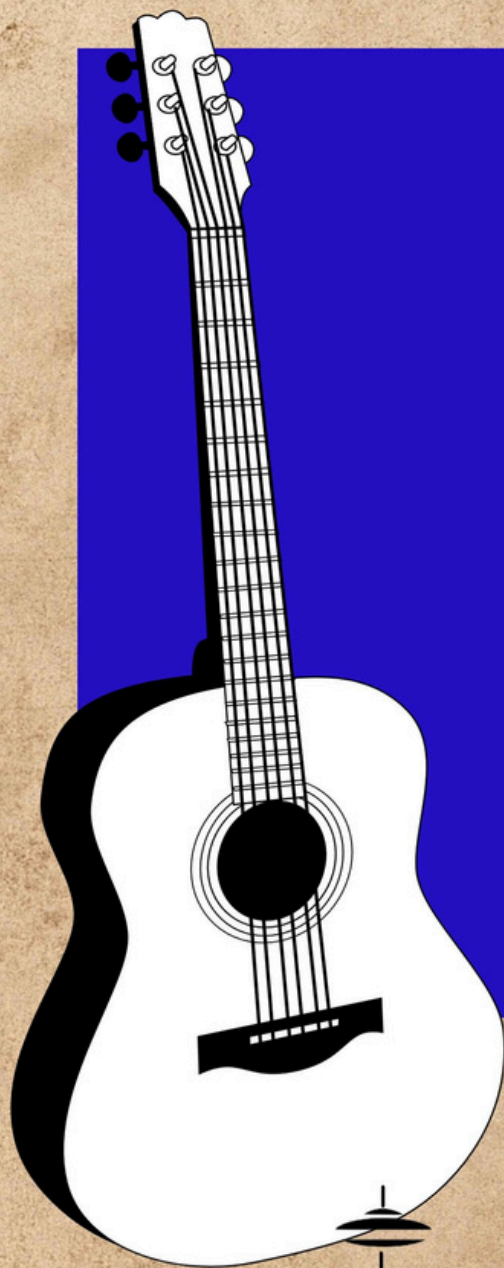


613-544-3078 ex 209



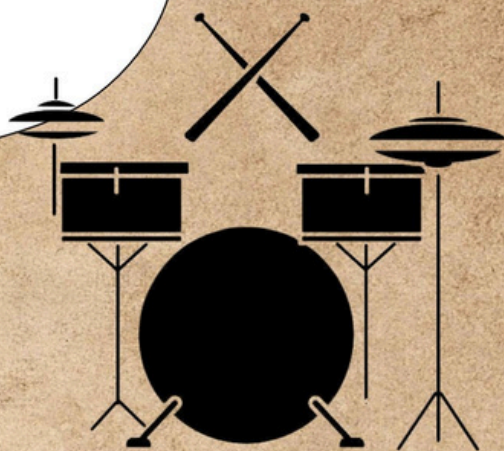
recreation@alzking.ca

Ask about Minds in Motion® volunteer opportunities!



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

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

Community Resources for our Clients



INDEPENDENT LIVING CENTRE KINGSTON

Offering a wide range of sanitized, gently used assistive devices that are available for rent free of charge.

Contact them at: 613-542- 8353

Email: ilckington.com

ADVANCE CARE PLANNING ONTARIO

advnancecareplanningontario.ca

This website will help Ontarians learn about Advance Care Planning (ACP).

- The website begins with an explanation of what ACP is and then guides you through the ACP process. Along the way it will introduce and explain the concepts of informed consent, mental capacity and substitute decision-making.
- ACP is conversations to help people and their substitute-decision-maker (SDM) prepare for future healthcare decisions.
- This website will help you learn about the process, think about what's important to you and how to involve your SDM.
- It also contains information about Ontario law and substitute decision-making.





CALMING TECHNIQUES FOR PEOPLE LIVING WITH DEMENTIA

Caring for someone with dementia can be a challenging experience, but understanding how to calm them down can make a significant difference. Here are some creative and compassionate ways to help soothe a person with dementia, while also highlighting the numerous health benefits these approaches can bring.

1. Play Calming Music

Music has a powerful effect on the mind and body. Playing soothing tunes can improve mental health, reduce stress, and even lower blood pressure. Create a playlist of the person's favorite songs from their past to evoke positive emotions and memories.

2. Gentle Physical Activity

Engaging in light exercises like walking or stretching can help control blood pressure, enhance heart health, and assist with weight loss. Physical activity is also a great way to release endorphins, which naturally boost the immune system and improve mental well-being.

3. Aromatherapy

Essential oils, such as lavender and chamomile, can have a calming effect on the mind. Aromatherapy can help reduce stress, fight cancer by promoting overall health, and improve sleep, contributing to better mental health.

4. Tactile Stimulation

Providing items with different textures for the person to touch can be soothing. Activities like folding soft blankets or handling stress balls can reduce anxiety and stress, boosting their overall mental health.

5. Reminiscence Therapy

Encourage the person to talk about their past. Sharing stories and looking at old photos can be a calming activity that improves mental health and reduces stress by focusing on pleasant memories.

6. Create a Calm Environment

Minimize loud noises and bright lights. A serene environment can help lower the risk of chronic diseases by reducing stress levels. This, in turn, promotes better heart health and supports the immune system.

7. Hydration and Nutrition

Ensure they are well-hydrated and eating a balanced diet. Proper nutrition and hydration are crucial for maintaining a healthy weight, controlling blood pressure, and boosting the immune system.

8. Gentle Massage

A gentle hand or shoulder massage can help soothe anxiety and stress. This simple touch can also improve mental health and support better heart health by promoting relaxation.

9. Pet Therapy

Interacting with pets can bring joy and reduce stress. Pet therapy has been shown to improve mental health, lower blood pressure, and boost the immune system. A calm, affectionate animal can work wonders in soothing a person with dementia. We offer realistic pets on free loan in our electronic library.

10. Consistent Routine

Maintaining a consistent daily routine can reduce confusion and anxiety. A stable routine supports better mental health, reduces stress, and lowers the risk of chronic diseases by promoting a sense of security and well-being.

By incorporating these techniques into their daily care, you can help calm a person with dementia and also tap into a plethora of health benefits such as reducing stress, boosting mental health, controlling blood pressure, lowering the risk of chronic disease, and more. Remember, patience and compassion are key to provide the best care possible.



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 \$18.00 per pound

Support a great cause with your coffee
purchase! A portion of the proceeds from the
sale of our coffee goes to the Alzheimer
Society of KFLA.



Michelle Moore



613-544-3078



fundraising@alzking.com

Land Acknowledgment

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

Kathleen Ingram Executive Director Ext. 207 kingram@alzking.com

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

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

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

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

Audrey Young Public Education Coordinator Ext 205 education@alzking.com

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

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

Recreation Coordinator Ext. 202

Sharon Osvald Lived Experience Coordinator 343- 645-6240 sosvald@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-827-6700 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
August 2024 Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Orange: All Welcome Caregivers and Persons Living with a Diagnosis						
4	 OFFICE Closed!	5 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office Caregiver of Parents <u>ZOOM</u> 5:30pm	7 Ladies' Peer Group 10:00 am - 11:30 am	1 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm Caregiver Support Group 10 am Kingston Office	2	3
11	12 Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Company 6:30 pm ZOOM Memory Café 10-Noon Napanee Office	13 Men's Peer Group 10:00 am -Noon & 1:30- 3:00 pm Caregiver Café - 1:30pm <u>ZOOM</u> or in-office Caregiver Evening Chat <u>7:00 pm</u>	14 Ladies' Peer Group 10:00 am - 11:30 am	15 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm Caregiver Support Group 10 am Kingston Office	16	17
18	19 Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office	20 Men's Peer Group 10:00am-Noon & 1:30- 3:00 pm Caregiver Café - 1:30pm <u>ZOOM</u> or in-office	21 Ladies' Peer Group 10:00 am - 11:30 am	22 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm Caregiver Support Group 10 am Kingston Office	23	24
25	26 Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Company 6:30pm ZOOM Memory Café 10-Noon Napanee Office	27 Men's Peer Group 10:00am-Noon & 1:30- 3:00 pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office	28 Ladies' Peer Group 10:00am - 11:30am	29 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm Caregiver Support Group 10 am Kingston Office	30	31