

KFL&A ALZHEIMER SOCIETY NEWSLETTER DECEMBER 2024



- 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



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

Please remember we are a SCENT Free Facility

HOLIDAY HOURS OF OPERATIONS

Holiday Schedule

Monday December 9th

Last group meets before pause for assessments and surveys.

Thursday December 12th

Open House at Society from 1pm to 4PM

Light refreshments served.

All are welcome to attend!

Photos with Santa and More!

Tuesday December 24th

Society closes at noon for staff to enjoy time with their families.

Wednesday December 25th

**Merry Christmas and
Happy Holidays to all!**

**Wednesday January 1st,
2025 Happy New Year to all!**

Thursday January 2, 2025

Society REOPENS to ring in the NEW YEAR and welcomes our clients and staff back!

Emergency Numbers in Case of a Crisis

Our crisis lines are staffed 24/7, 365 days a year by experienced professionals who can provide immediate support, advocacy and referrals to appropriate services as needed.

Kingston & Frontenac 24/7 Crisis Line

613.544.4229 or Toll Free 1.866.616.6005
Lennox & Addington (L&A) 24/7 Crisis Line
613.354.7388 or Toll Free 1.800.267.7877

Walk-In Crisis Services

No appointment is needed to access this service.

Walk-ins are welcome during office hours at:
552 Princess Street in Kingston
Monday – Friday 8:30 am -3:30pm

70 Dundas Street East in Napanee
Monday – Friday 8:30 am – 3:30pm

Mobile Crisis Services

Our Mobile Crisis Team responds to calls to our crisis line or situations in the community where urgent in-person support is needed.

Kingston & Frontenac
Hours: 8:00 am-midnight Monday – Friday
8:00 am – 8:00 pm Saturday and Sunday

Napanee and L&A
Hours: 8:30 am- 8:30 pm Monday – Friday
10:0am to 6:00 pm

FROM THE
DESK OF

Kathleen
Ingram



Dear Friends,

As the holiday season approaches, I want to take a moment to thank you for being part of our community. Whether you're a client, caregiver, supporter, or volunteer, your connection with the Alzheimer Society of Kingston, Frontenac, Lennox, and Addington means so much.

The holidays can bring a mix of emotions—joy and sadness, happiness and frustration. It's a time of year for reflection, togetherness, and hope. My wish for you this season is that your moments lean more toward joy and that you find comfort and peace with those closest to you.

Looking ahead to 2025, we are excited to embrace many changes that will help us grow and improve. From meeting the high standards of the Alzheimer Society to embarking on our accreditation process, we are committed to bringing excellence to all we do. Our work will include thoughtful evaluations and enhancements to our programs and services, ensuring we make the most of our resources and provide the best possible care and support to those we serve.

Wishing you and yours a peaceful holiday season and a bright start to 2025. Together, we are helping to create a future ensuring no one faces dementia alone.

Warmest regards,

Kathleen

Executive Director

Alzheimer Society KFL&A

Save the Date

Christmas Open House

Thursday December 12th
1:00 -4:00pm

Come join us for light refreshments,
social time, games and
Photos with Santa!

1200 Princess Street

RSVP with Reception

613-544-3078 or email at:
reception@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

JANUARY 2025

ALZHEIMER AWARENESS MONTH

In January, the Alzheimer Society of Kingston, Frontenac, Lennox, and Addington will promote Alzheimer Awareness Month in Canada.

This initiative aims to improve public knowledge about dementia.

We invite organizations and individuals to join us by learning, raising awareness, advocating, and fundraising for our local Society. By participating in this campaign, our community can better understand the challenges faced by individuals living with dementia and their families.

This will help create a more informed and caring community.

Contact Us!

1200 Princess St, Kingston, ON
613-544-3078

www.alzheimer.ca/kfla

Fundraise; fundraising@alzking.com

Education; ayoung@alzking.com

Volunteer; volunteer@alzking.com

Reception; reception@alzking.com

Like and follow us on Facebook facebook.com/AlzheimerKingston

WAYS TO SUPPORT US!!

DONATE AND OR HELP FUNDRAISE FOR OUR LOCAL SOCIETY

Your support will significantly impact over 900 clients in the KFL&A area. Every contribution supports our mission to alleviate the effects of Alzheimer's disease and advance research into its causes, treatments, and cures.

LEARN MORE ABOUT DEMENTIA!

The Alzheimer Society has developed many resources for persons living with dementia and their care partners.

Identifying the warning signs of dementia, in combination with earlier diagnosis, help support the individual needs of a person living with dementia.

People with dementia can live meaningful and productive lives for many years after an early diagnosis. An early diagnosis helps both the person and caregivers learn about dementia, set realistic expectations, and plan for their future together.

SHARE YOUR STORIES OF PEOPLE WITH LIVED EXPERIENCE

The best way to understand the impact of dementia and the need for further help and support is to hear directly from people with lived experience of it.

VOLUNTEER

We are currently searching for dedicated volunteers to join our team.

Do you have 2-3 hours of free time each week and want to give back to the community and make a difference in people's lives?

Dementia 101

**Where: The Auditorium
at the Alzheimer Society
1200 Princess Street
Kingston, Ontario
K7M 3C9**

**When: Monday,
December 2nd
1:00-4:00pm**

**Open to those who
Identify as Indigenous
and their families**

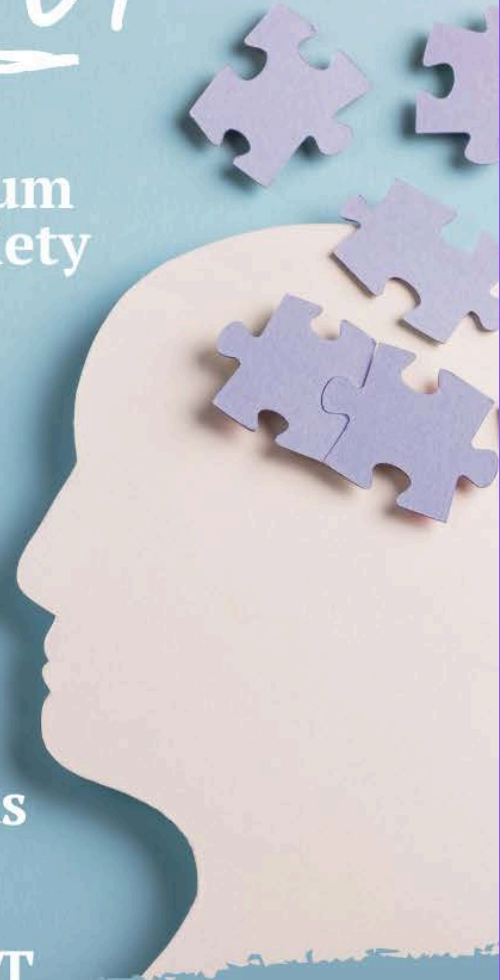
**Priority given to IIPCT
Rostered Patients**

Topics of Discussion Include:

- Overview of Dementia
- Tips for those supporting those who are living with dementia
- Communication tips
- And more!

**To register please contact Jamie Kring
at jamie.kring@iipct.com or**

613-885-5616



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Alzheimer
Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

**JANUARY IS
ALZHIEMER'S AWARENESS
MONTH**

**VIRTUAL INFORMATION
SESSION**

WEDNESDAY, JAN 15, 2025

1:00 PM UNTIL 2:00PM

**TO SIGN UP
EMAIL: AYOUNG@ALZKING.COM**

TOPICS OF DISCUSSION

**BRAIN HEALTH, ALZHIEMER SOCIETY OF KFL&A
SERVICES, VOLUNTEER OPPORTUNITIES**

FREE



www.alzheimer.ca/kfla



Napanee Office Christmas Open House

*Join us in our Napanee Office for some Christmas
Cheer*

**December 9th from
10 am to Noon**

All are Welcome!

**26 Dundas St W, Napanee ON K7R 1Z4
2nd Floor**





CARE PARTNER EDUCATION DAY

SAVE THE DATE

Wednesday, January 29th

9:00am - 3:00 pm

Napanee, Ontario

www.facebook.com/Alzheimerkingston

Speakers

CRA Community Outreach Team

Alzheimer Society

Dietitian

L&A Hospice

Providence Care

OPP & VON

Registration required contact: Lorraine Ross

lross@alzking.com 613-354-8937 ex 7220



**NORTHBROOK
NEWS!**

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These Pine Cone Christmas trees and Christmas cards for some special people at Pine Meadow Nursing Home made with love from the Golden Girls





NORTHBROOK NEWS!

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Coffee Breaks at Pine Meadow
Nursing Home and Denbeigh
The Men's group are always a
great bunch of guys to have
around!





Candle Light Vigil



Holiday Candlelight Vigil

Join us for a quiet evening of contemplation while we gather together and light a candle for our loved ones and honour our grief

Wednesday, December 11th 4:30-6:00pm
 Land O' Lakes Emmanuel
 108 Addington Rd. 2, Northbrook

Register with

Pam Lemke Alzheimer Society **Katie Buckley** SFCSC Hospice
 613-827-6700 613-376-6477 ext 205
 plemke@alzking.com katie.buckley@sfcsc.ca



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

We are looking for Volunteers!

Helping seniors support each other

Are you a retired, active senior with free time and looking for a way to give back to the community and make a difference in people's lives?

We have the perfect opportunity for you!

We are currently searching for dedicated volunteers to join us in providing support for our group programs and drop-in activities.



Join Us Today!

Your time and effort will make a huge impact on the lives of those in need. Join us today and be a part of something truly meaningful!

For more details and information, please contact our Volunteer Coordinator, Michelle, at:

☎ 613-544-3078 ex 204

✉ volunteer@alzking.com

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.



**TO LEARN MORE,
PLEASE CONTACT**

-  Colton Sedore
-  613-544-3078 ex 209
-  recreation@alzking.com

Ask about Minds in Motion® volunteer opportunities!

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 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

Nikole Gabriel 1st Link Care Navigator Ext 208 ngabriel@alzking.com

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

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

Colton Sedore, Minds in Motion Coordinator Ext. 209 csedore@alzking.com

Amanda Vetere - Programs Coordinator Ext 209 avetere@alzking.com

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




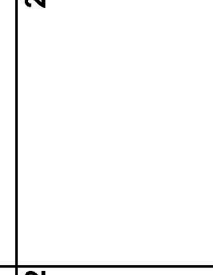
Northbrook:

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
1	2 Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Wayne 6:30 pm ZOOM Memory Café 10-Noon Napanees Office	3 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café - 1:30pm ZOOM or in-office Caregiver of Parents Zoom 5:30 pm	4 Ladies' Peer Group 10:00 am -11:30 am Mind in Motion * 1-3 pm	5 In-Person Support Group Napanees Office 10:30am - Noon Memory Café Kingston 1 - 3 pm Caregiver Support Group 10 am Kingston Office Minds in Motion* 10am-Noon	6	7
8	9 Caregiver Support Group 10:00-Noon Napanees Christmas Open House 10 am-Noon (all are welcome to attend)	10 Caregiver Evening Chat 7:00 pm	11 Mind in Motion * 1-3 pm	12 Minds in Motion* 10am-Noon Christmas Open House 1 - 3 pm in Office All Welcome! 	13	14
15	16 Musical Happy Hour with Max and Wayne 6:30 pm ZOOM	17	18	19	20	21
22	23	24 Office closes at Noon -see you back January 2nd Happy Holidays to All	25  Christmas Day	26  Boxing Day	27 Office Closed	28
29	30 Office Closed	1  New Year's Eve	<p>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 *Registration Required for Minds in Motion – See Colton for Details</p>			