

KFL&A Alzheimer News



TECHNICAL DIFFICULTIES!

In August, we introduced a new newsletter 'Our Connections Matter' and you have received two newsletters in that new format. This month, we have had some technical difficulties, so you are receiving October's activities, in this newsletter, with the calendar attached. Please bear with us as we iron out the logistics of the new format. In the meantime, we hope that you will find all the information you are looking for here, and please feel free to call us should you need further details on any program or events that may be coming up. (613-544-3078 ext. 201)

You will still receive the new newsletter on October 4, minus our local content. However, there will be information about other programs/services open to people across the province that will still be of interest to you.

Thank you for your patience as we work out the kinks!

QUICK NOTES on upcoming special programs and events below! Read newsletter for further details!

OCTOBER 27, 2022

Come join us as we celebrate fall with our Orange, Black and White Dinner Dance at the 560 Legion.

\$15 per person prepaid

SEPTEMBER 30, 2022

Make your coffee count. On Friday September 30th McDonalds (in Kingston and Napanee) will donate .50 cents from every coffee sold.

EXCITING NEWS!

Our groups are now back and in person -taking place at 690 Sir John A. McDonald Boulevard at the Crossroads Church.

See you there!



Live Groups are Back!

We are pleased to share that we are back with live groups taking place Monday, Tuesday and Wednesday in Kingston at Crossroads United Church on Sir John A MacDonald Blvd. (across from Kingston Centre) and a NEW Caregiver Support Group will be starting at our Napanee office on Thursdays in October.

The current schedule for the groups at Crossroads is:

Monday: 9:30am -12:30pm - **Mixed Group** (for those diagnosed) with a separate Caregiver Chat from 11:30am -12:30pm .

Tuesday: 10:30am to 12:30pm - **Men's Group** (for those who are diagnosed)

Wednesdays: 11am -12:30 pm - **Ladies' Group** (for those who are diagnosed)

Thursday: 10:30 am to 12 noon - **Napanee Support Group**

At the Request of Participants, the following Groups will continue to meet on Zoom:

The groups listed here have opted to stay online for ease of the clients.



Musical Happy Hour with Max & Friends, 2nd&4th Mondays of each Month **6:30pm - ZOOM**

Caregiver Café – every Tuesday from 1:30pm – 2:30pm - **ZOOM**

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

Caring in the Facility – 1st Wednesday of the Month - 10am - **ZOOM**

Men's Caregiver Group 3rd Thursday of the Month - 10am - **ZOOM**

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



LENDING LIBRARY

Come check out not only the great selection of books we have available for loan but also electronic pets, babies, wandering devices and more to help you and your loved ones.

Minds In Motion

We are pleased to announce that the collaboration with Sarnia for a Virtual Minds in Motion will continue. Registration is required so that they can continue to carry out ongoing evaluation of the program. Please see all the details in the poster below and contact Vanessa to register! Multiple sessions are available and Vanessa will provide that information when you register.

Get a physical and mental boost with Minds in Motion!

Alzheimer Society | Minds in Motion®

We are currently recruiting participants for our **Virtual Minds in Motion®** Program evaluation, to better understand its impact and what we can improve upon.

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners.

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

We welcome participation of people with various additional interconnecting social identities and would like to hear the voice of racial, ethnic, cultural and gender diverse community members and those who live in rural areas across Ontario.

Multiple Fall Session Dates Available

To learn more about the Minds in Motion® virtual program please visit <https://alzheimer.ca/on/en/help-support/programs-services/minds-in-motion> or email Vanessa at mimproject@alzon.ca or call 416-847-8920



Volunteers Needed for September 30!

If you are able to help out with volunteering for this event, collecting donations in the drive thru or in the restaurant, please contact Lesley at 613-544-3078 ext. 204 or fundraising@alzking.com.

We hope to have volunteers at each McDonald's location from 7am until 12 noon.

**Friday, September 30 is
Alzheimer's Coffee Day!
McDonald's will generously donate
.50¢ OF EVERY COFFEE SOLD**

to the

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

in support of people living in our community with
Alzheimer's and dementia.

**Mark your calendar and
make your coffee count on
on September 30!**

Visit us at:

www.alzheimer.ca/kfla

Volunteers welcome!

Email us at fundraising@alzking.com



In Celebration of this year's Alzheimer Coffee Break, we are Excited to Announce a New Partnership with North Roast Coffee!

North Roast Coffee Roastery is a locally owned business providing Fair Trade Coffee to Kingstonians and beyond! This year, North Roast has come on board with the Alzheimer Society to sponsor the Alzheimer Coffee Break in KFLA, and they have created a coffee just for us! Special thanks to Rich and Ali at North Roast Coffee for their support of this project!

The "Forget Me Not" medium dark blend is now available to purchase **from our office** in 1 lb bags of either ground coffee or coffee beans. If by chance you need a special grind, we can get that for you too (with a couple of days notice)! We even have our own label! The coffee sells for \$16 a pound with proceeds going directly to the Alzheimer Society of KFLA to support local programs and services.

If you are a coffee drinker, you must try the '**Forget Me Not**' blend of North Roast Coffee. If you aren't a coffee drinker, you could buy this unique gift for a friend or family member, for a special PSW or nurse working with your loved one, a helpful neighbour, maybe take a bag to your thanksgiving family gathering or put it in a loved one's stocking at Christmas.

Please note: The Forget Me Not Blend can only be purchased from the Alzheimer Society, and not directly from North Roast Coffee! We won't stock it in large amounts - we'll always have some on hand, but we'll buy it fresh (beans or ground) as required, so you'll need to call at least two days in advance order it, especially if you would like to purchase in larger amounts. Regardless of how many you wish to purchase, we recommend a quick phone call before you come to ensure there is some available.

You can pick up your coffee at our office at 400 Elliott Ave. #4. If you live in other parts of KFLA, we can arrange to have some available at the Napanee and Northbrook offices (with some notice) Questions? Give us a call at 613-544-3078 ext. 201.



Calling all 'Anything for Alheimers/Coffee Break' Hosts!

It's been almost three long years since any of us have been able to host people in person, and the Alzheimer Society is thrilled to be getting back into the swing of things with in-person programming and fundraising events.

If you have hosted a coffee break or another type of fundraiser in the past (a yard sale, a bake sale, a silent auction, a Social with a Purpose, etc.) and are interested in doing one this year, we'd love to hear from you and help you out!

If you'd like to do an online fundraiser, you can register your event online at Anything for Alheimers : https://on.alz.to/site/TR/ASiO_DIY_TR/ASiO_DIY_TR?pg=entry&fr_id=1270 or, if you prefer to do it in person, let us know, we'll send you a host confirmation sheet so you can give us the details. You choose if you want to do a coffee break, a 'Social with a Purpose', a yard sale, a bake sale, if you want to host a fundraiser in honour or memory of someone, have a concert, or whatever! You can do it your way, when, where and how you want to do it! You can also do it in person, or you can do a hybrid version and host it in person with an option to donate online! We can even provide a guest speaker, but they must be requested in advance in order to ensure someone is available. Typically, these events are done in the fall through January which is Alzheimer Awareness Month, however, they can be done anytime during the year that works for you.

This year, for each fundraiser held this fall, we are happy to donate one pound of our brand new 'Forget Me Not' blend of North Roast coffee, compliments of our sponsor, North Roast Coffee Roastery, and to help you out with posters, promotion or social media postings if you need it.

We invite service and community groups, employee groups, businesses and individuals to participate however they see fit. Do you have an idea for a fundraiser? Why not chat with us about hosting one and see how you can help to impact the lives of those living with dementia!



By fundraising with the Anything for Alzheimer's platform, you'll become part of an invaluable collective of individuals, corporate and community groups who are dedicated to making a difference for caregivers and people living with Alzheimer's or another dementia.

The Alzheimer Society is dedicated to helping anyone concerned with or facing dementia have the confidence and skills to maintain quality of life, to ensuring that public policy and perceptions reflect the issues and reality, to securing funding for support and research and to raising awareness about the disease.

Whether you call it Social with a Purpose, Coffee Break, or a bake sale, its still ...



Anything for Alzheimer's!

Call or email us

613-544-3078

fundraising@alzking.com





Orange, Black and White

Halloween Dinner & Dance

27 OCT
5:30-8pm

ADDRESS:
560 Legion
734
Montreal
Street

RSVP

Tickets \$15 PP
Reception
613-544-3078

Dinner Catered by
Capers Custom
Catering
Music
50/50 Draw

(Cash Bar for
Refreshments)

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Forget Me Not Photos

Saturday, October 22 - 10 a.m. - 4 p.m.

Sunday, October 23 - 10 a.m. - 4 p.m.

Must book your appointment in advance

Ask us about alternate dates- we will add more days if we have enough interest.



Have your family photographed by a professional in time for holiday gift giving!

Covid protocols in place for all sessions

\$80 per 20-minute mini session (must book in advance)

You will receive a minimum of 12 digital images of up to 3 poses and a free 5 x 7 print as well as 20% off processing and frames.

**Photos by
Rob Mooy Photography**



JAMES REID
FUNERAL HOME
CREMATORIUM & RECEPTION CENTRE
jamesreidfuneralhome.com
1900 John Counter Blvd., Kingston
613.544.3411



FOTO SOURCE
CAMERA KINGSTON

A fundraiser for:

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Call 613-544-3078 ext. 204 to book or email: fundraising@alzking.com



Looking Ahead...

Answering the Hard Questions

Presented by:

Alzheimer Society KFL&A

with collaboration from James Reid Funeral Home Kingston



Sarah Reid Hedburg
Funeral Director



Heather Jackson
Advance Planning Director

Date: Wednesday November 9th

Time: 4-5:30pm in Person at James Reid

7pm via Zoom

Please register with Kim Parker at education@alzking.com or call 613-544-3078 extension (203) to reserve your space and to receive your package (if attending via zoom)

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON



James Reid Funeral Home
1900 John Counter Blvd
Kingston Ontario
613-544-3411

Message from the Executive Director

Hello! We are so excited to start seeing you all in person again!

From our recent picnic at Finkle shores, to our new groups being held at the Crossroads Church, to upcoming events such as our Orange, Black and White Dance, we are delighted to see people 'in person' and we look forward to new and exciting ways to connect as we move into fall and more 'face to face' activities. In order to keep people safe and feeling comfortable, we will continue to offer a mix of in-person and online programs and services. Please contact us if we can be of help!

Sincerely, Vicki Poffley, Executive Director



[Staff Directory: Main Phone#: 613-544-3078 \(unless otherwise indicated below\)](#)

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

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

Sarah Winkelman, 1st Link Care Navigator, Extension 210 Firstlink1ASKFLA@alzking.com

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

Lesley Kimble, Fundraising Coordinator, Extension 204 fundraising@alzking.com

Kim Parker, Education and Support Coordinator, Extension 203 education@alzking.com

Colton Sedore, Recreation Coordinator, Extension 209 - recreation@alzking.com

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

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

[Meet New Staff Member - Kim Parker, Education and Support Coordinator](#)



Hello! My name is Kim Parker.

I am excited to be a part of the Alzheimers Society taking on the role of Education and Support Coordinator, working with people and caregivers who are experiencing life with Dementia and Alzheimer's.

My experience for several years working in a Long Term Care setting with Alzheimer's patients and their families, gives me a great understanding of the need for support and awareness.

Alzheimers disease has brought me to a place that I hold personally special.