

Alzheimer Society of KFL&A Forget-Me-Not Newsletter

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We hope this newsletter finds you all safe and sound. As we continue to work from home, our services are fully online and we continue to reach out to folks by telephone. If you need to reach us by phone, please call 613-544-3078 and either leave a voicemail in the general mailbox or select the staff persons extension you are trying to reach. Messages are checked daily and your call will be returned promptly.

We hope too, that you can join us for some of our online offerings. In the last little while we have been in receipt of some terrific online resources to share. They are attached to this email and offer some creative at-home options.

As mentioned in previous publications, we are aligned with the Sarnia chapter and share a lot of programs. The minds in Motion program is the most popular one. Our Sarnia contact, Vanessa, has had some requests for a couple of afternoon sessions, and we have added them now to the February calendar. This will allow for you to join at the time of day that works best for you. All are welcome to join.

We have also added a new feature to our calendar; our circle of friends group is a wonderful mid-week program that features a special activity each time. We are expanding that group and have invited our friends from Sarnia and beyond to join this group. We will now publish the selected activity for that day so you can choose by the content if you wish to join us. Vanessa has also opened up her travel programs on Friday, and we are welcome to join them too. Check out the calendar attached to this email.

In this edition:

1. Caregivers Corner – Thoughts from a Caregiver
2. Activity Corner, at home activities and programs being offered on Zoom
3. Fundraising Corner
4. Free Dance Class Online
5. From the Education Desk
6. Programs for Caregivers

Items Attached to the Email:

Caregiver Tip Sheet, Free Ballet Dance Class, At Home Resources Booklet, February Calendar



CAREGIVERS CORNER

Since the start of coronavirus, Tony has mostly been kept apart from his wife, Sheila, who has Alzheimer's disease and lives in a care home. Tony is keen to share a poem, which he hopes will serve as a 'pick-me-up' when feeling down. Tony Writes:

I came across this as coronavirus lockdown had now provided me with the time, at last, to sort through my late mother-in-law's box of papers. Her son, my wife Sheila's brother, had died at the age of 35 from brain cancer. Sheila had forwarded a purse-sized card, from a bereaved neighbor, to her mum.

On the very day that the new national lockdown was announced, it passed into my hands. It was an immediate 'pick-me-up' and will continue to be so with re-reading. It will be an antidote to the often-disappointing telephone and video calls with Sheila, and the now cancelled meetings. The card contained a poem written by Canon Henry Scott-Holland (1847-1918), Canon of St Paul's Cathedral.

It is commonly used at funerals, but upon reading it, changing the opening line, 'Death is nothing at all' to 'Dementia is nothing at all', every verse also strikes chords as being from someone living with dementia, but no longer able to communicate. It is not a prayer, and not specific to the Christian faith. It is just a comforting message. This may explain why this poem also becomes so effective in the face of 'loss' of a loved one with the progression of their dementia. I have accordingly changed the first word of the original:

**Dementia is nothing at all
I have only slipped away into the next room
I am I and you are you**

**Whatever we were to each other
That, we still are.**

**Call me by my old familiar name
Speak to me in the easy way you always used
Put no difference into your tone**

**Wear no forced air of solemnity or sorrow.
Laugh as we always laughed
at the little jokes we enjoyed together
Play, smile, think of me, pray for me.**

**Let my name be ever the household word that it
always was**

**Let it be spoken without effort
Without the ghost of a shadow in it
Life means all that it ever meant.
It is the same that it ever was.**

There is absolute unbroken continuity.

**Why should I be out of mind
because I am out of sight?
I am waiting for you for an interval
Somewhere very near
Just around the corner**

All is well.

Canon Scott-Holland took the poem's last line from the writings of Sister Julian of Norwich. Julian was writing in the 14th Century, at the time of Geoffrey Chaucer. She was an extraordinary person, the author of the first book written by a woman in English, lost for centuries. Its re-discovery was a spiritual detective story.

Sister Julian's exact phrase was, 'All shall be well, and all manner of things shall be well'. The poet, T.S. Eliot, also used this in the last lines of his major work, Four Quartets. As a nun, what Julian was saying was that no place is so dark or so painful that God will not turn it to good.

This belief has echoed down the centuries, including The Queen's Speech on Christmas Day, '- even on the darkest nights - there is hope in the new dawn.'

NEED TO CHAT?



https://ottawa.ctvnews.ca/mobile/a-friendly-voice-is-available-for-seniors-alone-and-wanting-to-chat-to-someone-1.4869843#_gus&_gucid=&_gup=Facebook&_gsc=mzae9VQ

ACTIVITY CORNER



Minds in Motion
Exercise Program weekly x3: Join Mari and Venessa for a 45-minute exercise session some trivia to follow. We will be featuring Sarnia Volunteer Instructor Yvonne on Mondays, Tuesdays and Thursdays at 10:00 am and NEW afternoon sessions on Tuesdays at 2:00 and Wednesdays at 3:00

Zoom Link:
[Click here to join](#)

This Month's Movie Feature:

**FRIDAY ZOOM
MATINEE MOVIE**

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078

<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJ0c1ZnTmUvNkpnNDIKUT09>

Friday February 19th at 1:30pm via ZOOM

Société Alzheimer Society
KINGSTON/FRONTENAC/LANARK & ADDINGTON

“CIRCLE OF FRIENDS” GROUP



Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more

[Click here to join](#)

Feb. 3rd – Tour of the Titanic
Feb. 10th – Chinese New Year
Feb 17th – Hershey Village
Feb 24th – Name that Tune

LADIES PEER GROUP

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

[Click here to join](#)

MEN'S PEER GROUP

Tuesday Mornings at 8:30 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 Feb 4th Featuring:
Roger James

Thursday Feb 11th Featuring:
Jay Franco, One Man Big Band

Link to Join Us on Zoom:
[Click here to join](#)



Forget Me Not Fundraising Activities

Be a Hero and Join 'The Quest' from Feb. 1 to Feb. 27!



Heroes of ALL Ages Wanted!

Do you have what it takes to. . . **ASSEMBLE** a Team of Heroes, **FIGHT** the stigma, **RAISE** and meet fundraising goals **AND** complete a 4-week Quest?

If so, we need YOU to register to become a Hero for the people living with dementia and caregivers in your community. And it's not too late, but you should register soon!

What is the Quest?

The Quest is a completely NEW family friendly, online fundraising experience designed to help you find new fun ways to spend your family time, and raise money for people in your community who are living with dementia.

Participants will form teams or join as an individual. Participants will set fundraising goals for themselves, and for their team. The Participant Centre has emails that can be sent to family and friends to request support. A Time Capsule is available to indicate who you are participating for, and to post pictures of Quests being completed.

Throughout the month of February, participants will be engaged through the online platform to perform several "Quests" that align with our four pillars: Mind. Body. Spirit. Care. Once a Quest activity is completed, the participant will receive a badge.

Fundraising Milestones:

- Earn Mind, Body, Spirit and Care Badges on your personal profile page when you reach 25%, 50%, 75% and 100% of your fundraising goal.
- Receive additional Quest badges as you complete activities in the Quest Centre.

Here are some sample Quests and you'll find more when you register:

Mind Quest Category:

DIY Memory Book
Online word search

Spirit Quest Category:

Online Yoga Session
Mindfulness Lesson

Body Quest Category:

Complete a 5k walk/run
NIA-Non-Impact Aerobics Session

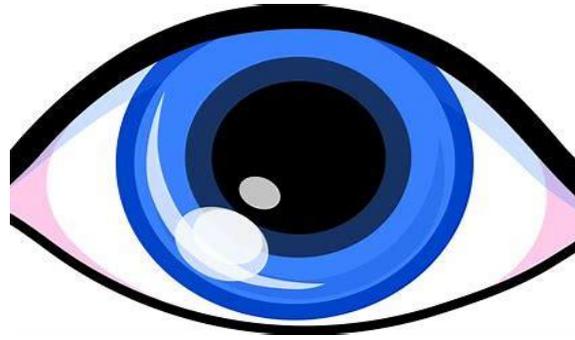
Care Quest Category:

Brain Healthy Cooking Recipe Video
Virtual Trivia-Live Event Weekly

Find out more about the Quest here www.jointhequest.ca



Eyesight & Dementia



Men and Women with **dementia** can have visual difficulties caused by the brain but still have healthy eyes. That is, problems perceiving what they see rather than how sharply they see it. Dementia's that may have a direct impact on vision are Lewy Body, Posterior Cortical Atrophy, Alzheimers and Vascular **Dementia**.

"I call it brain blindness - I can't see. There is nothing obvious wrong with my eyes, but I have Posterior Cortical Atrophy. That is a dementia which particularly affects my vision". Follow link to read this gentleman's story.

<https://www.rnib.org.uk/sites/default/files/RNIB%20Alzheimers%2020pp%20Booklet%20v2%20Proof.pdf>

What are some of the signs?

Sight loss is typically under diagnosed in people with dementia because the signs can be difficult to separate. *One condition may mask or be mistaken for the effects of the other and lead to inaction.* When caring for someone with dementia you might want to consider whether the person is having difficulty with: • reading • recognizing people • coping with bright light, low light or both • finding things • avoiding obstacles • locating food on their plate • seeing well with their existing glasses

Sight Loss or Dementia?

Some unusual behaviour may simply be a reaction to sight loss or attempts to make the most of useful vision. You may notice the person you care for: • becoming withdrawn or uncommunicative • being clumsy or falling more • reporting visual hallucinations • holding things up close • confused and disoriented • startled by noises or people approaching. Some of these things may be due to a person's dementia, but it is important to have their sight tested as sight loss could be contributing to *increased confusion*.

What Could Help?

Make sure glasses are clean and well fitting • make sure the right glasses are being worn • ensure good even lighting to help reduce shadows • reduce the risk of trips and falls • use good colour contrast, especially for everyday activities • plain backgrounds can be more helpful than patterned • let the person know where they are, who they are with and what is going on • ensure any medication, especially eye drops, are taken

Teepa Snow, one of America's leading educators on Dementia, has a 3-minute video on You Tube that speaks particularly to how a person with dementia or other neurocognitive disorders "sees" or perceives the world around them as well as what the progression "looks like". Pls follow this link:

Press control & right click your mouse at the same time to follow link:

<https://www.youtube.com/watch?v=iaUsRa5kNyw>

Submitted by Lisa Prest, RPN, First Link Care Coordinator

FREE DANCE CLASSES *for* ALL SENIORS!

AS
FEATURED
ON

**Global
NEWS**



**JOIN US
7 days a
WEEK**

DWP is proud to offer **FREE** live dance classes on Zoom for **ALL** seniors, seven days a week.

Dancing is a great form of exercise that provides cognitive, physical and emotional benefits.

Dance with us to stay **connected** and **engaged** while making new friends along the way!

This 20 minute class is designed to be safe, fun, and beneficial for **ALL** seniors.

All levels of mobility and ability are welcome.

No dance experience required!



**11 AM
EST**

CLASSES ARE MADE POSSIBLE THANKS TO THE GENEROSITY OF:



Funded by the Government of
Canada's New Horizons for
Seniors Program



FREE REGISTRATION AT WWW.DANCINGWITHPARKINSONS.COM

From the Education Desk!



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.

Zoom Privacy Waiver Thank you for joining us via ZOOM. We are excited to be able to connect with our clients during these times of self-isolation and physical distancing. We know that staying connected is important. Please note that we are using ZOOM, an online technology that helps us connect with you securely. We believe that the privacy measures put in place by Zoom and precautions that we take will protect your privacy but we urge you to also take steps to protect your privacy such as a secure WIFI, and being aware of your surroundings. Also, since we are working from home, please be assured we have taken every measure to ensure your privacy is respected from others who are social distancing with us.

UPCOMING EDUCATION:

Monday, February 8, 2021; 12:30pm-1:30pm

Speaker Series: IG Wealth Management Part One – for those living with dementia and their caregivers to learn about Financial Confidence/considerations. There is no charge, but you must register in advance: [Register here](#) (if you need ANY assistance, please reach out to me). These sessions will not be recorded.

Thursday, February 25, 2021; 12:30pm-1:30pm

Speaker Series: IG Wealth Management Part Two – for those living with dementia and their caregivers to learn about POA/Legal Considerations. There is no charge, but you must register in advance: [Register here](#) (if you need ANY assistance, please reach out to me). These sessions will not be recorded.

What can you expect from the Education Coordinator in 2021?

We are working on our monthly Virtual Speakers Series and other sessions in the First Link Learning Series as well as U-First! for Care Partners and U-First! for Healthcare Workers so get in touch if you are interested/stay tuned! I will likely be sending a couple emails/month about the upcoming education sessions-but you can also keep an eye on our Facebook and Newsletters for information as well- and reach out if you have an idea for an upcoming session and I will do my best to arrange it if possible. If you are an expert in a topic and want to present – reach out!

If you are a Care Partner interested in the U-First! for Care Partners, please click here: [CLICK HERE FOR CARE PARTNER INTEREST SURVEY](#)

If you work in Healthcare and are interested in the U-First! for Healthcare, please click here: [CLICK HERE FOR HEALTH CARE INTEREST SURVEY](#)

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 Tuesday, February 9, 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.

(a special thank you to the two volunteers who facilitate this group-Ron & Ken, who both do a great job)

Next meeting Thursday, February 18
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!

