

KFL&A Alzheimer News



As we ring in 2024, we hope that however you chose to spend the holidays you are reenergized and ready for an exciting January.

You will notice in this edition of our newsletter that we have several ways this month for you to engage in awareness activities, social and recreational opportunities, and education throughout our region.

Of note we have new programming opportunities in our Napanee office as well as a caregiver education day coming up on January 29th. All of the important details are included in the following pages.

In our Kingston office please note that our former coffee social has been rebranded to include caregivers. For the first few weeks we will be asking for your feedback as to what type of activities you would like to experience. This program will continue to be offered as a drop-in.

This month we also have the return of our Kingston Frontenac's game, we hope to see you at our booth on the concourse or in the stands cheering on our home team!

The team and I look forward to an exciting and busy 2024!

Sincerely,

Vicki Poffley, Executive Director



In Person Groups:

We are pleased to share that live groups are taking place Monday, Tuesday and Wednesday in Kingston at the Alzheimer Society Office at Providence Village and a Caregiver Support Group will be at our Napanee office on Thursdays. Please note all in-person groups require registration - please email jcarlson@alzking.com - Programs Coordinator or call our office at 613-544-3078 for more information about all our groups and how to join. **Any questions about groups please call our office.**

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 -Noon - **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 Coffee Social - Kingston office **Note: Caregiver must accompany their person for duration of stay.**

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 ZOOM**

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

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

Gentle Exercises - Wednesdays at 1:30pm **Zoom**

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



Getting out into the community to talk about our support and services is something we love to do.

Get in touch with us today to learn about our society's support and services.

You can take the first step towards unlocking the endless possibilities that our society's support and services can offer.

In January, you will find us at:

- Tuesday, January 16 at Aspira Rosewood Retirement Living 12:30 pm - 2:30 pm
- Wednesday, January 17 at Cataraqui Heights Retirement Residence 11:00 am - 1:00 pm
- Friday, January 19 at the Kingston Frontenacs game from 6:00-9:00 pm
- Tuesday, January 23 at Fairmount Home 9:30-11:30 pm and then Normandy Retirement Living 12:30-2:30 pm
- Thursday, January 25 at the Kingsbridge Retirement Community 11:30-1:30 pm
- Napanee Caregiver Education Day Monday, January 15 at St Mary Anglican Church Napanee 10:00 am-3:00 pm
- Tuesday, January 30 at Walmart-Kingston 10:00 am-12:00 pm
- Wednesday, January 31 at Aspira Royale Place Retirement Living 1:30 pm - 4:00 pm.

If your company, business, or organization is interested in hosting us for a few hours, please contact us at fundraising@alzking.com!

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

Soci t  Alzheimer Society

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.



613-544-3078 

www.alzheimer.ca/kfla 

26 Dundas Street West 
Napane 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**

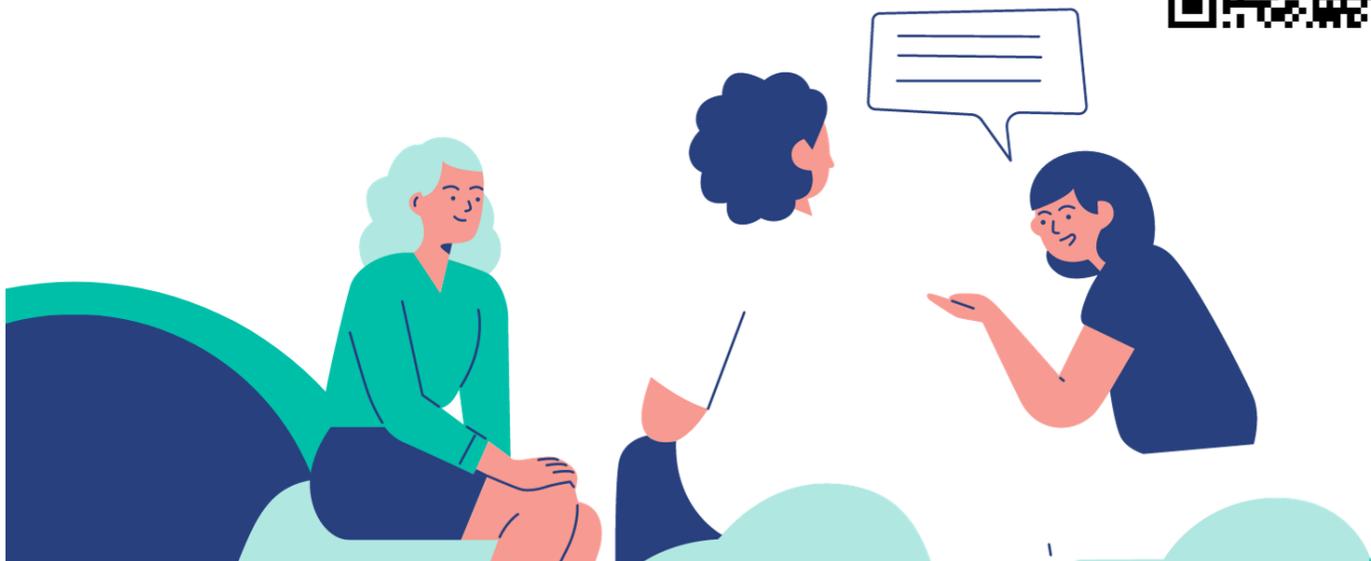
**Tuesday, February 6th
5:30 pm to 7:00 pm
Via Zoom**

**For registration and
inquiries :**

613-544-3078

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 starting February 5th
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) 544-3078
Email lross@alzking.com
Scan QR Code





Winter Blues: How Do I Help my Mom or Dad, who have Dementia, Stay Active & Engaged During the Winter Season?

Like all seasons, winter has its fun side and not-so-fun side. It's the season of holiday festivities and beautiful snow-covered landscapes. But if it's too cold outside, we'd rather stay home, and that means spending more time feeling restless and bored. For those with dementia, the isolating effects of wintry weather can be a particular challenge.

To help your aging parents combat the winter blues, search for new ways to keep them active and engaged during the winter months. Start by looking into recreation programs at your local community centre. Some programs may even be offered for free or at very low rates. Exercise routines such as 'chair Tai Chi' or 'chair yoga' can be a great way for your mom or dad to stay active. If he or she prefers exercising from the comfort of home, online fitness videos may also be useful.

To get out of the house without having to brave the cold, try taking them for a drive every now and then. Other activities you can do together such as playing cards or completing a puzzle will have the added benefit of providing them with opportunities for conversation. Brain games, such as Qwirkle, which enhance cognitive stimulation and can liven up the day. Even a simple activity of sorting random items such as buttons or silverware into containers can be a good way to pass the time. Remember also that just because it's winter, it doesn't mean you can't exercise your green thumb, so try engaging your Mom or Dad in some indoor gardening if you can.

If they enjoy reminiscing, you can also try creating 'Memory Boxes' with them. In each box, place items that belong to a particular theme based on their interests or past memories.

Did you Know.... [KFL&A Alzheimer Society has partnered with Kingston Frontenac Public Library and are offering Reminiscing Kits.](#) Our new [Reminiscing Kits](#) connect caregivers with quality, curated resources and a how-to resource guide to help them engage in activities with loved ones who are experiencing varying levels of dementia. A total of 50 kits are available, with an extended loan period of 8 weeks.

Reminiscing Kits Available:

Kit #1: A Little Bit of Everything Contents: Playable Art Ball, match the shapes game, kitten puzzle (13 pieces), winter puzzle (35 pieces), and five books - Interesting Women, The 1960s, Dogs and Puppies, Colors and What the Wind Showed to Me, plus the Caregivers Guide to Dementia Behaviours.

Kit #2: The Great Outdoors Contents: Thread-o-Ball game, snakes and ladders game, a covered bridge puzzle (275 pieces), a bird puzzle (13 pieces), and five books - Memories of Summer, Maple Syrup, Seasons, The Sandy Shoreline and A Dusting of Snow, plus the Caregivers Guide to Dementia Behaviours.

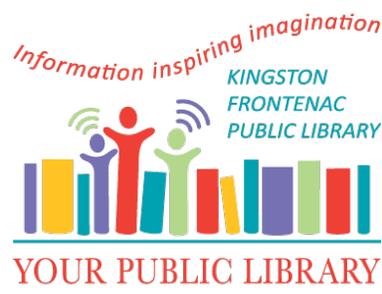
Kit #3: Sports and Entertainment Contents: Category Snap game, Link and Think Celebrity game, a travel puzzle (35 pieces), a fishing puzzle (24 pieces) and five books - Fun and Games, 1950s at the Movies, 1950s Television, Funny People and Hockey, plus the Caregivers Guide to Dementia Behaviours.

Kit #4: Animals Contents: Thread-o-Ball game, animal picture bingo game, dog puzzle (100 pieces), bird puzzle (35 pieces), and five books - Life on the Farm, Digby the Dog, Three Things, Wild Animals and Autumn's Display, plus the Caregivers Guide to Dementia Behaviours.

Kit #5: Transportation Contents: Brio Builder Construction set, Pic Link game, truck puzzle (35 pieces), train puzzle (13 pieces), and three books - Times Have Changed, Life on the Farm, Colors, plus the Caregivers Guide to Dementia Behaviours.

Kit #6: Interesting People Contents: Match the Shapes game, Pic Link game, kitchen puzzle, market puzzle, and six books - Bing Crosby, Bob Hope, Truly a Princess, Regally Yours, People Who Helped People and Anne with an E, plus the Caregivers Guide to Dementia Behaviours.

If you've used a Reminiscing Kit, please [share your feedback](#) to help us make the program even better. This project is a partnership with the [Alzheimer Society Kingston, Frontenac, Lennox and Addington](#), funded through a 2021 Community Investment Fund Grant from the United Way and the City of Kingston





Caregiver

EDUCATION DAY

**Jan 29th
10am -3pm**

Lunch and Snack Provided



Speakers Include:

- Dietitian
- VON
- COPD Educator
- Alzheimer's Society and more!

**St Mary Magdelene
Church
137 Robinson Street
Napanee**

Must register at 613-544-3078

Soci t  Alzheimer Society KFL&A

PURCHASE TICKETS TODAY TO JOIN US IN SUPPORTING THE KINGSTON
FRONTENACS DEFENDING THE FORT

***\$19 PER TICKET!**

(ticket price is all-inclusive)

FRIDAY, January 19th 2024 7PM



VS



Kingston Frontenacs vs Owen Sound

TO PURCHASE YOUR TICKETS, PLEASE CLICK THE LINK BELOW

<https://am.ticketmaster.com/frontenacs/quickbuy?id=MzM3>

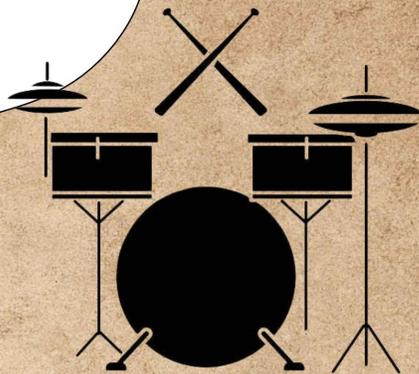
if you have any questions please contact Jake Jamieson at: jjamieson@kingstonfrontenacs.com





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



Gentle Exercise via Zoom

No signup required - Wednesdays at 1:30pm

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be continuing this January. Strengthening and mobility are important components of a healthy body and lifestyle and can reduce your risk of pain and injury.

We are excited to provide this program as strength and mobility training are important factors in our physical, mental health and overall well-being. As summer approaches, let's work together so we can get outside and perform our favorite activities without pain!

Why Is Physical Activity Important?

The importance of physical activity cannot be understated. Physical activity can help you feel better, reduce stress, and maintain health. It helps to prevent muscle weakness and health complications associated with inactivity.

Physical activity also promotes a normal day-and-night routine and may help to improve mood. The type of activity that works best for you will depend on your fitness level, present activity level, and overall health.

Exercise comes in many different forms. The gentle exercise program will encompass many different aspects of exercise, specifically targeting areas of mobility, muscle strengthening, and improving balance.

Gentle Exercise Program Details

The program will run for four weeks. One exercise class will be held each week online at Zoom, every Wednesday at 1:30 pm. The class will last for one hour. Caregivers are encouraged to join in with their loved ones. The first class will start on January 3rd, 2024, at 1:30 pm.

There will be a question-and-answer portion at the end of each session, where you will have the ability to ask questions and be provided with feedback on health and related matters.

The gentle exercise program will be suited for all individuals, whether you have prior experience with exercise or not. Modifications and progressions will be added to help tailor the program to your physical fitness needs.

If you are interested in registering for the gentle exercise program or have any questions; please contact Colton Sedore - 613-544-3078 ext. 209 - recreation@alzking.com.

Get a physical and mental boost with Minds in Motion!

Alzheimer Society | Minds in Motion®

Minds in Motion® is an evidence-based program that includes physical exercise, social and mind stimulating activities for people living with mild to moderate dementia and their care partners. This program is being offered virtually over Zoom, 1.5 hours a week for 8 weeks.

This is a great environment to establish new friendships with others who are living with similar experiences.

Combining physical, mental and social stimulation can:

- Improve brain health
- Improve mood & decrease the risk of depression
- Reduce sense of isolation
- Improve balance, mobility, flexibility and alertness

Upcoming available sessions:

- [Thursday, Nov. 16th-Jan.18th
10am-11:30am](#)
- [Wednesday, Jan. 17-March 6th
1pm-2:30pm](#)
- [Monday, Jan. 8—Feb. 26th
10am-11:30am](#)
- [Thursday, Feb. 1st—March 21st
10am-11:30am](#)
- [Tuesday, Feb.6th—March 26th
1:30pm-3pm](#)

To find out more or to register, click on the date your interested in above to contact the Minds in Motion Facilitator, or email Vanessa at

vbarnes@alzheimersarnia.ca

Alzheimer Society

K I N G S T O N , F R O N T E N A C ,
L E N N O X & A D D I N G T O N



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

Société 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...®

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

#LIGHT IT UP BLUE FOR DEMENTIA

A LIGHTBULB FUNDRAISER SUPPORTING THE ALZHEIMER SOCIETY OF KFL&A DURING ALZHEIMER AWARENESS MONTH (JANUARY), DISPLAY A BLUE LIGHTBULB INSIDE OR OUTSIDE YOUR HOME TO SHOW YOUR SUPPORT



JANUARY 2024

ALZHEIMER AWARENESS MONTH

Order your blue lightbulb today!

Email: fundraising@alzking.com

1 light bulb (\$20.00 each) = 1 person / 1 day
subsidized in one of our social recreation programs

1200 Princess St, Kingston, ON * 613-544-3078 * www.alzheimer.ca/kfla

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Become a Volunteer

Let's make a difference!

- Event support, Coffee Break campaign, Walk for Alzheimers, fundraising, sponsorship
- facilitating a support group
- Program support, art & music therapy, drop in activities
- Education and Awareness

Contact us at

613-544-3078

or email

fundraising@alzking.com



Sign Up Today!

Yes, I want to get involved. Scan Me to sign up today!!



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

Of interest to our Clients and their Families: Advance Care Planning – Ontario

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.

advancecareplanningontario.ca

Independent Living Centre Kingston

Visit us at 540 Montreal Street and check out our Community Lending Library!

We have tons of assistive devices that are

-sanitized

-gently used

-available for loan at no cost

Contact us at: 613-542-8353

or by email: Info@ilckingston.com



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

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

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

Lorraine Ross Education and Support Services Napanee Office 613-544-3078 ext. 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 # 613-329-7078 Fax: 613-544-6320 Extension 501

Email:

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>1</p> 	<p>2</p> <p>Office reopens Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office</p>	<p>3</p> <p>Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom</p>	<p>4</p> <p>In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm ZOOM</p>	<p>9</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office Caregiver Evening Chat 7:00pm - ZOOM</p>	<p>10</p> <p>Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom</p>	<p>11</p> <p>In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p>	<p>16</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office</p>	<p>17</p> <p>Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom</p>	<p>18</p> <p>In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>19</p>  <p>7:00pm at the Leons Centre \$19 a Ticket</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm ZOOM</p>	<p>23</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office</p>	<p>24</p> <p>Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom</p>	<p>25</p> <p>In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm Virtual Caregiver Group 5:30 - 7:00pm NEW TIME! Zoom</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon Caregiver Education Day Napanee - see poster for details</p>	<p>30</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office</p>	<p>31</p> <p>Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom</p>	<p>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</p>		

