

KFL&A Alzheimer News



CANADA



DAY



Happy Canada Day! Our offices will be closed Monday July 3, 2023, in celebration of Canada Day.

May and June have been busy months for getting outside and out in the community. Our clients have enjoyed mini golf, and our new walking group Sole Mates. You will see in the pictures that they are enjoying themselves as much as we are.

Thank you to Secura Financial for hosting the 15th Annual Secura Financial Charity Golf Tournament on June 8th, although the air was a little smoky the breeze kept it at bay and a great day was had by all.

On June 28th, we held our first in person Annual General Meeting in three years with special guest speakers Anna Doyle and Brian and Csilla Adkins. We thank them for sharing with us their journey with dementia, their triumphs, and challenges. In a continuous effort to raise awareness and reduce stigma it is important to hear the voice of lived experience. We also would like to thank Laurie French, President, and CEO of Providence Village for providing an update on what is happening at the Village, and the importance of partnership and collaboration to serve our most vulnerable. We couldn't be more excited to be moving in and are aiming for completions of renovations this summer. Stay tuned for a moving date soon. We are looking forward to moving in August and further developing our partnership.

We would also like to welcome to our Board of Directors Murray Hillier and Andrea Latimer Scahill. We look forward to working with you in the coming years.

If you missed the meeting or would like a copy of the annual report it can be downloaded from our website, picked up at the office or emailed to you. Please contact the office for your copy.

Vicki Poffley Executive Director

Please note for the month of July there will be NO Coffee Social's Thursday afternoons at the Normandy

Stay tuned for when our next Drop in Series will begin.



In Person Groups:

We are pleased to share that live groups are taking place Monday, Tuesday and Wednesday in Kingston at the Crossroads United Church (corner of Princess Street and Sir John A Boulevard) and a Caregiver Support Group will be at our Napanee office on Thursdays. Please note our groups at the Church require registration -please email justinecarlson@alzking.com -Programs Coordinator or call our office at 613-544-3078 for more information about all our groups and how to join. **Please note our groups are currently full but we are taking names for a waiting list.**

The current schedule for the groups (Registration Required to attend) at Crossroad Church is:

Monday: 10:00am-1:00pm - **Mixed Support Group** (for those who are diagnosed)
with a separate **Caregiver Chat** 11:00am - 12:30pm.

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

Wednesdays: 11:00am - 12:30pm - **Ladies' Support Group** (for those who are diagnosed)

Drop In Groups for Caregivers:

Thursdays 10:30am -Noon -Napanee Office

4th Thursday of the Month 6-8 pm -Providence Care Village Boardroom

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 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**

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

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

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

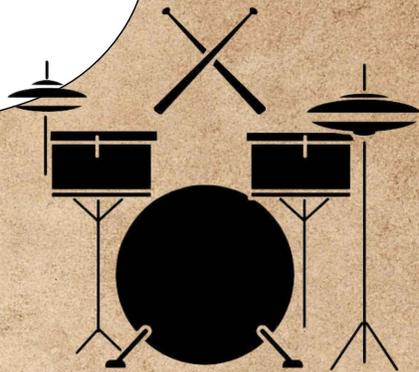
The groups listed here have opted to stay online for ease of the clients.





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

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Evening
CAREGIVER

Support Group
4th Thursday of each
Month
6 to 8 pm

No registration required
For more information call 613-544-3078
extension 206 Krystian

NEW

4th Thursday of the Month -Drop in Caregiver Group Evening 6-8pm

No registration required, please be advised that the Thursday evening caregiver support group will be held in the boardroom of Providence Village 1200 Princess Street (Motherhouse) from 6-8 pm. Please enter through the main entrance. We will provide signage from the main door to the boardroom.

Masking is required.

Should parking at the front of the Mother House not be available please use the small staff parking lot to the left of the building, when entering off of Princess Street continue following left around the side of the Motherhouse, you will see a staff parking lot between two sections of the building on the right hand side, you will then have to walk back around the front of the build and enter through the main door which is the level entrance just past the small parking lot at the front of the building.

Please call Krystian at 613-544-3078 Ext 206 for more information.





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 July. 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 favourite 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 on 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 July 5th, 2023, 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.

Activities

In both May and June our clients had the opportunity to go bowling at Splittsville and Mini Golf at the Outdoor Putting Green Downtown on Sydenham Street.

. More activities are planned! Keep an eye on the calendar and newsletter for more upcoming events and if you have a suggestion, we would love to hear about it!

Contact our recreation team with your suggestions, comments etc.

Justine Carlson -Programs Coordinator Extension 202 - jcarlson@alzking.com

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





Summer Activities to do with someone who is living with Dementia.

Movie night / afternoon Watch one of their favourite movies together. However, don't expect them to sit through the entire movie. Go to the BBC Archive online for a free supply of short vintage TV clips, from the 1930's onwards.

Baking/Cooking If they have a history of loving to bake or cook then this is something you can both do together. Bake some bread or cook their favourite meal which will bring back memories.

Gardening Touching and watching something grow can be an important aspect of someone's care and gardening is proven to have mental and physical benefits. It engages the senses providing positive emotions that they may no longer experience regularly.

Puzzles make for a stimulating activity for those in early states of dementia or Alzheimer's disease. There are now a variety of puzzles designed for people with dementia. Buy an activity book or a puzzle with larger pieces. Why not consider converting a family photo into a puzzle? You can then do the puzzle together.

Bingo is a game that can be easily adapted for people with dementia. It can help stimulate the thought process and stimulate the memory.

Art is extremely liberating for someone living with dementia and is something you can do together without conversation. Buy some brightly coloured paints/crayons or felt tips and textured paper or make a collage together.

Dancing can improve wellbeing and mobility for people with dementia and can change one's mood and help agility and balance. It is also a way of connecting people in a relaxed environment.

Music Download some music which they loved listening to. Music is a powerful memory connector and can trigger golden memories. It is proven to help reduce anxiety and depression and even help maintain speech and language for those with Dementia.

Go for a walk Research has shown that people with dementia who spent 10 to 15 minutes outside improved significantly. Whether it's a walk or pushing a wheelchair, walks outside, especially in parks or green areas, reduce stress levels.

Soci t  Alzheimer Society

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, Minds in Motion, drop in activities
- Education/Public Speaking



Sign Up Today!

Use online form

<https://forms.office.com/r/AvEJHqaHU8>

Contact us at

613-544-3078

or email

fundraising@alzking.com

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!
- Coffee is available by the pound and can be ordered freshly ground or as whole beans.
- Cost is \$16.00 per pound and \$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.

To place your order use link
<https://forms.office.com/r/yd6zpQkisT>



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Alzheimer
Society

KINGSTON, FRONTENAC, LENOX & ADDINGTON

Attention sponsors!

Would you like to contribute to our event through sponsorship or by donating a prize?

14TH ANNUAL

ALZHEIMER'S MEMORIAL GOLF TOURNAMENT

WEDNESDAY, SEPTEMBER 6TH
LOYALIST GOLF & COUNTRY CLUB,
BATH, ON

Support our efforts to raise funds for programs and services that support people living with Alzheimer's and other forms of dementia in KFL&A, a disease that has claimed the lives of so many of our friends.

In memory of Roy Partridge, Danny White, John Murray, Bill Huntley, Guy White, Joe McCormick, Bill Ball, Don Hutchinson, Constance Nobes, and others who will always be in our hearts.

CONTACT RON EARL
613-389-6058
REARL6@BELL.NET



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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Interested in volunteering: email fundraising@alzking.com

Of interest to our Clients and their Families:

Since 1974, CLEO (Community Legal Education Ontario / Éducation juridique communautaire Ontario) has developed clear, accurate, and practical legal rights education and information to help people understand and exercise their legal rights. Our work focuses on providing information to people who face barriers to accessing the justice system, including income, disability, literacy, and language. As a community legal clinic and part of Ontario's legal aid system, we work in partnership with other legal clinics and community organizations across the province. They offer free of charge documents about subject such as Power of Attorney for Care and Property, Elder Abuse, Telephone and Internet Scams, Care Home Bill of rights and more.

Their website can be found at: www.cleo.on.ca.

Did you Know.....

The KFL&A Alzheimer Society has not only a lending library of books on a wide variety of topics, puzzles, games and other activities for client engagement but also electronics for loan. We offer Therapy Pets, Musical Bears, large button phones, bed and chair alarms and ipods loaded with music and more, all free of charge! If you are interested in any of these items please contact us !



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

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@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)

400 Elliott Avenue Unit #4

Kingston Ontario

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

Email: jwhite@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

July 2023 KFL&A Alzheimer Society

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8						
2	3	4	5	6	7	15
9	10	11	12	13	14	22
16	17	18	19	20	21	29
23	24	25	26	27	28	
30	31	<p>Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Groups Orange: All Welcome Caregivers and Persons Living with a Diagnosis</p>				