
KFL&A

NEWSLETTER



JULY 2024

HAPPY CANADA DAY - 174 YEARS
YOUNG

- PLEASE NOTE THE OFFICE WILL BE CLOSED MONDAY JULY 1ST AND THERE WILL BE NO PROGRAMS ON THAT DAY.
- 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



HIGHLIGHTS THIS MONTH

IG Wealth Management Alzheimer Walk Thank You!
Our Annual Fall Picnic Plans
ASO Advocacy College Education Sessions
Lived Experience Network
Ice Cream Social



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 - Noon- Kingston Office

Tuesday - Men's Support Group 10:00am till Noon -Kingston Office

Mixed Peer Group 1:30 - 3:00pm

Wednesday - Ladies Support Group 10:00am till 11:30am -Kingston Office

IN PERSON AND VIA ZOOM:

(All are welcome)

Tuesday: Caregiver Café every Tuesday from 1:30pm – 3:00pm - 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 6:30pm -[ZOOM](#)

Caregiver of Parents - 1st Tuesday of the Month 5:30pm - [ZOOM](#)

Caregiver Cafe -2nd Tuesday of the Month 7:00pm - [ZOOM](#)

Drop In Groups - all Welcome

Memory Cafe - Mondays - 10:00am till Noon - Napanee Office

Thursday Morning Caregiver Group -10:00am till 11:30 am Kingston Office

Thursday Afternoon Coffee Social (Memory Cafe)- Kingston Office 1:00pm til 3:00pm

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



THANK YOU, for supporting the 2024 IG Wealth Management Walk for Alzheimer's.

The final numbers are in...

You helped raise \$50,000 right here in Kingston, Frontenac, Lennox, and Addington, and a grand total of \$3.1 million across Ontario!

We couldn't do it without you.

Thanks to your support, local Alzheimer Societies in your community can keep crucial support programs accessible and affordable for people living with dementia and their care partners.

We hope you enjoyed this year's Walk, and we hope to see you next year!

We greatly appreciate your help.

Thank you from all of us at the Alzheimer's Society of KFL&A.

*Truly
Grateful
for you.*



Come join us for a
last hurrah to summer
with Max and Friends
Performing LIVE!,
Lunch will be served
so save the DATE

End of Summer Picnic

Noon to
3:00pm

Location:
TBD

Friday
September
13th, 2024

SAVE THE DATE!!!!



Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Virtual Support Group for Caregivers of Parents

On the first Tuesday of every month.

**Children who are
caring for a parent
with dementia
will be able to
attend our virtual
support group via
Zoom once a
month**

**Tuesday's
5:30 pm to 7:00 pm
Via Zoom**

**For registration and
inquiries :**

613-354-8937 ex 7220
lross@alzking.com
Scan QR code





Alzheimer Society
KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Dementia 101

Free Information Sessions

Dementia 101 presented by:

**Lorraine Ross, Alzheimer Society KFLA in partnership with
Councillor Rob Fenwick of Stone Mills Township.**

This Q&A session will allow participants to learn about
Dementia and the services available in our community.

Light refreshments served, courtesy of Tim Horton's Napanee.

UPCOMING SESSIONS

WEDNESDAY JUNE 26TH

7:00 pm

Multi-Purpose Room
Stone Mills Rec Centre (Arena)
#713 Addington Street, Tamworth

WEDNESDAY NOV. 27TH

1:30 pm

Newburgh Community Hall
#2 Factory Street
Newburgh

Thanks to Moscow United Church and Stone Mills Township for the spaces to host these sessions.

Kindly RSVP if you would like to attend.

Lorraine Ross ✉ lross@alzking.com ☎ 613-354-8937 ex 7220 🌐 www.alzheimer.ca/kfla

SCAN ME





The Lived Experience Network South East Ontario

Who we are

The Lived Experience Network South East Ontario is an open community of people living with dementia, complex mental health, substance use or other neurological disorders and families/care partners, sharing their lived experiences, advice and input with the health care community and with each other.

Our goal

Exchanging Knowledge, Partnering for Change.

The Lived Experience Network South East Ontario members can engage in both regular group and individual conversations, acting as a "knowledge bank", in hopes of enhancing services across the region. Input and suggestions for change will be shared with healthcare professionals who provide, plan and evaluate services in the community, hospitals, long term and primary care.

Lived Experience Facilitator

Sharon Osvald, our Lived Experience Facilitator, was the first Facilitator and part of the launch of the Lived Experience Network South East Ontario from 2013-2018, drawing

on her ten years of lived experiences supporting her mother through dementia in the home, hospital and long-term care. In the past five years, Sharon has gained experience working for the Alzheimer Society and she continues to work part time at an Adult Day Program.

Sharon is excited to be returning to her role as the Lived Experience Facilitator and understands from both a lived experience and professional perspective how great the needs are in this community.

Get involved

Online: Visit livedexperiencenetworkseo.ca for info about how to join one of our regular Advisory Zoom Lived Experience chats.

Phone or email: Contact Sharon by phone on Mondays or Fridays at 343-645-6240 or email your own personal lived experience story and suggestions for change.

Contact

You can phone or leave a message with Sharon Osvald at 343-645-6240 OR leave a message for her with the Alzheimer Society of KFLA office at: 1-800-266-7516
Email: sosvald@alzking.com

The Lived Experience Network South East Ontario is a cooperative effort of the Alzheimer Societies of SE Ontario in collaboration with Providence Care Community Seniors Mental Health Behavioural Support Services. Website: livedexperiencenetworkseo.ca

The Lived Experience Advisory September 2024 Zoom Conversations Info

Lived Experience Network South East Ontario Advisory Zoom Chats

We invite you to join us in September 2024 for an Advisory Lived Experience Zoom chat/conversation.

Advisory Lived Experience Zoom Chats/Meetings provide a way for health care system leaders, who plan, assess and provide services to older adults in southeast Ontario, to receive advice and observations from people with lived experience (past and present) with the purpose of improving the system of care.

Lived Experience Facilitator, Sharon Osvald will facilitate these Advisory conversations.

Dates & Times:

To accommodate as many people as possible, we have set up two dates in May to discuss the same topic. One is in the evening, and one is in during the day.

• **Monday, September 9th Evening Zoom Chat from 6:00 - 7:30 PM**

• **Monday, September 16th Daytime Zoom Chat from 1:00 - 2:30 PM September 2024 Advisory Lived Experience Zoom**

Topic: How can those who provide care and support to people living with dementia or similar diagnoses and their family/friend care partners, engender hope?

September's Lived Experience Network South East Ontario topic comes from Providence Care Community Seniors Mental Health Behavioural Support Services. In the Ontario Perception of Care survey sent out to Providence Care clients, hope is referenced. The concept of hope also surfaced in past Lived Experience Network conversations. This began a discussion about what can be done to engender hope.

Feedback from these conversations will be part of the development of a knowledge tool by The Lived Experience Network that will be shared by Providence Care across the system of care.

Come prepared to share examples of what you experienced through your health care journey of:

1. Something that gave you a spark of hope.
2. Diminished your hope.
3. Why hope is important to you.
4. Observations and advice to help engender hope when providing care and supports to people living with dementia/similar diagnoses and their family or friend care partners.

Zoom Link and Info:

Join Zoom Meeting room: <https://us06web.zoom.us/j/89041106004>

Meeting ID: 890 4110 6004

If you are unable to attend online, but wish to phone in, Please Dial one of the below numbers.

1 (647) 374 - 4685 or 1 (647) 558 - 0588

You will be asked to enter the Meeting ID # 890 4110 6004

If you experience technical difficulties when trying to join either of these Zoom meetings, please email Kim at schrybuk@providencecare.ca or call 613-285-4802 for support.

The Lived Experience Network South East will hold seven virtual Advisory conversations a year through the program Zoom. These Zoom chats/meetings will take place on both a Monday evening and afternoon (with the same topic for both meetings) in the months of January, February, April, May, September, October and November. Input and suggestions for change will be shared with healthcare professionals providing, planning and evaluating services in the community, hospitals, long term and primary care, through a quarterly report, in a manner that is confidential and protects your privacy.

We look forward to connecting with you in the fall!

With thanks,

**Sharon Osvald, Lived Experience Facilitator the Alzheimer Societies of SE Ontario
in collaboration with**

Providence Care Seniors Mental Health Phone: 343-645-6240

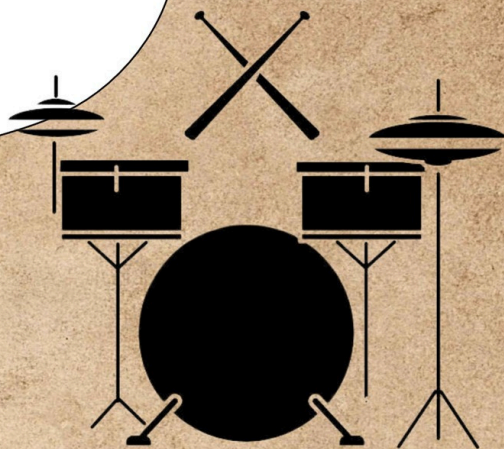
Email: sosvald@alzking.com www.livedexperiencenetworkseo.ca

Exchanging Knowledge, Partnering for Change



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

Are you interested in helping to build
a more **dementia friendly Ontario**?

Do you want to forge connections in your **community**?

Discover the power of grassroots advocacy
and how it can drive **meaningful change**.

ASO ADVOCACY COLLEGE

A grassroots advocacy course designed to enhance your skills and knowledge
on how to be an effective champion for dementia-related policy improvements
in your community and province.

The eLearning course will empower
participants to:

- Develop and hone their skills using interactive learning
- Understand how to navigate the political system
- Apply learned advocacy techniques and skills

Learn more about:

- What advocacy is and why we advocate
- Planning advocacy goals
- Navigating the political system through audience targeting and strategic advocacy communications, including letter writing and emails
- Organizing effective meetings with decision-makers
- Being an assertive and resilient advocate

This self-paced e-learning course comprises four modules:

Module 1: Introduction to advocacy

Module 2: How the system works and how to work the system

Module 3: Grassroots Advocacy – Organizing meetings and writing letters and emails

Module 4: Be a confident and resilient advocate

ASO Advocacy College starts on May 30, 2024.

To register, please visit <https://alzeducate.ca/enrol/index.php?id=429>

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

MINDS IN MOTION

Alzheimer's Society of KFLA is thrilled to announce Colton Sedore as our new Minds in Motion Coordinator!

The program will include: physical activity, mentally stimulating activities and healthy refreshments.



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!

Special Event!

**ICE CREAM
SOCIAL**

**THURSDAY
JULY 11TH**

Come join us during Coffee Social

All welcome to socialize, enjoy
games and ice cream

1-3 pm



JOIN US AT

Alzheimer Society
1200 Princess ST.
KINGSTON, ON
K7M 3C9

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 the details & more information please reach out our Volunteer Coordinator Michelle at:

☎ 613-544-3078 ex 204

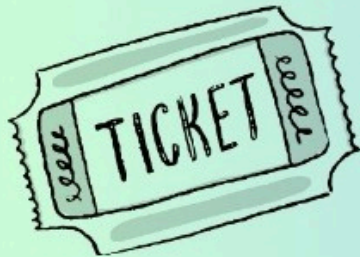
✉ fundraising@alzking.com

COMEDY NIGHT

In support of Chris Barton's 'WE RIDE 4 U'

for Alzheimer Awareness

**Love, Sweat, & Gears ride
from Montreal to PEI**



**\$20/
Person**

CASH

OR ETRANSFER TO

luffman.ws@gmail.com



DOOR PRIZES

RAFFLES

SILENT AUCTION

REFRESHMENTS

Headliner Jeff Elliot

with performances by Dustin Visser, & Cesar Makhoul and
MC Luke BAWN

Tamworth Legion

July 27th, 2024

6-9pm

For tickets contact Chris Barton 613.813.0752

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



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

Community Resources for our Clients



INDEPENDENT LIVING CENTRE KINGSTON

Offering a wide range of sanitized, gently used assistive devices that are available for rent free of charge.

Contact them at: 613-542- 8353
Email: ilckington.com

ADVANCE CARE PLANNING ONTARIO

advnancareplanningontario.ca

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.



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

Stacey Roques Executive Director (Interim) Ext. 207

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

Sarah Winkelman, Client Service Manager -1st Link Navigator 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

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

Colton Sedore, Recreation Coordinator Ext. 209 recreation@alzking.com

Belinda Felskie Therapeutic Recreation Student Ext. 202

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

Y	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Office is Closed.</p>	<p>Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office Caregiver of Parents <u>Zoom</u> 5:30pm</p>	<p>Ladies' Peer Group 10:00am - 11:30am</p>	<p>In Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm Caregiver Support Group 10am Kingston Office</p>	5	
7	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u> Memory Café 10-Noon Napanee Office</p>	<p>Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office Caregiver Evening Chat 7:00pm - <u>ZOOM</u></p>	<p>Ladies' Peer Group 10:00am - 11:30am</p>	<p>In Person Support Group Napanee Office 10:30am - Noon Ice Cream Social! 1 - 3pm Caregiver Support Group 10am Kingston Office</p>	12	
14	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office</p>	<p>Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p>	<p>Ladies' Peer Group 10:00am - 11:30am</p>	<p>In Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm Caregiver Support Group 10am Kingston Office</p>	19	
21	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u> Memory Café 10-Noon Napanee Office</p>	<p>Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p>	<p>Ladies' Peer Group 10:00am - 11:30am</p>	<p>In Person Support Group Napanee Office 10:30am - Noon Caregiver Support Group 10am - Kingston Office Memory Café Kingston 1 - 3pm</p>	26	
28	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office</p>	<p>Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p>	<p>Ladies' Peer Group 10:00am - 11:30am</p>	<p>July 2024 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>		