

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

Alzheimer Society of KFL&A * 400 Elliott Ave, Unit #4 * K7K 6M9 * 613-544-3078 *



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As we reach the end of June, it appears that the light at the end of the tunnel has arrived! We are so pleased to be opening the office and welcoming our families back. If you would like to receive service face to face, we ask you contact the office to set up an appoint. For the time being all other programs and services will remain virtual.



Jasmin Uglow is a Canadian musician and the founder of the non-profit organization, Humanity in Music. Jasmin

has been personally touched by Alzheimer's as her father was diagnosed and passed away from dementia. After his passing, Jasmin took her and her father's shared bond of music and gained renewed meaning for their passions. Through her challenges as a full-time caregiver, she recognized the extraordinary, positive effects music has on patients and caregivers alike.

She hopes that through her music and Humanity in Music, she can encourage Canadians to give back, support musical efforts, and make a change for those impacted by dementia now, and in the future. To learn more about Jasmin's story and Humanity in Music, click here. Watch for details of this special event as they unfold.



CAREGIVERS CORNER

Benefits of Activities in Dementia

- compensate for lost abilities
- promote self-esteem
- maintain residual skills and not involve new learning
- provide an opportunity for enjoyment, pleasure and social contact

Activities can re-establish old roles

Make use of skills that have not been forgotten, such as buttering bread, washing up or watering, sweeping and raking in the garden. These are also ways in which the person with dementia can contribute to the household and feel useful. Encourage them to have something that is their responsibility, no matter how small.

Activities can give relaxation and pleasure

A person with dementia may enjoy an outing, even if they do not remember where they have been. What is important is that the moment is enjoyed, even though the experience may be soon forgotten. Simple and unhurried activities are best. Give the time and space necessary to allow the person to do as much as possible. Focus on one thing at a time. Communicate one instruction at a time. Break down activities into simple, manageable steps.

Encourage an emotional connection

For many people with dementia, a sense of movement and rhythm is often retained. Listening to music, dancing, or contact with babies, children or animals provide positive feelings. People with dementia often have excellent memories of past events, and looking through old photos, memorabilia and books can help the person to recall earlier times.

The opportunity to relive treasured moments can be deeply satisfying. If reading skills have deteriorated, make recordings for them. Locate picture books and magazines in the person's areas of interest.

Include enjoyable sensory experiences

Some sensory experiences that the person with dementia might like include:

- enjoying a hand, neck or foot massage
- brushing their hair
- smelling fresh flowers or pot-pourri
- using essential oils and fragrances
- stroking an animal or differently textured materials
- visiting an herb farm or a flower show
- rummaging in a box containing things that the person has been interested in.

Dementia and exercise

A person with Alzheimer's disease gains the same kind of benefits from regular exercise as anyone else, including improved cardiovascular fitness, strength and endurance. Always talk with the person's doctor about their exercise program or before starting on any new exercise program.

Exercise can give many health benefits including:

- improved mood
- better sleep
- reduced likelihood of constipation
- maintenance of motor skills
- reduced risk of falls because of improved strength and balance
- reduced rate of disease-associated mental decline
- improved memory
- improved behaviours, such as reduced rate of wandering, swearing and acting aggressively
- better communication and social skills.

**"The way I see it,
if you want the
rainbow, you
gotta put up with
the rain."**

A quote in yellow text on a background of a blue sky with a rainbow.

ACTIVITY CORNER

Next Month's Movie Feature:

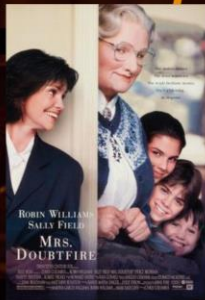
FRIDAY ZOOM MATINEE MOVIE

Please register for our fun ONLINE
event!

Register with
Reception at
613-544-3078



<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJ0clZnTmUvNkpnNDIKUT09>



Friday July
16th at
1:30pm via
ZOOM

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

Annual Family Picnic Save The Date

Stay Tuned for More Details about our
Upcoming Annual Family Picnic At Finkle's
Shore Park In Friday Sept. 17th



WEEKLY ONLINE ACTIVITY PROGRAMS



“CIRCLE OF FRIENDS” GROUP
Join us on Wednesdays at 1:30, for a fun time
of socializing, travel, trivia and more

[CLICK HERE](#)

LADIES PEER GROUP

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

[CLICK HERE](#)

MEN'S PEER GROUP

Tuesday Mornings at 8:30 am

[CLICK HERE](#)

MINDS IN MOTION

Mon, Tue, Thur at 10 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 Province Wide, Live “Musical Memories” Singalong Thursdays at 2:00 pm



Thursday June 24th Featuring:
Glenn Reid and Friends

Thursday July 8th Featuring:
Roger James

Link to Join Us on Zoom:

[CLICK HERE](#)

Fundraising News

THE RESULTS ARE IN FOR THE IG Wealth Management Walk for Alzheimers!

The bulk of the 2021 Walk for Alzheimers results are in and we are so excited we wanted to share them with you! But before we do that, I want to thank you ALL once again, for your participation, your donations, your sponsorships, and your support in general for our society and for the 4300 people we serve throughout KFLA.

Thanks to all of that support, we raised an amazing \$64,747.27, Our goal was \$53,000 (including sponsorships) between the two walks and we actually aren't done calculating yet! The total raised for 2021 does not yet include sponsor \$\$ because they have not yet been fully calculated, so our end total will be higher!

We thought you might be interested in some stats comparing this years walk to 2020. The results show that the virtual format for the walk has been well received, and while we do plan to do something in-person for next year's walk, its likely we will keep the virtual format as well, as it allows more friends and family members to participate in support of a loved one, from wherever they happen to be in this world! What the in-person event will look like next year, remains to be seen, pending the state of the pandemic and health protocols at the time.

Interesting stats comparing the 2021 Walk with the first virtual walk in 2020:

Walk Location and Year	Total \$\$ Raised Online & Offline	Total # of participants registered	# of teams registered	Total # of donors	Total # of donations
Kingston 2021 not incl. sponsor \$\$	\$47,452.27	84	20	499	542
Lennox & Addington 2021	\$17,277.20	39	6	265	283
Totals for 2021 NOT incl. sponsor \$\$	\$64,729.54	123	26	764	825
Kingston 2020 including sponsor \$\$	\$45,297.66 (inc. \$5738.66 in sponsor \$\$)	54	12	457	469
Lennox & Addington 2020	\$8,146.00	20	4	124	129
Totals for 2020 including sponsor \$\$	\$53,443.66	74	16	581	598
Difference in 2021**	+\$11,285.88	+49	+10	+183	+227

**** The amount raised for 2021 DOES NOT include the sponsor \$\$ as they have not yet been fully calculated for 2021. This means that our 2021 total will be even higher!**

Purchase your
tickets today!



52 envelopes. 4 Aces. 1 Progressive Jackpot!

The Alzheimer Society **Catch the Ace** lottery has launched, and tickets are now available to purchase weekly. Tickets start at \$10 and provide you with a chance to win BIG in both a weekly prize and a larger progressive jackpot with 50% of all ticket sales going to the Alzheimer Society.

How it works:

1. Purchase your tickets and choose an envelope that could contain the Ace of Spades.
2. Wait until the weekly draw every Thursday at 6:30 PM to see if your ticket is chosen. If it is, you'll win **20% of that week's ticket sales**. If your card is the Ace of Spades, you'll also win the **Catch the Ace Progressive Jackpot**.
3. If the card chosen is not the Ace of Spades, the progressive jackpot will continue to grow and that card is removed from the deck, increasing the chances of catching the ace next week!
4. Weekly draws continue until the Ace of Spades is caught. Visit CatchTheAce4Alz.ca to buy your tickets now, pick your envelope, and feel good knowing that 50% of your ticket purchase goes to the Alzheimer Society.





We want to ensure you remain connected to us and as this pandemic continues, 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.



Here to help

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.

From the Education Desk!

Healthcare Providers

We are able to offer education for you and/or your organization – we can do this over zoom, teams, the phone or just about any other virtual platform!

Online U-First! for Healthcare Providers Zoom Workshop (cost \$80/participant)

Tuesday, July 13 & 20, 2021 from
9:00a.m.-12:00p.m.

[Register here](#)

Interested in learning more and discussing? Reach out to Wendy today!

Care Partners for someone living with dementia (Unpaid care givers)

We are excited to be able to offer U-First! For Care Partners workshop again-feedback from the first sessions has been positive!

Online Zoom Workshop for Care Partners in KFL&A (no charge)

Thursday, July 15 & 22, 2021 from
10:00a.m.-1:00p.m.

[Register here](#)

MATERIALS MUST BE PICKED UP AT THE OFFICE OR MAILED-Register at least one week ahead!

If this time does not work for you, reach out to Wendy to have your name added to the waiting list!



I want to hear from YOU!

My goal is to provide the education that YOU need. Please take a moment to either email me with any suggestions or complete this survey:

www.surveymonkey.com/r/KFLAED

PROGRAMS & GROUPS FOR CAREGIVERS



WEEKLY CAREGIVER CAFÉ

Tues afternoons 1:30

[Click here to join](#)

FRIENDLY FRIDAYS AT THE CHIT CHAT (ZOOM)

please email Noreen if you would like to join
noreenpeters@cogeco.ca

CAREGIVERS EVENING CHAT with Patti and Jan

Tuesday, June 8th, at 7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

[Click here to join](#)

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.

Next meeting Thursday, June 17th at 10:00am



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!

VIRTUAL EDUCATION SERIES



The [Centre for Studies in Aging and Health](#), in partnership with the [Canadian Frailty Network](#) and the [University Hospitals Kingston Foundation](#) is pleased to offer AVOID Frailty: Virtual Education Series for Older Adults.

Older adults and caregivers are invited to participate in one or all sessions in this 5-part series, FREE of charge. During each session participants will learn more about frailty, find out what can be done to lessen the risk of frailty, and be able to ask questions of the speaker.

The next session, **AVOID Frailty: How Diet and Nutrition Can Reduce Risk**, is on **Monday, May 17, 2021 from 1:00 p.m. to 2:00 p.m.** and will be presented by Dr. Heather Keller, Schlegel Research Chair in Nutrition & Aging at the University of Waterloo.

[The final session](#) in the series (June 21) will explore how activity can reduce frailty

[May 17th Invitation link](#) for older adults and caregivers: <https://mailchi.mp/56caf75e19f3/invitation-avoid-frailty-how-diet-and-nutrition-can-reduce-risk>

WE are so pleased with our Sarnia Partnership and are thrilled to share some of their programming with you!

Please Join us on Tuesday June 29th for a Zoom Concert by Stage 6ix!

JOIN US ON ZOOM FOR A CONCERT BY **STAGE 6IX!**

TUESDAY, JUNE 29TH @ 6:30PM



Stage 6ix provided the music for our annual Christmas dinner, and we are happy to have them back again for an online Summer Concert.

To Register for this event please click [here](#)

For more information, please contact Vanessa @ 519-332-4444 ext 135
or email vbarnes@alzheimersarnia.ca

Alzheimer Society
SARNIA - LAMBTON

