

# 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 get ready to celebrate the Christmas season it is natural to reflect on the past year. Reflection allows us to assess the events of the past year, how they may have affected us, what changes we can make in our lives and what lessons we can take with us into the new year.

As we at the Alzheimer Society reflect on our experiences this past year, we realize that despite the challenges we've faced, we've made so many wonderful memories, we have experimented with many new and creative ideas, and we've welcomed new friends to our events and programs. We are so grateful for the support of our community and for all who have donated, volunteered, and helped us to continue to provide the essential services required to support our families on the dementia journey.

So, as we move into the holiday season, and once again transition into new and more stringent public health regulations, we at the Society would like to wish all of our clients, caregivers, families and supporters, a very happy and healthy holiday. We hope that amidst the chaos of Covid you will find some moments of peace, gratitude, renewal and fun. We hope that you are able to spend time with the people you love, whether it be in person or online. And remember, 'it doesn't matter what's under the tree at the holidays, just who is around it'!



Our office will remain open by appointment throughout the holidays. Pending any changes to Public Health regulations the following office hours schedule will be in effect:

December 20-23, 9am - 4:30 pm.

December 24 & 31, 9am to 2:00 pm

December 25, 26, 27, 28 CLOSED

December 29 & 30, 9am to 4:30

Best Wishes from the Board of Directors and Staff of the Alzheimer Society of KFLA



## Holidays can be challenging for families affected by Alzheimer's. Try these tips to make the holidays easier and enjoyable for everyone.

[By Mayo Clinic Staff](#)

The holiday season can cause mixed feelings for a family affected by Alzheimer's disease or other dementia.

While typically a time for celebration, families may experience a sense of loss for the way things used to be. For caregivers, the holidays may create added work. You'll also have to consider the needs of the person with dementia during holiday decorating and gatherings.

By adjusting your expectations and modifying some traditions, you may find meaningful ways to celebrate holidays.

### Creating a safe and calm space

To create an appropriate environment during the holidays for the person with dementia:

**Tone down decorations.** Avoid blinking lights or large decorative displays that can cause confusion. Avoid decorations that cause clutter or require you to rearrange a familiar room.

**Avoid safety hazards.** Substitute electric candles for burning candles. If you light candles, don't leave them unattended. Avoid fragile decorations or decorations that could be mistaken for edible treats, such as artificial fruits. If you have a tree, secure it to a wall.

**Play favorite music.** Familiar or favorite holiday music may be enjoyable. Adjust the volume to be relaxing and not distressing.

### Adapting holiday activities

To help the person with dementia enjoy the holidays:

**Prepare together.** Mix batter, decorate cookies, open holiday cards or make simple decorations. Focus on the task rather than the outcome.

**Host a small gathering.** Aim to keep celebrations quiet and relaxed.

**Avoid disruptions.** Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible.

**Provide a quiet place.** If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.

**Plan meaningful activities.** You might read a favorite holiday story, look at photo albums, watch a favorite holiday movie or sing songs.

**Keep outings brief.** If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

### **To help visitors prepare for holiday time with a person with dementia:**

**Provide an update.** Let guests know ahead of time about any changes in behavior or memory since their last visit. Providing a recent photo can help people prepare for changes in appearance.

**Offer communication tips.** Suggest ways for guests to listen patiently, such as not criticizing repeated comments, not correcting errors and not interrupting.

**Suggest activities.** Tell guests ahead of time what activities you have planned or suggest something they might bring, such as a photo album.

### Taking care of yourself

Self-care is crucial for caregivers during the holidays. To make the season enjoyable:

**Pick and choose.** Focus on the holiday activities and traditions that are most important to you. Remember that you can't do it all.

**Manage others' expectations.** Set realistic expectations for what you can contribute to family holiday celebrations.

**Delegate.** Let family and friends help with cleaning, addressing cards and shopping for gifts.

**Make time for yourself.** Ask a family member or friend to give you a break so that you can enjoy a holiday outing without caregiving responsibilities.

## CHRISTMAS AROUND THE WORLD

We have thoroughly enjoyed our "Christmas Around the World" Program,

**First Stop Dec the 1<sup>st</sup> was, Christmas in Denmark**

**Second Stop Dec 8<sup>th</sup> was England and Scotland**

**Third Stop Dec 15<sup>th</sup> was Germany**

**Last Stop December 22<sup>nd</sup> is Thailand**



If you missed any of the programs and would like them to be emailed to you, feel free to reach out to Mari at [programs@alzking.com](mailto:programs@alzking.com) and she will be happy to forward them to you!

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**\*\*\*PLEASE NOTE THAT DUE TO NEW COVID RESTRICTIONS, THE DRIVE THRU CHRISTMAS PARTY IS POSTPONED AND WILL BE RESCHEDULED IN THE NEW YEAR!!!**



*Drive Thru  
Christmas Party*

## WEEKLY ONLINE ACTIVITY PROGRAMS

### "CIRCLE OF FRIENDS" GROUP

Join us on Wednesdays at 1:30, this month we will be presenting Christmas Around the World

[CLICK HERE](#)

### LADIES PEER GROUP

Wednesday Mornings at 9:00 am

[CLICK HERE](#)

### MEN'S PEER GROUP

Tuesday Mornings at 8:30 am

[CLICK HERE](#)

### MOVE AND GROVE WITH MARI

Thursday Mornings at 10 am

[CLICK HERE](#)

### MUSICAL HAPPY HOUR WITH MAX AND WAYNE

Monday December 20<sup>th</sup>

At 6:30 pm

[CLICK HERE](#)

### Province Wide, Live "Musical Memories" Singalong

Thursdays at 2:00 pm



**Thursday December 23rd  
Glenn Reid and Max, Christmas Show**

Link to Join Us on Zoom:

[CLICK HERE](#)

## **FUNdraising News**

***Have you Registered yet? Be ready to make your first 'Kind-nection' January 1!***



### **What is a Kind-nection?**

A relationship that is developed by performing an act of kindness for someone or something. People who form kind-nections are like heroes—and like all heroes, they work together to make the world a better, kinder place.

### **Why Kindness You Ask?**

Because people living with dementia feel alone, out of touch with their community, and isolated. Especially now, it's more important than ever to fight the stigma that surrounds Alzheimer's disease and dementia by creating a

more welcoming, accepting, and understanding community.

**The Quest for Kindness** is a month-long journey that encourages you to make *kind-nections* in your community, at home, with the environment, and more, in support of people living with dementia across Canada.

From January 1 to 29, we're challenging you to make 30 kind-nections in your community by completing a series of acts of kindness all while raising funds to support crucial Alzheimer Society programs and services which those impacted by dementia rely on.

Your activities will range from ones you can complete at home, with your friends and family, your students, or within your neighbourhood or community. It could be something as simple as shovelling a driveway for a neighbour, writing notes to seniors in nursing homes, taking a meal to a shut-in, or even just paying a compliment to a stranger! You will be able to choose which acts of kindness you'd like to do and when to do them throughout the month—no pressure! The best part? Every time you complete an act of kindness, it will appear on our *Kind-nections Map* and you will help Canada light up with kindness in support of people living with dementia.

At the Alzheimer Society, we believe that our connections matter, and through kindness, we can make the world a better place for you and for people living with dementia, too. Visit [www.jointhequest.ca](http://www.jointhequest.ca) to find out all about the fun stuff you can do to make Kind-nections, how the fundraiser works, how you can add your kind-nections to the map, and how you can register you or your team to participate (or donate), then invite people to support your quest for kindness!



**This is a great activity you can do with your kids or Grandkids, or one that a classroom or even a whole school can work on together, because you can never have too much kindness around!**



## Steve Skates Again, and He's Coming to Kingston on January 15!

In the last newsletter, we told you about the National 1926Skate for Alzheimer which happened on December 15 in Toronto. And we told you Steve would be coming to Kingston, well... its official! On January 15, 2022, he will step on the ice at Springer Market Square at 12:01 a.m. and skate until 7.26 p.m. He skates alone overnight when the rink is closed to the public but is very happy to chat with and encourage other skaters during daylight hours.



McNeil, 60, is an Etobicoke mailman and a recreational hockey referee. He has skated in pouring rain, a blizzard and in 2019 it was cold: Montreal -29C, Calgary -33C and Edmonton -40C. He says, however, his marathon skates are nothing compared to the time and effort caregivers devote to family members with the Alzheimer's.

In 2019 McNeil skated in the seven Canadian NHL Cities and in 2020 he added Saskatoon and the Maritimes. With Covid lockdowns in 2021 his only skate was at the Wayne Gretzky Estates rink in Niagara-on-the-Lake. The number of visitors was restricted, however NLH alumni Marcel Dionne and Brian Hill came out to skate with him.

An avid music fan, McNeil listens to ACDC when he skates. In Calgary, the son of former band member Chris Slade came to see him on the ice and the next morning ACDC donated \$19,260 in memory of Band member Malcolm Young, who died of Alzheimer's in 2017. McNeil was so excited he kept skating but didn't sleep for 48 hours as he was too busy doing media interviews.

Any funds received through McNeil's website [www.1926skate.com](http://www.1926skate.com) stay in the local community. Baring any new COVID protocols, he encourages everyone to join him for a short time and skate with various local celebrities, members of the Frontenac Fossils and other Kingston teams who we hope will come out to help raise awareness of Alzheimer's disease.

And this year he has a #1926Challenge for all local hockey teams to skate at practice for 19 minutes and 26 seconds while listening to ACDC music, make a donation of \$19.26 cents, and challenge your competitors to do the same!

### January 14<sup>th</sup> – See you at the Fronts Game!

The night before his skate, Steve will visit the Kingston Frontenacs home game. The Fronts have an away game on the 15<sup>th</sup> so you won't see them at the square, however, they have been very supportive of the fundraiser. They will host the Alzheimer Society at their home game on January 14, and Steve will be on hand at the Society's information booth. The Fronts are providing a special ticket price of \$19.50, of which \$2 will go back to the Alzheimer Society.

You can get your specially priced tickets for the January 14<sup>th</sup> Fronts game here: <https://bit.ly/3IH0dkC>.

To make a donation to the Alzheimer Society of KFLA, visit [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla), or [www.1926skate.com](http://www.1926skate.com), or bring it down to the rink in person on January 15, drop it in the Canada Post box that will be set up on site to accept donations, and stay for a skate if you can!

Steve's visit to Kingston is generously sponsored in part by Delta Hotels Marriott, The Keg, and Tim Horton's.

To learn more about the 1926 Skate for Alzheimers, visit the website above, visit the 1926Skate facebook page, or call the Alzheimer Society at 613-544-3078.

Please note: If the skate is cancelled due to Covid, every attempt will be made to reschedule. For those who wish, donations may still be made online on the Alzheimer Society or the 1926Skate websites.



## Alzheimer Society Partners with Pet Valu in January



A few newsletters ago, you read about the benefits that robotic pets can bring to the life of person who is living with dementia. And, as many of you know, the Alzheimer Society has purchased some pets for their resource lending library that are available on loan to clients, free of charge. They can be borrowed for an extended period of time, which may vary depending on how the intended recipient takes to them. Each

pet comes with a pet carrier and a caregivers guide, which discusses the benefits of having a companion pet, tips on how to introduce them to your loved one, how to tell if they like or dislike them, and how to care for them. We do have a set in the office, and we encourage anyone who might be interested to come and look at them and perhaps sign one out on a trial basis and that's why we have partnered with **Pet Valu!**

Jason Malley, owner of the Kingston Pet Valu stores, has offered to display two pets (a cat and a dog) in each of his three stores during Alzheimer Awareness month throughout January. This will give people an opportunity to see them in person, handle them, and see how a loved one might react to them.

"Pet Valu Kingston recognizes the important role that pets play to brighten peoples lives everyday. We are very proud to be able to partner with the [Alzheimer Society KFL&A](#) to help them raise funds to purchase these Dog and Cat therapy pets. It is heartwarming to know just how much these 'pets' can provide a calming influence and companionship to a vulnerable group of people living right here in our community. Please stop into our stores to see these therapy pets and consider making a donation to this wonderful, loving endeavor!".  
~ Jason and Gwen Pet Valu Kingston

### Name That Pet and Win!

While at Pet Valu, we invite you to enter a draw with your suggestion for names for each of the pets. At the end of the month, we will draw a name from the submissions, one for each pet in each store, and the persons whose names are drawn will win a gift basket containing a **\$50 Pet Valu gift certificate** and items from our Alzheimer Boutique including a set of note cards, a silver necklace, and a set of coasters, all made by our clients in their art therapy programs.



Our intent is to purchase more pets so that clients throughout KFL&A will have better access to them. In an effort to help make that happen, we also invite customers to make a small donation at the cash register and all proceeds will go to the purchase of more pets so they can be made available to clients through all of our KFLA offices. To anyone who makes a donation, Pet Valu will also donate a \$5 Pet Valu coupon.



Pet Valu will have the pets on display from January 7 to 31 and anyone interested in taking a pet out on loan is invited to call the Alzheimer Society at 613-544-3078.

Pet Valu stores are located at the Kingston Centre, Gardiners Town Centre and the Riverview Shopping Centre

## Festival of Trees Grand Opening



We were fortunate to be able to attend the opening of the Festival of Trees at the Royale, just before the new Covid regulations came out. Here are some pictures of the event and some faces that will be familiar to many in our community. Santa Claus, Mayor Bryan Paterson and our World Famous Town Crier, Chris Whyman pose with Josh Lavigne, General Manager of the Royale!

The Royale also presented us with a cheque for \$397 from their fall fundraising activities. Thank you Josh, Sheena, and staff, residents and families, for your constant support of our fundraisers!



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## More Social with a Purpose Fundraising Activities

This week, **Helen Henderson Care Centre** let us know that their fall fundraising “socials” wrapped up. Donna Joudin, Activity Director for the Centre, explained that funds were raised through a variety of activities including: a raffle, a “Buy a Square” 50/50 draw, the “Wear your jeans on Friday’s and give a donation” program, and a travelling farmers market. In all, the proceeds from their fundraisers totaled \$1759.00!

Briargate Retirement Residence also presented us with a generous donation of \$1444.00, the proceeds from their fall fundraisers which included a Jeopardy game for the residents.

A sincere thank you to the staff, residents, and families of the **Helen Henderson Care Centre** and **Briargate Retirement Residence** for their time, efforts and personal support in helping to raise much needed funds for local Alzheimer Society programs and services!

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Giving local embodies the true spirit of the giving season. When you give to the Alzheimer Society of Kingston, Frontenac, Lennox & Addington, your gift will be felt throughout the community for many years to come. Your special, year-end gift will support the many education programs that are provided to

the people living with dementia, care partners, and families in our community. Our programs and services act as a lifeline to those impacted by dementia. Support your community and local Alzheimer Society by making a gift today. Visit [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)

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And a final fundraising note as we close out 2021.....



On behalf of our staff and clients, please accept our sincere thanks for your generosity throughout the year! We appreciate all of your efforts in volunteering for, participating in and donating to our fundraising events throughout the year and we look forward to seeing you in the new year!



**Do you need help with Zoom?** Reach out to us and we are happy to chat over the phone to get you connected.

**Want to book an appointment to talk to an Alzheimer Society staff member?** Just contact us via email or at the office and we will be happy to schedule a time to chat either in person, on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

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## The Alzheimer Boutique

Just a reminder that if you would like to do some Christmas Shopping with us, we have new Coasters, Note Cards and Necklaces available.

All of the items featured in our boutique are made from original paintings crafted by folks on a dementia journey. The program encourages them to tap into their creativity and be part of something that gives them great purpose. Your purchase helps to keep the programs going as we are continuing to develop new and amazing products.



**Price List:**  
**Coasters- \$3.00 ea**  
**or 4 for \$10**

**Note Cards - \$3 each**  
**or 4 for \$10**

**Necklaces - \$20 each**

## 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-and soon we hope to get back to some in-person offerings.

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

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

We are excited to be able to offer U-First! For Care Partners workshop as well as the First Link Learning Series for our care partners. Please stay tuned for upcoming offerings!

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### Do you know a local business/service provider that would benefit/be interested in training on dementia?

We are currently looking for local businesses who would benefit from training on Dementia and how to be more Dementia Friendly. If you know a business owner, or someone we can reach to start the conversation, please reach out to Lisa Prest – we all know that having a person to connect with tends to work better than cold calls.

We are particularly interested in providing employee training for banks, retail stores, doctor's offices and other essential service providers.

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## We want to hear from YOU!



Our 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](http://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

Live, email Noreen if you would like to join  
[noreenpeters@cogeco.ca](mailto:noreenpeters@cogeco.ca)

### CAREGIVERS EVENING CHAT with Patti and Jan

the Second Tuesday of Every month at  
7:00 pm

[Click here to join](#)

### SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at  
10:00 am

[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.



## PROGRAMS & GROUPS FOR CAREGIVERS continued....

### 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!

