

May 24th, 2021

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

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



ALZHEIMER SOCIETY OF KFL&A STAFF DIRECTORY

Vicki Poffley,
Executive Director, x 207
vpoffley@alzking.com

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

Danielle Weir,
First Link Care Navigator, x 206
dweir@alzking.com

Lisa Prest,
First Link Care Coordinator, x 210
lprest@alzking.com

Lesley Deshane,
First Link Care Coordinator, x 208
LDeshane@alzking.com

Pam Lemke,
Education, Client Care and Programs, Sharbot
Lake and Northbrook, x 701
plemke@alzking.com

Mari Vepsalainen,
Program Coordinator, Kingston x 209
programs@alzking.com

Wendy Harris,
Education Coordinator, x 203
education@alzking.com

Lesley Kimble,
Fundraising Coordinator, x 204
fundraising@alzking.com



WE are so thrilled that all around us nature is bustling and blooming. It was a very long winter especially given our “cooped up state”. We do sincerely hope that you are able to take in some of the sights and

sounds of nature in and around your own

habitat. We are certainly hoping that as of June 02nd, we will be able to move around with a bit more freedom.

Speaking of buzzing, here at the Alzheimer Society we have still been busy providing educational programs, fundraising activities, support groups and recreational groups online. If you are new to us, please see the calendar of events that is sent out with this email. We are coming to the end of May and are looking forward to some new and exciting offerings.

Inside this issue you will learn of some of our upcoming events, programs, and sessions. Please remember that we are fully online and continuing to also reach out to clients by telephone. If you need to reach us or would like further information about any of our programs, please call 613-544-3078 and either leave a voicemail in the general mailbox or enter the extension of the staff member you would like to reach. Messages are checked daily, and your call will be returned promptly. Also, if you are a new reader, our calendar and newsletter have links to all programs and our staff directory can be found on this page.

Last issue we did mention the Reminiscing Kits, again, if you missed the last issue, just want to reiterate that it is a program that we are collaborating on with the Kingston Public Library. The “Reminiscing Kits” will be available to the public for signing out much like a book. The period for having the kit will be extended and that time frame is to be determined. The kits are designed specifically with memory concerns in mind. The components are carefully selected and offer stimulation and manipulatives and resources for the caregiver as well. The kits are truly a bundle of activities. All items will pertain to a different theme, “A Little Bit Of Everything”, “The Great Outdoors”, “Sports and Entertainment”, “Animals”, “Transportation” and “Interesting People”.

‘if you have not already, we encourage you to register for the walk or to make a donation on the walk site before the end of May. This is our largest fundraiser of the year, and there are so many ways you can participate! Check out the information inside of this newsletter!



CAREGIVERS CORNER

A diagnosis of young-onset dementia can turn lives upside down. But for Neil and his mum, Yvonne, their special bond remains strong. Neil shares the new challenges facing them as Yvonne's condition progresses. Back in 2013, my Mom Yvonne was diagnosed with early onset Alzheimer's disease aged just 60, I was 29. This was a huge blow to us, which turned our lives upside down. Life would never be the same again. We had just lost my Nan in the February of that year. It was her death that hit my Mum extremely hard and this was the trigger for the strike of Alzheimer's.

Mum and I have a special bond and I love her with all my heart; I am her son and her principle carer. I do not have any siblings so it's just Mum and I living at our home. **I was all set to move out when the news that Mum was ill came and I chose to stay.**

Mum and I like to go for walks, take a drive to the coast for some sea air, or pop to local garden centres for coffee and cake. I also paint Mum's nails so she still gets some pampering! Making sure Mum has a smile on her face and a laugh daily is really important to me. I am extremely proud of my Mum and how well she deals with the huge challenges she faces daily.

From the very start of our journey, one of my main goals was to keep Mum at her home for as long as I possibly could. I have increased her care packages as each hurdle has presented itself. The caregivers who work for the care company we use have all become Mum's best friends, which is something beautiful to come out of this. Mum now attends a day centre at a local nursing home five days a week, which she loves. It's great for her mental and physical stimulation and the staff are fantastic and extremely caring! As we progress through this illness, Mum's needs are getting ever more complex. It's the hardest thing in the world to witness as I can't make it go away.

I want to protect Mum till the very end, but the Alzheimer's is so cruel and is taking her away from me. It really is the long goodbye...

Not only does Alzheimer's affect the patient, it has a huge effect on family members who care for their loved ones and this has had a massive impact on me.

I have [feelings of guilt](#) and anger that my Mum's quality of life has been taken from her. The upsetting scenes I have had to witness as Mum gets more poorly will leave a mark in my mind for the rest of my life. Being an only child as well has been tough, as I don't have the support from other family members.

As well as working full time I have really dedicated the last seven years of my life to making sure Mum's every need was met, given the harsh hand she has been dealt with this illness.

Supporting Alzheimer's Society



In October 2017, Mum and I walked 5k at the Berkshire Memory Walk to raise money

for Alzheimer's Society. My family, friends and colleagues dug deep and we raised £2,700!

Now, Mum requires 24-hour care and I am forced to [look into care homes](#).

It's a heart-breaking decision, but I have to make the right choices for her to ensure that she is getting the care she needs and deserves.

For any other families caring for loved ones with Alzheimer's, all I can say is: be strong! One of the hardest things you will ever have to do is grieve the loss of a family member or friend that is still alive.

Thank you for reading my story. Let's hope a cure can be found soon!

By Neil, a Sons Story, taken from our friends across the pond at Alzheimer's Society of UK

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=a2dtQkhjOHJ0c1ZnTmUvNkpnNDIKUT09>

Friday June 18th at 1:30pm via ZOOM

Société Alzheimer Society
KINGSTON, MONTREAL, LENOX & ADDINGTON

Explore the National Archaeological Museum of Naples:
https://artsandculture.google.com/story/xwWh9Tju8Vkc_rw

Virtual exhibits (Canadian museums)
<http://www.virtualmuseum.ca/virtual-exhibits/type/virtual-exhibits/>

The Museum of Modern Art (The MoMa, New York) Virtual Tour:

<https://artsandculture.google.com/exhibit/sophie-taeuber-arp/swKioHNhYqZoLw>

Explore Google's Arts & Culture collection:
<https://artsandculture.google.com/>

The Smithsonian National Museum of Natural History (Washington) Virtual Tour:
<https://naturalhistory.si.edu/visit/virtual->

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, Live "Musical Memories" Singalong Thursdays at 2:00 pm



**Thursday May 27th Featuring:
Glenn Reid and Friends**

**Thursday June 4th Featuring:
Roger James**

Link to Join Us on Zoom:
[CLICK HERE](#)



AlzheimerSociety

We are half-way through May and we are 66% of the way to our overall fundraising goal of \$53,000!

You still have time to register yourself or a team for the IG Wealth Management Walk for Alzheimers. Your team can be made up of family members, coworkers, residents, neighbours – whoever you want to include, and just because you are a team, doesn't mean you all have to walk together, so you won't be breaking any Covid regulations! It's a virtual walk, so your team members can walk wherever they happen to be, but the pledges that are made either to an individual on the team, or to the team itself, would all go to the team total!

Did you know that you can log 101 steps in one minute just by vacuuming?

Take advantage of everyday tasks like cleaning and going grocery shopping to help you reach your step goal in no time! For more ways you can reach your step goal, download our tips & tricks here:

<http://bit.ly/IGWalkTipSheet>

You can make it a family affair too! We have some kids getting their jumps in on the trampoline, we have a one year old learning to walk, who is getting her steps in going up and down the stairs, we have kids doing obstacle courses and biking etc. and teens who are walking with their folks. This Walk is something that all ages can participate in and have fun doing!



Isabella and her Mom walking for her Grandpa and her Dad!



11 month old Quinn gets her steps in!



8 year old Hayden of Team Trampoline helps log 4300 jumps!

Register or Visit the [Kingston Walk](#) or the [Lennox & Addington](#) Walk pages now for more tools and tips, and if you need help registering, please call Lesley at 613-544-3078, ext 204.

DON'T MISS the cross-Canada Walk wrap up broadcast at 4pm on Sunday May 30 on our facebook page or watch it on Youtube at www.walkforalzheimers.ca .

We'll also post some thank you's and a local walk update on our page the same day! If you are collecting off-line pledges be sure to let us know how much you have, so we can add them into the total!

TITLE SPONSOR



SPONSORS



First Link Learning Series

FIRST STEPS

Due to the pandemic we are not offering in person sessions at this time.

All sessions are done via Zoom, an online video communication software.

If you have a computer or tablet that is connected to the internet we can help you get online and familiar with zoom.

Please reach out our Education Coordinator, Wendy Harris, for assistance.

Alzheimer Society of KFL&A

400 Elliot Ave, Unit 4
Kingston, ON
K7K 6M9
www.alzheimer.ca/kfla

Phone: 613-544-3078
1-800-266-7516
Fax: 613-544-6320

First Steps is the first of the learning series. It is designed for people diagnosed with Alzheimer's disease or a related dementia and/or their care partners:

- Who are in the early stages
- Who are able to understand and appreciate the content of material
- Who are willing to attend, with awareness that participants will discuss their experience

Sessions are designed as a series, so plan to attend all modules virtually from the comfort of your home:

1. What is Dementia
2. Adapting to Brain Changes
3. Planning Ahead/Building a Circle of Support

WHEN: June 10, 17, 24 10:00a.m –12:00p.m.

To register click on the link below:

[REGISTER HERE](#)

(please register with enough time to pick up materials at the office)

Please contact us if you need any assistance!

education@alzking.com

1-800-266-7516 ext. 203





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

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!

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. Please note that in order to successfully complete the course, you must attend all sessions in that Workshop (6 hours total). Feedback from the first session has been positive!

Stay tuned for our next offering, or 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

Please contact Wendy at education@alzking.com or call 613-544-3078, ext.: 203 if you have a suggestion for a speaker or topic you would like to know more about.

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

CAREGIVERS EVENING CHAT with Patti and Jan

Tuesday, June 8th, at 7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

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>

Looking for Participants!

Be part of the world's largest study about support for young onset or rare dementia. Share your lived experience by participating in interviews, taking part in creative activities, and completing questionnaires.



Research Criteria:

- Living with young onset or a rare form of dementia
- Supporting or caring for an individual living with young onset or a rare form of dementia
- 18 years or older
- Residing anywhere in Canada

Interested or
want to learn more?

Dr. Adetola Grillo
adetolag@nipissingu.ca
705.474.3450. Ext. 4858

Dr. Mary Pat Sullivan
maryps@nipissingu.ca
705.474.3450. Ext. 4496

Rare Dementia Support
Advice Community Learning



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Alzheimer Society
SUDBURY-MANITOULIN NORTH BAY & DISTRICTS

