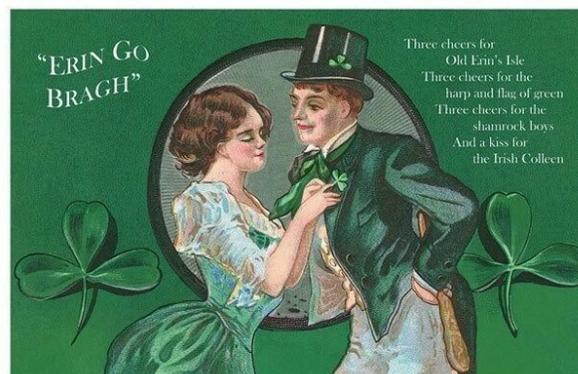


KFL&A Alzheimer News



St Patrick's Day Dinner and Dance

Come join us for the "Wearing of the Green"



Date: Thursday March 16th

Time: 5pm to 8pm

Cost: \$15 per person

Main Entree is: Fish and Chips

560 Legion Hall - Montreal Street Kingston

For more information or to reserve your seats please contact our office 613-544-5078 or email: reception@alzking.com



Live Groups are Back!

We are pleased to share that we are back with live groups taking place Monday, Tuesday and Wednesday in Kingston at Crossroads United Church on Sir John A MacDonald Blvd. (across from Kingston Centre) and a Caregiver Support Group will be at our Napanee office on Thursdays.

The current schedule for the groups at Crossroads is:

Monday: 9:30am - 12:30pm - **Mixed Support Group** (for those who are diagnosed)
with a separate **Caregiver Chat** 11:30am - 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)

Thursdays: 10:30am - 12:00pm - **Napanee Support Group**

Thursdays(drop-in): 1pm - 3pm - **Coffee Chat** Normandy Retirement Residence Kingston

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**

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.



SURVEY SAYS.....

We at the Society aim to deliver the services that meet your needs so that you can live well with dementia. For us to do that, your feedback is critical to our planning. If you could take a few moments to complete the survey <https://www.surveymonkey.com/r/L2M2XZC>, we would appreciate it.

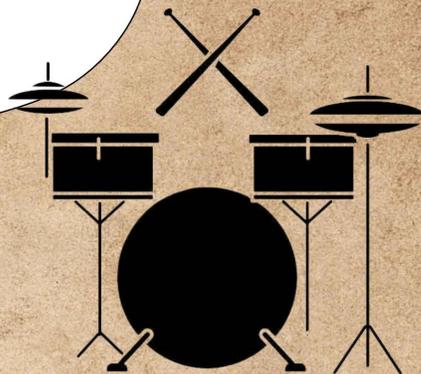
The survey is anonymous, and your responses will be used for internal planning purposes only. If you would prefer to speak to someone instead, please reach out to Vicki Poffley, Executive Director at 613-544-3078 ext. 207





LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX 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

Coffee Time Social

Come join us Thursday 1:00 - 3:00pm
for casual conversation with our staff
and other persons living with a diagnosis

Normandy Retirement Residence
630 McClean Court, Kingston
February and March 2023



No appointment necessary
For more information please contact our office at
613-544-3078 or email reception@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



Gentle Exercise

NEW and Online via Zoom

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be starting this March. We are excited to provide this program as physical activity is an important factor in our physical, and mental health and overall well-being. During the winter months, it can also be difficult to maintain physical activity, due to weather and other challenging factors. With that being said we are excited about this opportunity and look forward to making this a fun and exciting class for all to enjoy.

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 link in Calendar, every Wednesday at 10:30 am. The class will last one and a half hours long. Caregivers are encouraged to join in with their loved ones. The first class will start on March 8th, 2023, at 10:30 am.

After each session, you will be provided with a detailed take-home package highlighting the exercises performed throughout the session. There will also be a question-and-answer portion at the end of each session, where you will also 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



ST.
PATRICK'S
DAY

Dinner and Dance

Thursday March 16th

5pm to 8pm
560 Legion
Montreal Street Kingston

\$15 per person

Cash Bar Available

to reserve please contact reception at
613-544-3078 or email reception@alzking.com

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON



How to help Dementia Patients through Daylight Savings Time

Maintaining consistent sleeping patterns or schedule as well as wake habits is especially important for those who suffer from dementia. Because these alterations can worsen dementia symptoms, caregivers need to know how they can help dementia patients through daylight savings time.

Keep your routine as normal as possible.

This means waking up, eating meals, and going through activities all at the same scheduled time.

Limit daytime napping.

Too much inactivity or sleeping throughout the day can make it harder for your loved one to fall asleep at night. Instead, consider going for a walk or any other activity that can keep them active.

Limit the intake of sugars and/or caffeine to morning hours only.

Limiting your loved one's intake of caffeine to morning hours only can prevent agitation throughout the day and can help them avoid sleepless nights.

Turn on the lights in the morning.

This will avoid confusion that the daylight-saving time may bring.

Minimize your loved one's stress levels.

If your loved one has a song or shows they like to watch to keep them calm, turn that on so they feel comfortable. However, if you find yourself in an unfamiliar environment with your loved one, bring items that can create a relaxing atmosphere such as photographs or calming activity such as puzzles or knitting.

As the evening approaches, try to keep the background noise to a minimum.

It might seem as though it's still early due to the sunlight but if your loved one begins to wind down during the evening it can create a relaxed setting and can maintain their regular sleeping schedule.

SAVE THE DATE



Looking for a way to get involved?

- Event planning volunteer committee
- Volunteer day of event
- Sponsor / Donate
- Vendor for crafts/food/merchandise
- Participating
- Entertainment
- Games
- Photography

For more information contact:

Michelle Moore
fundraising@alzking.com
613-544-3078 ext 204
online form
<https://forms.office.com/r/5QtYipHbws>

SATURDAY
MAY 27, 2023

Yes, I want to get involved. Scan Me to sign up today!!





Create your own event to raise funds for the Alzheimer Society of Kingston, Frontenac, Lennox & Addington.



Get your fundraiser started:



fundraising@alzking.com



613-544-3078 ext 204



Alzheimer Society of KFL&A

Volunteer Opportunity

Save the Date!

**SATURDAY
MAY 27**

Are you an individual, group, team or class looking for a volunteer opportunity?



WAYS TO GET INVOLVED!!

- Volunteer Event Planning Committee
- Volunteer Day of Event
- Social Media Event Promotion
- Create, plan, host games/activities
- Create Event invitations, flyers, posters
- Sponsor / Donate
- Vendor for crafts/food/merchandise
- Enter a team / participate on a team
- Entertainment
- Photography

For more information contact:

Michelle Moore

fundraising@alzking.com

613-544-3078 ext 204

Online form:

<https://forms.office.com/r/5QtYipHbWS>

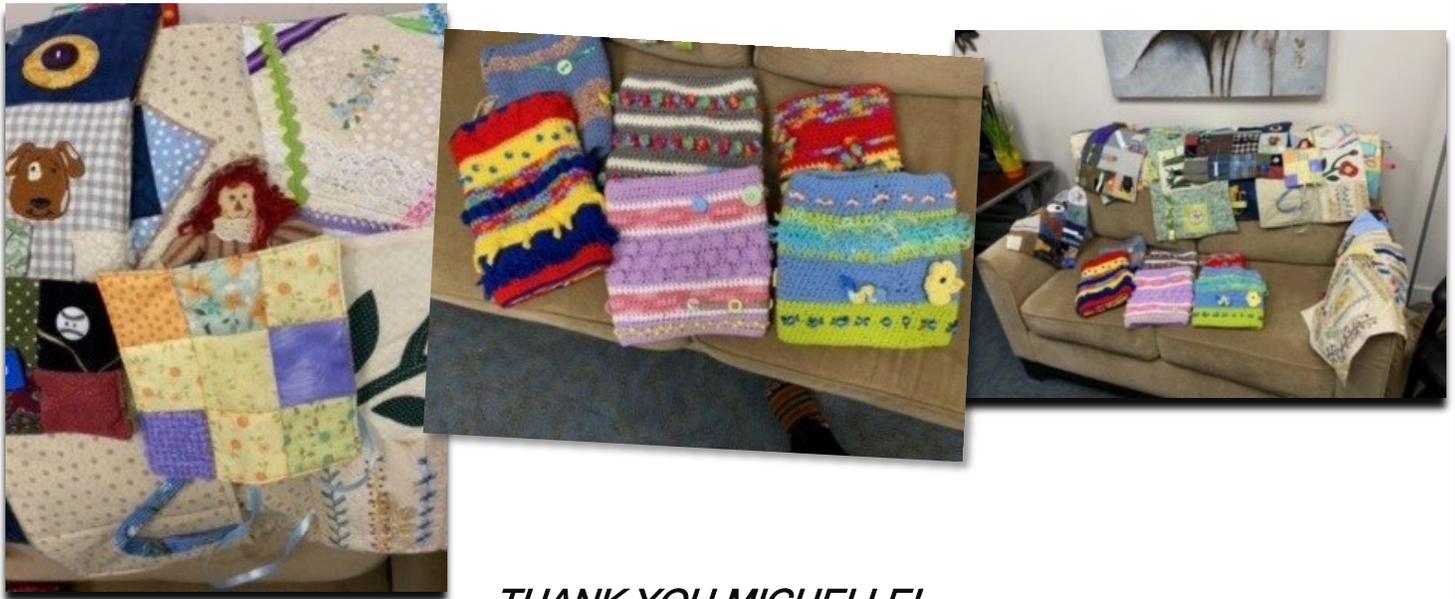
Yes, I want to get involved. Scan Me to sign up today!!



www.alzheimer.ca/kfla

Thank you for your Generous Gift!

A Huge shout out and thank for this wonderful gift of Twiddle Muffs and Fidget Mats for our Clients! These beautiful one-of-a-kind items are available free of charge to our clients who could use these items. Please contact us at the office 613-544-3078 or email reception@alzking.com to discuss picking one up!



THANK YOU MICHELLE!

7 Daily Energy-Boosting Habits

If you are noticing your energy is lacking more days than not, you might have to boost your energy by making some changes to your routine:

- Make sure you are drinking plenty of water throughout the day. Try swapping out soda or other drinks with water.
- Talk to your doctor if you are always tired or chronically feeling exhausted. You might need bloodwork to check out your thyroid and other body functions.
- Get enough sleep. Try setting a consistent bedtime and wake-up time, as well as stopping your phone scrolling at least one hour before bed.
- Make an appointment with a therapist or counselor to talk about your current mental health strategies.
- Develop good habits that decrease your daily stress, including regular movement and exercise
- Eat! Make sure you are taking your lunch breaks and eating a nutritious breakfast and lunch daily so that you can keep your energy levels up.
- Practice turning bad days around so that you can approach every day with a new and optimistic outlook.



Featuring

A selection of the best performances from the Music Festival & Presentation of Awards

Hosted by:
Anna Sudac

2023 HIGHLIGHTS CONCERT

Isabel Bader Centre for The Performing Arts

Wednesday March 8th at 7:00PM

Admission by Donation

Presented with Support From



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



We Want you to Join our Board!

Now recruiting Board Members

Alzheimer Society of KFL&A is looking for energetic, passionate people to:
Influence policy decisions impacting the non-profit sector
Serve as ambassadors for the Society.

Qualifications:

Experience in Finance, Human Resources and Stewardship, Marketing and Strategic Communications
A Passion for Improving the Quality of life for Persons living with a Dementia and their Partners in Care.
Lived Experience with a Person living with a Dementia would be an asset.

Our Expectations are simple:

Board members must:

Commit to a three year term with an option to renew for one additional term.

Adhere to the KFL&A Alzheimer's Society Code of Conduct for Board Members.

Attend Board meetings.

Actively participate in strategic planning and committee work.

Publicly support the work of the society in the community.

A commitment of 1-2 hours per Week

Visit: www.alzheimer.ca/kfla for more information about
the Alzheimer Society



Contact us at 613-544-3078 or email at vpoffley@alzking.com

Our Board of Directors

2022/2023

President:	Chris Mackey, BoardPresident@alzking.com
Vice President:	Ashley Miller
Treasurer:	Jim Kennedy
Secretary:	Lynda Moore
Director:	Anne-Marie Kooiman
Director:	Glenn Griffiths

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 !



Message from the Executive Director

Although we have not had to terrible of a winter it seems like it has lasted forever some days. We here at the society are ready for spring and we hope you are too. Stay tuned for some opportunities to get back outside together. One opportunity to gather will be at our IG Wealth Management Walk for Alzheimer's that will be taking place in May and we are certainly excited to resume other activities, it won't be long before we can hit the golf range or maybe have a picnic in the park.

Thank you to those who have taken the time to complete the survey, it has provided us with some wonderful ideas to further create engagement. We have left it open a for a couple more weeks just incase you would like to complete it. You will find the survey link on page 2.

Vicki Poffley



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

Kim Parker, Education and Support Coordinator Ext. 203 education@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
	<p>March 2023</p> <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>					
	<p>5 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat Crossroads Church 11:30-12:30pm</p>	<p>6 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM</p>	<p>7 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am Zoom</p>	<p>8 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p>9 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p>10 Please have your registration in for the St. Patrick's Day Dance by today!</p>
<p>2 </p>	<p>13 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM</p>	<p>14 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM</p>	<p>15 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am Zoom</p>	<p>16 Men's Caregiver Group Zoom 10am In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm Dance 5-8 -560 Legion</p>	<p>17</p>	<p>18</p>
	<p>19 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat Crossroads Church 11:30-12:30pm</p>	<p>20 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM</p>	<p>21 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am Zoom</p>	<p>22 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p>23 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p>24</p>
	<p>26 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat Crossroads Church 11:30-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM</p>	<p>27 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM</p>	<p>28 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am Zoom</p>	<p>29 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p>30 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p>31</p>