

March 28^h, 2022

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

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



IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S



The Walk for Alzheimers Goes Hybrid This Year!

As you know, we transitioned to a virtual walk for the past two years during the pandemic, and while things are opening up slowly in our region, we know that there are still folks who are not as comfortable with a large group event.

There are also those for whom the virtual walk worked very well for many other reasons, and people have enjoyed making the walk part of their daily activities in their own special walking locations. So this year, we are going to a hybrid event which will combine both a virtual walk and an in-person walk so that we have something for everyone!

The virtual walk means that you can register online and walk where, when, how and with whom you want, anytime in the month of May!

At the end of the month, we will host one central (KFLA) in-person **Walk for Alzheimers Wrap-up Celebration** which will include a walk along the Napanee River boardwalk, a BBQ lunch, some fun activities and some entertainment. Anyone throughout KFLA, who has registered in either the Lennox and Addington or Kingston walk, who has walked earlier in May, or who would like to participate in the in-person walk is invited to the wrap-up celebration in **Napanee at Conservation Park on May 28, 10:30am to 2:30pm.**

We will need to know how many are coming to the in-person event just so we can prepare for meals, so you will have an opportunity to opt in when you register online. The online Walk sites for both Kingston and Lennox and Addington (separate sites), will be ready for registrations by no later than March 28!

WHO WILL YOU BE WALKING FOR?

CAREGIVERS CORNER



When a Loved One with Alzheimer's Doesn't Recognize You

By Ava Stinnett

In early-stage dementia or Alzheimer's disease, intermittent symptoms of mild cognitive decline—such as word searching, forgetfulness, and trouble concentrating and problem-solving—are visible. As the disease advances, lapses in people's memories become even more apparent. Such lapses can cause an inability to remember—or recognize—family members. As a result, some family relationships diminish, leaving the person with Alzheimer's isolated and lonely. It's normal to feel sad, hurt, or abandoned, but it's not personal. These are simply effects of the disease. What can you do?

First, remember that even when memory is gone, emotions remain. Your loved one might still be able to pick up on vibes and read body language. Proceed with the conversation even if the person appears unresponsive. To encourage engagement, the Alzheimer's Foundation of America recommends using the 4S's for communicating: *simple*, *slow*, *show*, and *smile*. "Simple sentences are much appreciated by someone with Alzheimer's. Say it slow to allow enough time to capture words or questions. Show what you're saying, using facial expressions, body language, and gesturing. And smile—it goes a long way."

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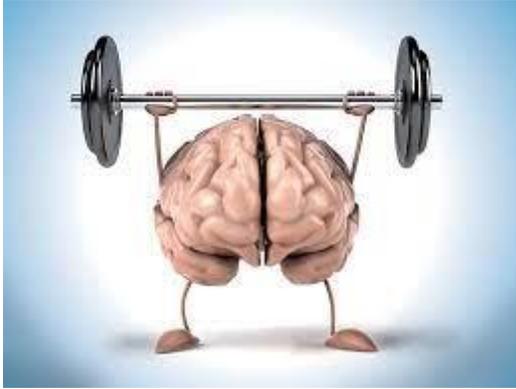
Next, avoid peppering your loved one with the question "Do you know who I am?" Instead, introduce yourself by name and relationship, such as "I'm Josephine, your daughter" and "Here's my husband, Mike." Instead of figuring out what the person remembers, be reassuring by maintaining eye contact, addressing them by name, smiling, and holding their hand as you remind them who you are. You might have to introduce yourself several times. Try to resist the urge to speak louder to make it easier for the person to understand. Slow down and provide time for understanding and processing what you've said.

It might seem pointless to stay in contact with a loved one who cannot recognize the faces of family and friends. However, numerous benefits come from visiting with people who have advanced dementia. Social wellness—making and keeping genuine, nurturing connections with others—is critical to physical and psychological health and might help delay cognitive impairment.

Sources

Bursack, C.B. (n.d.) When a loved one with Alzheimer's doesn't recognize you. Retrieved from <https://www.agingcare.com/articles/alzheimers-parent-does-not-recognize-family-144197.htm>

Sauer, A. (2016, January 6). Why people with Alzheimer's are unable to recognize their loved ones. Retrieved from <https://www.agingcare.com/articles/alzheimers-parent-does-not-recognize-family-144197.htm>



Keeping the Brain Sharp is so very important. There are plenty of opportunities in the digital space to do so. Below are some fabulous links shared with our Men's Peer Group by one of our members!

The first three games involve finding a 5 letter word in six guesses. Canuckle is the Canadian version of the game. Dordle involves finding two 5 letter words at the same time using the same clue word for both words for each guess. The last two games are much harder than the first 4 games as they involve finding 4 and 16 words respectively at the same time. my recommendation would be to only include the first 4 games in the news letter.

Here is a good link to explain what wordle is and how to play: <https://www.tomsguide.com/news/what-is-wordle>

Wordle: <https://www.nytimes.com/games/wordle/index.html>

Wordleunlimited (unlimited games): <https://www.wordleunlimited.com/>

Canuckle (Canadian version): <https://canucklegame.github.io/canuckle/>

Dordle (solve 2 words at the same time): <https://zaratustra.itch.io/dordle>

Quordle (solve 4 words at the same time): <https://www.quordle.com/#/>

Hexadecordle (solve 16 words at the same time):
https://hexadecordle.co.uk/?fbclid=IwAR0cb8y5jT2iFDBrVIs7S_vSSUxVxdUx001CnO2S4NrhvHUjV3m

WEEKLY ONLINE ACTIVITY PROGRAMS



“CIRCLE OF FRIENDS” GROUP
Join us on Wednesdays at 1:30
[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](#)

MUSICAL HAPPY HOUR WITH MAX AND WAYNE

Monday March 14th and 28th

At 6:30 pm

[CLICK HERE](#)

Province Wide, Live “Musical Memories” Singalong April will be the last Month for Thursday Music!



Thursday April 7th- 2:00 , Roger James
Thursday April 14th – 2:00, Mari
Thursday April 21 – 2:00, Michael K Myers
Thursday April 28th – Glenn Reid and Max

[CLICK HERE](#)



A talk on Advance Care Planning

Dr. Kathy Kortés-Miller, MSW, PhD
Educator, Researcher, Author & Speaker

April 13th
7:00pm—8:00pm
on Zoom



Registration required

shannon.randall@hospicekingston.ca

barb.mundell@sfcsc.ca

Hosted by:



It's about conversations.
It's about decisions.
It's how we care for each other.

Public Education!

A warm welcome:

I am extremely excited to be apart of the Alzheimer Society KFLA team as the Public Educator! Thank you to the care partners, clients & staff for making me feel so welcome & I look forward to providing you with education opportunities. - Fiona

Lending Library (Books & Technology)- at ASKFLA

Reminder that we have a “lending library” (Books & Technology) at the Alzheimer Society KFLA. There are many different resources available for care partners, clients and the general public. **Feel free to drop by between 9:00 a.m.-4:30 p.m. Monday to Friday.**

Please be advised that we are still requiring Masks when entering our office location. Thank you!



“Keep your brain active. Engage your brain. Your brain is the most fantastic machine ever created, and it needs to be exercised.” - Peter Kinderman

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
Lisa Prest 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 as well as the First Link Learning Series for our care partners. Please stay tuned for upcoming offerings!

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.

Just a reminder that we have the “All About Me” booklets available for you in both forms. The longer booklet and then the two-page conversation starter. Feel free to contact us if you would like access to this resource. This is a great activity for the winter months!

LOOKING FOR: PERSONS LIVING WITH DEMENTIA & THEIR CARE PARTNERS

To take part in a study about care practices that help improve the physical & cognitive functioning after a hospital stay.

Participation will involve one interview via telephone or videoconference or at your home.

HONORARIUM PROVIDED

Patients may be eligible if they are:

- ✓ Living in a rural community in Ontario, Nova Scotia, or Alberta
- ✓ Being discharged from hospital or have been discharged from hospital for an illness in past 30 days
- ✓ Aged 60+
- ✓ Have a care partner helping them after discharge

Care partners may be eligible if they are:

- ✓ Aged 18+
- ✓ An unpaid relative, partner, or friend and the primary care provider of a patient after discharge



For more information about the study please contact Jeffrey Butler at jibutler@yorku.ca or call 1-604-813-7128



Free routine dental care for eligible seniors

The new Ontario Seniors Dental Care Program (OSDCP) is a government-funded dental care program. It provides free, routine dental services for low-income seniors who are 65 years of age or older.

Eligibility

You can apply for the program if you:

- are 65 years of age or older
- are a resident of Ontario
- have no other form of dental benefits
- meet the income requirements:
 - single seniors with annual net income of \$22,200
 - couples with a combined annual net income of \$37,100

How to apply

Apply online at Ontario.ca/SeniorsDental. If you need help with the application or would like a paper copy please call KFL&A Public Health at 613-549-1232, ext. 1218.



Eligible seniors will receive their OSDCP dental card in the mail.

Treatment

Seniors with the OSDCP dental card can book a dental appointment in Kingston or Napanee by calling Kingston Community Health Centres at 613-507-6064.

Appointment locations in KFL&A:

**Napanee Area
Community Health Centre**
26 Dundas Street West,
Napanee

**Kingston Community
Health Centres**
263 Weller Avenue,
Kingston

Coverage includes

- check-ups, including scaling, fluoride, and polishing
- repairing broken teeth and cavities
- x-rays
- removing teeth or abnormal tissue
- anesthesia
- treating infection and pain
- treating gum conditions and diseases
- partial coverage for denture services

kflaph.ca/SeniorsDental

2022-02-16



PROGRAMS & GROUPS FOR CAREGIVERS



WEEKLY CAREGIVER CAFÉ

Tues afternoons 1:30

[Click here to join](#)

FRIENDLY FRIDAYS AT CHIT CHAT

Live, email Noreen if you would like to join

noreenpeters1957@gmail.com

CAREGIVERS EVENING CHAT

with Patti and Jan

Second Tuesday of Every month at 7:00 pm

[Click here to join](#)

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](#)

SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at 10:00 am

[Click here to join](#)

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.

Please take a moment to participate in our Support Group Survey!

<https://www.surveymonkey.com/r/JSVT5NG>

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OFFICE HOURS

Kingston 9:00 – 4:30 Monday to Friday

Napanee 9:00 – 4:30 Tuesday and Thursday

Northbrook / Sharbot Lake 9:00 – 4:30 Monday to Friday