

KFL&A Alzheimer News



What New...

Our IG Wealth Management Walk for Alzheimer's will take place May 27th at the Invista Centre from 11am to 3pm - see posters inside for all the details.

NEW -Evening Caregiver Group -4th Thursday of the month at our office 6-8pm starting May 25th -no registration required.

We're going Bowling May 18th at Splittsville Bowling Centre - cost is \$9.99 (payable at the event on day). Registration is required.

We are MOVING! We will be moving to the Providence Village -stay tuned for more details.

Our Annual AGM will be taking place on Wednesday June 28th
6-8 pm at the Providence Village Spirituality Centre
1200 Princess Street, Kingston ON
to register please call 613-544-3078 or email reception@alzking.com



In Person 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. Please note our groups at the Church require registration -please email justinecarlson@alzking.com -Programs Coordinator or call our office at 613-544-3078 for more information about all our groups and how to join. **Please note our groups are currently full but we are taking names for a waiting list.**

The current schedule for the groups (Registration Required to attend) at Crossroads is:

Monday: 10:00am-1:00pm **NEW TIME - Mixed Support Group** (for those who are diagnosed) with a separate **Caregiver Chat** 11:00am - 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)

Drop In Group for both Caregivers and Persons living with the diagnosis (no registration required)

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

Thursdays: 1pm - 3pm - **Coffee Chat** Normandy Retirement Residence Kingston

NEW ! 4th Thursday of the Month -Drop In Caregiver Group Evening 6-8pm -no registration required at 400 Elliott Avenue Unit 4 office

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**

Gentle Exercises - Wednesdays at 1:30pm **Zoom NEW TIME!**

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.



Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Evening
CAREGIVER

Support Group
4th Thursday of each
Month
6 to 8 pm

No registration required
For more information call 613-544-3078
extension 206 Krystian

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Wednesday June 28, 2023

6-8pm

ANNUAL GENERAL Meeting

Friends of the Society, we invite you to join.

Providence Village -Spirituality Centre

1200 Princess Street, Kingston

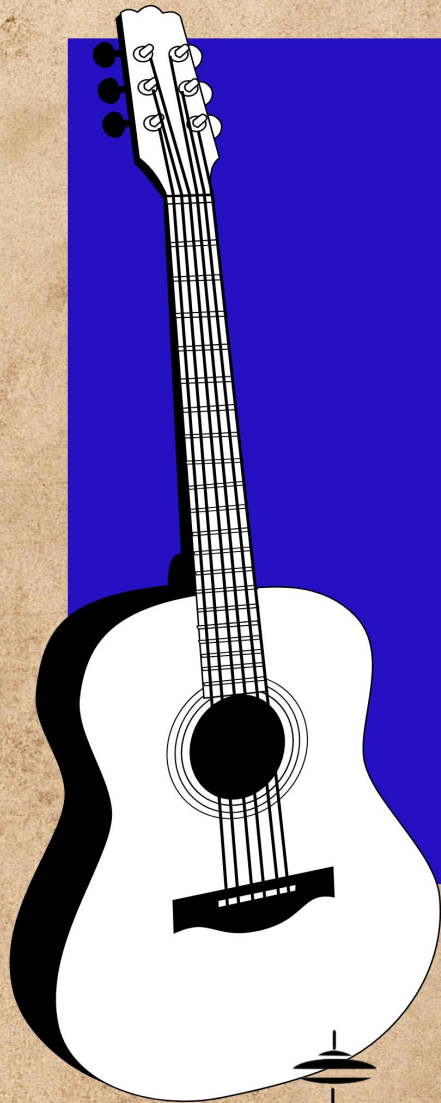
Guest Speakers:

Laurie French and Anna Doyle

To Register please Contact Reception at 613-544-3078

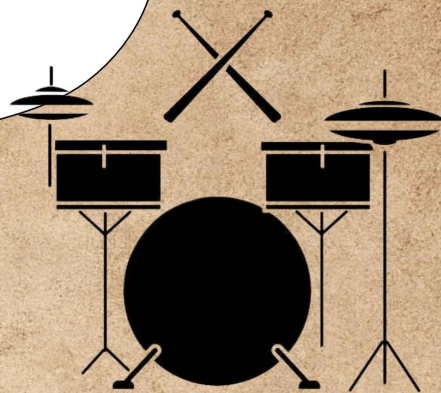
or email: reception@alzking.com





LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX GLENN 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



Splittsville Bowling Alley
10 Bath Road Kingston



BOWLING

— **Thursday June 15th** —

1 - 3 pm

\$9.99 per person to be Paid day of at the Bowling Alley

*Please note no outside food -Kitchen will be open.

Please pre-register with the office so we know what are numbers are for the bowling alley.

Call 613-544-3078 or email : reception@alzking.com



15TH FRONTENAC COMMUNITY SERVICES FAIR

Wednesday, May 3, 2023

Memorial Centre Arena

11 a.m. - 2 p.m.

Free entry

Learn more about

- **Employment and Education**
- **Food and Clothing**
- **Housing and Shelter**
- **Counselling and so much more!**

Free Transportation offered by



Eating Well, Aging Well

A community conversation on diet & nutrition for older adults



Award-winning dietician

Dr. Adrienne Young

University of Queensland

All the way from Australia!

Practical information on diet & nutrition for older adults

**FREE
TO
ATTEND**

What does healthy eating look like as we age?

How is it different to when we are younger?

When: Tuesday, May 16, 2023 at 10:00-11:30am

Where: Isabel Bader Centre for the Performing Arts, 390 King St. W., Kingston
On bus routes 3, 501 & 502

Light refreshments will be provided

REGISTER:

Online: www.cfn-nce.ca/events/eating-well-aging-well

Call us: 613-549-6666 ext. 2834



PRIZES

Masks encouraged, but not mandatory.



**Canadian
Frailty
Network**



Gentle Exercise

Online via Zoom

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be continuing this May, this month will focus on exercises that will help strengthen and mobilize our bodies. Strengthening and mobility are an important component of a healthy body and lifestyle and can reduce your risk of pain and injury.

We are excited to provide this program as strength and mobility training are important factors in our physical, mental health and overall well-being. As summer approaches, let's work together so we can get outside and perform our favourite activities without pain!

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, every Wednesday at 1:30 pm. The class will last for one hour. Caregivers are encouraged to join in with their loved ones. The first class will start on May 3rd, 2023, at 1:30 pm.

There will be a question-and-answer portion at the end of each session, where you will 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

www.walkforalzheimers.ca

**IG WEALTH
MANAGEMENT**
**WALK FOR
ALZHEIMER'S**

Alzheimer Society



SATURDAY MAY 27TH
11:00 AM - 3:00 PM

Kingston Invista Center, CaraCo
Home Track and Field. Address 1350
Gardiners Rd.

11:00am Welcome teams and participants for a social hour. Everyone is welcome to bring lawn chairs and/or set up a tent area to spend the afternoon.

12:00pm Opening ceremony

3:00pm Closing ceremony

Our media Sponsors MOVE 983 and PURE COUNTRY 99 will play music during the event. They will also emcee the event, inviting participants to introduce themselves, their team, and the cause they are walking for.

We will also be hosting a variety of Vendors, games, and a food truck - UP in Smoke BBQ will be on site.

Sign up as a team, an individual or a volunteer

To Register for your local Walk

Website:

www.alzgiving.ca/Kingston2023

www.walkforalzheimers.ca

Facebook @alzheimerskingston

Email for your offline pledge kit

fundraising@alzking.com

call our office at 613-544-3078

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

www.walkforalzheimers.ca

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S
 Alzheimer Society



Sponsors 2023



Canadian Frailty Network



Cataraqui Heights Retirement Residence™

PURE
COUNTRY ★ 99

TODAY'S BEST VARIETY
move
98.3

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Website: www.alzgiving.ca/Kingston2023
www.walkforalzheimers.ca

www.walkforalzheimers.ca

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S
 Alzheimer Society



SATURDAY MAY 27TH
11:00 AM - 3:00 PM

Kingston Invista Center, CaraCo
Home Track and Field. Address 1350
Gardiners Rd.

Vendors Welcome

- Non-profit organizations
- Local Craft, food, merchant vendors
- Local Businesses

Email for more information

fundraising@alzking.com
call our office at 613-544-3078 ext 204

Facebook @alzheimerskingston

Register to Reserve your spot

<https://forms.office.com/r/AN3f0YtSv8>

Walk for Alzheimer's
 2023 - Vendor Form



Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Website: www.alzgiving.ca/Kingston2023
www.walkforalzheimers.ca

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Charity Slo-Pitch Tournament Coed Rec 6/4

It's time to play ball! Let's get ready for an exciting tournament!

**Saturday
10th June 2023**

Inverary Ball Diamond
4014 Perth Road (Holmes Road)
Kingston ON

Register your team:

613-544-3078 ext 204

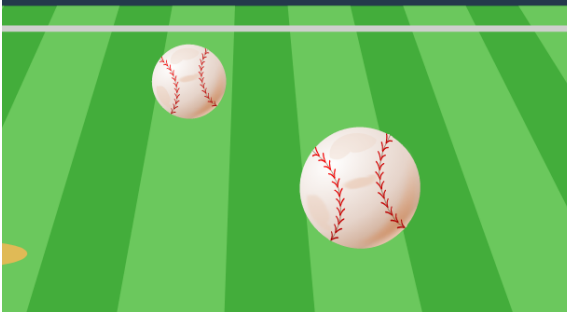
Email

Fundraising@alzking.com

**Team
Entry Fee
\$400.00**



**HR Bracelets \$5.00
Raffle Prizes *
BBQ & Snacks**



Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Become a Volunteer

Let's make a difference!

- Event support, Coffee Break campaign, Walk for Alzheimers, fundraising, sponsorship
- facilitating a support group
- Program support, art & music therapy, Minds in Motion, drop in activities
- Education/Public Speaking



Sign Up Today!

Use online form

<https://forms.office.com/r/AvEJHqaHU8>

Contact us at

613-544-3078

or email

fundraising@alzking.com

Sponsored by:



medium roast coffee blend

"FORGET ME NOT"

- Purchase yours today, or buy some as a unique gift for family members, friends, or neighbors!
- Coffee is available by the pound and can be ordered freshly ground or as whole beans.
- Cost is \$16.00 per pound and \$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.

To place your order use link
<https://forms.office.com/r/yd6zpQkisT>



Soci t 
Alzheimer
Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Yard Sale

May 12, 2023

9am - 2pm

Land O'Lakes Emmanuel United Church

108 Addington Road 2

All proceeds from the Yard Sale go to the Alzheimer Society

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We are excited to be sharing the event with the United Church's Pie and Bake Sale

Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Phone: 613-827-6700

Email: plemke@alzking.com



Celebrating Mother's Day When Mom has Dementia



Do you remember the construction paper cards you made for Mother's Day as a child? Those days were simple. Today, life is more complicated because you are caring for an aging parent with dementia. This Mother's Day, you may feel a range of emotions if your mother has been diagnosed with Alzheimer's or another form of dementia. Perhaps you are dreading this holiday. It might be a day that symbolizes the dramatic physical or personality changes that you have witnessed over the last year. You may feel confused about how to celebrate this holiday with your mother.

Having a loved one with dementia changes the dynamics of your family. You may need to be creative about how you celebrate holidays together and adapt your family traditions. Maybe it's time to start a new tradition.

Give gratitude

This Mother's Day, try to focus on the positive. You may feel overwhelmed, or perhaps your mother no longer remembers your name or is uncommunicative. These changes are emotionally traumatic. Reconsider how you celebrate this holiday. Use this day as an opportunity to express your gratitude for those who love and support you and your mother. Write a heartfelt note to a caregiver who has shown compassion and patience with your mother. Take this day to thank your spouse and family. It is important to let them know exactly how much you appreciate their love and support. Consider a thankful note or small gift for a therapist, family friend, nurse, doctor, or clergy whose additional support has meant so much to your family. Perhaps your goal this Mother's Day is to express the appreciation for others that your mother may no longer be able to express herself.

Also, research has proven the benefits of giving thanks and showing gratitude can improve mental, physical, and relational well-being. Being grateful can impact your happiness and reduce anxiety with long-lasting results. As a caregiver, use gratitude as a tool to stay positive and find happiness during this turbulent time.

A person can experience dementia in various ways, and it can progress through many stages. These tips may not work for every individual, but hopefully, they will spark ideas on how you can share this Mother's Day together. Here are a few simple, engaging ways to show your mom how much you care—on Mother's Day or any other day of the year:

If she's in the early stages

- Tell her you would like to spend time with her and ask what she would like to do.
- Plan a meal together, make her favourite dish or go out to her favourite restaurant. Keep in mind that a quiet location or time of day will minimize distractions and allow for good conversation.
- Take a stroll in the park, go for a bike ride or visit a museum.
- Include her in any family gatherings but be sure to give her the option of stepping away if it gets too overwhelming.

If she's in the middle stages

- Plan for quieter, shorter visits. This helps avoid overstimulation.
- Give her an album of photos marking special moments in her life. Reminisce together, share stories and remember to laugh.
- Read an excerpt from one of her favourite books.

If she's in the later stages

- Create a playlist of the songs she grew up with and give her an iPod to listen.
- Give her some scented lotion and pamper her with a hand massage.
- Pick up some fresh flowers and let her sort them in a vase.

Whatever you do, always make time for your mom and continue to share your life with her and let her know that she means the world to you.

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 2022 - 2023 Board of Directors

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 !



With spring and new growth outside we are excited to announce that the Society will be expanding as well! The Board of Directors and Staff are excited to announce that we will be moving to Providence Village this summer and we couldn't be more excited as we believe that the Vision of the Sisters and the creation of the village aligns close to that of the Alzheimer Society. For those of you that have popped by the society over the last few years you may agree that we have outgrown our space. We look forward to doubling the size of our current space and having the opportunity to bring our programming back onsite as well as create new opportunities for our families. Stay tuned in the coming weeks for more information!

Vicki Poffley Executive Director

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>1 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm</p>	<p>2 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM</p>	<p>3 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>4 In Person Support Group Napanea Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	5	6
7	<p>8 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM</p>	<p>9 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM Caregiver Evening Chat Z:00pm - ZOOM</p>	<p>10 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>11 In Person Support Group Napanea Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p>12 Yard Sale – Land O'Lakes Emmanuel United Church Northbrook</p>	13
14	<p>15 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm</p>	<p>16 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM</p>	<p>17 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>18 In Person Support Group Napanea Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm BOWLING at Splittsville- please pre-register</p>	19	20
21	<p>22  Office Closed!</p>	<p>23 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM</p>	<p>24 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>25 In Person Support Group Napanea Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1-3pm NEW-In Person Caregiver Group in Office 6-8pm</p>	<p>26  WALK FOR ALZHEIMER'S Alzheimer Society WALK Day at Invista Centre Track</p>	27
28	<p>29 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM</p>	<p>30 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM</p>	<p>31 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>May 2023 Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanea Groups Orange: All Welcome Caregivers and Persons Living with a Diagnosis</p>		