

January 4th, 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 *



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Hello Readers!

Happy New Year! It is so hard to believe that here we are in 2021. We are still living in some rather uncertain times but what we do know is that we have fully adjusted to our virtual platform and can't wait to continue bringing you a variety of programs and resources.

We are continuing to also reach out to folks by telephone and if you need to reach us by phone, please feel free to do so and let us know how we can assist you.

We had a very small break in programs as we were going strong right up to the 24th of December. Thank you to Local Musician, Glenn Reid for a wonderful Christmas Concert Dec. 24th, he had his friend, Rick who joined us virtually from Toronto, and he has now agreed to join us each month. He was so thrilled to be drumming again as he has not been able to and thought that what we are offering folks virtually was so great, so welcome aboard Rick!

Just a reminder that all programs and support groups are back up and running. Minds in motion has started up again with Vanessa and volunteer Yvonne. The program runs Mon, Tue and Thurs mornings at 10:00am and is an excellent opportunity to get moving! Also, our music program is back with local musicians on rotation. This Month's Matinee movie is Waking Ned Devine, be sure to call the office to register and arrange for pickup of your Movie Snacks!

In this edition:

1. Staying Connected
2. Caregivers Corner "Looking Forward, Looking Back" by a caregiver
3. Activity Corner, at home activities and programs being offered on Zoom
4. Call for Board members
5. Alzheimers Awareness Month /Fundraising Corner
6. Teepa Snow Conference Online
7. Making Music



CAREGIVERS CORNER

Denis is a caregiver for his wife Catherine, he has written a heart felt article “Looking Forward, Looking Back” starting with his resignation letter to his employer. This is not the beginning of his caregiving, but rather when he starts his full-time job as caregiver. He does this in the hopes of helping others as well as himself, as he embarks on the dementia journey. Here is his resignation letter to his boss, from a career he loved.

Dear Fiona,

I have decided to retire. My last day of work will be Monday, August 31st, 2020. Rest assured that I will be available until then and will do my utmost to share all available information and facilitate the transition to my successor.

One always wonders at the events which unfold. Yesterday at breakfast, day 67 in lockdown at the Waterford, I saw through the veils of dementia and witnessed more than ever Catherine’s fragility, vulnerability and fear. The opportunity to accompany a loved one down the final path of life is not a responsibility, it is a privilege and when the final steps involve the loss of cognizance it is more than a privilege; it is a blessing. I can only fathom attempting to raise the spirits of someone who is terminally ill and fully aware of it, fully aware of life and dreams slipping away. My plight is much easier, with simple, punctual interventions providing reassurance, hope, laughter, and especially love, I can bring Catherine happiness as she sways from fiction to reality and back. This is neither tedious nor difficult and is most gratifying but does require time, attention and stress free concentration. However, in the long run, it cannot be accomplished while being fully dedicated to the rigors of my role. Thus far I have attempted to do both while putting more emphasis on my professional responsibilities. Catherine and I do not have the luxury of time and I cannot continue in this role past the end of the summer; that is the aforementioned date of August 31.

I felt compelled to share these thoughts as I want to make it abundantly clear that, although recent months have had their challenges, my decision is not based on any ill feeling or negative thoughts towards QBE or any of my colleagues. I have been fortunate to work for a company which cares about its employees and even more fortunate to share the trials and tribulations of the insurance world with a group of colleagues, including yourself, extraordinary in both their kindness and their willingness to share their knowledge.

Permit me to close on a lighter but nonetheless poignant note. Catherine constantly asks me when I will be going to Montreal or Toronto as she fears my departure, she fears being left alone. When, in a moment of great emotion, at least to me, I conveyed my love and explained that she need not worry about my absences, that I would remain by her side she replied “do you want my last slice of tomato”?

All the best and stay safe,

Denis

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 Tuesday January. 12thth at 7:00 pm

[Click here to join](#)

MEN’S GROUP FOR CAREGIVERS

Next meeting January 21stth, 10:00am

[Click here to join](#)

Looking forward, Looking Back Part 1

Article by a Caregiver “ Denis”

My initial notes were neither a call for help nor an attempt to dispense advice. I am not sure how to ask for help and do not see a clear path to providing any form of advice to fellow caregivers. Maybe the best I can do is to share my failures, my shortcomings, and the easiest ones to convey relate to time management.

November 2016, Catherine and I were both managing major mediations. That morning, as I was rushing through the parking lot, I realized I had left my car keys in the apartment, when I arrived at the courthouse, I realized I had forgotten my file at the office and then, to my great surprise, everybody else had the wrong address. My ever-increasing distraction and forgetfulness was becoming worrisome. Catherine on the other hand proceeded on a timely basis and in an organized fashion, which is why I never gave it a second thought when she mentioned that, although the dispute had been resolved at her mediation, she had not felt she had mastered the file at hand. It was only years later in an impromptu meeting with a colleague present at Catherine’s mediation that I realized I had been witnessing the first signs. I was too busy with my own stress related disorganization to realize Catherine was taking her first steps towards oblivion. I was too busy looking forward to the day we would slow down, too busy to enjoy those November days.

I coped with my stress and my distractions did not get any worse but in the months that followed Catherine found it more and more difficult to stay on top on her files. We longed for the days when we both enjoyed the challenges of our careers but mostly, we looked forward to Catherine’s retirement. April 2017 could not come soon enough.

I would have thought retirement would have led to a slow down but, for the next 18 months, I was too busy moving my career ahead to slow down. Catherine became less active and did not seem to wish to discuss the events of her day, I missed the times when the nights were not long enough to fully share the events of the day but mostly, I looked forward to the next outing, the next trip. During the race to December 2018, I felt we were always a lap behind.

By the time we got the right seats to our favourite show, we had to leave at the intermission, the noise was too loud for Catherine, the crowds on and off the stage, too confusing. By the time we made it to San Francisco to visit Alcatraz, Catherine and I had become each other’s prisoner, chained together by her early dementia. The destinations were fun but could not be enjoyed, for fear that the next trip to the washroom would be the one I would lose her. Catherine so loved the penguins that she considered staying in the Falklands, seriously.....

As 2018 was drawing to an end, there was a fall in the apartment and ever-increasing phone calls during the day. Our home was no longer safe. I so missed knowing Catherine was safe at home, even with limited occupations but I looked forward to the safety and peace of mind to be provided by the retirement home. I would no longer worry during the week and might even enjoy the weekends in the retirement community.

January 2019, my first weekend at the Waterford. Everyone is so nice, but the residents are old, Catherine is old. When did this happen? Give me an apron, give me a desk, I belong with the staff, not the residents. I miss the condo. No worries, I will plan weekend trips away from the residence, I will plan vacations. I so look forward to our Alaskan cruise next summer.

2019 is almost over, the Alaskan cruise, scenic beauty from a floating apartment, was becoming a distant memory, well at least for me. It had been a hectic trip, interrupted every night by the drive from Alaska to Kingston to make sure the cats were all right. Now I remember, I did convince Catherine that the roads were slippery, and we never did drive back to check on the cats. I knew this was the last trip for even thousands of miles away, we were still in the residence. There would be no use in creating the anxiety of travel just to wind up back at the Waterford, which travelled with us. I already missed travelling. Catherine now required assistance for the basic necessities, and we would move to the assisted care wing, we were branching out to “Birches at the Waterford”. I was really looking forward to the move, I would feel better during the week knowing Catherine would be taken care of. The felines would follow but they refused any form of hygiene assistance, they insisted they would continue grooming each other. I am even looking forward to spending weekends in an assisted care facility..... maybe I can help the staff.....To be continued

ACTIVITY CORNER



Minds in Motion

Exercise Program weekly x3: Join Mari and Venessa for a 45-minute exercise portion of Minds in Motion. We will be featuring Sarnia Volunteer Instructor Yvonne on Mondays, Tuesdays and Thursdays at 10:00 am. Check your activity calendar for December Dates as there are some changes due to the holidays.

Zoom Link:

[Click here to join](#)

This Month's Movie Feature:

**FRIDAY ZOOM
MATINEE MOVIE**

Please register for our fun ONLINE event

Treat Bags available for Pickup at the Office!

Register with Reception at 613-544-3078

Friday
January
22nd at
1:30pm via
ZOOM

Waking Ned Devine

Finally, a comedy that will make you feel like a million bucks.

Soci te Alzheimer Society
KINGSTON / FRONTENAC / LENOX & ALEXANDRIA

<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJ0c1ZnTmUvNkpnNDIKUT09>

“CIRCLE OF FRIENDS” GROUP



Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more

[Click here to join](#)

LADIES PEER GROUP

2nd, 3rd, 4th Wed. Mornings at 9:00 am
(for ladies with early onset)

[Click here to join](#)

MEN'S PEER GROUP

Tuesday Mornings at 8:30 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 Jan 7th Featuring:
Roger James

Thursday Jan 14th Featuring:
Mari

Link to Join Us on Zoom:

[Click here to join](#)

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



We Want you to Join our Board!

Now recruiting Two (2) 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:

- 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.
- Experience in Finance, Human Resources and Stewardship.

Our Expectations are simple:

Board members must:

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

January is Alzheimers Awareness Month!

On January 21, watch for a special insert in The Whig Standard which is intended to bring awareness about dementia and Alzheimers Disease. The insert will feature information about the disease and our local Society, and it will highlight some personal stories about people in our communities who live with Alzheimers.

The Alzheimer Society of Ontario Society is also marking Awareness month with the following film series:



Meet Alicia—a beautiful, vibrant mother and grandmother who was diagnosed with Alzheimer's disease 10 years ago.

This month, in honour of Alzheimer's Awareness Month, join us as we visit Alicia and her family in their home to get a first-hand look at the grace, dignity, compassion and support each of them shares with Alicia and one another.

Alicia's story helps put a face to the 1.1 million Canadians currently affected by Alzheimer's disease and reminds us of the fragility of memory, the importance of connection and support, and most of all, the power of love. This is a four-part series of short videos you can watch all at once or watch each segment at your leisure.

"For families that are just learning that their loved one has been diagnosed with dementia or Alzheimer's, please get support. Don't try to deal with it yourself because it's going to be unlike anything you've ever experienced." That's the advice Judy, Alicia's daughter, wants to give those who are going through the same experience.

Watch Part 1 here: Nevermore: Alicia's Story: <https://bit.ly/watch-nevermore>

Part 2 : 1 in 4 Canadians aged 15+ provide care to a family member or friend & Tyler, Alicia's grandson, does just that. Watch part 2 of the series, W is for Whale to experience a day with Alicia and the blessings that come alongside the difficulties of Alzheimer's:

Watch here: <https://bit.ly/watch-WIsForWhale>

Part 3: In this week's heart-warming short film, Keeping Hopia Alive, Alicia's family shares the importance of hopia, a favourite snack from the Philippines made of flaky, sweet pastry, traditionally filled with mung bean paste. While Alicia no longer remembers how to prepare her much-loved recipe that was once sold in Filipino bakeries in Toronto, her daughter Judy fills in the gaps in memory and recreates her Mom's recipe.

Watch here: <https://bit.ly/watch-keeping-hopia>

Part 4: Did you know 66% of caregivers are women and 33% of them are daughters?

Alicia's daughter Judy has been caring for her mom since 2010 when she was diagnosed with Alzheimer's at the age of 78. In the final part of this series, Judy shares the importance of creating and preserving memories that her mom can no longer share, but can keep close to her heart.

Through their love and support of each other, together they face the daily challenges of this disease with grace, tears, patience and laughter, knowing that Alicia's presence continues to enrich the fabric of their family life by bringing them closer together.

Watch here: The Memories We Share: <https://bit.ly/watch-memories-share>

Can You Share Your Story?



We are interested in hearing from clients or family members of clients who live in either the Greenwood Park area of Kingston or the South West region of the city (Auden Park, Reddendale, Henderson Place areas) for a couple of projects we are working on over the next several months. If you live in one of these areas of the city and are interested in sharing your story publicly (whether you are diagnosed, a caregiver, a sibling or child of someone who is diagnosed), please send an email to Lesley at fundraising@alzking.com to let us know. Please note that we are looking for just a couple of stories for this particular project, but we may be able to use your story in other ways.

For those who live outside the two stated regions of the city, we still would like to know if you are interested in sharing your story. We are always looking for interesting articles for our social media posts and newsletters, and other awareness opportunities throughout the year.



Forget Me Not Fundraising Activities



Host a Virtual Social in 2021!

Happy New Year. Well, it would appear that virtual fundraising is something that is here to stay! What was to many of us, a foreign concept less than a year ago, is now common-place around the globe. Major fundraisers have moved to online platforms and they've done it very successfully! So why not give it a try?

We know that this has been a tough year for lots of people, businesses and charities alike, but as the year comes to an end, I would like to appeal to former Coffee Break and others who haven't hosted before, to **consider hosting a Social with a Purpose in the new year.** January is Alzheimer Awareness month, so what better time to host an event that not only brings awareness but much needed donations as well. We are happy to help set it up online, help promote it, even toss around ideas with you about how you might best achieve your fundraising goals online.

As you know, the Coffee Break has been rebranded to Social with a Purpose, This is a fundraising program that lends itself well to either virtual fundraising or socially distanced outdoor fundraising or a mixture of both, and it expands the possibilities for the types of activity you might want to host – in other words, it's not just for coffee anymore!

The money raised through the Social with a Purpose third party fundraisers will stay here in KFLA and will help us to keep our programs and services going, despite the pandemic. Programs that involve social interaction are key to ensuring that our clients are well served, and our virtual programming, while it doesn't allow for face to face interaction, has provided some key components to ensure that clients are connecting with each other, and keeping their minds and bodies active and engaged. Music programs, Minds in Motion, virtual travel programs, art therapy, online music concerts and support groups are all important activities, and we need your help to keep them going. Our clients need these programs now more than ever before!

If you would like to help us reach our 20/21 fundraising goal for the Society and would like to learn more about the Social with a Purpose fundraiser, or about the upcoming Alzheimers Awareness month, please call or email Lesley at fundraising@alzking.com or 613-544-3078.

One of the positives of the online platform is that we can share resources. Feel free to join the Teepa Snow Online Conference hosted by York Region, Alzheimer Society: Finding Your Way in the Times of COVID-19



TEEPA SNOW



**FREE VIRTUAL ZOOM SERIES
WITH DEMENTIA EXPERT TEEPA SNOW**

- Thursday, January 21, 2021 from 3:30 to 4:30 pm
"Effects of Social Isolation on Those Living with Dementia"
- Thursday, January 28, 2021 from 3:30 to 4:30 pm
"How to Communicate with Someone with Dementia"
- Thursday, February 4, 2021 from 3:30 to 4:30 pm
"Understanding Yourself as a Caregiver and What You Need"

Finding Your Way® helps people living with dementia, their families, caregivers and communities recognize the risk of going missing, be prepared for incidents of going missing, and ensure people with dementia can live safely in the community.

"Living Safely in the Community" is a free, user-friendly online course that talks about how we can help keep people living with dementia safe. Each of the four modules are only 15 minutes in length, and you can complete them at your own pace.

www.findingyourwayontario.ca

**TO REGISTER FOR ANY OF THE TEEPA SNOW SESSIONS,
CONTACT:**

Jaime Cruz, Public Education Coordinator,
jcruz@alzheimer-york.com

2-240 Edward St. Aurora ,ON L4G 3S9

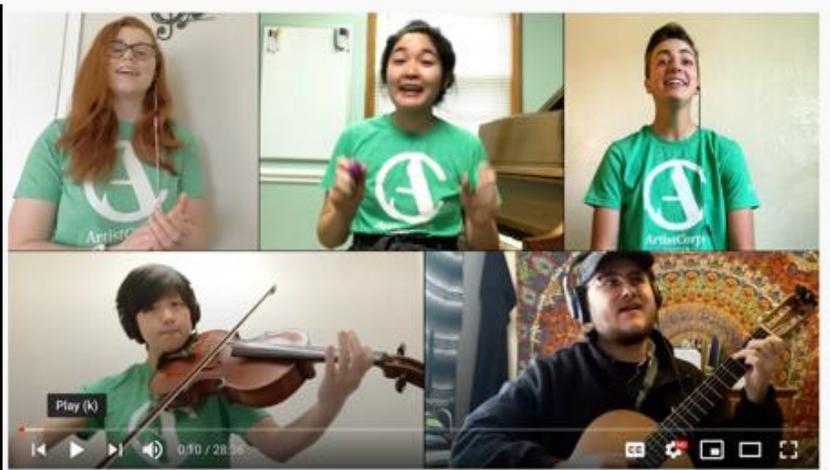
Phone: 905-726-3477/1-888-414-5550

Website: www.alzheimer-york.com



Hosted by the Alzheimer Society of York Region, join Dementia Expert, Teepa Snow, for this free virtual Zoom series beginning on January 21, 2021.

To register for any of these sessions, please contact Jaime Cruz, Public Education Coordinator, at jcruz@alzheimer-york.com.



Making Music Together, Even When We're Apart!

UNCSA's ArtistCorps, a community engagement initiative at the University of North Carolina School of the Arts in Winston-Salem, North Carolina, is offering some music video programming for those living with dementia and their caregivers, and they would like to include Kingston participants!

Why North Carolina...and Kingston? The UNCSA music faculty mentor for the project, known affectionately as the Morning Music Club, is Allison Gagnon, a pianist and teacher who grew up in the Kingston area. Both her parents lived with dementia in their last years, and she got to know folks at Alzheimer's Kingston over time, including Wendy Harris, who had worked at Arbour Heights where Allison's Mom lived. As she and her team develop their materials, she wants to offer the team members' work to her family's home community.

ArtistCorps has three music programs available, each of which is about 30 minutes of musical selections presented by members of the group, in an interactive format (i.e., they are designed for participation!). Two of these are varied in content, and the third is for this season. A second holiday episode will be posted soon, and new episodes will be added as long as we are in pandemic time.

Mari will be sharing these with the *Music for Memories* group on upcoming Thursdays. In the meantime, if you are interested in sampling these programs, please contact Allison at gagnona@uncsa.edu so she can set things up with you. She and her team are eager to have participation, and also feedback from those who join in.

If you'd like to read more about the project at UNCSA, check out this article:

<https://www.uncsa.edu/news/20201208-interactive-music-making-and-dementia.aspx>

Embedded in this article is also a short documentary about the project's in-person beginnings at the Williams Adult Day Center in Winston-Salem, before the pandemic:

<https://www.uncsa.edu/community/community-engagement/artistcorps/morning-music-club.aspx>

We hope this provides opportunity to make music together, even when we are apart!

Have you Zoomed with us?

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.

Our Virtual Speaker Series will continue - stay tuned for more information on upcoming speakers in the new year!

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.



NEED TO CHAT?



A Friendly Voice
Une voix amicale

A phone line for seniors.
Une ligne téléphonique pour les personnes âgées.

613-692-9992
OR TOLL-FREE:
1-855-892-9992
(OUTSIDE OF THE OTTAWA AREA)

https://ottawa.ctvnews.ca/mobile/a-friendly-voice-is-available-for-seniors-alone-and-wanting-to-chat-to-someone-1.4869843#_gus&_gucid=&_gup=Facebook&_gsc=mzae9VQ

Zoom Privacy Waiver Thank you for joining us via ZOOM. We are excited to be able to connect with our clients during these times of self-isolation and physical distancing. We know that staying connected is important. Please note that we are using ZOOM, an online technology that helps us connect with you securely. We believe that the privacy measures put in place by Zoom and precautions that we take will protect your privacy but we urge you to also take steps to protect your privacy such as a secure WIFI, and being aware of your surroundings. Also, since we are working from home, please be assured we have taken every measure to ensure your privacy is respected from others who are social distancing with us.

“THERE
ARE FAR,
FAR BETTER
THINGS
AHEAD
THAN ANY
WE LEAVE
BEHIND.”

- C.S. LEWIS
ITRACKYOURBOOK.COM

