

KFL&A Alzheimer News



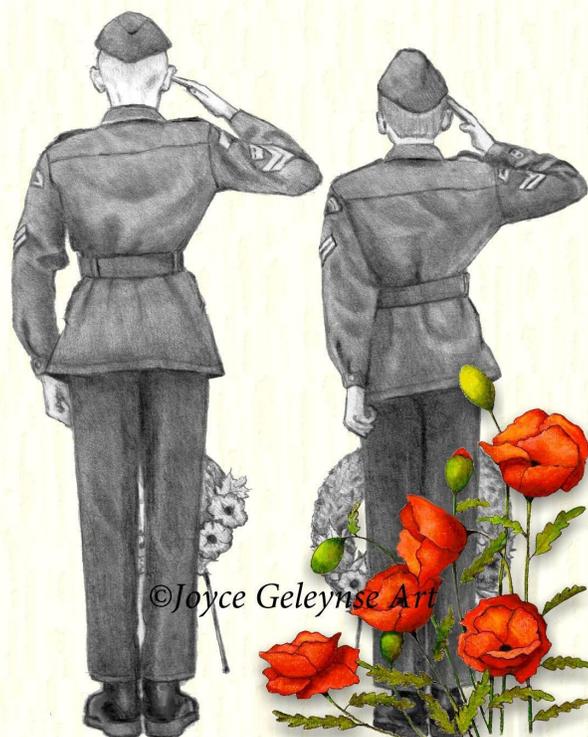
In Flanders Fields

By Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks still bravely singing, fly
Scarce heard amid the guns below.

We are the dead; short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved; and now we lie
In Flanders fields!

Take up our quarrel with the foe
To you, from failing hands, we throw
The torch; be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow
In Flanders fields.





In Person Groups:

We are pleased to share that live groups are taking place Monday, Tuesday and Wednesday in Kingston at the Alzheimer Society Office at Providence Village and a Caregiver Support Group will be at our Napanee office on Thursdays. Please note all in-person groups require registration - please email jcarlson@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 our Office is:

Monday: 10:00am-Noon **Mixed Support Group** (for those who are diagnosed)
with **Caregiver Chat** 10:00am till Noon

Tuesdays: 10:00am - Noon **Men's' Support Group** (for those who are diagnosed)

NEW 1:30 pm to 3pm- Men's Support Group (for those who are diagnosed)

Wednesdays: 10:00am -Noon - **Ladies' Support Group** (for those who are diagnosed)

Both Online and in - Person:

Caregiver Café every Tuesday from 1:30pm - 2:30pm - **ZOOM** also in person in the office

4th Thursday of the Month 5:30 - 7:00pm -Providence Care Village Boardroom -NEW TIME! **Zoom**

Drop In Groups for Caregivers In Person:

Thursdays 10:30am -Noon -Napanee Office

Thursdays 1-3pm Drop in Coffee Social -no registration required

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 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**

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.



Dealing with Dementia

Talking Matters



a sensitive and upbeat play

that follows an intergenerational journey of discovery as David and Inga struggle with language and their longing for respect and dignity.

Sunday, NOVEMBER 5, 2:30pm

(Don't forget to change your clocks back an hour!)

The Spire, 82 Sydenham St.

Q&A to follow.



\$10
/person

- in advance alzheimer.com/kfla
- or at the door

Performed by act2studioWORKS



Supported by



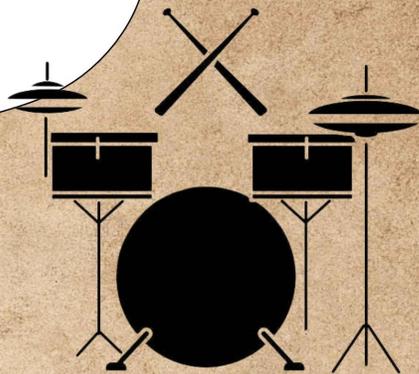
Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



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

5 Tips for Daylight Savings and Alzheimer's Disease



Each year in the fall we adjust our clocks for daylight savings. Although a minor inconvenience and adjustment for most people, this small hourly change can have a big impact on those living with Alzheimer's or other forms of dementia. The shift in time and daylight hours may lead to an increase in sundowning.

What is sundowning?

Sundowning is not a disease but a set of symptoms that often occur in the late afternoon for those living with memory impairment.

These symptoms include confusion, anxiety, aggression, pacing and wandering.

So, what can we do to make sundowning and daylight savings a little easier on the person with memory impairment as well as their caregiver? We share 5 tips to help with adjusting to daylight savings time and why they are important.

5 Tips to help with Daylight Savings and Sundowning:

1. **Routine:** routine is so important when dealing with Alzheimer's or dementia, keeping a routine no matter, the season is important to create stability and reduce confusion.
1. **Plan your activities:** your morning and daytime activities should be engaging, stimulating and active. If possible, they should involve the outdoors, fresh air, and sunlight. In the afternoon and nighttime start winding down a little bit and keep the activities calm and relaxing. Think soft music, reading or meditation.
2. **Limit caffeine:** limit caffeine and sugar to the earlier parts of the day, this will help with a more restful nighttime routine.
3. **Limit napping:** do your best to limit the number of naps taken during the day to ensure tiredness at night.
4. **Lighting:** natural light is important and has many benefits but as it starts to get dark earlier it is important that all rooms are well lit. Providing adequate lighting ensures increased visibility and reduces shadows that may be disorienting and cause confusion for someone living with memory impairment. Be sure to use soft lights and as the night continues start to dim them to signal that it's going to be time for bed soon.
- 5.

Daylight savings is tough on the circadian rhythm of most people but especially those living with Alzheimer's or dementia. Sticking to a routine will help with keeping circadian rhythm as normal as possible while the body adjusts to daylight savings.



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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Evening
CAREGIVER

Support Group
4th Thursday of each
Month

5:30 - 7pm in office
or via ZOOM

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

<https://alzheimersociety.zoom.us/j/95938439373>



Gentle Exercise via Zoom

No signup required - Wednesdays at 1:30pm

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be continuing this August. Strengthening and mobility are important components 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 favorite 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 at 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 November 1, 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.



Northbrook News! Halloween Fun at the Pine Meadow Nursing Home with the Golden Girls!

HALLOWEEN PARTY 2023





NORTHBROOK OLD PHARTS BREAKFAST OUTING

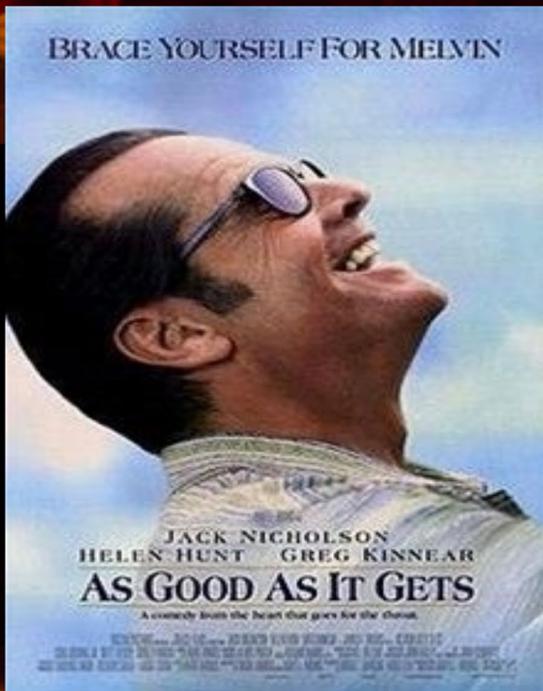
MOVIE NIGHT AT KNIGHTSBRIDGE



950 Centennial Drive
Kingston K7M 0G8

Please register to attend!
RSVP 613-544-3078

Please note Persons
Living with a Diagnosis
must be accompanied by
a Caregiver



Thursday
November
16th
starting at
6:15pm

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Be a Superhero – Join the League Against Dementia!



BE A SUPER HERO!

OVER 70% OF CANADIANS DO NOT HAVE SIGNED POWER OF ATTORNEY DOCUMENTS.

NOVEMBER IS MAKE A WILL MONTH

We have a challenge before us, and we need your help. The Alzheimer Society is recruiting all Canadians for its League Against Dementia! Are you willing to join us in our fight to defeat dementia?

Can you envision a world where:

- Every single person living with dementia is empowered to live well with the disease.
- Caregivers have access to high quality services.
- Alzheimer's disease and other dementias no longer exist.

Did you know that one of the best ways to support this vision is to make a gift in your Will to the Alzheimer Society? Not only will the Society benefit, but you will too. It is one of your Will's superpowers: it allows you to save taxes on your estate while helping to fight dementia.

It doesn't take much to make a difference. We all know Superheroes have a lot to protect. After providing for your family and heirs, your Will allows you to help others and your community. How do you become a Superhero in the League Against Dementia? By leaving a gift in your Will, also known as a Charitable Will bequest.

Ask us Estate Planning Guide today! Email vpoffley@alzking.com

The Alzheimer Society office also has free resources regarding Power of Attorney, Advance Care Planning and more. Stop by and browse our free resources. We are here to help!

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LOGO DESIGN CONTEST

Theme:
Alzheimer's Awareness
Month January 2024



Make a cool logo design for Alzheimer's Awareness Month.

The contest is open to all ages.

Cut off for entries is December 1st!

Send entries to fundraising@alzking.com

www.alzheimer.ca/kfla

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

**WE ARE THRILLED TO SHARE
THIS EXCITING NEWS!!**

**WE WILL BE HAVING SOME
ALZHEIMER'S APPAREL AVAILABLE
FOR PURCHASE ONLINE!!**

**STAY TUNED FOR MORE INFO
TO COME!!**

You will be able to shop our online
store and help support our
mission!

and \$10.00 per item will be
donated to the Alzheimer Society
of KFL&A.

FOR INQUIRES EMAIL FUNDRAISING@ALZKING.COM

Help for Today. Hope for Tomorrow...®

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#LIGHT IT UP BLUE FOR DEMENTIA

A LIGHTBULB FUNDRAISER SUPPORTING THE ALZHEIMER SOCIETY OF KFL&A DURING ALZHEIMER AWARENESS MONTH (JANUARY), DISPLAY A BLUE LIGHTBULB INSIDE OR OUTSIDE YOUR HOME TO SHOW YOUR SUPPORT



JANUARY 2024

ALZHEIMER AWARENESS MONTH

Order your blue lightbulb today!

Email: fundraising@alzking.com

1 light bulb (\$20.00 each) = 1 person / 1 day
subsidized in one of our social recreation programs

1200 Princess St, Kingston, ON * 613-544-3078 * www.alzheimer.ca/kfla

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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, drop in activities
- Education and Awareness

Contact us at

613-544-3078

or email

fundraising@alzking.com



Sign Up Today!

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



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!

Cost is \$16.00 per pound

\$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.



In addition to cash and checks, we accept credit and debit cards



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

Of interest to our Clients and their Families:

Sunnybrook, Baycrest Health Sciences and the Canadian Consortium on Neurodegeneration in Aging have created a new online resource: <https://www.msn.com/en-ca/news/canada/when-should-someone-with-dementia-stop-driving-this-resource-helps-seniors-decide/ar-AA171ijF?ocid=entnewsntp&pc=U531&cvid=eae912caafac4db5956c53ecddb6ca04&ei=35&fullscreen=true>

They call it the [Driving and Dementia Roadmap](#). It's a website with information, videos, worksheets, and other materials to help someone understand the importance of giving up driving — and when to do it. There's also information for care providers on how to broach the subject.

Doctors say there is a huge need for this type of resource, as the number of Canadians with dementia is expected to grow substantially in the next decade.

Since it launched in October, doctors involved with the roadmap say it has been popular with Canadians looking for more information. It also has attracted the attention of the World Health Organization, which selected it as a credible dementia resource.

[Driving and Dementia Roadmap](#) can be found at: www.drivinganddementia.ca

Land Acknowledgement

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron-Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

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

Colton Sedore, Recreation Coordinator Ext. 209 recreation@alzking.com

Justine Carlson, Program Coordinator Ext. 202 jcarlson@alzking.com

Jan White, Client Services Coordinator 613-329-7078 jwhite@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@alzking.com

Lorraine Ross Education and Support Services Napanee Office 613-544-3078 ext. lross@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)

1200 Princess Street -Providence Care Village

Kingston, Ontario K7M 3C9

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 Extension 501

Email:

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>November 2023</p> <p>KFL&A Calendar</p>	<p>1 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>2 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>3</p>	<p>4</p>  <p>Clocks go Back 1 Hour before Bed</p>	<p>5</p>  <p>REMEMBRANCE DAY WE WILL REMEMBER THEM LEST WE FORGET</p>	<p>6</p>
<p>5</p>  <p>Talking Matters A national and international day of awareness for people with dementia.</p>	<p>6 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p>	<p>7 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>8 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13 Mixed Peer Group & Caregiver Chat 10:00- Noon Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u></p>	<p>14 Men's Peer Group 10:00am- Noon NEW Men's Group 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office Caregiver Evening Chat 7:00pm - <u>ZOOM</u></p>	<p>15 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>16 In Person Support Group Napaneer Office 10:30am - Noon Men's Caregiver Group 10:00am <u>Zoom</u> Coffee Social 1 - 3pm MOVIE Night at Kingsbridge 6:30pm Registration Required</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20 Mixed Peer Group & Caregiver Chat 10:00- Noon Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u></p>	<p>21 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p>	<p>22 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>23 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm In Person/ Virtual Caregiver Group 5:30 - 7:00pm NEW TIME! <u>Zoom</u></p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27 Mixed Peer Group & Caregiver Chat 10:00- Noon Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u></p>	<p>28 Men's Peer Group 10:00am - Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office</p>	<p>29 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>Zoom</u></p>	<p>30 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napaneer Orange: All Welcome Caregivers and Persons Living with a Diagnosis</p>	

1200 Princess Street K7M 3C9 Phone # 613-544-3078