

KFL&A Alzheimer News



THANK YOU!!!

For supporting us this World's Alzheimer's Day. On September 21st all local McDonalds donated 50 cents from each cup of coffee sold to our local chapter. Together you helped us raise much needed funds which will help to be able to run more programs and provide more education to those living with or supporting somebody with the diagnosis of Alzheimer's.

For coming out and supporting our Northbrook Walk for Alzheimer's which was a HUGE success raising over \$8000. This money will be used locally to help continue and expand our programs and services to our clients.

Also thanks to the many coffee break and Anything for Alzheimer's social that have been held this month including:

Ron Earl and his Amazing Golf Tournament 14 years and still going
Cataraqui Heights Retirement Residence and Kingsbridge Retirement Residence both holding amazing bake sales and Amherst Island Community Medical Clinic another great coffee social

A BIG Thank you as well to Kingston Toyota for your amazing donation of \$5000. Your support allows us to continue to expand and offer more supports and groups for our clients and their families

Want to hold an event for Alzheimer's' contact Michelle Moore -Fundraising Coordinator at 613-544-3078 ext. 204



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 our in person groups 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 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)

Drop In Groups for Caregivers:

Thursdays 10:30am -Noon -Napanee Office

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

4th Thursday of the Month 6-8 pm -Providence Care Village Boardroom

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**

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.



Northbrook NEWS!!

What a day it was! The damp weather did not dampen our spirits! We had music, by JUST US TWO, ice cream cones, donated by 41 scoops, a gigantic bake sale table, make with love by community members, mostly the Golden Girls, the GG were with me every step of the way and I can not thank you enough for all your help. Numerous auction items and monetary donations from Hooks Castle, Lemke Electric, Gifts by the Pines, In the Bag, Nowell Motors, Ashley's Homemade Cupcakes and the Lions Club and all the generous community members that donated to our cause.

A delicious BBQ with meat supplies from Milligan's, and give at a hugely discounted price, cooked by the Old Phart's. and sponsored by Diana Walker, Royal La Page. We also had Major Gerry Lichty helping at the BBQ, sporting his Old Phart golf shirt!

A huge shout out to the Pine Meadow and staff for offering your home for this worth while event. A special award was given to Kevin Ryan "The first ever" Ambassador at Large" award for his unwavering support of the Alzheimer Society.

This is a success because of all of you! We exceeded our goal, raising over \$ 8000.00.

Thank you Pam Lemke and the Entire KFL&A Alzheimer Team



Thank you for all you do!

CONGRATULATIONS!



KEVIN RYAN

**HE WAS AWARDED THE FIRST-EVER
"AMBASSADOR AT LARGE" AWARD FOR HIS
CONSISTENT SUPPORT OF THE ALZHEIMER
SOCIETY.**



Northbrook Walk for Alzheimer's 2023 Supported by Pine Meadow Nursing Home



Max and Friends

Finkle Shore Park 2023



Thank You!

To all our Amazing Volunteers who helps us with our Annual Coffee Day at McDonalds. Without all of you we could not help to raise much needed funds for our Clients and their Families.



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

The Spire, 82 Sydenham St.

Q&A to follow.



\$10
/person

- in advance
- or at the door

Performed by act2studioWORKS



Supported by



Alzheimer Society
KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

MOVIE NIGHT AT KNIGHTSBRIDGE



950 Centennial Drive
Kingston K7M 0G8

Please register to attend!
RSVP 613-544-3078



**MOVIE
TBA**

Thursday
October
19th
starting at
6:30pm

Soci t  Alzheimer Society
KINGSTON, FRONTENAC, LENNOX & ADDINGTON



Orange, Black and White

Monster Mash Lunch & Music

.....
27 **OCT**
Noon - 3pm
.....

ADDRESS:
560 Legion
734
Montreal
Street
.....

RSVP

Tickets \$15 PP
Reception
613-544-3078

Meal Catered by
Capers Custom
Catering
Music

(Cash Bar for
Refreshments)

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FORGET *me* NOT PORTRAITS

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON



SATURDAY OCTOBER 7TH LAKE ONTARIO PARK

HAVE YOUR FAMILY PORTRAIT DONE BY A PROFESSIONAL PHOTOGRAPHER - ROB MOOY
GREAT FOR HOLIDAY GIFT GIVING!

\$80.00 for a 20 minute mini-session, 12 digital images of up to three poses, and a complimentary 5x7 print, sponsored by Camera Kingston. To book your session, please call 613-544-3078 ext 204 or email fundraising@alzking.com.

If you are unable to attend on October 7th, please feel free to contact us and we will be happy to help you schedule your session for another date and time that suits you.



Our sponsors are greatly appreciated! Thankyou
Rob Mooy, James Reid Funeral Home and
Camera Kingston



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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



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 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 October 4, 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.

Halloween Safety Tips for Loved Ones with Dementia



As Halloween approaches, caregivers, family members and friends may become concerned about safety for their loved one with dementia. For those with the disease who suffer from confusion, disorientation and other symptoms, Halloween can be a truly frightening holiday.

Here are some tips to help you and your loved one at Halloween:

1. Don't be afraid to remove decorations that confuse or frighten your parents or ask the staff if your loved one lives in memory care. Remind your loved one frequently that the decorations are not real and that people in costumes are just dressing up.
2. Don't hesitate to keep the porch light off to discourage neighborhood children from ringing the doorbell and trick-or-treating, which may further disorient your loved one.
3. If your loved one with dementia enjoys some of the Halloween festivities, such as pumpkin carving, be sure to provide ongoing supervision.
4. If your loved one displays confusion, fear or paranoia, it may be a good idea to arrange for him/her stay with another family member or friend who lives in a remote area where there is not a lot of commotion during the holiday.
5. Keep decorations at a minimum at home and avoid those with flashing lights and noise and those that are too realistic. People with dementia have been known to wander in response to Halloween decorations that scream or talk.
6. Monitor television shows your loved one is watching during the Halloween season to screen out any that are too frightening or gory.

An important part of being a dementia caregiver is being able to foresee potential challenges and plan to avoid them. When the holidays are approaching, it's a good idea to develop a solid plan to ensure enjoyment and safety for both you and your loved one.

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

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:

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

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 !



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

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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)

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

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 |
|--------|--|---|--|---|---|--|
| 1 | 2 Mixed Peer Group & Caregiver Chat 10:00-Noon | 3 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office | 4 Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm <u>Zoom</u> | 5 In Person Support Group Napanees Office 10:30am - Noon Coffee Social 1 - 3pm | 6 | 7 Forget Me Not Photo Session -see newsletter for details -registration required! |
| 8 | 9 Happy Thanksgiving!! Office is Closed  | 10 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 <u>ZOOM</u> | 11 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u> | 12 In Person Support Group Napanees Office 10:30am - Noon Coffee Social 1 - 3pm | 13 | 14 |
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| 22 | 23 Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 5:30pm - <u>ZOOM</u> | 24 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office | 25 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u> | 26 In Person Support Group Napanees Office 10:30am - Noon Coffee Social 1 - 3pm In Person Caregiver Group 6 -8pm | 27 Orange and Black Monster Mash Lunch and Music at the 560 Legion (RSVP \$15 per person) | 28 |
| 29 | 30 Mixed Peer Group & Caregiver Chat 10:00-Noon | 31 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café - 1:30pm <u>ZOOM</u> or in office | October 2023 Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanees Groups Orange: All Welcome Caregivers and Persons Living with a Diagnosis | | | |

Our NEW ADDRESS is: 1200 Princess Street Kingston Ontario – Providence Care Village