

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

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



ALZHEIMER SOCIETY OF KFL&A STAFF DIRECTORY

Vicki Poffley,
Executive Director, x 207
vpoffley@alzking.com

Kim Parkinson
Administrative Assistant, x 201
reception@alzking.com

Danielle Weir,
First Link Care Navigator, x 206
dweir@alzking.com

Lisa Prest,
First Link Care Coordinator, x 210
lprest@alzking.com

Lesley Deshane,
First Link Care Coordinator, x 208
LDeshane@alzking.com

Pam Lemke,
Education, Client Care and Programs, Sharbot
Lake and Northbrook, x 701
plemke@alzking.com

Mari Vepsalainen,
Program Coordinator, Kingston x 209
programs@alzking.com

Wendy Harris,
Education Coordinator, x 203
education@alzking.com

Lesley Kimble,
Fundraising Coordinator, x 204
fundraising@alzking.com



Hello Readers!

It is so hard to believe that summer is shortly going to be a memory. We hope that you have had the opportunity to enjoy some of this weather, and the sights, sounds and tastes of the Summer!

Did you go on any summer adventures? Did you go exploring in your own backyard? We would love to hear all about it (and see some memorable photos) - perhaps a family reunion, a grandchild who won the Championships or wonderful nature walks – no matter the adventure or summer experience, we would love for you to share it with us. Each submission will be entered to win one of 3 great Fall Giveaway Gift Baskets. Please email photos and entries to Mari Vepsalainen, programs@alzking.com. Some items in the gift baskets are donated by Cooks Fine Foods. Deadline for entries is Wed Sept.24th. Winners to be drawn and notified at months end, so Sept. 30th.

Did we say Family Picnic?

We certainly did! We are so excited for our first in-person event in a long time and we have missed seeing your faces off the screen.

We will be gathering at Finkle's Shore Park on Friday Sept. 17th. Registered guests are welcome to arrive at 11:30 to complete the COVID screening and give you time to settle in before we serve delicious, boxed lunches at 12:00 (you are also welcome to bring your own lunch). Please email Mari if you would prefer a gluten free option for lunch as they will be available if we know in advance. We are delighted that we will again have entertainment by Three for a Quarter and most of our team will be there too! Rumor has it that Mari and Lisa (and perhaps some other brave souls) may attempt another jump in the lake! If you have not RSVP'd , there is still time to do so-please call the office as spaces are limited. Also please note that there are a few picnic tables at the park but to ensure you have a seat, please bring your own lawn chairs. We do hope to see you there!





CAREGIVERS CORNER

In the last issue we discussed memory boxes, reminiscing books, and the benefits of these as tools to help foster meaningful interactions and conversations. This issue we will be sharing a bit about other things that can be done to bring about meaningful experiences.

Some people have been asking for ideas to keep their loved ones occupied, and it is certainly helpful to have activities that engage your loved one ready to go when they are needed. We have shared some ideas in the column to the right.

We encourage you to involve the person living with dementia in the daily activities around your home/community – we all want to be useful, to provide value and to help – that desire is not necessarily gone because of dementia, but rather we need to change activities to match their abilities. When was the last time you thanked someone with dementia for their help with dishes (even if you had to redo them), for keeping you company, for taking care of the pets in the home? Gratitude is an emotion most of us will respond to and appreciate.

For example: the task of vacuuming. Depending on their stage of dementia, they may only be able to hold the cord – but they are involved and feeling useful. Or around mealtimes, ask them to help set the table – provide the placemats, cutlery, dishes, etc and have them do it themselves, or if that is too much of a challenge, ask them to take item by item to the table to be set up together.

Anytime you have an opportunity to make the person living with dementia feel that they are helping is definitely a win-win situation. The person may feel as though they are a burden; they see how hard you work; how much you have on your plate and while some may not be able to express - they can feel it. Engaging them in meaningful ways can decrease agitation and lifts moods – which is best for everyone!

Ideas for Activities in a Pinch

- Sorting is a great activity: cutlery, rocks, shells, coins (and coin rolling); socks or other laundry (and folding it), etc
- Legos – this activity can be great as they come in different colors-have containers or bowls ready for them to sort the different colors.
- Scrabble Pieces in a bag
- Dominoes
- Busy Box: this is a special box that would have some fidget spinners, or stress balls, Etch a Sketch, manipulatives, crosswords, matching games, etc
- Photo Box: this one can have family photos loose, ones you have not yet sorted- ask if they would like to sort through - some memories and great discussion may be started with this one
- Scents and Smells Box: things they can see, touch and smell such as leaves, a scented pumpkin spice candle, essential oils, etc (be aware of allergies before using)
- Travel Memorabilia Box: key chains, coasters, matchbooks, ticket stubs etc.
- Past Memorabilia Box: This one can be filled with items that are familiar, and from the person's past.
- For Builders or Tinkerers: A Tinker box with tinker toy parts with nuts-and-bolts, etc
- Lacing and Tying Activities: string or yarn for those past knitters – some may enjoy rolling the yarn or untangling it as well as feeling it.

These are just some examples of things that you can have on hand - if you have family or children in your life, you can ask them to help put some of these activity kits together – gets them involved too!

We now have an Echo Dot in the office and can help give tips on set up and uses if needed.

The Echo Dot is a web-based technology you hook up to your home's Wi-Fi. You can request certain music or programs from amazon, it can answer questions, tell jokes, play games, keep shopping lists, set timers and reminders, can tell you the weather, start your coffee maker and more, an amazing piece of technology!

Keeping Minds and Bodies Active



Here are some online Resources:

Online Sudoku: <https://www.websudoku.com/>

Online Crosswords:

<https://thenewdaily.com.au/puzzles/quiz-crossword/>

Phone Apps: AcTo Dementia provides recommendations and guidance on accessible touchscreen apps for people living with dementia:

<https://www.actodementia.com/>

Ice Cream in a Bag:

<https://www.food.com/recipe/homemade-ice-cream-in-a-bag-34257>

Make your home a science lab with fun activities :

<https://www.rigb.org/ExpeRimental>

Card Games:

<https://www.considerable.com/entertainment/card-games/card-games/>

Online Mindfulness-Based Stress Reduction (MBSR) - free courses by a fully certified MBSR instructor by the University of Massachusetts Medical School:

<https://palousemindfulness.com/>

All About Me: We have two great resources to help other learn about the person living with Dementia. If you would like a printed copy-just ask us!

Longer Version:

https://archive.alzheimer.ca/sites/default/files/files/national/core-lit-brochures/all-about-me_booklet.pdf

Shorter Version (great to complete for LTC/PSWs):

https://alzheimer.ca/sites/default/files/documents/all_about_me_a_conversation_starter_e.pdf

WEEKLY ONLINE ACTIVITY PROGRAMS

“CIRCLE OF FRIENDS” GROUP

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

[CLICK HERE](#)

LADIES PEER GROUP

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

[CLICK HERE](#)

MEN’S PEER GROUP

Tuesday Mornings at 8:30 am

[CLICK HERE](#)

MINDS IN MOTION

Thur at 10 am

[Click here to join](#)

Monday’s link for MIM and Yoga is different please see your Sept Calendar- Tuesday MIM no longer available

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 September 16th Featuring:
Michael K Myers

Thursday September 23rd Featuring:
Mari

Link to Join Us on Zoom:

[CLICK HERE](#)

Match Your Monthly Donation in September if made by World Alzheimers Day!



It's World Alzheimer's Month and our generous donors, Catherine Booth and Michael Kirk, in memory of Walter Booth, have committed to match ALL monthly donations for a year **if you become a monthly donor by World Alzheimer's Day on September 21!**

Join the ever-growing group of committed individuals and become a monthly donor to help connect families in our community to Alzheimer Society education, counselling, and social recreation programs.

Donations matched up to \$3000 will support social recreation programs at the Alzheimer Society of KFL&A. Any subsequent donations will support local areas of greatest need including education, counselling, and social recreation programs.

[Become A Monthly Donor Now!](#)

Our Jackpot continues to grow and the odds of catching the Ace keep getting better. What would you do with all your hard-earned winnings?

With tickets starting at \$10 and 50% of the ticket sales support Alzheimer Society programs and services, there is no limit to how big the progressive jackpot can grow!

Visit catchtheace4alz.ca to buy your tickets and pick an envelope today!



Will you Catch the Ace?



McDonald's Coffee Day – October 1, 2021

McDonald's restaurants in both Kingston and Napanee, will help us celebrate the arrival of fall with a coffee day! They'll generously donate .50 of every coffee sold to the Alzheimer Society of KFL&A. So, buy a coffee and help support the Alzheimer Society!

Please Note: Our covid guidelines will not allow us to place volunteers on site this year again. As much as we would love to have our wonderful volunteers back to help raise awareness on site, we will have to wait until next year! But...you can help by spreading the word to your friends and family, by buying a coffee yourself, treat your staff, or even buy a coffee for the people in the car behind you! Those .50 cents will all add up with a little help from our community!

The very successful **Forget Me Not Photo Fundraiser** is back this October! Featuring the photography of Rob Mooy, this is your opportunity to make memories with your family! Watch for Details in the next newsletter!

Enjoy this Virtual Fundraising Music Event, Tuesday, Sept. 21.

Humanity in Music, World Alzheimer's Day

This World Alzheimer's Day on September 21 at 6:00 PM, Humanity in Music will commemorate those living with dementia, their caregivers, their families, and their journey with a special online concert featuring an amazing variety of Canadian music and artists!

Every ticket that is sold will help raise awareness and support for your local Alzheimer Society and benefit those who are impacted by dementia across Canada.

Purchase a ticket for yourself and invite your friends, co-workers, loved ones, and more, to join in on what will be a beautiful concert experience in support of a great cause! When you purchase a ticket, you will also receive a free download of Jasmin Uglow's song, *Remember Me*—a Jazz and blues song that tells the story of Alzheimer's and dementia from a musician and caregiver's perspective.

All ticket proceeds will support your local Alzheimer Society.

[BUY YOUR TICKET NOW](#) OR [DONATE TO SUPPORT THE EVENT](#)

Alzheimer Coffee Break/Social with a Purpose

What is it? You Host It, We Help!

Do you have a local business, are you part of an employee or neighbourhood group, a school group, a sports team, a community group or even an individual looking to get involved in supporting a local charity? Then Social with a Purpose might just be right up your alley!

We invite groups/individuals to host a 'social' of any kind – whatever you may wish to do to help raise funds for the Alzheimer Society of KFLA. If you own a business, you might like to sell a certain product and donate part of the proceeds (pizza, coffee, ice cream, baked goods etc), or put out a collection jar at your cash register or provide a free coffee with every donation or whatever suits your business model best. If you are a community, sport or school group, you might like to host a craft or bake sale, a book sale, a bottle drive or a yard sale in your neighbourhood! The possibilities are endless!

You host it and we will help you! We can provide promotional support on social media, volunteers if available (per Covid guidelines), printed information you can give to attendees, we can provide a speaker, etc. And you choose when you want to host it - most are done in the fall months but they can be held anytime during the year (some people like to do it during January which is Alzheimer Awareness month.)

Not comfortable hosting an event in person yet? You can also host an event on-line by visiting our Social with a Purpose website to see what fun programs are available! Check out the online activities like cooking classes, mindfulness, sing-a-longs, Zentangle, paint nights [here](#). For more information about Social with a Purpose [click here](#) or call Lesley Kimble at the Alzheimers office.

If you are a former host of a coffee break, please know that we would love you to get involved again this fall. We plan to be in touch but do give us a call if you are anxious to get started! We welcome any new groups or businesses who wish to participate by hosting a Coffee Break or any type of third-party fundraiser social. Contact Lesley at 613-544-3078 ext. 204, or email fundraising@alzking.com



We want to ensure you remain connected to us and as this pandemic continues, we will continue to use phone calls and Zoom for our support and client groups until such a time that we can gather in person again.

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.



Here to help

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.

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 in person, on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

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 Wendy 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 October 6 & 13 12:30-3:30; hopefully in person at the Isabel Turner Branch of the Kingston Public Library. [REGISTER HERE](#)

Join us on September 30, 2021, at 2:00pm via zoom:
Decisions...Decisions: Understanding Consent and Capacity

Shauna MacEachern, Occupational Therapist/Designated Capacity Assessor, will join us again to discuss what a Mental Capacity Assessment is, when it is necessary and do, discuss options for securing supports and assistance for those who do not have the mental or cognitive ability to make their own choices about money and/or personal care issues. *Please note, some of the information was presented in a previous session, but we will cover some new material and have time for questions*

[REGISTER HERE](#)

I want to hear from YOU!



My goal is to provide the education that YOU need. Please take a moment to either email me with any suggestions or complete this survey:

www.surveymonkey.com/r/KFLAED

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 with Patti and Jan

the Second Tuesday of Every month at
7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at
10:00 am

[Click here to join](#)

Pre-COVID the Men's Group met in person on the third Thursday of each month, but presently the meetings are virtual on Zoom. The purpose of the Group has not changed.

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.



PROGRAMS & GROUPS FOR CAREGIVERS continued....

CARE IN THE FACILITY

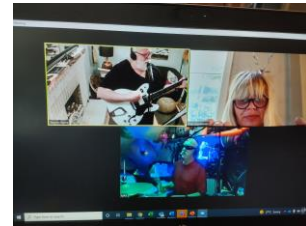
Join us monthly on the first Wednesday of every month at 10:00am for a support group for those with loved ones in care homes.

[Click here to join](#)

Don't forget to check out the Education section of the newsletter for upcoming sessions for Care Givers!

MORE PROGRAMS

MUSICAL HAPPY HOUR WITH MAX AND WAYNE



Feel Free to join us with your dinner if you like! Dinner and a show!

Max and Wayne perform some amazing nostalgic songs and provide something for everyone! Come and join the Show!

Mon Sept 13th at 6:30, Mon Sept 27th at 6:30

[CLICK HERE](#)

MATINEE MOVIE THIS MONTH

Join us Monday Sept. 20th at 1:30 pm for our Movie of the Month. This Month we will be featuring "Paddington"



See your calendar for the link!

Music on Union
presents

Sounds of Hope

A LIVE CONCERT SERIES
Fridays 12:10-12:50pm
August-September 2021

Free admission

August 6 Spencer Evans, Oscar Evans (Piano, Bass)
August 13 Dave Barton Trio (Guitar, Bass, Drums)
August 20 Paul Morrison Trio (Piano, Bass, Drums)
August 27 The Limestone Trio (2 Violins, Cello)
September 3 Clare Marion (Piano)
September 10 Kyoko Ogoda, Selina Chiarelli (Marimba, Storyteller)
September 17 Jan Le Clair (Accordion)
September 24 Clare Marion, Julia McFarlane, Wolf Tormann
(Piano, Violin, Cello)

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To reserve a free seat:
stjameskingston.ca/concerts
(or 613-548-7254)

Livestream:
www.stjameskingston.ca/concerts

St James' Church
10 Union St, Kingston



The Recording Industry's

