

KFL&A Alzheimer News



We're Moved!!

As of August 8th we are at our New Home at Providence Village! We look forward to seeing you all in our new office.

Our new address is:

**1200 Princess Street -Providence Village
Kingston Ontario K7M 3C9
our phone number will remain 613-544-3078**

Help support us this World's Alzheimer's Day. On September 21st all local McDonalds will be donating 50 cents from each cup of coffee sold to our local chapter. Moneys raised will be used to support program and events for our clients and caregivers!

Want to volunteer -contact Michelle -Fundraising Coordinator at 613-544-3078 extension 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 1:00 pm to 2pm- 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.



WE HAVE MOVED

OUR NEW LOCATION
1200 PRINCESS STREET
PROVIDENCE VILLAGE
KINGSTON ON
613-544-3078

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

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

Support Groups are Expanding!

Due to overwhelming requests, we are adding to our support groups!
We have added a new Coffee Social from 1pm to 3pm Thursday afternoons here at the new office.

Please note the Men's, Ladies and Mixed Support/Caregiver Support Group are by registration only! Please contact Justine Carlson at jcarlson@alzking.com or call her at 613-544-3078 extension 202 to make your appointment to be assessed and added to our wait list.



**Special Live Music
with Max and Friends!**

Family Picnic



Music 🍴 **FUN** 🍴 **FOOD**



15th September
@ 1pm to 4:30pm

Lunch will be served. Please advise of allergies when calling in. Live music will be playing. All are welcome!

Finkle Shore Park, Bath

To register to attend please contact: reception@alzking.com
or call 613 -544-3078

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



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 September 6, 2023, at 1:30 pm.

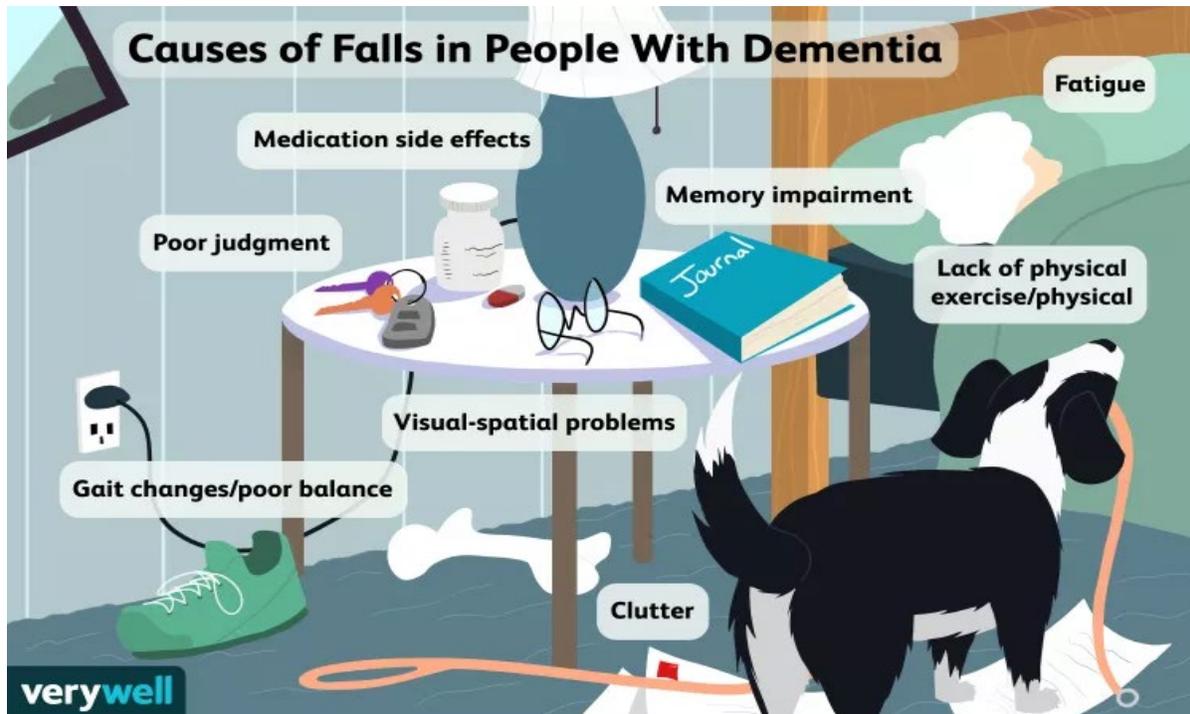
There will be a question-and-answer portion at the end of each session, where you will have the ability to ask questions and be provided with feedback on health and related matters.

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.

Fall Prevention:

Stepping into Fall safely



People with Alzheimer's and other types of dementia tend to be at a high risk of falling. They are more than three times more likely to fracture their hip when they fall, which leads to surgery and immobility. The rate of death following a hip fracture for those with Alzheimer's is also increased.¹ Thus, fall prevention for people with dementia is critical. One way to reduce falls in people with dementia is to understand why they fall. If we know what makes our loved ones more likely to fall, we can try to anticipate those needs and decrease falls.

Causes of Falls

These factors are the most common causes of falls in people with dementia.

Physical Weakness, Gait Changes, and Poor Balance

Some people in the early stages of Alzheimer's are in excellent physical shape and walk for miles every day, while others seem to develop difficulties almost before memory problems begin. Some research even suggests that a decline in gait (the way a person moves their legs when they walk) or balance can be an early indicator of a decline in cognition.² As Alzheimer's progresses into the middle stages and later stages, it causes a decline in muscle strength, walking, and balance.

Lack of Physical Exercise

Exacerbating the above, some individuals aren't getting enough physical activity. The benefits of physical exercise in dementia are many and can include increased daily functioning and improved cognition. Looking for a good way to exercise join us on Wednesdays with Colton for Gentle Exercises via Zoom -no registration required just join in!

Memory Impairment

As Alzheimer's progresses, keeping loved ones from falling can become increasingly difficult, in part because of the cognitive decline associated with the disease. For example, even though you might explain to your person that they shouldn't get up out of their chair without help because their memory is impaired, they may continually try to walk independently when they are not safe to do so. They had been walking when they wanted to their whole life, so to remember now that they are not strong or steady enough to do this can be a difficult change.

Poor Judgment

Sometimes, falls occur because of poor decision-making skills, such as attempting to walk alone down the steps or outside in the middle of winter on ice.

Visual-Spatial Problems

Because Alzheimer's can affect visuospatial abilities, a person can misinterpret what they see and misjudge steps, uneven terrain, shiny areas on the floor, or changes in floor color. Be sure to have their vision checked regularly, as eyesight can decline in the aging process. For example, poor vision could prevent them from seeing the paper that fell onto the floor which could cause them to slip and fall when they step on it.

Clutter

Falls sometimes happen because of less-than-ideal home conditions, such as too much clutter to try to navigate around. Some people with dementia tend to hoard things which can increase the risk of tripping.

Fatigue

Some falls happen at a certain time of the day, such as in the evening before bed when your loved one is tired from the day.

Medication Side Effects

Some medications can increase the risk of falls. Antipsychotic medications, for example, can sometimes have a side effect of orthostatic hypotension, where a person experiences a sudden drop in blood pressure if they stand up too quickly.

Other medications, such as hypnotics (medications that facilitate sleep) can also cause lingering drowsiness that can increase the chance of falls. Medications that work to lower blood pressure (called antihypertensives) can cause dizziness.

Other Contributors to Falls

Restlessness

Does their body need to be stretched out and exercised? Perhaps they are trying to get out of their chair because they really should be moving about, and they hasn't had the opportunity to do so safely. Make sure your loved one has adequate physical exercise and changes their position enough. If you're not strong enough to help him do this safely, consider having home health care or other help in the home to accomplish this.

Discomfort or Pain

Are they in pain or is he uncomfortable? Be sure to evaluate the possibility of pain, rather than just telling them to sit back down. Some people with dementia can't adequately express pain or discomfort verbally, but you may be able to see a grimace or notice a sigh or groan. If pain is an issue, you may be able to alleviate it through a different position or some medication.

Hunger or Thirst

Sometimes, a person tries to get up even if they are too weak because they are hungry or thirsty. If this is a trigger for your person, be sure to offer him plenty to drink and eat so that this need is met for them.

A Need to Use the Bathroom

Are they trying to get up by themselves because they need to use the bathroom? For many people, the urge to use the bathroom does not occur long before the actual voiding, so if your person has to wait a while for help, they may understandably get up on his own.

Boredom

Are they just looking for something to do? Boredom is a frequent problem for people with dementia. They no longer go to work or have a long list of things to accomplish in a specific time. If they are falling because he's wandering around and bored, you can try some ideas for meaningful activities.

Loneliness

Along a similar vein, some people try to walk around by themselves when they're not able to because they're lonely. Social interaction is critical for people of all ages, and this need doesn't disappear when someone has Alzheimer's. Make sure that they have the chance to socialize with others, even if it's just for a few minutes. Not only could you decrease the chance of falling, but you could also help improve their mood and overall quality of life.

Looking at the various causes of falls can increase awareness and hopefully prevent some falls from happening. If falls do occur, a root cause analysis can help determine what may have triggered the fall and shed light on how to prevent a future fall. These proactive approaches to fall prevention are an important aspect of providing quality care for older adults living with dementia.



Our upcoming events are in need of volunteers!

No matter whether you are signing up as an organization, group, or individual, we are welcoming your involvement.

Sign up today: scan QR code or use the link <https://forms.office.com/r/5QtYipHbwS>

Event Volunteer Alzheimer Society
KFL&A



SAVE THE DATE

Mark your calendar and make your coffee count on Thursday,
September 21st

All McDonald's locations in Kingston and Napanee will donate
50 cents for every coffee sold to the Alzheimer's Society of
KFL&A.

We welcome volunteers, whether you are signing up as a
group, organization, or individual. Join us today! Use the link to
sign up <https://forms.office.com/r/ZR2ZN7fvcw>

For more information email fundraising@alzking.com



SEPTEMBER 21ST

WORLD ALZHEIMER'S DAY

50¢ FROM EVERY COFFEE SOLD
WILL GO TO SUPPORT YOUR
LOCAL ALZHEIMER SOCIETY

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



All Kingston and Napanee Locations
7:00am-3:00pm



Volunteers Welcome
Sign Up today
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, LENOX & ADDINGTON

UPCOMING EVENTS

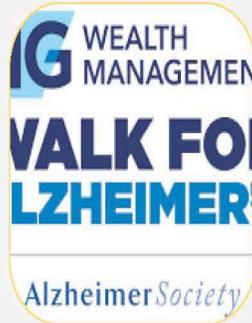
SEPT
6



MEMORIAL GOLF TOURNAMENT

14th Annual Memorial Golf Tournament hosted by Ron Earl @ Loyalist Golf & Country Club

SEPT
8



NORTHBROOK WALK FOR ALZHEIMERS

Pine Meadow Nursing Home will be hosting Walk for Alzheimers, 10:00am-1:00pm, Entertainment, BBQ, Coffee, bake sale

SEPT
21



MACDONALDS COFFEE DAY

World Alzheimer's Day McDonald's generously donates .50¢ OF EVERY COFFEE SOLD

SEPT
22



ANYTHING FOR ALZHEIMERS

Kingsbridge Retirement Community - Bake Sale & Coffee Break

- Volunteer
- Sponsor
- Donate

For more info
fundraising@alzking.com
613-544-3078 ext 204



Create your own event to raise funds for the Alzheimer Society of Kingston, Frontenac, Lennox & Addington.

Social with a Purpose



Create your own event

Tributes



Honour a love one
(In honour/In memory)

Get Active



Run, walk or compete

Celebrate



Birthdays, Weddings
or Special Moments

Be Unique



Use your special skill

Coffee Break



Coffee and/or bake sale

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

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, 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	
<h1 style="text-align: center;">September 2023</h1> <p style="text-align: center;"> Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Groups Orange: All Welcome Caregivers and Persons Living with a Diagnosis </p>							
	<p>3</p>	<p>4</p>  <p>4 Mixed Peer Group 10:00am - Noon Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm - ZOOM Registrations Due for Picnic</p>	<p>5</p> <p>Men's Peer Group 10:00am - Noon Caregiver Café - 1:30pm ZOOM</p>	<p>6</p> <p>Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm Zoom</p>	<p>7</p> <p>In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>8</p>  <p>Northbrook Walk for Alzheimer's all welcome to attend!</p>	<p>2</p>
	<p>10</p>	<p>11</p> <p>Mixed Peer Group 10:00am - Noon Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm - ZOOM Registrations Due for Picnic</p>	<p>12</p> <p>Men's Peer Group 10:00am-Noon NEW Men's Group 1:00-2:00pm Caregiver Café - 1:30pm ZOOM Caregiver Evening Chat 7:00pm - ZOOM</p>	<p>13</p> <p>Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm Zoom</p>	<p>14</p> <p>In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm</p>	<p>15</p>  <p>Picnic in the Park Finkle Shore Park - Bath 1pm to 4:30pm</p>	<p>16</p>
	<p>17</p>	<p>18</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p>	<p>19</p> <p>Men's Peer Group 10:00am-Noon NEW Men's Group 1:00-2:00pm Caregiver Café - 1:30pm ZOOM</p>	<p>20</p> <p>Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm Zoom</p>	<p>21</p> <p>In Person Support Group Napanee Office 10:30am - Noon Men's Caregiver Group 10:00am Zoom World Alzheimer's Day</p>	<p>22</p>  <p>September 21st World Alzheimer's Day 50 cents from each coffee sold today from Kingston/Napanee locations is donated to your local society</p>	<p>23</p>
	<p>24</p>	<p>25</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon 1:30- 3pm Musical Happy Hour with Max and Company 6:30pm - ZOOM</p>	<p>26</p> <p>Men's Peer Group 10:00am-Noon NEW Men's Group 1:00-2:00pm Caregiver Café - 1:30pm ZOOM</p>	<p>27</p> <p>Ladies' Peer Group 10:00am - 11:30am Gentle Exercises 1:30pm Zoom</p>	<p>28</p> <p>In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm In Person Caregiver Group 6 - 8pm</p>	<p>29</p>	<p>30</p>

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