

# KFL&A ALZHEIMER SOCIETY NEWSLETTER

**SEPTEMBER 2024**

- PLEASE NOTE THE OFFICE WILL BE CLOSED MONDAY, SEPTEMBER 2ND, 2024.
- TO GET ALL THE DAILY NEWS AND ANNOUNCEMENTS PLEASE MAKE SURE TO JOIN OUR EMAIL MAILING LIST PLEASE CALL THE OFFICE:  
613-544-3078 OR  
EMAIL RECEPTION AT:  
[RECEPTION@ALZKING.COM](mailto:RECEPTION@ALZKING.COM)

## **OUR ADDRESS IS:**

PROVIDENCE VILLAGE  
1200 PRINCESS STREET  
KINGSTON, ON K7M 3C9

OUR REGULAR HOURS OF OPERATION ARE  
MONDAY THROUGH FRIDAY 9 AM TO 4:30PM

## **HIGHLIGHTS THIS MONTH:**

**NAPANEE BOOK SALE**  
**NORTHBROOK WALK**  
**MCDONALD'S COFFEE DAY**





# Groups:



Our in Person Groups take place at all of our offices

Kingston 613-544-3078

Napanee 613-354-8937

and Northbrook 613-827-6700

If you would like more information about groups being held at each location please reach out!

Please note Registration is required for in person peer groups

## IN PERSON ONLY:

Monday: 10:00 am to Noon -Mixed Support Group

Caregiver Chat: 10:00 am - Noon- Kingston Office

Tuesday - Men's Support Group 10:00am till Noon -Kingston Office

Mixed Peer Group 1:30 - 3:00 pm

Wednesday - Ladies Support Group 10:00am till 11:30 am -Kingston Office

## IN PERSON AND VIA ZOOM:

(All are welcome)

Tuesday: Caregiver Café every Tuesday from 1:30pm – 3:00 pm - Kingston Office also via [ZOOM](#)

## ZOOM Groups only - All are Welcome

Musical Happy Hour with Max and Friends - 3rd Mondays of the Month 6:30 pm -[ZOOM](#)

**(\*New Time start October)**

Caregiver of Parents - 1st Tuesday of the Month 5:30 pm -[ZOOM](#)

Caregiver Cafe -2nd Tuesday of the Month 7:00 pm -[ZOOM](#)

## Drop In Groups - all Welcome

Memory Cafe - Mondays - 10:00 am till Noon - Napanee Office

Thursday Morning Caregiver Group -10:00 am till 11:30 am Kingston Office

Thursday Afternoon Coffee Social (Memory Cafe)- Kingston Office 1:00 pm till 3:00 pm

# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON



## ***McDonalds Coffee Day for Alzheimer's***



*Thursday  
September 19*

Kingston and Napanee  
McDonald's, 50 cents  
from every coffee sold  
will be donated to the  
Alzheimer's Society of  
KFL&A.



***We are recruiting volunteers, Sign up today!***

Contact: Michelle fundraising@alzking.com 613-544-3078



# End of Summer Picnic

Join us for a last hurrah to summer with Max and Friends Performing LIVE! Lunch will be served so RSVP to reception at: [reception@alzking.com](mailto:reception@alzking.com) or 613-544-3078

Noon to 3:00pm



To sign up click on link below, scan the QR code or call Reception at 613-544-3078

<https://www.signupgenius.com/go/10C0945AAAB2EA1FBC16-50271215-askfla>

**Location:**

**Rotary Park**

**1282 Coverdale Drive**

**Kingston K7M 8V9**

in case of rain we will be at the office location

**Friday  
September  
13th, 2024**





**Saturday, September 21, 2024**  
**Time: 11:00 am – 2:00 pm**

**SCAN ME**  
To Donate Online



Help for Today.  
Hope for Tomorrow...®

# **NORTHBROOK WALK FOR ALZHEIMER'S**

*Alzheimer Society*  
KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

**Pine Meadow Nursing Home**  
**124 Lloyd Street, Northbrook, ON**

**Toronto Signals Band**  
**Bake Sale**

**Silent Auction**  
**BBQ**

**Event Contact: Pam Lemke [plemke@alzking.com](mailto:plemke@alzking.com) 613-827-6700**

# SEPTEMBER EVENTS

SEPT  
**4**



## MEMORIAL GOLF TOURNAMENT

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

SEPT  
**19**



## MCDONALDS COFFEE DAY

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

SEPT  
**20/21**



## NAPAPNEE BOOK SALE

Westdale Complex  
Friday, September 20th  
12:00 pm – 3:00 pm  
Saturday, September 21st,  
9:00 am – 2:00 pm

- Volunteer
- Sponsor
- Donate

SEPT  
**21**



## NORTHBROOK WALK FOR ALZHEIMERS

Pine Meadow Nursing Home will be hosting Walk for Alzheimers, 11:00am-2:00pm, Marching Band, Silent Auction, BBQ, Bake Sale

For more info [fundraising@alzking.com](mailto:fundraising@alzking.com)

613-544-3078 ext 204





# Alzheimer Society Book Sale

Friday Sept 20th, 12pm - 3pm

Saturday Sept 21st, 9am - 2pm

Westdale Complex , 12

Richmond Park, Napanee ON

## Do you have books to donate?

Donations can be dropped off at the Kingston or Napanee offices, arrangements must be made prior to drop-off

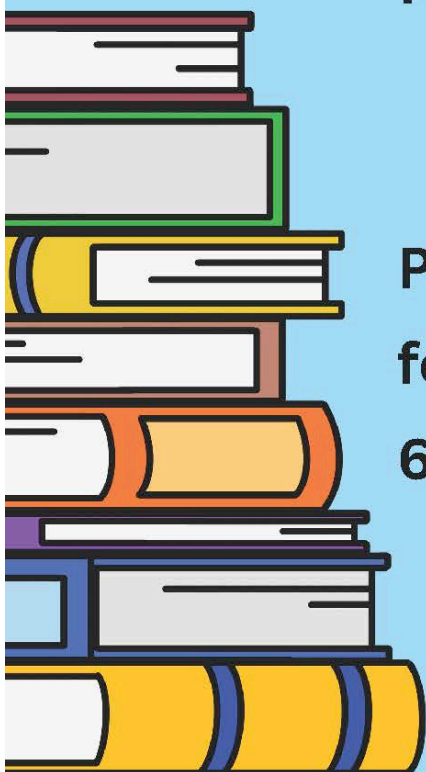
### No:

- textbooks
- Magazines

Please Contact Lorraine Ross  
for further information:

613-354-8937 ex 7220

*Alzheimer Society*  
KINGSTON, FRONTENAC,  
LENOX & ADDINGTON





# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

## Dementia 101

Free Information Sessions

### Dementia 101 presented by:

**Lorraine Ross, Alzheimer Society KFLA in partnership with  
Councillor Rob Fenwick of Stone Mills Township.**

This Q&A session will allow participants to learn about  
Dementia and the services available in our community.

Light refreshments served, courtesy of Tim Horton's Napanee.

### UPCOMING SESSIONS

**WEDNESDAY NOV. 27TH**

1:30 pm

Newburgh Community Hall  
#2 Factory Street  
Newburgh

**Thanks to Moscow United Church and Stone Mills Township for the spaces to host these sessions.**

**Kindly RSVP if you would like to attend.**

Lorraine Ross ✉ [lross@alzking.com](mailto:lross@alzking.com) ☎ 613-354-8937 ex 7220 🌐 [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)

**SCAN ME**





 *Anything* for ALZHEIMER'S™

**COFFEE**



**BREAK**

*Alzheimer Society*  
Northbrook, ON



**September 12**  
**10am-12pm**

**14 Bosley Road, Northbrook**

**Join us for:**

**-Coffee**  
**-Treats**

Donations are  
greatly appreciated!

**-EQUIPMENT DEMO By**

Contact Pam Lemke:  
613-827-6700  
Plemke@alzking.com

***ECONORENT***   
**.CA**  
**613-334-2095**  
**EQUIPMENT RENTALS & SALES**

**All money raised goes to support the Alzheimer Walk**



# Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

## Virtual Support Group for Caregivers of Parents

On the first Tuesday of every month.

**Children who are  
caring for a parent  
with dementia  
will be able to  
attend our virtual  
support group via  
Zoom once a  
month**

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**Tuesday's  
5:30 pm to 7:00 pm  
Via Zoom**

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**For registration and  
inquiries :**

613-354-8937 ex 7220  
[lross@alzking.com](mailto:lross@alzking.com)  
Scan QR code





# Tips for Caring for Yourself While Caring for Others

What happens when the helper does not get help? These empathetic and compassionate caregivers are struggling with burnout. The causes of burnout for caregivers are different than the causes of burnout for those in other fields, although the symptoms are very similar. Physical exhaustion is shown through their aches and pains and the need for rest. Mental exhaustion is exhibited through cloudy thinking or issues with confusion. Moreover, emotional exhaustion is expressed through sadness, frustration, and depression. These are the main reasons those with the burden of caregiving get burned out, from doing more than they are capable of because they don't have the help they need.

## What are the main causes of caregiver burnout?

Generally, people with the role of caregiver spend their time taking care of someone else and neglect taking care of themselves. For example, this may be due to fatigue and being overwhelmed by caregiving responsibilities. Sometimes the care recipient or other family members have unreasonable expectations and demands of the caregiver. Some feel guilty if they spend any time taking care of themselves, so they focus wholly on the patient's care and don't recognize the signs of burnout.

Stress and conflict are created by trying to meet the demands of everyone in one's circle – a spouse, children, employer, neighbor, and the primary caregiver themselves. In essence, there's always too much to do, and no alone time to decompress.

## Symptoms of caregiver stress

The signs of caregiver burnout and stress are pretty much the same as for those who are not caregivers who are burned out. For instance, they withdraw from others, lose interest in activities and personal relationships they once enjoyed, are irritable, get sick more frequently, have insomnia and poor sleep patterns, and do not have a healthy diet. Symptoms that could lead to suicide ideation include feeling depressed and hopeless.

## How can you prevent caregiver burnout:

All caregivers have stress that comes with the extra responsibility of taking care of someone else. Learning strategies to help alleviate symptoms of stress is important for both the caregiver, as well as for the individual in their care.

## Tips for taking care of yourself

- Recognize that your feelings and emotions are valid.
- Don't beat yourself up for what you are feeling.
- Recognize that it is normal to feel anger or frustration.
- When you realize that you can't do everything that the person needs you to do, label what you are experiencing as moral distress.
- After reviewing your day-to-day responsibilities, prioritize important tasks.
- Make lists and set realistic goals.
- Say no to things that drain your time and energy.
- Try to get enough sleep and focus on what you can do at night to get ready for a restful night.
- Eat healthy snacks and meals.
- Appreciate moments of awe. Look up at the sky and appreciate the fresh air on a walk through a park.
- Find someone you can talk to, whether a family member, a friend, or even better, caregiver support groups that can help you realize you are not alone and provide encouragement. People in a caregiving role going through what you are may have strategies for coping and helpful resources.
- Research what resources you have available in your local community as a caregiver. Sometimes there are classes by healthcare professionals or groups targeted for specific diseases or conditions. Resources commonly available include meal delivery, help with housework, transportation, and respite care, which allows the caretaker some much-needed time off.

## **Respite care**

Sometimes, family caregivers feel that they are the only one who can give quality care to their loved one.

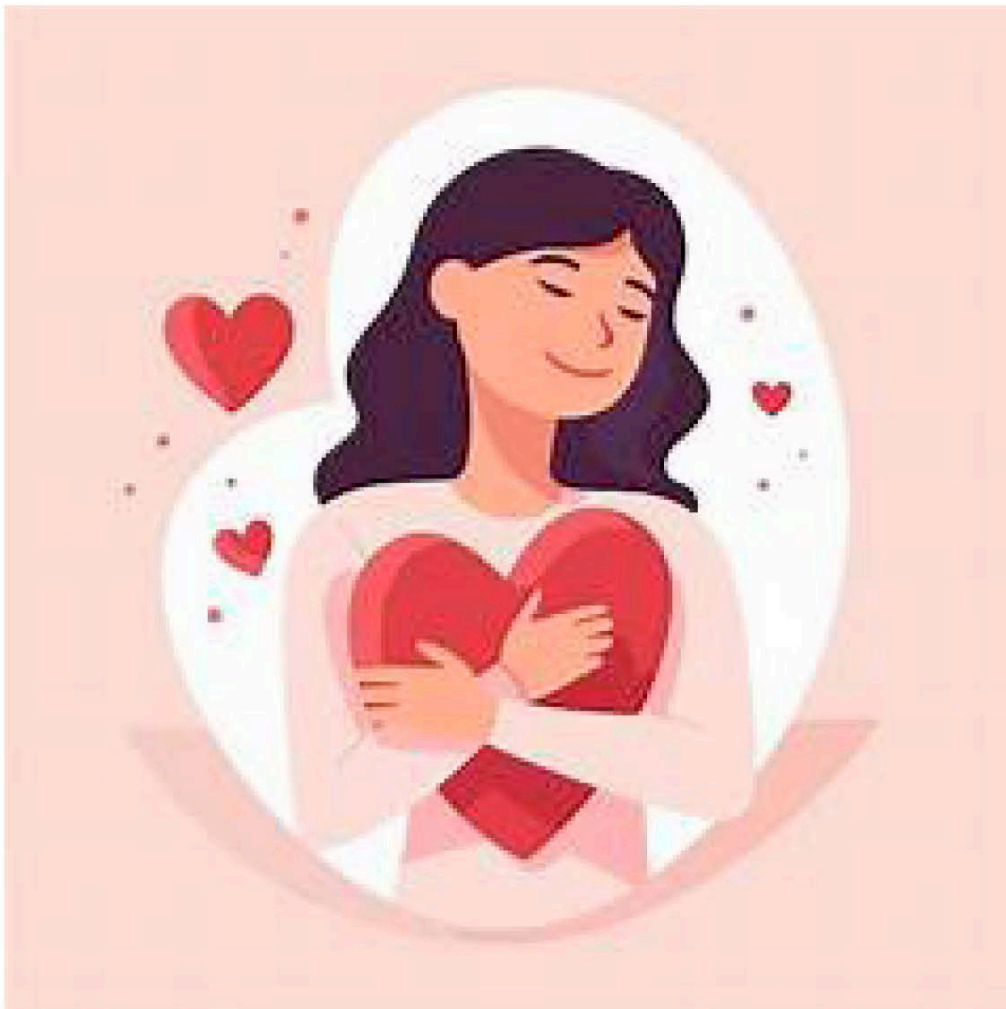
Accordingly, they can't imagine leaving them in someone else's care, even for a short while. It's normal to feel guilty about taking time off, but it's important to realize that there is no perfect caregiver.

There are three main types of respite care:

1. In home services – Agencies provide a nursing or health aide who comes to the home to stay with the patient on a short-term basis, providing company and/or nursing help. This can also be utilized when the patient is ill and needs additional nursing care.
2. Adult day care centers – A caregiver can take the patient to the center for a full or partial day of socializing, activities, medical care and other services.
3. Short-stay nursing homes – some facilities take patients for a short stay of more than a day when a caregiver has to be away or needs a break.
- 4.

All things considered, caregivers should never think that they are alone. Although it may be hard to ask for help or take a temporary break, it is okay to do it. They need to give themselves permission to put themselves first, if not all the time, at least some of the time.

Caregiver burnout and stress are painful experiences. There is no reason for a caregiver's poor physical health due to their empathetic nature. These amazing folks don't have to burnout. We all need to care about the caregiver and let them know that we appreciate them. Respite means a reprieve. Don't we all need a break every now and then? Perhaps the blisters and scorch of burnout can become a warm glow or smolder in a way that does not overwhelm these beautiful people called caregivers.







## The Lived Experience Network South East Ontario

### Who we are

The Lived Experience Network South East Ontario is an open community of people living with dementia, complex mental health, substance use or other neurological disorders and families/care partners, sharing their lived experiences, advice and input with the health care community and with each other.

### Our goal

*Exchanging Knowledge, Partnering for Change.*

The Lived Experience Network South East Ontario members can engage in both regular group and individual conversations, acting as a "knowledge bank", in hopes of enhancing services across the region. Input and suggestions for change will be shared with healthcare professionals who provide, plan and evaluate services in the community, hospitals, long term and primary care.

### Lived Experience Facilitator

Sharon Osvald, our Lived Experience Facilitator, was the first Facilitator and part of the launch of the Lived Experience Network South East Ontario from 2013-2018, drawing

on her ten years of lived experiences supporting her mother through dementia in the home, hospital and long-term care. In the past five years, Sharon has gained experience working for the Alzheimer Society and she continues to work part time at an Adult Day Program.

Sharon is excited to be returning to her role as the Lived Experience Facilitator and understands from both a lived experience and professional perspective how great the needs are in this community.

### Get involved

Online: Visit [livedexperiencenetworkseo.ca](https://livedexperiencenetworkseo.ca) for info about how to join one of our regular Advisory Zoom Lived Experience chats.

Phone or email: Contact Sharon by phone on Mondays or Fridays at 343-645-6240 or email your own personal lived experience story and suggestions for change.

### Contact

You can phone or leave a message with Sharon Osvald at 343-645-6240 OR leave a message for her with the Alzheimer Society of KFLA office at: 1-800-266-7516  
Email: [sosvald@alzking.com](mailto:sosvald@alzking.com)

*The Lived Experience Network South East Ontario is a cooperative effort of the Alzheimer Societies of SE Ontario in collaboration with Providence Care Community Seniors Mental Health Behavioural Support Services. Website: [livedexperiencenetworkseo.ca](https://livedexperiencenetworkseo.ca)*

# The Lived Experience Advisory September 2024 Zoom Conversations Info

## How Can You Join the Conversation?

### *Lived Experience Network South East Ontario Advisory Zoom Chats*

**We invite you to join us in September 2024 for an Advisory Lived Experience Zoom chat/conversation.**

Advisory Lived Experience Zoom Chats/Meetings provide a way for health care system leaders, who plan, assess and provide services to older adults in southeast Ontario, to receive advice and observations from people with lived experience (past and present) with the purpose of improving the system of care.

Lived Experience Facilitator, Sharon Osvald will facilitate these Advisory conversations.

#### **Dates & Times:**

To accommodate as many people as possible, we have set up two dates in May to discuss the same topic. One is in the evening, and one is in during the day.

- **Monday, September 9<sup>th</sup> Evening Zoom Chat from 6:00 - 7:30 PM**
- **Monday, September 16<sup>th</sup> Daytime Zoom Chat from 1:00 - 2:30 PM**

#### **September 2024 Advisory Lived Experience Zoom Chat Topic:**

*"It is hope which makes the shipwrecked sailor strike out with his arms in the midst of the sea, though no land is in sight."*

~OVID

**Topic: How can those who provide care and support to people living with dementia or similar diagnoses and their family/friend care partners, engender hope?**

September's Lived Experience Network South East Ontario topic comes from Providence Care Community Seniors Mental Health Behavioural Support Services. In the Ontario Perception of Care survey sent out to Providence Care clients, hope is referenced. The concept of hope also surfaced in past Lived Experience Network conversations. This began a discussion about what can be done to engender hope. Feedback from these conversations will be part of the development of a knowledge tool by The Lived Experience Network that will be shared by Providence Care across the system of care.



Come prepared to share examples of what you experienced through your health care journey of:

1. Something that gave you a spark of hope.
2. Diminished your hope.
3. Why hope is important to you.
4. Observations and advice to help engender hope when providing care and supports to people living with dementia/similar diagnoses and their family or friend care partners.

Zoom Link and Info:

Join Zoom Meeting room: <https://us06web.zoom.us/j/89041106004>

**Meeting ID: 890 4110 6004**

If you are unable to attend online, but wish to phone in, Please Dial one of the below numbers.

**1 (647) 374 - 4685 or 1 (647) 558 - 0588**

You will be asked to enter the **Meeting ID # 890 4110 6004**

If you experience technical difficulties when trying to join either of these Zoom meetings, please email Kim at [schrybuk@providencecare.ca](mailto:schrybuk@providencecare.ca) or call 613-285-4802 for support.

The Lived Experience Network South East will hold seven virtual Advisory conversations a year through the program Zoom. These Zoom chats/meetings will take place on both a Monday evening and afternoon (with the same topic for both meetings) in the months of January, February, April, May, September, October and November. Input and suggestions for change will be shared with healthcare professionals providing, planning and evaluating services in the community, hospitals, long term and primary care, through a quarterly report, in a manner that is confidential and protects your privacy.

***We look forward to connecting with you in the fall!***

With thanks,

*Sharon Osvald*

Sharon Osvald, Lived Experience Facilitator  
the Alzheimer Societies of SE Ontario  
in collaboration with  
Providence Care Seniors Mental Health  
Phone: 343-645-6240  
Email: [sosvald@alzking.com](mailto:sosvald@alzking.com)  
[www.livedexperiencenetworkseo.ca](http://www.livedexperiencenetworkseo.ca)

Exchanging Knowledge, Partnering for Change



# Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

**JOIN US FOR 8  
WEEKS OF EXERCISE  
AND FUN!**



**THIS PROGRAM IS BEING OFFERED  
FOR 2 HOURS A WEEK FOR 8  
WEEKS. THE PROGRAM IS HELD IN-  
PERSON IN KINGSTON AT THE  
ALZHEIMER'S SOCIETY.**

**INTERESTED?  
LET US KNOW:**



**AN EVIDENCE-BASED PROGRAM THAT  
INCLUDES PHYSICAL EXERCISE, SOCIAL  
AND MIND STIMULATING ACTIVITIES FOR  
PEOPLE LIVING WITH MILD TO MODERATE  
DEMENTIA AND THEIR CARE PARTNERS.**



- **IMPROVE BRAIN HEALTH**
- **IMPROVE MOOD & DECREASE THE RISK OF DEPRESSION**
- **REDUCE SENSE OF ISOLATION**
- **IMPROVE BALANCE, MOBILITY, FLEXIBILITY AND ALERTNESS**

recreation@alzking.com



613-544-3078 ext. 209.





# Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

**Minds and Motion will be continuing this fall! There will now be three sessions a week. Below are the dates and times for the sessions. \*Sessions plan to start in early October\***



**Date - Mondays (Start Date TBD)**



**Time - 1:00 - 3:00 PM**



**Location - Providence Mother House - Kingston  
Alzheimer Society**



**Date - Wednesdays (Start Date TBD)**



**Time - 1:00 - 3:00 PM**



**Location - Providence Mother House - Kingston  
Alzheimer Society**



**Date - Thursdays (Start Date TBD)**



**Time - 10:00 - 12:00 PM**



**Location - Providence Mother House - Kingston  
Alzheimer Society**

**Please send your preferred date and time to:  
Colton Sedore. [Recreation@alzking.com](mailto:Recreation@alzking.com) - 613-544-  
3078 ext. 209.**

**\*You will be contacted with more details when the  
sessions are set to start\***

*Soci  t   Alzheimer Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON



## **FALL 2024 PROGRAMS**

### **USING YOUR ANDROID PHONE OR TABLET**

Learn to navigate your device's screens, change settings, access the internet safely, use email, safely find and download applications.

7 in-person sessions in **Sharbot Lake**  
Wednesdays, Sept. 18 - Nov. 6  
9:30 am - 11:30 am

### **COMPUTER BASICS**

Learn to navigate Windows, use email, access the internet, create files, safely find & download applications of interest and more.

7 in-person sessions in **Sharbot Lake**  
Thursdays, Sept. 19 - Nov. 7  
9:30 am - 11:30 am

### **PREPARING FOR SPRING PLANTING**

Plan your garden for spring. Learn no-till gardening techniques you can begin this fall, how to prepare your soil for next year, how to select seeds, when and how to start seedlings.

6 in-person sessions in **Northbrook**  
or join us online.

Wednesdays, Sept. 25 - Oct. 30  
9:30 am - 11:30 am

### **USING YOUR IPHONE/IPAD**

Learn to navigate your device's screens, change settings, access the internet safely, use email, find and download applications.

6 in-person sessions in **Northbrook**  
Mondays, Oct. 21 - Nov. 25  
9:30 am - 11:30 am

**For more information contact:**

**Connections Adult Learning**

**info@ncalc.ca**

**613-279-2499 or 613-336-0691**

**www.connectionsadultlearning.ca**





## **FALL 2024 PROGRAMS**

### **USING YOUR ANDROID PHONE OR TABLET**

Learn to navigate your device's screens, change settings, access the internet safely, use email, find and download applications.

6 in-person sessions in **Northbrook**  
Mondays, Oct. 21 - Nov. 25  
1:30 pm - 3:30 pm

### **NAVIGATING THE DIGITAL WORLD SAFELY**

Discover how to protect yourself online and how to assess the reliability of the information you come across on the internet. Learn how to respond to online threats & misinformation.

6 in-person sessions in **Sharbot Lake** or join us online.  
Wednesdays, Nov. 6 - Dec. 11  
1:00 pm - 3:00 pm

### **BUILD YOUR OWN WEBSITE**

Discover how to create your own free website using Google Sites. Learn about other Google tools that can help you monitor your website's traffic.

6 online sessions  
Tuesdays, Oct. 22 - Nov. 26  
6:30 pm - 8:00 pm

### **QUICKBOOKS ONLINE**

Learn to open a set of books, customize your settings, perform daily bookkeeping tasks & generate reports.

6 online sessions  
Wednesdays, Nov. 13 - Dec. 18  
6:30 pm - 8:00 pm

### **APPLYING FOR BETTER JOBS ONTARIO**

Our Better Jobs Ontario Readiness Program can help you source & prepare the documentation needed for the application. Online or in-person. Continuous intake.

### **PSW PREP, QUICKBOOKS & EXCEL**

Continuous intake, learn at your own pace online with instructor support when you need it.

# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON



**If you are a business and want to contribute, there are several ways you can help:**

- You can offer a discount on your products or services.
- You can host a contest or event to raise awareness and funds for the Alzheimer's Society.
- You can offer a special promotion and donate a portion of the proceeds to the Alzheimer's Society.
- You can provide a special service to support the cause.
- You can also put out a donation collection container to encourage people to donate to the Alzheimer's Society.



**You can fundraise in many ways!**

Would you be interested in hosting a fundraiser with your coworkers, family, or friends? Or with a group or an organization that you belong to?•

- Coffee break/tea party
- Bake sale
- Book club
- A special Dinner / Luncheon / Breakfast event
- Game / Trivia night / Card Party
- Sporting, exercise event
- Karaoke
- Silent auction / Raffle 50/50
- Contest or Challenge
- Paint, craft event
- Offer Lessons in cooking, music, dance



**Gift Giving!**

Are you planning to celebrate a special occasion such as a birthday, wedding, or anniversary?

- Host a tribute in honour of a loved one or in memory of
- Instead of gifts, encourage family and friends to donate to the Alzheimer Society.
- Create a challenge for yourself that friends and family can sponsor.

**Contact [fundraising@alzking.com](mailto:fundraising@alzking.com) 613-544-3078 ext 204**



# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

## We are looking for Volunteers!

Helping seniors support each other

Are you a retired, active senior with free time and looking for a way to give back to the community and make a difference in people's lives?

We have the perfect opportunity for you!

We are currently searching for dedicated volunteers to join us in providing support for our group programs and drop-in activities.



## Join Us Today!

Your time and effort will make a huge impact on the lives of those in need. Join us today and be a part of something truly meaningful!

For the details & more information please reach out our Volunteer Coordinator Michelle at:



613-544-3078 ex 204



[volunteer@alzking.com](mailto:volunteer@alzking.com)

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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 \$18.00 per pound

Support a great cause with your coffee  
purchase! A portion of the proceeds from the  
sale of our coffee goes to the Alzheimer  
Society of KFLA.



Michelle Moore



613-544-3078



[fundraising@alzking.com](mailto:fundraising@alzking.com)



# Land Acknowledgment

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

Kathleen Ingram Executive Director Ext. 207 [kingram@alzking.com](mailto:kingram@alzking.com)

Kim Parkinson, Administrative Assistant Ext. 201 [reception@alzking.com](mailto:reception@alzking.com)

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 [swinkelman@alzking.com](mailto:swinkelman@alzking.com)

Krystian Martin, 1st Link Care Navigator Ext. 206 [kmartin@alzking.com](mailto:kmartin@alzking.com)

Jan White, Client Services Coordinator 613-329-7078 Ext 212 [jwhite@alzking.com](mailto:jwhite@alzking.com)

Audrey Young Public Education Coordinator Ext 205 [education@alzking.com](mailto:education@alzking.com)

Michelle Moore, Fundraising Coordinator Ext. 204 [fundraising@alzking.com](mailto:fundraising@alzking.com)

Colton Sedore, Recreation Coordinator Ext. 209 [recreation@alzking.com](mailto:recreation@alzking.com)

Recreation Coordinator Ext. 202

Sharon Osvald Lived Experience Coordinator 343- 645-6240 [sosvald@alzking.com](mailto:sosvald@alzking.com)

Pam Lemke, Northbrook Client Services Coordinator 613-827-6700 [plemke@alzking.com](mailto:plemke@alzking.com)

Lorraine Ross Education and Support Services Napanee Office 613-354-8937 ex 7220 [lross@alzking.com](mailto: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](mailto:reception@alzking.com)

### Napanee:

Napanee Area Community Health Centre (2nd Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

Phone # 613-354-8937 ex 7220 Fax: 613-544-6320

Email: [lross@alzking.com](mailto:lross@alzking.com)


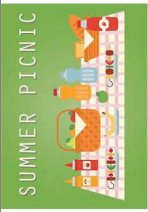

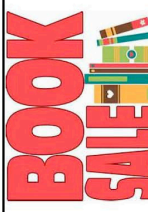

### Northbrook:

The Emmanuel United Church

108 Addington Road, Northbrook Ontario K0H 2G0

Phone # 613-827-6700 Fax: 613-544-6320

Email: [plemke@alzking.com](mailto:plemke@alzking.com)

| Sunday | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|--------|--|---|---|---|--|---|
| 1      | <br>OFFICE CLOSED!  | <b>2</b><br><b>Men's Peer Group</b><br>10:00am -Noon<br>& 1:30- 3:00pm<br>Caregiver Café -1:30pm <u>ZOOM</u><br>or in-office<br>Caregiver of Parents <u>Zoom</u> 5:30 pm  | <b>4</b><br><b>Ladies' Peer Group</b><br>10:00 am -11:30 am<br><br><b>Mind in Motion *</b><br>1-3 pm  | <b>5</b><br>In-Person Support Group<br>Napanee Office 10:30am - Noon<br><b>Memory Café Kingston</b><br>1 - 3 pm<br>Caregiver Support Group<br>10 am Kingston Office<br><b>Minds in Motion* 10am-Noon</b>  | <b>6</b>   | <b>7</b>  |
| 8      | <b>9</b><br><b>Mixed Peer Group</b><br><b>Caregiver Support Group</b><br>10:00-Noon<br><b>Musical Happy Hour with Max and Wayne 6:30 pm</b><br><u>ZOOM</u><br><b>Memory Café 10-Noon</b><br>Napanee Office | <b>10</b><br><b>Men's Peer Group</b><br>10:00 am -Noon<br>& 1:30- 3:00 pm<br>Caregiver Café -1:30pm <u>ZOOM</u><br>or in-office<br>Caregiver Evening Chat 7:00 pm   | <b>11</b><br><b>Ladies' Peer Group</b><br>10:00 am -11:30 am<br><br><b>Mind in Motion *</b><br>1-3 pm | <b>12</b><br>In-Person Support Group<br>Napanee Office 10:30am - Noon<br><b>Memory Café Kingston</b><br>1 - 3 pm<br>Caregiver Support Group<br>10 am Kingston Office<br><b>Minds in Motion* 10am-Noon</b> | <b>13</b><br><br><b>Rotary Park Noon to 3 pm</b><br>Please Register!  | <b>14</b>   |
| 15     | <b>16</b><br><b>Mixed Peer Group</b><br><b>Caregiver Support Group</b><br>10:00-Noon<br><b>Memory Café 10-Noon</b><br>Napanee Office   | <b>17</b><br><b>Men's Peer Group</b><br>10:00am-Noon<br>& 1:30- 3:00 pm<br>Caregiver Café -1:30pm<br><u>ZOOM</u> or in-office   | <b>18</b><br><b>Ladies' Peer Group</b><br>10:00 am -11:30 am<br><br><b>Mind in Motion *</b><br>1-3 pm | <b>19</b><br><br><b>McDonald's Coffee Break Day!</b><br>Support us!  | <b>20</b><br><br><b>Friday and Saturday!</b><br>Westdale Park Centre Napanee - see newsletter for all the details | <b>21</b><br>Book Sale -Napanee 1-4pm<br><br><b>Northbrook Walk -Raffle, Bake Sale and More!</b> |
| 22     | <b>23</b><br><b>Mixed Peer Group</b><br><b>Caregiver Support Group</b><br>10:00-Noon<br><b>Memory Café 10-Noon</b><br>Napanee Office   | <b>24</b><br><b>Men's Peer Group</b><br>10:00am-Noon<br>& 1:30- 3:00 pm<br>Caregiver Café -1:30pm<br><u>ZOOM</u> or in-office   | <b>25</b><br><b>Ladies' Peer Group</b><br>10:00 am -11:30 am<br><br><b>Mind in Motion *</b><br>1-3 pm | <b>26</b><br>In-Person Support Group<br>Napanee Office 10:30am - Noon<br><b>Memory Café Kingston</b><br>1 - 3 pm<br>Caregiver Support Group<br>10 am Kingston Office<br><b>Minds in Motion* 10am-Noon</b> | <b>27</b>  | <b>28</b>   |
| 29     | <b>30</b><br><b>Mixed Peer Group</b><br><b>Caregiver Support Group</b><br>10:00-Noon<br><b>Memory Café 10-Noon</b><br>Napanee Office   | <b>September 2024</b><br><b>Kingston: Events Red:</b> Person Living with a Diagnosis<br><b>Blue:</b> Groups for Caregivers<br><b>Green:</b> Special Events<br><b>Purple:</b> Napanee<br><b>Orange:</b> All Welcome Caregivers and Persons Living with a Diagnosis<br><b>*Registration Required for Minds in Motion – See Colton for Details</b> |   |   |  |   |