

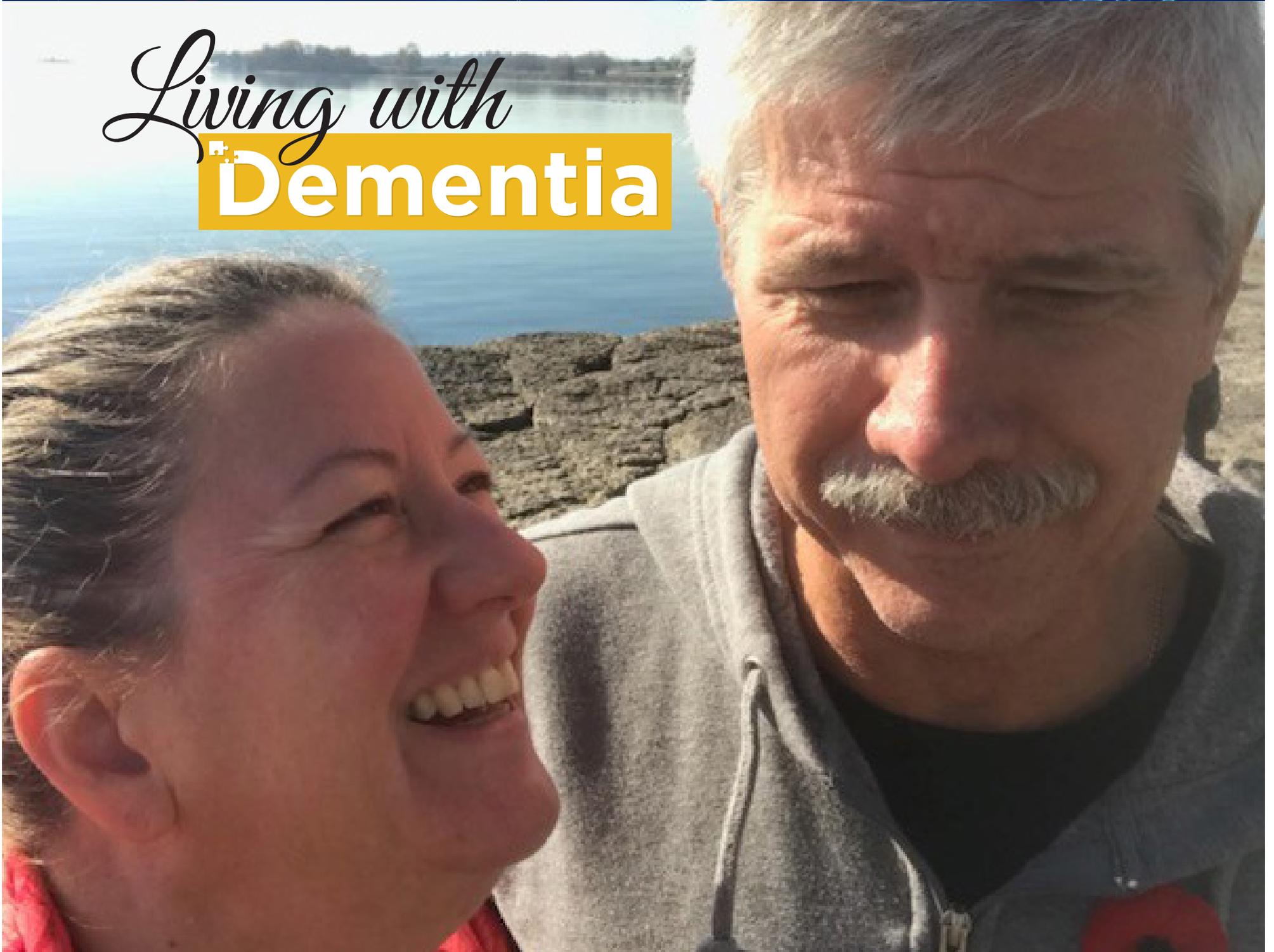
# Alzheimer *Society*

KINGSTON, FRONTENAC,  
LENOX & ADDINGTON

## Insert

Alzheimer's Awareness Month | January 2021

# *Living with* **Dementia**



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## Message from Executive Director / President, Board of Directors

2020 will forever be known as the year that the Covid-19 pandemic changed the world. On March 16th, the Alzheimer Society of Kingston, Frontenac, Lennox and Addington had to suspend its face-to-face programs and services and quickly alter our service delivery. There was little time to adapt to the changing circumstances as we had previously not offered services virtually. Staff, for the first time, had to work from home and switch remotely from home and switch to virtual platforms for support groups, social recreational programming and education opportunities. We began immediately making wellness calls to everyone on our roster first weekly then biweekly as the pandemic continued. Our goal was to continue to provide meaningful connections and reduce social isolation.

You will see throughout the following pages that we still had many positives this past year, we hosted our first virtual Walk for Alzheimer's raising a much needed \$50,000 for programs and services. Through a generous grant from the United Way KFLA we were able to adapt our social programs to include a special session where our families were able to create a timeless piece of pottery, enjoy virtual movies complete with treats and a follow-up discussion, Minds and Motion to name just a few. Our education continues with online and phone sessions adapted to meet the current environment as well as continue toward our goal of becoming a dementia friendly community.

Early in the year, ASKFLA became an active partner in the Rural Frontenac, Lennox and Addington Ontario Health Team (OHT). In collaboration with our community health partners and people with lived experience, as well as caregivers, the OHT will provide a new approach to organize and deliver care in our community, providing seamless supports throughout the continuum of care. As the OHTs mature, health-care providers will work as one coordinated team to meet the needs of those living with dementia and other health-care needs in OHTs across the province. ASKFLA will continue to be a voice for the needs of those living with dementia within the OHTs.

We continued to see growth in the demand for our services. Through innovation and community partnerships, ASKFLA continues to respond to the changing needs of our clients and we couldn't do it without all of you!

Thank you to our donors, volunteers, staff, community partners and funders for your continued support of our Mission. Every dollar raised or donated, every hour volunteered and every gift you made had a direct impact on the lives of those living with dementia in our community.

**Vicki Poffley,**  
Executive Director

**Kyle Plumb,**  
President, Board of Directors

## Vulnerable Persons Registry

The Vulnerable Persons Registry is a voluntary service offered throughout the Kingston region that allows a family member and/or caregivers of vulnerable persons to submit critical information to Kingston Police that may be used during an emergency situation.

This will supply emergency contact information, detailed physical descriptions, known routines and the special needs of this individual. This information will assist officers in communicating with, attending a

residence of or dealing with an emergency involving this individual i.e. if the person becomes lost.

In the case of an Emergency the Registry provides police access to helpful information such as:

- Emergency Contacts
- Detailed Description
- Ways to Communicate
- Registration is 100% voluntary and free

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## First Link®

First Link ensures that people living with dementia and their care partners have access to the support and care they need – when/where they need it – by connecting them with information and services as early as possible and throughout the progression of dementia. First Link connects clients, not only with services provided by the Alzheimer Society, but to other services within your community as well.

Intentional Follow-Up is one of the key elements of the First Link program, which means we keep in touch. We reach out to



each of our registered clients on a regular basis to offer support and provide an opportunity to ask questions.

If you are interested in learning more about our First Link program, please contact the Alzheimer Society at **613-544-3078** or email Danielle Weir at [dweir@alzking.com](mailto:dweir@alzking.com) for more information.

## Staff of Alzheimer Society of Kingston, Frontenac, Lennox & Addington 2020

Vicki Poffley, Executive Director  
Kim Parkinson, Administrative Assistant  
Lisa Prest, First Link Care Coordinator  
Jan White, First Link Care Coordinator  
Danielle Weir, First Link Care Navigator  
Wendy Harris, Education Coordinator  
Pam Lemke, Education and Support Coordinator  
Mari Vepsalainen, Program Coordinator  
Lesley Kimble, Volunteer and Fundraising Coordinator

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## Doreen & Leigh Hegan Managing the Curve

After negotiating the curves on the shuffleboard table for so many years, they are now managing the curve life has recently thrown at them! So there are few people more grateful to be connected to the Alzheimer Society of KFLA right now than Doreen and Leigh Hegan, who moved to Bath from Victoria, BC, at the end of March 2020, at the height of the pandemic!

The couple began dating in 2003 and married in 2010. Doreen was a Kingston girl and she knew Leigh, who lived in Victoria, BC, through their shared interest in shuffleboard. Both are accomplished players who met initially at a national competition. As their relationship blossomed, so did Doreen's luck at the shuffleboard table! Leigh was already a three-time Canadian Shuffleboard Champion in men's doubles and has since won a fourth, while Doreen is now a two-time Canadian Champion, in each of ladies singles and ladies doubles. In addition to numerous Canadian and Alberta Open competition wins, Leigh also holds 22 provincial championship titles, while Doreen holds 13 provincial titles, in Ontario and BC. In 2012, both were inducted into the Canadian Shuffleboard Hall of Fame, Leigh as a Player and Doreen as a Builder, an honour achieved through her involvement with Provincial and Canadian executive committees. In 2018, Doreen was inducted once again into the Hall of Fame as a Player. She admits that her game improved immensely after moving to Victoria in 2005 to be with Leigh, because he was an excellent teacher!

Doreen and Leigh, who recently celebrated their 10th wedding anniversary, had considered moving to the KFLA region once they both retired. He planned to do that at age 65, but an early onset Alzheimer's diagnosis changed those plans. Instead of retiring in 2019, Leigh retired in 2017, the same year that Doreen started to notice subtle changes in him. At first there were small memory lapses, daily tasks that had been forgotten, things not going quite right at work, but when he forgot how to play crib, a game he loved and was very good at, that's when Doreen decided to talk to their doctor. Getting a diagnosis was a long process as the Doctor ruled out other possible health concerns. After a year with no progress, Doreen urged them to take a harder look at the memory loss. Leigh's Mom had had Alzheimers, so it was no surprise to either of them when the diagnosis finally came in October of 2019 and by then, the dementia had progressed. Leigh was 65, and Doreen was 52 and still working. It was certainly not the retirement plan they had looked forward to, but it was then that they made the decision to move to Bath to be closer to Doreen's family, who were prepared to offer additional support in their Alzheimers journey.

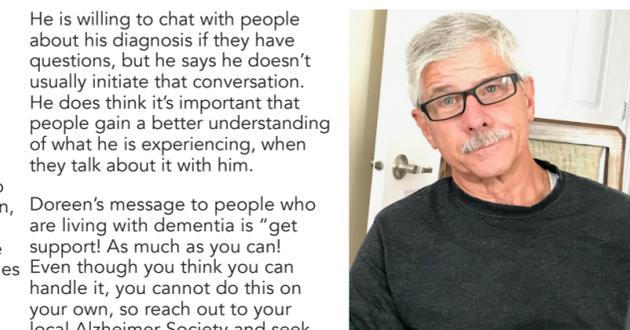
By the time they arrived in Ontario, everything was in lockdown. Having had a brief connection with the Alzheimer Society in BC, Doreen connected with the Alzheimer Society of KFLA shortly after their arrival in Bath. Because shuffleboard isn't an option for them at the moment, Doreen says the availability of recreation and support programs has been their saving grace since moving to the area. She maintains that "next to moving to Bath to be closer to family, connecting with the Society

was the smartest decision they made this past year!"

Social isolation is a very common consequence of a dementia diagnosis. Not only were Doreen and Leigh new to the area and knew few people other than family, but any opportunity to make new connections were not currently available due to the lockdown, making it even more crucial for them to connect with programs that could keep Leigh active and entertained as well as offer support for them both.

Besides attending the VON day program in Napanee one day a week, where Leigh can take part in all kinds of recreational and physical activities, Doreen and Leigh both walk in their neighbourhood and participate in the virtual "Minds in Motion" exercise program, art therapy and movie afternoons offered by the Society. Leigh also actively participates in the virtual men's group and Doreen is connected with the caregiver's support group both on a weekly basis. In addition, they take advantage of any educational opportunities that are offered by the Society, and activities offered by other organizations in the community.

For his part, Leigh has accepted his diagnosis. Over the past couple of years he has struggled to play shuffleboard. He can't always remember what the board does, so Doreen and other playing partners provide guidance on how best to make the shot based on curves, how slow/fast the board is and which hand to use. He enjoys hearing from old friends and having the occasional zoom visit with them.



Photos Supplied

He is willing to chat with people about his diagnosis if they have questions, but he says he doesn't usually initiate that conversation. He does think it's important that people gain a better understanding of what he is experiencing, when they talk about it with him.

Doreen's message to people who are living with dementia is "get support! As much as you can! Even though you think you can handle it, you cannot do this on your own, so reach out to your local Alzheimer Society and seek out respite and support programs that are available in your region". To caregivers, she also emphasizes the importance of self-care. She has recently embarked on her own self-care journey to ensure that she eats healthier, and remains fit, as she realized she had been neglecting herself for months.

No one knows what this pandemic will bring in the next few months,

but for now, Doreen and Leigh are keeping as busy as they can. In addition to his love of shuffleboard, Leigh has always been an avid freshwater and ocean fishing enthusiast and a photographer, hobbies he still enjoys. Doreen has always enjoyed joining Leigh for fall fishing trips on Salt Spring Island and they look forward to fishing again this summer.



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# Living with Alzheimers

## A Young Caregivers Perspective

THE FOLLOWING STORY WAS WRITTEN BY SOPHIA KUDRIAVTSEV. SOPHIA IS 23 YEARS OLD, A RECENT UNIVERSITY GRADUATE AND THE PRIMARY CAREGIVER FOR HER FATHER WHO WAS DIAGNOSED WITH ALZHEIMERS AT 64 YEARS OF AGE IN 2019.

“For me, the acceptance truly came when I realized that despite the loss, there was still life to be experienced with him.”

My memories of my father are littered with laughter and learning.

*Trips to the park where he would hang me from the monkey bars, Diving competitions for who could make the smallest splash, Shovelling snow from the driveway, bundled in our winter-best.*

They are sprinkled with the smells of good food,

*From fried eggs at breakfast, To the carefully collected and cooked barbeque steaks Eaten for summer suppers on the back porch.*

My memories of my father fill my heart with music

*From jazz and funk, to blues and latin Being played on old audio equipment or on the 100 year old piano, The hearth of our home.*

And throughout these memories I find the oddities that come from growing up with an immigrant parent.

*Bedtime tales told in Russian, The Society of Clean Plates at our kitchen table, The eccentricity of being a cultural outsider.*

Once a source of embarrassment, now a point of pride.

These things I remember and cherish, while he has long since forgotten.

I'm learning love in spite of loss.

When I tell people my father has Alzheimer's, the reactions are always strikingly similar: sympathetic apologies, with undertones of hopelessness and pity. And to a certain extent, this reaction is appropriate. For anyone familiar with Alzheimer's, there isn't much hope to be found. With no cure, it is a disease that steadily deteriorates the mind, until the person is but a shell of their former self. Not only do they lose the memories that form who they were as an individual, but they also lose many of the basic skills that allow them to function in human society such as language, motor skills, and personal hygiene. When we look at it through this lens, there is certainly cause for despair--both for the individual with the disease, and for their loved ones. However, with time, I have learned that it doesn't have to be this way and in contrast, joy can be found in spite of the adverse.

I was more than halfway through university when I came to face the reality of my father's Alzheimer's. I realized that the things I had come to associate with my father no longer existed in the present, but rather as tokens of a person-past, lost to his mind's disease. Naturally, despair was my first response.

The memories washed over me like great waves, and I felt an overwhelming sense of loss that the person who made these memories could no longer share them with me. I remember breaking down listening to his copy of Santana's Abraxas while cleaning the house, knowing he could no longer use the turntable that was his prized possession for so long. I wept when I found out that he, the ex-taxi driver and captain of our family road trips, had lost his driver's license. And I held back tears while we looked through old photographs of our shared memories and he could not recognize me, the child in the picture, as his own. I had lost the things that made him my Papa, but how was I supposed to mourn without the closure of losing him physically? The pain would continue until I could separate who he was--the person in my memories--with who he had become at the hands of Alzheimer's. I had to let go of the past without letting go of his ongoing presence in my life.

While this was incredibly difficult to work through at first, with time it became easier and easier. For me, the acceptance truly came when I realized that despite the loss, there was still life to be experienced with him. I began finding ways that we could enjoy spending time together, such as walks around the neighbourhood and to the library, listening to music, watching movies,



Photo: Supplied

and even some basic cooking (he is very good at peeling vegetables). In these shared moments, I have seen pieces of the past shine through and live on. Hearing him sing or play along to long-favorite music though he no longer understands the lyrics; telling me stories from his youth, prompted by a picture in a photo album; or bringing the Russian vocabulary from my childhood storybooks into our everyday conversations. These glimmers of the past remind me that although he is different and may not remember what I remember, he is still my Papa and I am grateful to spend the time that I have with him.

From him, I have also learned to live in the ultimate present, grounded and moving from moment to moment, for each day, hour, and minute bring something new. On every walk, he shows me the wonders of our own neighbourhood, and for every song, he highlights the beauty of the melody. Multiple

times a day, he makes me notice and appreciate the cats who we share our home with, and he's made my mother's arrival from work the most celebrated moment of each afternoon. Through his eyes, I see the marvels of the mundane that the rest of us so easily overlook, reminding me that the world truly is full of magic.

After experiencing pain, I now feel in a place of peace. I am cherishing the memories of the past without lingering, and accepting that I cannot predict, nor stop, the future of Papa's disease. There are definitely challenges, and some days are better than others, but I've chosen to appreciate each moment for what it is, as it happens, because that's really all I can do. So although it may seem like a tragic situation, and there are times when I am overcome with sadness, I am enjoying living perpetually in the present with him and sharing in his perspective of the world.

## Programs and Services

Until March of 2020, all of our programming was done in person, mostly in small groups with the exception of some special larger group activities and outings. The arrival of the pandemic has meant that we had to adopt a virtual program format, in order to stay connected with our clients and their families. All of our programs below are being offered virtually on Zoom, and it has been a very successful transition. The programs remain interesting and engaging, but we do look forward to a time when we can meet in person once again, when we can enjoy themed dinner outings, bus tours, movie matinees with lunch, picnics to local parks etc. Here are just a few of the programs and services we provide:

### RECREATIONAL PROGRAMS

**Minds in Motion:** We have joined forces with the Sarnia Society and are offering a Zoom Minds in Motion Program on Mondays, Wednesdays and Thursdays at 10:00 am. This program offers 45 minutes of gentle exercises lead by a certified volunteer instructor. This group is open to all who would like to join and is perfect for caregiver and loved one. We have had so much fun going virtual with

this and have folks joining us from all over Ontario. After the exercise component, there is an option to stay on for a mind engaging component offered by Mari Vepsalainen, Program Coordinator for KFLA. **Weekly Men's Peer Support Group:** This group has been a wonderful support for our men on a dementia journey. We are currently meeting weekly on Tuesday mornings at 8:30 - 10:00 am on Zoom. The men can connect with others and form some wonderful bonds, topics of their choosing are discussed and presented. **Weekly Woman's Peer Support Group:** This group is new, and we are just starting to grow it. The goal here is similar to the men's peer group. It is intended for ladies in the early stages of their dementia journey. We meet every Wednesday morning on zoom at 9:00 am.

**Circle of Friends:** This group is for both men and women. We have enjoyed many wonderful ZOOM moments during this new way of programming. Each session starts with open conversation and catching up. We enjoy music trivia, jeopardy, exercises, funny stories with discussion to follow. We also participate in armchair travel activities to such places as Finland, Australia, a cross-Canada Railway trip,

and we plan on many more wonderful adventures... The program takes place on Wednesday afternoons at 1:30 pm and is a lot of fun!

**Music for Memories:** This virtual program offers an hour of music for our listeners across the province. We have local entertainers Roger James, Glenn Reid and Michael K. Meyers on rotation offering a wonderful array of memorable music. Once a month our Program Coordinator Mari, also a vocalist, puts on a wonderful show and power point presentation inspired by our listeners who choose the next genre and musical performance they would like to hear. This program takes place on Thursdays from 2:00 - 4:00.

**Monthly 'Outings':** Though we miss our quarterly outings in the community, we have enjoyed some terrific virtual outings this past year and we do them more frequently! We have visited places such as the Oil Heritage Museum and Bellevue House, we've learned about the History of Hats and Toys, and look forward to a February tour of the Titanic with more exciting virtual 'outings' to come! **Zoom Movie Matinees** We offer virtual Matinee Movies once a month and have invited our friends from other parts of the province to join us. To partake in this program we

ask that folks register at our office and then our program team puts movie packages together with popcorn, drinks and other treats for pick up.

**Craft Projects:** We host occasional crafting sessions which require advance registration so that we can ensure you have the necessary supplies to work with i.e. In December we enlisted the help of Crock-a-Doodle who hosted an online pottery session, resulting in the creation of the most beautiful "Memory Bowls". We will be doing another Craft project with local artist Christine Jamieson in February so stay tuned for details on upcoming sessions.

**Note:** Registration is required for all of our programs. We also publish a monthly calendar and newsletter which you can receive electronically, find it online at [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla) or pick up a copy (by appointment only at the moment) from our office at 400 Elliott Ave, Suite 4. Kingston. For more information about programs and registration, or to be added to our email list, please call Mari Vepsalainen at 613-544-3078 x 209 or [programs@alzking.com](mailto:programs@alzking.com)

### THE MUSIC PROJECT

Based on the evidence of the beneficial

effects of music and stimulation for people with dementia, the Alzheimer Society of KFLA offers the Music Project which uses iPods to bring personalized music to people with dementia, in collaboration with the Alzheimer Society Toronto. Staff will load your iPod with personalized music for you to take home and enjoy. Registration is required and can be done through the Alzheimer Society office in Kingston.

### OTHER SERVICES

- Support Groups for care partners as well as individuals living with dementia
- Individual and family support - in office, home visits, or phone support
- Disease education, Learning sessions, Health Expos, Annual Conference
- Dementia Friendly Training for businesses and community groups
- Assistance in finding community resources
- Medic Alert Safely Home Program
- Finding Your Way clinic which provides resources on wandering
- Resource center and lending library (books, iPods, wandering mats etc)
- Fundraising and Community Events

Call our office to find out more : 613-544-3078, or email [ask@alzking.com](mailto:ask@alzking.com)

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### WHAT WE HAVE BEEN DOING

Here is a link to the webinar:  
Event Recording 1 "Sex Talk"- Exploring Sexuality and Intimacy as an Innate Human Need (mailchi.mp)

### FEATURING:

Amanda Barrett, Therapeutic Recreation Specialist, Behavioural Support Lead, Maple View Lodge LTCH  
Kelly Davies, RN Psychogeriatric Resource Consultant LL&G, Seniors Mental Health Behavioural Support Services, Providence Care

### SUMMARY:

This webinar will provide participants with an introduction of the Sex Talk Working Group, based out of the Lanark, Leeds & Grenville (LL&G) area of the South East Local Health Integration Network. The presentation will include the group's philosophy surrounding sexuality and intimacy as an innate human need, versus a commonly viewed behavior. Participants will be privy to the group's work to date, including a new approach to care planning an individual's unique needs.



### WHAT WOULD YOU LIKE TO SEE?

We would like to hear from our network to know what topics interest you! If there is something that you would like to have a chat about send me an email.

[wwillis@alzking.com](mailto:wwillis@alzking.com)  
613-650-7809  
[www.dementiacrossroads.ca](http://www.dementiacrossroads.ca)



## EDUCATION

Many individuals diagnosed with dementia do not tell others outside their immediate support circle out of fear of being treated differently, thus increasing the stigma and social isolation that can come with living with a dementia. If someone is diagnosed with Cancer, we rally around them to provide the support they need; a diagnosis of dementia should be no different, and with your help, we can reduce the stigma and make KFL&A more dementia friendly.

To support individuals living with dementia and their care partners in our community, the Alzheimer Society of KFL&A provides many different opportunities for learning about, and tips in managing, the many aspects of a diagnosis of dementia.

For those living with a diagnosis, and those who care for them, we offer the First Link Learning Series – which are 3-4 week series that focus on changing abilities and how to best support persons living with dementia throughout their journey; U-First! for Care Partners, monthly Virtual Speakers on a variety of topics, as well as topical education sessions as needed – such as Meaningful Activities, Dementia and the Holidays, Communication, and Brain Health – to name a few. We have also been able to offer education and support sessions for families who would like to learn together. There is generally no charge for our care partner and client education.

We also focus on community education for healthcare workers, local businesses, schools and community organizations who provide services to those who are living with a dementia and those who care for them. We can facilitate education for staff, students, clients and volunteers – such as U-First! for Healthcare Workers and Dementia Friendly Training. We work with businesses and organizations to cater the education sessions to meet their specific learning needs.

With the pandemic, we have also had to change the way we offer our education sessions and are using online platforms like many others, but that doesn't mean it isn't interactive-we aim for plenty of discussion and sharing! We can provide sessions (or a series) online live, over the phone or a combination of a recorded session with live Q&A. Essentially, we want to make KFL&A as dementia friendly as we can and will work with our community meet their needs.

Keep an eye on our Facebook page and our bi-weekly newsletter for upcoming sessions. For more information or to arrange for training please call:

**Wendy Harris, Education Coordinator**  
613-544-3078, ext 203  
[education@alzking.com](mailto:education@alzking.com)

## Fundraising Activities and the **Donate** Alzheimer Society of KFLA

For the Alzheimer Society of KFLA, funds obtained through donations and fundraising events represent approximately 60% of our overall budget. All funds raised remain in the KFLA region and support our local programs and services. The pandemic has indeed impacted our fundraising activities overall this past year, however we are extremely appreciative of donors who have been able to offer their support throughout this difficult time.

We would like to take this opportunity to thank each and every person who has donated to the Alzheimer Society of KFLA

this year, whether you are new to the Society or a long time donor/supporter. Among other things, this support has helped us to adjust to a virtual format for programs and services, in an effort to stay connected to our clients at a time when they need us more than ever! For those who are interested in donating to the Society, there are a variety of methods you may wish to consider. Here are just a few ways through which you can offer your financial support:

**1. Donate a Car Canada** – Turn your used vehicle donation into generous dollars to support the

Alzheimer Society of KFLA and receive a tax receipt in return! [www.donatecar.ca](http://www.donatecar.ca)

**2. Donate Securities** - When you donate your securities directly through CanadaHelps, those capital gains aren't subject to tax and you receive a tax receipt – a larger donation for the charity and a larger tax break for you! <https://www.canadahelps.org/en/securities/donate>

**3. Plan a Legacy, Leave a Legacy** – speak with your financial advisor or your local Society about how you can leave a gift through a bequest, charitable annuities, life insurance, named funds or gift of

residual interest.

**4. Walk for Alzheimers** – sponsor a walker, host a 'walk in a box' in your home community or workplace, or participate in the fundraising walk organized by the Society visit [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca)

**5. Host a virtual or socially distanced "Social with a Purpose"** visit <http://on.alz.to/socialwithpurpose>

**6. Anything for Alzheimers** – you can host a third party event of your choosing, virtual or otherwise, and receive promotional and planning support from the Alzheimer Society. Visit Anything for Alzheimers at

[www.alzgiving.ca/anything](http://www.alzgiving.ca/anything) to see how easy it is!

**7. Make a donation online in honour or in memory of a loved one.** [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla). This donation platform is hosted by Canada Helps.

**8. Consider making a monthly donation online at [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)**

**9. Donate in person, or by mail to Alzheimer Society of KFLA** at 400 Elliot Ave. #4 Kingston, ON. K7K 6M9

Contact us at [fundraising@alzking.com](mailto:fundraising@alzking.com) or call 613-544-3078, ext 204.



## Tips for Communication

- Introduce yourself
- Address the person by their name
- Speak slowly and clearly
- Provide reassurance
- Use calm and gentle tone
- Give one message at a time
- Use short simple sentences
- Use visual clues
- Use humour
- Do not argue with the individual

- Be aware of your body language
- Avoid quizzing
- Be prepared to repeat yourself
- Connect with the person's past
- Acknowledge the person's feelings
- Engage the individual in meaningful activity
- Be accepting of inappropriate answers and nonsense words.
- Go at their pace. Wait patiently for responses.
- Do not correct ideas or scold the person.



**Made fresh not frozen!**



### Everybody **LOVES** the 7 Meal Deal from Ramekins!

Made & delivered fresh every week locally in Kingston.  
**No shopping. No cooking. No preservatives.**  
Enjoy 7 hearty, freshly prepared meals delivered right to your door for less than the cost of buying groceries alone.  
Just choose any 7 gourmet items from our monthly menu.  
Order by phone or on-line to get the best deal in town!

# 7 Meal Deal!

  
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**1540 BATH ROAD KINGSTON, Call: 613-384-0793**  
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Healthy fresh ingredients in every meal.



**7 Meal Deal**  
How it Works, 3 easy steps!

- 1) Choose which 7 meals you would like.
- 2) Call, stop in or place your order online the day before pickup or delivery.
- 3) Receive your meals.

Meals are made fresh. Available for delivery Monday to Friday

Delivery is \$5.00 in the Kingston area and will be delivered from 9 am. Pickups are available at the restaurant any time after 11 am. All meals are received at once and are in microwave and freezer safe dishes. The meals are all fully cooked and come to you fresh, not frozen. We recommend freezing the meals you won't eat within the first two days. Please contact us with any further questions.



## Kingston Dementia Homecare Services

Offering a unique combination of quality home health care and community-based social services to Kingston and area seniors. KDHS strives to promote independence to those with a dementia in order to keep them within our community.

- Home Support • Personal Care • Dementia Care • Respite Care
- Social/Community Support

613-546-7689

[www.kingstondhs.ca](http://www.kingstondhs.ca)



# Client Services

**Our multidisciplinary team of care coordinators is currently able to offer the following services:**

- Telephone support and follow up
- Online support via the Zoom platform (1:1 by appt only, with care coordinator)
- Online group support, via Zoom, for both Care Partners and those living with Alzheimer's and other Neurocognitive disorders
- Educational opportunities, related to Alzheimer's and other Neurocognitive disease/ disorders, online, via Zoom
- Lending Library/Resource Centre, Kingston, (by appointment only)
- Assistance Navigating Community Resources
- Continued Public Awareness Campaigns

While our service delivery has changed from what it was just one year ago, we strive to provide optimal support, education and tools for all our existing and new clients. The Covid 19 Pandemic has certainly led every one of us to turn to alternative ways of communicating with one another. We have turned to technology as a way of reaching out to all of our clients. "Virtual" has become the new normal as the Pandemic continues in its 2nd wave... The telephone has once again become an invaluable tool! Looking towards the future, post inoculation, post Pandemic; and a new "business as usual" model our goal is a return to in person support, both 1:1 and groups, for example: Therapeutic Recreational Programs and Care Giver Support groups, while continuing to embrace the technology we have learned and relied upon during these unprecedented times by continuing to offer the "virtual" option for support provision.



## Contact

Lisa Prest, RPN  
First Link Care Coordinator,  
(613) 544 3078 Ext 210  
lprest@alzking.com  
Kingston

Pam Lemke  
Care Coordinator  
Education/Programs  
plemke@alzking.com  
Northbrook/Sharbot Lake  
1-800- 266-7516

# IG Wealth Management Walk for Alzheimers - Save the Date!



The annual IG Wealth Management Walk for Alzheimers will be held virtually in May again this year and more specific plans are currently in the works. The theme this year it will be 'Walk Your Way' meaning you can do it where, when and how you like in your own bubble!

We're walking the last weekend of May (29 & 30) but people who are unable to participate that particular weekend may choose any days in May. Or you might set a walking goal and work on it throughout

the month of May! So, start thinking now about a really cool place that you can walk, run, bike or do whatever activity you wish to do to participate in the 'Walk Your Way' Walk for Alzheimers! And, if you have any suggestions as to some fun activities we can incorporate into the walk, please feel free to share them. Watch for more information coming soon or contact Lesley at fundraising@alzking.com. (pictured, Monty and Logan, our official walk mascots).



## 10 Warning Signs

- 1 Memory loss that affects day-to-day function**  
It's normal to forget things occasionally and remember them later: things like appointments, colleagues' names or a friend's phone number. A person with Alzheimer's disease may forget things more often and not remember them later, especially things that have happened more recently.
- 2 Difficulty performing familiar tasks**  
Busy people can be so distracted from time to time that they may leave the carrots on the stove and only remember to serve them at the end of a meal. A person with Alzheimer's disease may have trouble with tasks that have been familiar to them all their lives, such as preparing a meal.
- 3 Problems with language**  
Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease may forget simple words or substitute words, making her sentences difficult to understand.
- 4 Disorientation of time and place**  
It's normal to forget the day of the week or your destination -- for a moment. But a person with Alzheimer's disease can become lost on their own street, not knowing how they got there or how to get home.
- 5 Poor or decreased judgment**  
People may sometimes put off going to a doctor if they have an infection, but eventually seek medical attention. A person with Alzheimer's disease may have decreased judgment, for example not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.
- 6 Problems with abstract thinking**  
From time to time, people may have difficulty with tasks that require abstract thinking, such as balancing a cheque book. Someone with Alzheimer's disease may have significant difficulties with such tasks, for example not recognizing what the numbers in the cheque book mean.
- 7 Misplacing things**  
Anyone can temporarily misplace a wallet or keys. A person with Alzheimer's disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.
- 8 Changes in mood and behaviour**  
Everyone becomes sad or moody from time to time. Someone with Alzheimer's disease can exhibit varied mood swings -- from calm to tears to anger -- for no apparent reason.
- 9 Changes in personality**  
People's personalities can change somewhat with age. But a person with Alzheimer's disease can become confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.
- 10 Loss of initiative**  
It's normal to tire of housework, business activities or social obligations, but most people regain their initiative. A person with Alzheimer's disease may become very passive, and require cues and prompting to become involved.

## Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

### OFFICE LOCATIONS

Alzheimer Society Kingston, Frontenac, Lennox and Addington  
(main office)

400 Elliott Ave., Suite 4  
Kingston, ON K7K 6M9

26 Dundas Street, W., Suite 207  
Napanee, ON K7R 1Z4

Northbrook / Sharbot Lake  
12 Firehall Rd.

Land O Lakes Lions Hall, Lower Level  
Northbrook ON K0H 2G0

Phone: 613-544-3078

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ask@alzking.com

www.alzheimer.ca/kfla