

KFL&A Alzheimer News



NEWS:

Please note due to popular request we have changed the timing of our Mixed Group on Mondays -the new time at Crossroads will now be 10:00am - to 1:00pm. This is to better support our clients and their caregivers ☺

We have also changed the time of Colton's Zoom exercise program to 1:30pm on Wednesday for better access.

We are closed Good Friday and Easter Monday so there will be no groups or activities these days.

With the weather getting nicer we are looking for ideas for outings for both our clients and their caregivers. Let us know what your ideas are!

Email us at: reception@alzking.com

or call the office 613-544-3078



Live Groups are Back!

We are pleased to share that we are back with live groups taking place Monday, Tuesday and Wednesday in Kingston at Crossroads United Church on Sir John A MacDonald Blvd. (across from Kingston Centre) and a Caregiver Support Group will be at our Napanee office on Thursdays. Please note our groups at the Church 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 Crossroads is:

Monday: 10:00am-1:00pm **NEW TIME - Mixed Support Group** (for those who are diagnosed) with a separate **Caregiver Chat** 11:30am - 12:30pm.

Tuesdays: 10:30am - 12:30pm - **Men's' Support Group** (for those who are diagnosed)

Wednesdays: 11:00am - 12:30pm - **Ladies' Support Group** (for those who are diagnosed)

Drop In Group for both Caregivers and Persons living with the diagnosis (no registration required)

Thursdays(drop-in): 1pm - 3pm - **Coffee Chat** Normandy Retirement Residence Kingston

Thursdays: 10:30am - 12:00pm - **Napanee Support Group**

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 NEW TIME!**

Note* Zoom Links for handy reference or find them in your calendar!

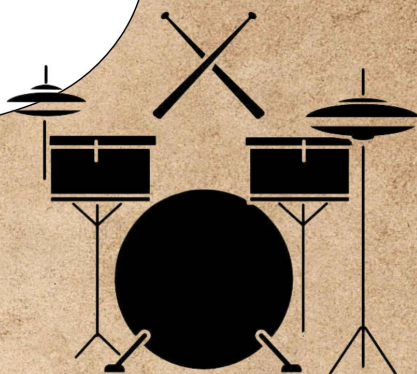
The groups listed here have opted to stay online for ease of the clients.





LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX AND WAYNE WITH FRIENDS



**BEST
LIVE
MUSIC**

2nd and 4th Monday night of the Month (excluding Holidays)
6:30pm


<https://alzheimersociety.zoom.us/j/95805318149>
or click on the link in the Calendar

For more information contact the office at
613-544-3078 or email reception@alzking.com

Coffee Time Social

Come join us Thursday 1:00 - 3:00pm
for casual conversation with our staff
and other persons living with a diagnosis

Normandy Retirement Residence
630 McClean Court, Kingston
February and March 2023



No appointment necessary
For more information please contact our office at
613-544-3078 or email reception@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



Aging with Attitude: Celebrate our Wellness Day with us

Friday, April 21st | 11am - 4pm

Become part of a welcoming community that helps you to “age with attitude.” Put yourself and your health first by visiting our **Wellness Day at Aspira Royale Place**. Maximize your well-being by listening to tips and advice from over 15 vendors on the day. Enjoy complimentary entertainment and healthy snacks from our Executive Chef. If you’re tired of running your home, you can enjoy the convenience and freedom of personalized retirement services and the warmth of a vibrant community.

For more information call **613-583-2298** or email bettyann.desharnais@aspiralife.ca



2485 Princess Street, Kingston, ON

aspiralife.ca



15TH FRONTENAC COMMUNITY SERVICES FAIR

Wednesday, May 3, 2023

Memorial Centre Arena

11 a.m. - 2 p.m.

Free entry

Learn more about

- **Employment and Education**
- **Food and Clothing**
- **Housing and Shelter**
- **Counselling and so much more!**

Free Transportation offered by





Gentle Exercise

Online via Zoom

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be continuing this April, with a slight twist! This month's focus will be centered around mobility and stretching. Mobility and stretching is an important component of a healthy body and lifestyle and can reduce your risk of pain and injury.

We are excited to provide this program as mobility and stretching are important factors in our physical, and mental health and overall well-being. During the winter months, it can also be difficult to maintain physical activity, due to weather and other challenging factors. As spring 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 April 5th, 2023, at 1:30 pm.

After each session, you will be provided with a detailed take-home package highlighting the exercises performed throughout the session. There will also be a question-and-answer portion at the end of each session, where you will also 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

Make the most of the Easter break and take the stress off when caring for a person with dementia – here’s how to make it as peaceful as possible for everyone.



Words: Christina Macdonald

If you are caring for a person with dementia, the Easter break can be a challenging time for everyone as it may result in a change of routine and life is generally going to be more hectic. It may be down to you to make sure that the person with dementia is not going to be alone over Easter, and you may have the added external pressure of needing to be with family members and loved ones. And perhaps you're expected to cook a meal. So, what can you do to take the pressure off a bit?

Make it a team effort.

Make sure that family and loved ones know they need to do their bit and everyone has their own responsibilities so that you aren't carrying all the pressure alone. If you are picking the person up from their home, designate a driver to do this while you prepare a meal and someone else does the housework.

The right location

The second thing to consider is where the person with dementia is going to be during the Easter break. If they already live with you, then it's going to be easier to try and stick to your normal routine. If they normally live alone or in a care home and you want to be with them, then it's worth considering your options carefully. While it may seem like a natural choice for them to stay with you, it may not be the best solution for everyone. They may prefer to be in their own home with you visiting them, rather than coming to you and being in a less familiar environment. A change of environment and routine can be unsettling.

Keeping things Simple

I would personally recommend keeping the person in their home if possible so that they feel more relaxed and can stick to their usual routine. Several years ago, I brought my mother (who has vascular dementia) to my home for Easter. She hated the change of environment. She found it confusing and woke up many times in the night, unsure where she was or how to find the bathroom. I put signs up on each door to label every room, but it made no difference. I also left a night light on, but she kept getting up and turning it off, then getting up again and falling over in the dark. The strange environment unsettled her.

She wanted her own TV and her own sofa.

I learned my lesson. The following year, I visited her for Easter, and we went out for lunch in her friendly local pub. After lunch, we lounged on her sofa and watched TV. She had no spare room, so I stayed in a local hotel and went back the next day and took her out for a long drive. I returned home later that day feeling very relaxed. It was far less stressful for everyone.

Stay sober

If the person does come to stay with you, they may want to go home earlier than expected. Even if they are meant to be staying overnight, they may change their mind and ask to go home. Make sure someone in the family hasn't had a drink and can drive them home if they become distressed or insist on going home.

Make sure Noises are at a Minimum.

You might want to consider how the extra noise in your house may affect the person with dementia. Louder music and more people in one room than usual, as well as lots of different conversations at once may be confusing and tiring for them. If your lounge is very busy, find a quiet room where the person can sit and read or talk to you. Ask if they would like a rest. Take them out for a walk if they normally like to do some exercise.

Watch Portion Sizes.

When you sit down for dinner, don't put too much food on their plate – give them their normal portion size so that they don't end up feeling sick or suffering from stomach problems. Avoid letting them drink too much as this can lead to arguments and increase the risk of falls.

Remember you need a break from time to time as well. If you feel tired, ask another family member to sit with the person or accompany them on a walk.

Above all, don't be too hard on yourself – make sure you get some rest and enlist plenty of support from family and loved ones.

SAVE THE DATE



**SATURDAY
MAY 27, 2023**


Looking for a way to get involved?

- Event planning volunteer committee
- Volunteer day of event
- Sponsor / Donate
- Vendor for crafts/food/merchandise
- Participating
- Entertainment
- Games
- Photography

For more information contact:

Michelle Moore
 fundraising@alzking.com
 613-544-3078 ext 204
 online form
<https://forms.office.com/r/5QtYipHbws>

Yes, I want to get involved. Scan Me to sign up today!!





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



Get your fundraiser started:



fundraising@alzking.com



613-544-3078 ext 204

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Become a Volunteer

Let's make a difference!

- Event support, Coffee Break campaign, Walk for Alzheimers,
- fundraising, sponsorship
- facilitating a support group
- Program support, art & music therapy, Minds in Motion, drop in activities
- Education/Public Speaking



Sign Up Today! Use online form

<https://forms.office.com/r/AvEJHqaHU8>

Contact us at

613-544-3078

or email

fundraising@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



We Want you to Join our Board!

Now recruiting Board Members

Alzheimer Society of KFL&A is looking for energetic, passionate people to:
Influence policy decisions impacting the non-profit sector
Serve as ambassadors for the Society.

Qualifications:

Experience in Finance, Human Resources and Stewardship, Marketing and Strategic Communications
A Passion for Improving the Quality of life for Persons living with a Dementia and their Partners in Care.
Lived Experience with a Person living with a Dementia would be an asset.

Our Expectations are simple:

Board members must:

Commit to a three year term with an option to renew for one additional term.

Adhere to the KFL&A Alzheimer's Society Code of Conduct for Board Members.

Attend Board meetings.

Actively participate in strategic planning and committee work.

Publicly support the work of the society in the community.

A commitment of 1-2 hours per Week

Visit: www.alzheimer.ca/kfla for more information about
the Alzheimer Society



Contact us at 613-544-3078 or email at vpoffley@alzking.com

Welcome to our NEW Staff Member Justine



Hi there, My name is Justine.

I am the new Program coordinator here at the Alzheimer Society of KFLA. My husband and I are proud parents of four humans, four fur babies and one little Grand baby. We are a busy family and enjoy spending time outdoors at the lake Kayaking, swimming and laughing.

I have worked in health care for thirty plus years specifically in Geriatrics (Seniors Mental health, Behavioural supports BSO). Recently I graduated from College at the young age of 51 with honours and hold the title of Recreation Therapist. I am excited to introduce new ideas and programs in the near future and I have enjoyed getting to know all of the clients at the society and implementing all the wonderful input I have received thus far at our programs.

I want to give a huge shout out to all the wonderful people (society team and Clients) I have met so far for making me feel so welcome. It makes me excited to come to work everyday.

Cheers, Justine

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!



Happy Spring! We are so excited to see the sun shining and the days getting brighter. We look forward to many more outdoor activities coming up especially our Walk for Alzheimer's taking place May 27th at Invista track here in Kingston. For more details as to how you can support this fundraiser please see the posters in the newsletter or contact our amazing fundraiser, We will be looking for volunteers, walkers and supporters to make this our best walk ever! Michelle Moore at fundraising@alzking.com or call her at 613-544-3078 ext 204.

Vicki Poffley Executive Director

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

Kim Parker, Education and Support Coordinator Ext. 203 education@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)

400 Elliott Avenue Unit #4

Kingston Ontario

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

April 2023

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Mixed Peer Group Crossroads Church 10:00am - 1:00pm Caregiver Chat Crossroads Church 11:30-12:30pm							
3	Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM							
4	Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom							
5	In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1-3:00pm							
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7								
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10	Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM Caregiver Evening Chat Z:00pm - ZOOM							
11	Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom							
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13								
14								
15								
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17	Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM							
18	Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom							
19	Men's Caregiver Group Zoom 10am In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1-3:00pm							
20								
21								
22								
23	Mixed Peer Group Crossroads Church 10:00am-1:00pm Caregiver Chat Crossroads Church 11:30-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM							
24	Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM							
25	Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom							
26	In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1-3:00pm							
27								
28								
29								
30	<p>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>							