

KFL&A Alzheimer News



You are invited to our Open House Tuesday December 12th from 1:30 to 3:30pm -please come join us as we celebrate our new home and the holiday season!

Please note our Holiday Schedule during this time:

Regular Programs will not be held from December 25th but will resume in the New Year on January 2nd, 2024.

We will be holding a drop in Coffee Social on December 28th from 1 to 2:30pm for both our caregivers and our clients. Stop by for some games, social time, and conversations.



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 all in-person groups require registration - please email jcarlson@alzking.com - Programs Coordinator or call our office at 613-544-3078 for more information about all our groups and how to join. **Any questions about groups please call our office.**

The current schedule for the groups (Registration Required to attend) at our Office is:

Monday: 10:00am-Noon **Mixed Support Group**
with **Caregiver Chat** 10:00am till Noon

Tuesdays: 10:00am - Noon **Men's' Support Group**

Tuesday 1:30 pm to 3pm- **Men's Support Group**

Wednesdays: 10:00am -Noon - **Ladies' Support Group**

Both Online and in - Person:

Caregiver Café every Tuesday from 1:30pm - 3:00pm - **ZOOM** also in person in the office

Drop In Groups for Caregivers In Person: -no registration required

Thursdays 10:30am -Noon -Napanee Office

Thursdays 1-3pm Drop in Coffee Social -Kingston office

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 Monday **6:30pm ZOOM**

Caregiver Evening Café 2nd Tuesday of the Month - 7:00pm - **ZOOM**

4th Thursday of the Month 5:30 - 7:00pm NEW TIME! 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!

PLEASE NOTE the Thursday Evening Caregiver Group is Moved to December 22 this month ONLY! This group will be online only over the winter months for safety of clients and staff.



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

MERRY Christmas

OPEN HOUSE

You are invited!

Tuesday December 12th

1:30pm to 3:30pm

1200 Princess St. Kingston, ON

RSVP BY DECEMBER 8TH

reception@alzking.com

613-544-3078

MOVIE NIGHT AT KINGSBRIDGE



950 Centennial Drive

Kingston K7M 0G8

Please register to attend!

RSVP 613-544-3078

Please note Persons
Living with a Diagnosis
must be accompanied by
a Caregiver



Thursday
December
14th
starting at
6:15pm

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



Alzheimer's: Tips to make holidays more enjoyable

Holidays can be challenging for families affected by Alzheimer's. Try these tips to make the holidays easier and enjoyable for everyone.

The holiday season can cause mixed feelings for a family affected by Alzheimer's disease or another dementia.

While typically a time for celebration, families may experience a sense of loss for the way things used to be. For caregivers, the holidays may create added work. You'll also have to consider the needs of the person with dementia during holiday decorating and gatherings.

By adjusting your expectations and modifying some traditions, you may find meaningful ways to celebrate holidays.

Creating a safe and calm space

To create an appropriate environment during the holidays for the person with dementia:

- **Tone down decorations.** Avoid blinking lights or large decorative displays that can cause confusion. Avoid decorations that cause clutter or require you to rearrange a familiar room.
- **Avoid safety hazards.** Substitute electric candles for burning candles. If you light candles, don't leave them unattended. Avoid fragile decorations or decorations that could be mistaken for edible treats, such as artificial fruits. If you have a tree, secure it to a wall.
- **Play favorite music.** Familiar or favorite holiday music may be enjoyable. Adjust the volume to be relaxing and not distressing.
-

Adapting holiday activities

To help the person with dementia enjoy the holidays:

- **Prepare together.** Mix batter, decorate cookies, open holiday cards or make simple decorations. Focus on the task rather than the outcome.
- **Host a small gathering.** Aim to keep celebrations quiet and relaxed.
- **Avoid disruptions.** Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible.
- **Provide a quiet place.** If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.
- **Plan meaningful activities.** You might read a favorite holiday story, look at photo albums, watch a favorite holiday movie or sing songs.
- **Keep outings brief.** If you're attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

Celebrating at a care facility

If your family member lives in a nursing home or other care facility, try these ideas:

- **Celebrate in the most familiar setting.** Because a change in environment can cause distress, consider holding a small family celebration at the facility. You might participate in holiday activities planned for the residents.
- **Minimize visitor traffic.** Arrange for a few family members to drop in on different days. A large group may be overwhelming.

Preparing holiday visitors

To help visitors prepare for holiday time with a person with dementia:

- **Provide an update.** Let guests know ahead of time about any changes in behavior or memory since their last visit. Providing a recent photo can help people prepare for changes in appearance.
- **Offer communication tips.** Suggest ways for guests to listen patiently, such as not criticizing repeated comments, not correcting errors, and not interrupting.
- **Suggest activities.** Tell guests ahead of time what activities you have planned or suggest something they might bring, such as a photo album.

Taking care of yourself

Self-care is crucial for caregivers during the holidays. To make the season enjoyable:

- **Pick and choose.** Focus on the holiday activities and traditions that are most important to you. Remember that you can't do it all.
- **Manage others' expectations.** Set realistic expectations for what you can contribute to family holiday celebrations.
- **Delegate.** Let family and friends help with cleaning, addressing cards and shopping for gifts.
- **Make time for yourself.** Ask a family member or friend to give you a break so that you can enjoy a holiday outing without caregiving responsibilities.

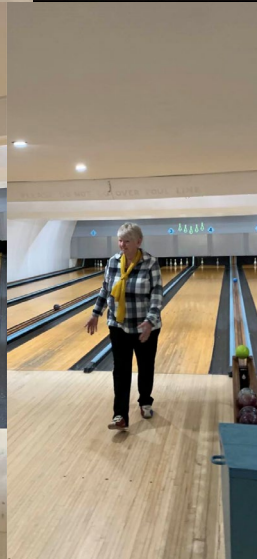
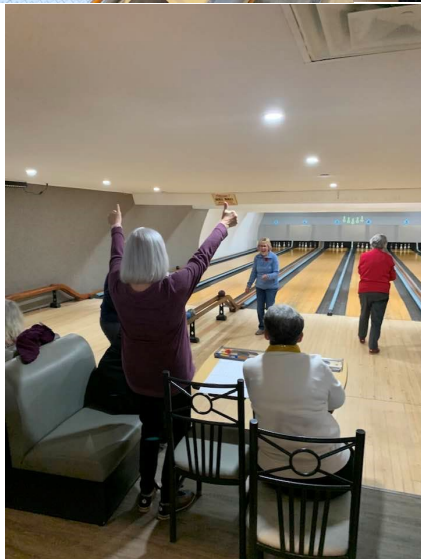
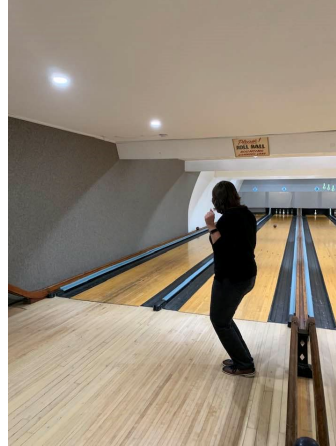
Trusting your instincts

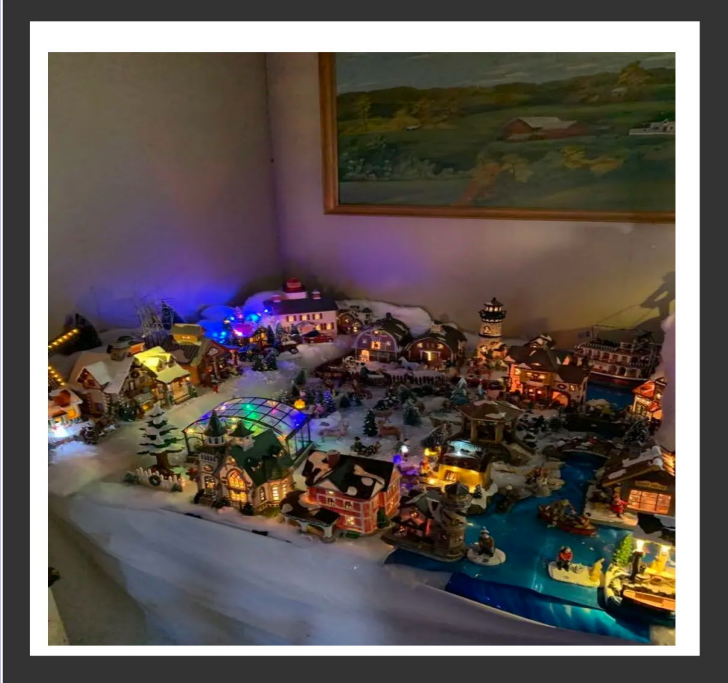
Simplifying celebrations, planning, and setting boundaries can help you minimize stress and create a pleasant holiday experience for you and the person with dementia.

Article published by the Mayo Clinic 2020 - reprinted with permission

Northbrook Happenings:

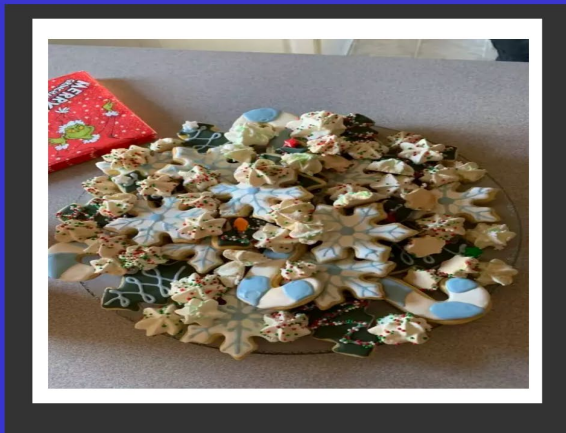
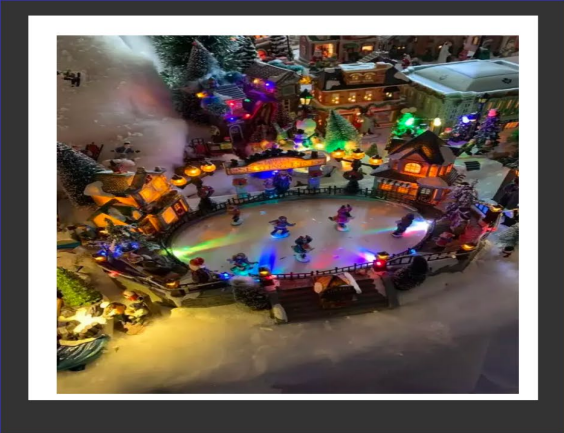
The Golden Girls had a fantastic time at Right Up My Alley bowling lanes in Tweed. The pictures do not capture the camaraderie and fun that these ladies have when they eat and play together. They enjoyed a lovely lunch after the exercise they got while having fun. I have many funny videos.





Thank you to Ashley Cupcakes in Northbrook for treating us to some amazing hot chocolate and sugar cookies as well as letting us view your wonderful Christmas Display.

Northbrook News




Are you supporting someone with Dementia/Memory Loss? We are here to help you!

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

We offer one on one support as well as:
Support groups
Activity programs
Online Exercise Programs
all at no cost to you.
All provided in a safe inclusive space.



613-544-3078 

www.alzheimer.ca/kfla 

26 Dundas Street West 
Napane K7R 1Z4

Email: lross@alzking.com

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

FRIDAY DECEMBER 15, 2023

BRAIN HEALTH

**JOIN US FOR A MORNING INFORMATION
SESSION WHERE WE WILL DISCUSS
PRACTICAL SUGGESTIONS TO USE
WHEN INTERACTING WITH INDIVIDUALS
LIVING WITH DEMENTIA OR
ALZHEIMER'S DISEASE.**

**Starting at 10:00am
St. Mary Magdalene Church
137 Robinson Street, Napanee**

**Please contact Lorraine Ross at:
613-544-3078 or email at lross@alzking.com
to RSVP for this session.**





Caregiver
**EDUCATION
DAY**

**Jan 29th
10am -3pm**

Lunch and Snack Provided



Speakers Include:

- Dietitian
- VON
- COPD Educator
- Alzheimer's Society and more!

**St Mary Magdelene
Church
137 Robinson Street
Napanee**

Must register at 613-544-3078

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Kindness is Beautiful

BLESSING BAGS BY THE **ALZHEIMER SOCIETY OF KFL&A**

THE STAFF AND CLIENTS OF THE ALZHEIMER SOCIETY OF KFL&A WILL BE ASSEMBLING BLESSING BAGS FOR PEOPLE IN NEED. WE ARE CURRENTLY ACCEPTING DONATIONS OF GOODS.

PLEASE LET US KNOW HOW YOU CAN ASSIST.

THANK YOU IN ADVANCE!

WE ARE ACCEPTING THE FOLLOWING ITEMS:

SOCKS
TOOTHBRUSH
TOOTHPASTE
PEANUT BUTTER
CRACKERS
APPLESAUCE
GRANOLA BARS
MINTS
LIP BALM

FIRST AID KIT ITEMS
PADS + TAMPONS
WASHCLOTH
FACE/BODY WIPES
FACEMASKS
BOTTLED WATER
DENTAL FLOSS
PLASTIC SPOON/FORK

COMB/BRUSH
SHAMPOO
SOAP
DEODORANT
SUNSCREEN
HAT & GLOVES
HAND/FOOT WARMERS

PLEASE DROP OFF TO OUR OFFICE DURING BUSINESS HOURS BY DECEMBER 18TH
10:00 AM -4:00 PM MONDAY -FRIDAY
1200 PRINCESS STREET, KINGSTON ONTARIO
EMAIL FUNDRAISING@ALZKING.COM

Soci t  Alzheimer Society KFL&A

PURCHASE TICKETS TODAY TO JOIN US IN SUPPORTING THE KINGSTON
FRONTENACS DEFENDING THE FORT

***\$19 PER TICKET!**

(ticket price is all-inclusive)

FRIDAY, January 19th 2024 7PM



VS



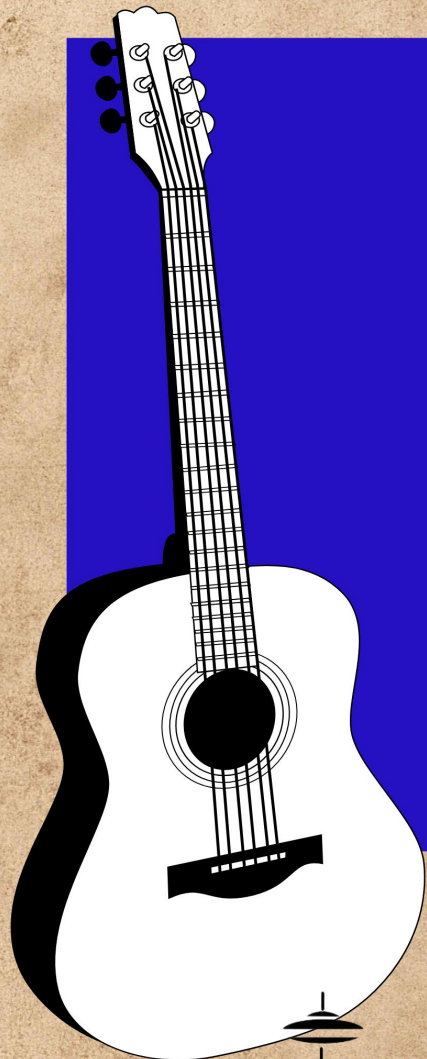
Kingston Frontenacs vs Owen Sound

TO PURCHASE YOUR TICKETS, PLEASE CLICK THE LINK BELOW

<https://am.ticketmaster.com/frontenacs/quickbuy?id=MzM3>

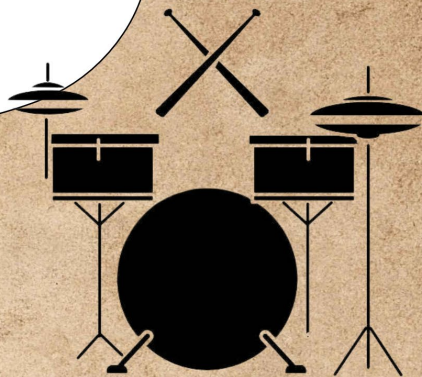
if you have any questions please contact Jake Jamieson at: jjamieson@kingstonfrontenacs.com





LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX GLENN 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



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 January. 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 favorite 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 at 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 January 3rd, 2024, 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.

Get a physical and mental boost with Minds in Motion!

Alzheimer Society | Minds in Motion®

Minds in Motion® is 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. This program is being offered virtually over Zoom, 1.5 hours a week for 8 weeks.

This is a great environment to establish new friendships with others who are living with similar experiences.

Combining physical, mental and social stimulation can:

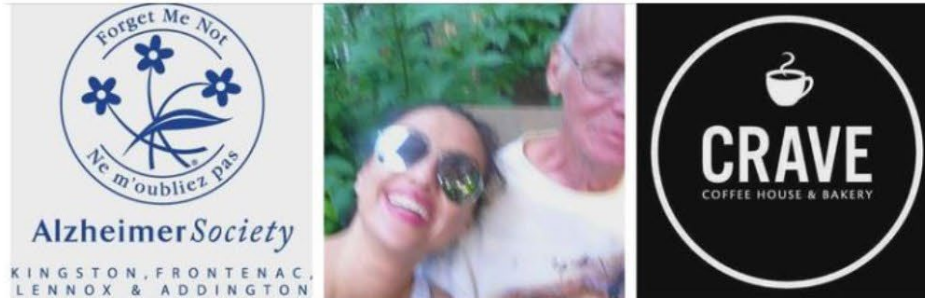
- Improve brain health
- Improve mood & decrease the risk of depression
- Reduce sense of isolation
- Improve balance, mobility, flexibility and alertness

Upcoming available sessions:

- [Thursday, Nov. 16th-Jan.18th
10am-11:30am](#)
- [Wednesday, Jan. 17-March 6th
1pm-2:30pm](#)
- [Monday, Jan. 8—Feb. 26th
10am-11:30am](#)
- [Thursday, Feb. 1st—March 21st
10am-11:30am](#)
- [Tuesday, Feb.6th—March 26th
1:30pm-3pm](#)

To find out more or to register, click on the date your interested in above to contact the Minds in Motion Facilitator, or email Vanessa at

vbarnes@alzheimersarnia.ca



Total Diva Boutique Spa's Coffee Break & Silent Auction for the Alzheimer's Society

**IN MEMORY OF GARY BYRON LATIMER, TOTAL DIVA WILL
BE SUPPORTING THE ALZHEIMER SOCIETY OF KINGSTON,
FRONTENAC, LENNOX & ADDINGTON!**

**A FUNDRAISING AUCTION LIVE ONLINE RIGHT NOW
HOSTED BY TOTAL DIVA BOUTIQUE SPA, PLEASE CHECK
IT OUT!!**

**VISIT THEIR FACEBOOK EVENT PAGE
[HTTPS://FB.ME/E/4THZB3QG8](https://fb.me/e/4thzb3qg8)**

**DONATIONS INCLUDE ITEMS AND GIFT CARDS
FROM MANY LOCAL BUSINESSES INCLUDING
AGENT 99, DR. MONA WARNER, A1, COPPER PENNY,
BLUNT, SYMPHONY, CHER MERE, SLC DYNAMIC
DESIGNS, CRAVE, ICONIC STONE, JAMES REID FINE
FURNITURE, MESA, TOMMY'S, KAO, MAISON CHEIN,
OLIVEA, VENUS, TANGO, MIDORI, TOTAL DIVA
BOUTIQUE SPA, DAVID BARKER CLINIC AND MORE!**

**SCAN
ME** 

Alzheimer Society

K I N G S T O N , F R O N T E N A C ,
L E N N O X & A D D I N G T O N



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 613-544-3078 ext 204

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

ALZHEIMER'S APPAREL IS NOW AVAILABLE!!

Shop our online merch store and help
support our mission!

https://usimiapparel.com/Alzheimer_Society/shop/home

\$10.00 per item will be donated to the
Alzheimer Society of KFL&A.

For Inquires email fundraising@alzking.com



1200 Princess Street, Kingston, ON, K7M 3C9

Phone: 613-544-3078

Email: ask@alzking.com

Website: www.alzheimer.ca/kfla

Facebook: facebook.com/alzheimerKingston

Help for Today. Hope for Tomorrow...®

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

#LIGHT IT UP BLUE FOR DEMENTIA

A LIGHTBULB FUNDRAISER SUPPORTING THE ALZHEIMER SOCIETY OF KFL&A DURING ALZHEIMER AWARENESS MONTH (JANUARY), DISPLAY A BLUE LIGHTBULB INSIDE OR OUTSIDE YOUR HOME TO SHOW YOUR SUPPORT



JANUARY 2024

ALZHEIMER AWARENESS MONTH

Order your blue lightbulb today!

Email: fundraising@alzking.com

1 light bulb (\$20.00 each) = 1 person / 1 day
subsidized in one of our social recreation programs

1200 Princess St, Kingston, ON * 613-544-3078 * www.alzheimer.ca/kfla

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, drop in activities
- Education and Awareness

Contact us at

613-544-3078

or email

fundraising@alzking.com



Sign Up Today!

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



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!

Cost is \$16.00 per pound

\$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.



In addition to cash and checks, we accept credit and debit cards

Of interest to our Clients and their Families: Advance Care Planning – Ontario

This website will help Ontarians learn about Advance Care Planning (ACP).

- The website begins with an explanation of what ACP is and then guides you through the ACP process. Along the way it will introduce and explain the concepts of informed consent, mental capacity and substitute decision-making.
- ACP is conversations to help people and their substitute-decision-maker (SDM) prepare for future healthcare decisions.
- This website will help you learn about the process, think about what's important to you and how to involve your SDM.
- It also contains information about Ontario law and substitute decision-making.

advancecareplanningontario.ca

Independent Living Centre Kingston

Visit us at 540 Montreal Street and check out our Community Lending Library!

We have tons of assistive devices that are

-sanitized

-gently used

-available for loan at no cost

Contact us at: 613-542-8353

or by email: Info@ilckingston.com





New Napanee Staff -please Welcome Lorraine:

Hello,

My name is Lorraine Ross and I am the new Education & Support Coordinator, working out of the Napanee office. I am very excited to be working in my home community.

I bring with me a wealth of knowledge, as I have spent the last 25 years supporting those living with dementia, as well as their CarePartners.

I am looking forward to some new offerings for the Napanee area, including more support groups, one on one support and public education. If you have any suggestions on where you think you see a need for these things in our community, please reach out.

I look forward to meeting you.

Lorraine Ross (she/her)

Education & Support Coordinator

Alzheimer Society Kingston, Frontenac, Lennox and Addington

26 Dundas St. W Napanee, ON K7R 1H5

613-544-3078 email: lross@alzking.com



Message from our Executive Director Vicki Poffley:

We have had much to be thankful for as we reflect on 2023. Our move into Providence Village in August being one of them. In this space we have had the opportunity to bring our programs back onsite, our hallway is full of conversation and often laughter as our clients and care partners come in for one of our programs.

We are also grateful for all of you, our families, clients and caregivers, our donors and community partners. Coming together to support those affected by dementia ensures that no one travels this journey alone.

To close the year off we will be hosting an open house on December 12th from 1:30 pm to 3:30 pm and hope you can stop. Further on in the newsletter you will see all the details.

Whether you celebrate the holidays with family or friends or on your own, please know that the Alzheimer Society offices, in Kingston, Napanee and Northbrook will remain open so please reach out if you need support.

Best wishes,

The Alzheimer Society Board of Directors and Staff

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, Client Services Coordinator 613-329-7078 jwhite@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@alzking.com

Lorraine Ross Education and Support Services Napanee Office 613-544-3078 ext. 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

Napanee:

Napanee Area Community Health Centre (2nd Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

Phone # 613-329-7078 Fax: 613-544-6320 Extension 501

Email:

Northbrook:

The Emmanuel United Church

108 Addington Road, Northbrook Ontario K0H 2G0

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

Email: plemke@alzking.com

