

KFL&A Alzheimer News

happy holidays



Happy Holidays:

As we enter the last month of the year, we want to reflect with on the past year with you, on all the memories we have made with you.

From our Walk for Memories to Coffee Breaks, dances, groups, education session and so much more you have truly touched our lives in so many ways.

To each of you we wish you the happiest of seasons and look forward to a bright new year.

Thank you for allowing us to be a part of your journey.

We look forward to being here to support you.

QUICK NOTES on upcoming special programs and events below! Read newsletter for further details!

HAPPY HOLIDAYS:

Please note there will be no groups:

December 26th

December 27th

December 28th

January 2nd



Please check our Calendar for all details for Holiday closures and adjusted hours.

Come Join Us:

Christmas Lunch and Social

560 Legion-Montreal Street

Thursday December 15th from

Noon till 3:30pm

Registration is Required

RSVP: reception@alzking.com

Groups and Gatherings:

The current schedule for the groups at Crossroads United Church located at 690 John Counter Boulevard (corner of Princess Street) is:

Monday: 9:30am -12:30pm - **Mixed Group** (for those diagnosed)

with a **separate Caregiver Chat** from 11:30am -12:30pm.

Tuesday: 10:20am to 12:30pm - **Men's Group** (for those who are diagnosed)

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

Thursday: 10:30 am to 12 noon - **Napanee Support Group**

NEW: You will now find a Daily Activity Calendar attached to the newsletter highlighting what each group will be doing on each day -this calendar is for the GROUPS Only. Please note in person groups are currently at capacity -please call the office if you are interested in attending.

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**

Caring in the Facility – 1st Wednesday of the Month - 10am

Men's Caregiver Group 3rd Thursday of the Month - 10am - **ZOOM**

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

We are pleased to announce that the collaboration with Sarnia for a Virtual Minds in Motion will continue. Registration is required so that they can carry out evaluation of the program. Please contact Vanessa at mimproject@alzon.ca or call 416-847-8920 to register! Multiple sessions available and Vanessa will provide that information.





Christmas Lunch and Social

Thursday December 15th 2022

Noon to 3:30pm

560 Legion -Montreal Street

Registration is Required

Please RSVP by December 9th with
Reception@alzking.com or call
613-544-3078

Come join us for some Holiday Cheer



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

We bid a Fond Farewell to our Fundraising

Co-Ordinator Lesley Kimble,

Although we are sad to say good-bye, we are so excited for Lesley and can't wait to see how the next chapter unfolds. Some of you may not know the story but when Lesley joined our team she joined on a six week contract, we often joke about it being the longest six weeks in history, but in reality the seven years have flown by, Lesley has been an integral part of our Alzheimer Society family and for that we are grateful and we know that although she may be retiring we know she won't be far away. Lesley thank you for the past seven years of service, we wish you a joyous retirement.

On behalf of the Staff and Board of Directors we wish you a joyous retirement.

Vicki Poffley, ED

You may have heard the rumours several times over the past few months and wondered if I really meant it- but it's finally happened - I've retired! I worked my last 'official' day at the Alzheimer Society on Thursday, November 10.

As hard as it's been to make the decision to retire, I will welcome the time I plan to spend with my family and with my new grandchild when she arrives early next year!

I will definitely miss it- I will for sure miss the wonderful staff, the various events we host, and working with our awesome volunteers, but mostly I will miss the clients and their families whom I served for almost 7 years! Your friendship and your life stories have certainly been the motivation behind my passion for the job. I have been constantly amazed at the strength, the positive attitude and the commitment each of our families has displayed in their journey's. I feel fortunate to have been included in those journeys in some small way and to play a very small role in helping our clients to live well with dementia.

It has also been an honour to raise money for an organization that serves its clients well, and to work with so many of our dedicated community partners, without whose support, many of our programs and services would not exist! !

I do plan to help out as a volunteer when time permits so you will see me again, but in a different capacity - if they'll have me! Michelle Moore, your new Fundraiser, comes to the job with some amazing skills, and I hope you will afford her the same support as you have offered to me over the years. She has some terrific ideas that will make for some great fundraisers!

Thank you to everyone who has had a part in making my time at the Society so meaningful, engaging, rewarding and fun! I will miss you all and wish you the best of health and happiness.

Sincerely,

Lesley Kimble



But are excited to introduce our New Team Members:

Michelle Moore -Fundraising Co-Ordinator

Extension #204 Email: fundraising@alzking.com



I have a passion and experience working with Charitable non-profit organizations, I am driven and motivated to make a positive impact working with Alzheimer Society KFL&A by spreading awareness and raising funds for our organization's causes.

Through this position, I hope to grow and utilize my skills, work as a member of a team and establish new relationships with our organization's clients, families, caregivers, and volunteers.

My personal time is spent with my large family of 5 kids, we all love to play sports, games and go on adventures together!

Christine Lamere -Programs & Education

Extension #211 Email: programs@alzking.com



Hello, I'm pleased to be part of the Alzheimer's Society of KFLA team as of October 31st, 2022. My name is Christine Lamere and as the Program/Education Coordinator I've gotten to enjoy spending this past month with many wonderful people; group participants, caregivers and coworkers.

At our Alzheimer Support Group Programs I can be seen greeting folks at the door as well as facilitating a portion of our group programs.

When I'm working behind the scenes I plan, organize and coordinate the group activities we offer at our programs.

I graduated with honours from the Personal Support Worker Course in 2013 at the Kingston Learning Centre. Then in 2016, I completed the Activation Techniques in Gerontology Course and graduated w. honours from Canadore College. Working these past ten years in Long Term Care settings, Adult Day Programs and in the community has offered me the privilege of learning from and working with a variety of people.

For the past 24 years I've called Kingston home. I enjoy being outdoors, working on gardening projects and some home renovations. I'm passionate about life, aging well and working with diverse people.

I strive to provide meaningful activities and programs in a caring and welcoming culture and look forward to offering support to our program participants, their caregivers and families.

Coffee Break News!

In October the three branches of the Kingston Community Credit Union hosted their annual Alzheimer Coffee Break.

Amanda Dube, Community Engagement Coordinator for KCCU, presented the cheque to Vicki Poffley, Executive Director, Michelle Moore, the new Fundraising Coordinator for the Alzheimer Society and outgoing Fundraising Coordinator, Lesley Kimble.

Our sincere thanks to all staff and KCCU customers who donated to the fundraiser!



Queens Alzheimer Outreach committee's [#runforalzheimers](#) at the Isabel Bader Centre Sunday November 6th, 2022 . Great group of students headed up by Liam and Olivia!!
Their event raised \$1860, exceeding their goal of \$1000!
Way to go!!

Holy Cross Secondary School held a staff bake sale on Monday October 24th as a Fall fundraiser for the Alzheimer Society. Through the hard work of teachers and other staff a donation of \$350 was raised.

Thank you for your work and the support of our Society!

Coffee Break News!



I could not have predicted nor be more pleased with the turn out
at the Alzheimer Society Northbrook office today.

We had 52 people in attendance which is reflected on the "wall of support" shown in this picture.
They came from far and wide, and one very special guest was my mother, the Queen of Mississippi.

Over \$2000 was raised and will stay in the KFLA area.

Thank you for the support

Pam Lemke -Northbrook Alzheimer Satellite Office.

In Celebration of this year's Alzheimer Coffee Break, we are Excited to Announce a New Partnership with North Roast Coffee!

North Roast Coffee Roastery is a locally owned business providing Fair Trade Coffee to Kingstonians and beyond. This year, North Roast has come on board with the Alzheimer Society to sponsor the Alzheimer Society's fall coffee breaks fundraisers, and they have created a coffee just for us! This year, when you host a third-party fundraiser, you will be given a pound of coffee in your kit, that you can serve to people attending the fundraiser.

The "Forget Me Not" medium dark blend is also available to purchase **from our office** in 1 lb bags of either ground coffee or whole beans. If by chance you need a special grind, we can get that for you too (with a couple of days notice)! We even have our own label! The coffee sells for \$16 a pound with \$5 of that coming back to the Alzheimer Society of KFLA to support local programs and services.

If you are a coffee drinker, you must try the '**Forget Me Not**' blend of North Roast Coffee. If you aren't a coffee drinker, you could buy this unique gift for a friend or family member, for a special PSW or nurse working with your loved one, a helpful neighbour, maybe take a bag to your thanksgiving family gathering or put it in a loved one's stocking at Christmas.

Please note: The Forget Me Not Blend can only be purchased from the Alzheimer Society, and not directly from North Roast Coffee! We won't stock it in large amounts - we'll always have some on hand, but we'll buy it fresh (beans or ground) as required, so you'll need to call at least two days in advance order it, especially if you would like to purchase in larger amounts. Regardless of how many you wish to purchase, we recommend a quick phone call before you come, to ensure there is some available.

You can pick up your coffee at our office at 400 Elliott Ave. #4. If you live in other parts of KFLA, we can arrange to have some available at the Napanee and Northbrook offices (with some notice) Questions? Give us a call at 613-544-3078 ext. 201. You can now click on the QR code below or go to <https://forms.office.com/r/yd6zpQkisT> for online ordering.



KFL&A Alzheimer Society at the Aging Well Together Health Fair

The KFL&A Team was excited to be back out at one of our first in-person events held Wednesday November 24th, downtown at Kingston City Hall. The event was hosted by the Centre for Healthy Aging.

Kim Parker our Education Co-ordinator along with Michelle Moore our Fundraising Co-ordinator manned the booth assisted by our lovely volunteer Mabel.



We are pleased to announce we will be adding more in-person and virtual education events in 2023 including U-First and Finding your Way.

If you are looking for education, training or information please contact us at the office we would be delighted to assist you!

Please contact Kim Parker - education@alzking.com or call 613-544-3078 extension #203 for more information about upcoming opportunities.



Lived Experience Network South East Ontario

Who we are

Lived Experience Network South East Ontario is an open community for families, care partners and seniors living with dementia, mental health, substance use or other neurological disorders to share their experiences.

We host in-person groups, online forums and other events to get to know your story. By creating meaningful support, we not only learn from your experiences but also share them in hopes of enhancing services across the region.

Lived Experience Facilitator

Vicky Willis is our Lived Experience Facilitator. Her husband, Jeff, was diagnosed with frontotemporal lobe dementia.

She knows first hand how difficult it can be to care for a loved one and understands the need for additional supports. Share your experiences with Vicky and help advocate for better care.

Get involved

Join us for an advisory conversation. Your insights and suggestions will be shared with healthcare professionals providing services in hospitals, long-term and primary care. There are many ways to get involved, including:

Online: visit our website livedexperiencenetworkseo.ca for one of our monthly advisory conversation chats or take part in discussion forums.

In-person: contact Vicky to inquire about in-person or virtual advisory conversation.

Phone or email: contact Vicky via phone or email to start your own personal advisory conversation.

Contact

Vicky Willis, Lived Experience Facilitator

Phone: 613-650-7809

Email: vwillis@alzking.com

Website: livedexperiencenetworkseo.ca

Lived Experience Network South East Ontario is a partnership between Providence Care and the Alzheimer Society Kingston, Frontenac, Lennox & Addington.

PLEASE JOIN WITH US

Friendly Friday at St. John's Portsmouth

St. John's Portsmouth Church Hall on 41 Church Street in Kingston.

Each Friday starting Oct 07, 2022, From 1-3 p.m.

This invite is going out to anyone whose life is or has been impacted by dementia. I travelled the dementia journey with my husband and soulmate for 7 years after his diagnosis. I have taken courses, attended conferences, and read many books on the topic. I have even published a book called

Journeying with Jim.

I felt a strong sense of mission to help fellow caregivers along their journey, so I started a friendship group to share some time out and conversation with others in a similar situation. We have been meeting in person (going on-line during Covid) since the group began in August 2019

We simply get together over refreshments, make new friends and support each other by sharing our experiences and talking about anything and everything of interest to us—from the serious to the not so serious.

It is a safe and welcoming space for caregivers and loved ones alike.

Bring your own beverages and snacks.

Welcome Wednesdays at St. John's Portsmouth

Every Other Wednesday starting October 12, 2022, From 10 -11:30 a.m.

If Fridays don't suit (or you just want a double dose of friendship!) You can also join us once every two weeks for **Welcome Wednesdays**. I will send out email reminders on the gathering week so you can keep on track with our dates.

If you are interested, please provide me with an email address and I will add you to the contact list.

For more information, or just to chat with someone who understands, contact Noreen Peters at noreenpeters1957@gmail.com or 613-888-3170.

1926 SKATE

Alzheimer Society



COMPLETE THE #1926CHALLENGE

Come out and cheer on Steve McNeil or join him on the ice on at Kingston's Springer Market Square on January 14, 2023 as he skates for 19 hours and 26 minutes in memory of his mother Eunice who passed away from Alzheimer's Disease. Donations can be made to support the KFL&A Alzheimer Society using the QR code below or by contacting the KFL&A Alzheimer Society at www.alzheimer.ca/kfla, by calling 613-544-3078 extension 204 or www.1926Skate.com
All donations will remain in the local community.



Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Message from the Executive Director

December is upon us as hard as it is to believe that we have come to the end of yet another year. The staff have been busy transitioning to in person services and we have been so excited to do this. Several our groups are being held at Crossroads United Church and we welcome our new partnership. You may have also notice that our Northbrook office has relocated, to Emanuel United Church, and we look forward to providing service to our families and community in our new space. Be sure to stop by meet with staff, join a group, or find information to help you navigate your journey with dementia.

We wish to thank our families for the privilege to support you on your dementia journey, our community for participating in dementia education training so that you too can support those living with dementia. We also wish to thank our volunteers and donors because without you we couldn't do what we do.

On a personal note, I would like to express my gratitude to the staff and board of directors for their commitment to our mission, vision, and values 2022 has brought both challenges and successes and we have learnt and strengthened the society by those experiences.

However, you celebrate the holiday season, I wish you joy and peace and the opportunity to gather with family and friends Warmest Regards: Vicki Poffley



Staff Directory Main Number 613-544-3078 (unless otherwise indicated below)

Vicki Poffley, Executive Director Extension 207 vpoffley@alzking.com

Kim Parkinson, Administrative Assistant Extension 201 reception@alzking.com

Sarah Winkelman, 1st Link Care Navigator Extension 210 Firstlink1ASKFLA@alzking.com

Krystian Martin, 1st Link Care Navigator Extension 206 Firstlink2ASKFLA@alzking.com

Michelle Moore, Fundraising Coordinator Extension 204 fundraising@alzking.com

Kim Parker, Education and Support Coordinator Extension 203 education@alzking.com

Colton Sedore, Recreation Coordinator Extension 209 - recreation@alzking.com

Christine Lamere - Programs and Education Extension 211 - programs@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)

3 Dundas Street East

Napanee Ontario K7R 1H5

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

Email: jwhite@alzking.com

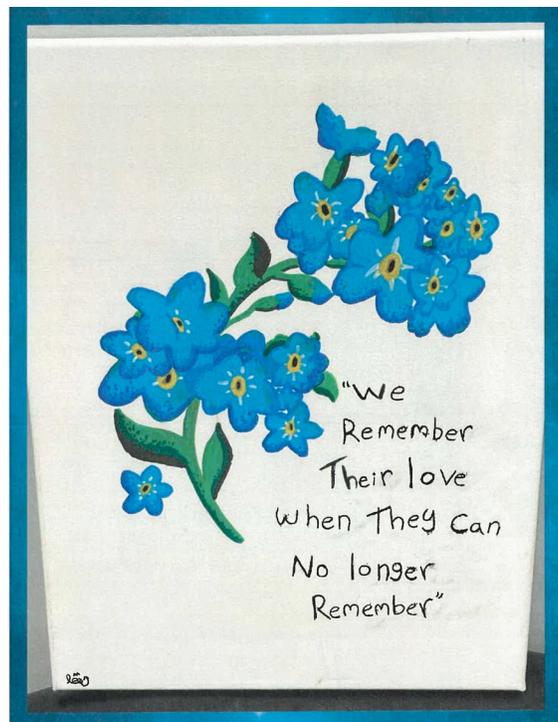
Northbrook:

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
	December 2022 Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Groups					
	4 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm	5 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM	6 Ladies' Peer Group Crossroads Church 11:00- 12:30pm	7 NEW In Person Support Group Napanee Office 10:30am - Noon		
11 Mixed Peer Group 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm	12 Musical Happy Hour with Max and Company 6:30pm - ZOOM	13 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM Caregiver Evening Chat 7:00pm - ZOOM	14 Ladies' Peer Group Crossroads Church 11:00-12:30pm	15 Christmas Lunch and Social 560 Legion RSVP: reception@alzkinga.com or 613-544-3078 by December 9th		
18 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm	19 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM	20 Ladies' Peer Group Crossroads Church 11:00-12:30pm	21 NEW In Person Support Group Napanee Office 10:30am - Noon	22 Office Closes at 3pm	23 Office Closes at 3pm	24
25 Office Closed -Happy Holidays! NO Groups Today	26 Office Closed -Happy Holidays! NO Groups Today	27 Office Closed -Happy Holidays! NO Groups Today	28 NO Groups Today	29 Office Closes at 3pm	30 Office Closes at 3pm	31 

KFL & A Alzheimer Society 400 Elliott Avenue #4 Kingston Phone # 613-544-3078 All in person groups to be held at Crossroads Church (690 St. John A. MacDonald Blvd –corner of Princess Street)

GROUP DAILY ACTIVITY CALENDAR:

This calendar is for the groups that meet in person at the Crossroads Church

Please note our groups are currently at capacity -if you are interested in attending, please call our office.



Group Support Programs
 Offered at the Crossroads United Church
 690 Sir John A MacDonald Blvd, Kingston

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mixed Support Group 9:30 am -12:30 pm	Mens Support Group 10:30 am -12:30 pm	Womens Support Group 11:00 am -12:30 pm			
4	Coffee & Chat Christmas Crafts Holiday Trivia	Coffee & Chat Christmas Crafts Conversation Circle	Coffee & Chat Christmas Crafts Music & Singing	8	9 Please RSVP Christmas Lunch	10
11	Coffee & Chat Christmas Cards Holiday Dancing	Coffee & Chat Christmas Bean Bag Toss Conversation Circle	Coffee & Chat Christmas Cards Holiday Cookies	15 Christmas Lunch & Social 12:00 -3:30 pm 560 Legion		17
18	Coffee & Chat Holiday Social Holiday Reminiscing	Coffee & Chat Name that Holiday Tune Kick Back & Chat	Coffee & Chat Chair Exercises Holiday Reminiscing	22	23	24
25	No Program	No Program	No Program	29	30	31



Participate in Research

There are many different reasons that someone in Canada might want to join a dementia research study.

For people living with dementia, participating in a study can offer connections to peers, therapies, advanced scientific expertise and more. Many people also find it satisfying to be contributing to advancement of knowledge about dementia generally.

For people who are in family and/or caring roles, participating in a study can bring access to increased supports, new approaches and the sense that one's experiences are helping to make others' better.

For healthy individuals, participating in dementia research can be a way of giving back to community. And for health-care workers, participating in research can help improve dementia care systems and care-system sustainability.

[In late June 2022, the Alzheimer Society of Canada launched a new research portal](#) to help people from coast to coast to coast navigate the vast range of dementia research studies that are looking for participants.

The portal is open anytime nationwide at alzheimer.ca/find-studies.

[Visit the portal now](#), visit one of the sections below for more information about different types of studies and about joining dementia research.



MERRY CHRISTMAS

HAPPY NEW YEAR

*From all of us
here at:*

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON