

December 7<sup>th</sup>, 2020

# Alzheimer Society of KFL&A

## Forget Me Not Newsletter

Alzheimer Society of KFL&A \* 400 Elliott Ave, Unit #4 \* K7K 6M9 \* 613-544-3078 \*



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Hello, Reader!

It is so hard to believe that we are already in December. We have a pretty full calendar of virtual offerings for you. Most of them do not require a sign up, feel free to join us by simply clicking on the link and join in! Our Movie slated for December 18<sup>th</sup> is "The Santa Clause" and we would love to prepare a wonderful Christmas themed treat for you so please do call reception to register if you have not registered already. The treat bags will be ready for pick up from the office on Monday December 7<sup>th</sup>. With Christmas being such a busy time for all, we will be postponing the Crafting with Christine Jamieson until January. The Oil Heritage Museum is presenting another wonderful program for us, it is "A Victorian Christmas". This event will take place on Monday December



We hope that you can all join us as we will be celebrating Jan as she prepares to retire, on December 11 from 4-6 pm using the zoom platform. Feel free to pop on, stay as long as you can, share a story, a laugh and raise a glass in a toast to celebrate Jan on entering the next chapter in this journey we call life. Thank you to those of you who have already submitted pictures and

notes to Jan, as we are putting together a slide presentation and a memory book. If you have not had a chance to do so but would like to submit something, please forward to Mari Vepsalainen, [programs@alzking.com](mailto:programs@alzking.com).

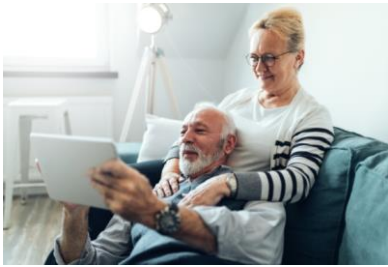
Link to the zoom meeting:

<https://us02web.zoom.us/j/85626450235?pwd=Vkg2SUQvcFY2ZHFiaTRYQXhHa0drQT09>

### In this edition:

1. Education Section
2. Caregivers Corner
3. Activity Corner, at home activities, and programs being offered on Zoom and in Person
4. Jan's Retirement Party on Zoom
5. Call for Board Members
6. Article on Dementia and the holidays
7. Forget Me Not Fundraising Activities

## Have you Zoomed with us?



We want to ensure you remain connected to us and as this pandemic continues into another wave, we cannot safely offer in person group sessions yet therefore

we will continue to use phone calls and Zoom for our support and client groups.

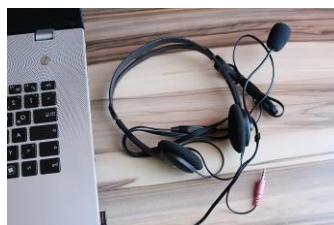
Have you tried zooming? If not, are you someone who is unsure of new technology? Reach out to us and we are happy to chat over the phone to work on getting you connected.

To participate fully in the Zoom groups, you will need a computer, tablet or smart phone that has a camera and an internet connection, **however if you only have a phone, you can still call into the groups.** Just contact us to get the phone number for the group you would like to join. Please note that you will often be in the virtual "waiting room"; you just sit back and relax, and we'll do the rest.

**Want to book an appointment to talk to an Alzheimer Society staff member?** We are available for you outside of group times to help you through these difficult times by lending an ear and some suggestions where needed. Just contact us via email or at the office and we will be happy to schedule a time to chat either on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

**Our Virtual Speaker Series will continue - stay tuned for more information on upcoming speakers in the new year!**

Please contact Wendy at [education@alzking.com](mailto:education@alzking.com) or call 613-544-3078, ext.: 203 if you have a suggestion for a speaker or topic you would like to know more about.



## NEED TO CHAT?



[https://ottawa.ctvnews.ca/mobile/a-friendly-voice-is-available-for-seniors-alone-and-wanting-to-chat-to-someone-1.4869843#\\_gus&\\_gucid=&\\_gup=Facebook&\\_gsc=mzae9VQ](https://ottawa.ctvnews.ca/mobile/a-friendly-voice-is-available-for-seniors-alone-and-wanting-to-chat-to-someone-1.4869843#_gus&_gucid=&_gup=Facebook&_gsc=mzae9VQ)

**Zoom Privacy Waiver** Thank you for joining us via ZOOM. We are excited to be able to connect with our clients during these times of self-isolation and physical distancing. We know that staying connected is important. Please note that we are using ZOOM, an online technology that helps us connect with you securely. We believe that the privacy measures put in place by Zoom and precautions that we take will protect your privacy but we urge you to also take steps to protect your privacy such as a secure WIFI, and being aware of your surroundings. Also, since we are working from home, please be assured we have taken every measure to ensure your privacy is respected from others who are social distancing with us.

## FRIDAY ZOOM MATINEE MOVIE

Please register for our fun ONLINE event

Treat Bags available for Pickup at the Office!

Register with Reception at 613-544-3078



<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJ0ciZnTmUvNkpnNDIKUT09>



Friday  
December  
18th at  
1:30pm via  
ZOOM

Société Alzheimer Society  
KINGSTON, FRONTENAC, LENOX & ADDINGTON



## CAREGIVERS CORNER

### "Delirium"

What is delirium? Delirium is a worsening or change in a person's mental state that happens suddenly, over one to two days. The person may become confused or be more confused than usual. Or they may become sleepy and drowsy. Delirium can be distressing to the person and those around them, especially when they don't know what's causing these changes.

Delirium may be the first sign that someone is becoming unwell and is one of the most common early symptoms of coronavirus infection in people with dementia.

What are the symptoms of delirium? If someone suddenly develops any of the symptoms below or is 'not themselves', speak to a nurse or doctor immediately. Family, friends and carers – including professional carers – are often best placed to recognize and describe changes because they know the person best. A person with delirium may be unaware of the changes and will often be unable to describe them.

A person with delirium may: be easily distracted, be less aware of where they are or what time it is (disorientation), suddenly not be able to do something as well as normal (for example, walking or eating), be unable to speak clearly or follow a conversation, have sudden swings in mood, have hallucinations – seeing or hearing things, often frightening, that aren't really there, have delusions or become paranoid – strongly believing things that are not true, for example that others are trying to physically harm them or have poisoned their food or drinks.

Symptoms of delirium often fluctuate (come and go) over the course of the day. Healthcare professionals divide delirium into three types based on the other symptoms that someone has. These three types are hyperactive, hypoactive and mixed delirium. Among older people, including those with dementia, hypoactive and mixed delirium are more common.

**Hyperactive delirium.** A person with hyperactive delirium may seem restless, be agitated (for example, with more walking about or pacing), resist personal care or respond aggressively.

Someone with hyperactive delirium can easily get very distressed due to not understanding where they are or losing track of time. They may have delusions or hallucinations that carers are trying to harm them.

**Hypoactive delirium:** A person with hypoactive delirium may be: withdrawn, feeling lethargic and tired, drowsy, unusually sleepy, unable to stay focused when they're awake.

It can be easy not to notice that someone has hypoactive delirium, because they may be very quiet. The person may stop eating as much or become less mobile than usual. They may spend more time in bed.

**Mixed delirium:** A person with mixed delirium has symptoms of hyperactive delirium at times and symptoms of hypoactive delirium at other times. They will switch between these symptoms over the day or from one day to the next. For example, they could be very agitated at one time and then later become very drowsy.

How is delirium different from dementia? Delirium is different from dementia, but they have similar symptoms, such as confusion, agitation and delusions. If a person has these symptoms, it can be hard for healthcare professionals who don't know them to tell whether delirium or dementia is the cause. When a person with dementia also gets delirium, they will have symptoms from both conditions at once.

There are important differences between delirium and dementia. Delirium starts suddenly (over a period of one to two days) and symptoms often also vary a lot over the day. In contrast, the symptoms of dementia come on slowly, over months or even years. So, if changes or symptoms start suddenly, this suggests that the person has delirium.

Dementia with Lewy bodies is an exception. This type of dementia has many of the same symptoms as delirium (including visual hallucinations) and they can vary a lot over the day.

## PROGRAMS & GROUPS FOR CAREGIVERS



### WEEKLY CAREGIVER CAFÉ

Tues afternoons 1:30

[Click here to join](#)

### FRIENDLY FRIDAYS AT THE CHIT CHAT

Live, email Noreen if you would like to join

[noreenpeters@cogeco.ca](mailto:noreenpeters@cogeco.ca)

### CAREGIVERS EVENING CHAT

Tuesday Dec. 8<sup>th</sup> at 7:00 pm

[Click here to join](#)

### MEN'S GROUP FOR CAREGIVERS

Next meeting Dec 17<sup>th</sup>, 10:00am

[Click here to join](#)



## ACTIVITY CORNER

Join us in December for yet another amazing presentation from the Oil Heritage Museum!



**Monday December 14<sup>th</sup> from 2:30 – 3:30**, join us for a wonderful presentation from the Oil Heritage Museum on “Victorian Christmas”. We will see some amazing artifacts and learn about their history.

Zoom Link:

[Click here to join](#)



**Minds in Motion Exercise Program**  
**weekly x3: Join Mari and Venessa for a 45-minute exercise portion of Minds in Motion.** We will be featuring Sarnia Volunteer Instructor Yvonne on Mondays, Tuesdays and Thursdays at 10:00 am.

Zoom Link:

[Click here to join](#)



### Christmas Caroling Sing a long

Featuring - Anna Schwartz, local singer & piano player

**Date- Wednesday, December 23**

**Time- 6:00 pm (CST)**

Register in advance for this special event:

<https://us02web.zoom.us/meeting/register/tZ0t-c-ytqD8vGtemdKXbYZ2c5WX6h7TwfLf6>

## “CIRCLE OF FRIENDS” GROUP



Join us on **Wednesdays at 1:30**, for a fun time of socializing, travel, trivia and more

[Click here to join](#)

### NEW!!! LADIES PEER GROUP

**Wed. Mornings at 9:00 am**  
(for ladies with early onset)

[Click here to join](#)

### MEN'S PEER GROUP

**Tuesday Mornings at 8:30 am**

[Click here to join](#)

If you have any questions about the Groups, please feel free to contact Mari Vepsalainen, program coordinator, [programs@alzking.com](mailto:programs@alzking.com) or 613-544-3078 x209

## Province Wide, Live “Musical Memories” Singalong

**Thursdays at 2:00 pm**



**Thursday Dec 10th Featuring:**  
**Mari**

**Thursday December 17th Featuring:**  
**Michael Meyers**

Link to Join Us on Zoom:

[Click here to join](#)

# *You are Cordially Invited*

to Join us in Celebrating



## Jan White

as she sets off into  
Retirement

Friday  
December 11th  
via Zoom  
4pm - 6pm

All are Welcome to Attend!  
If you would like to write  
something or submit a memory for  
Jan's Memory Book please email it  
to [programs@alzking.com](mailto:programs@alzking.com)

ZOOM LINK:

<http://us02.web.zoom.us/j/8562642035?pwd=Vkg25SUQvcFY2ZHFlaTRYQHHaOdrQT09>

# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON



## We Want you to Join our Board!

### Now recruiting Two (2) 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:

- 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.
- Experience in Finance, Human Resources and Stewardship.

#### Our Expectations are simple:

##### Board members must:

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](http://www.alzheimer.ca/kfla) for more information about  
the Alzheimer Society



Contact us at 613-544-3078 or email at [vpoffley@alzking.com](mailto:vpoffley@alzking.com)

## Dementia through the holidays



Unfamiliar places, large groups of people, noise and usually some chaos are not uncommon when we are able to celebrate the holidays. While this year will inevitably look different, with less large gatherings, the time can still be hard on the person living with dementia and their care partners.

Even with this, there are ways you can still celebrate and enjoy the holidays.

- ❖ **Prioritize celebrations and traditions:** it is already a busy time of year and you may need to choose which traditions to celebrate. Don't overbook yourself or you risk burn out.
- ❖ **Be honest with friends and family:** people often hide the diagnosis from others in their social circle. It is important that we all work together to make our communities more dementia friendly-and that includes talking about it with those around you.
- ❖ **Help your friends and family get educated:** if your social circle has limited knowledge of dementia and how to support someone living with dementia, reach out to us at the Alzheimer Society and we can recommend some materials and educational opportunities. We can even schedule a zoom session for you to provide real time, live information to your friends and family.
- ❖ **Remember the children:** for children, this may mean we need to explain it in terms that they will understand based on their age and experiences so they aren't shocked should the person living with the dementia do or say something they see as odd or something that they would get into trouble for (such as swearing, or perhaps spitting food out, etc). Children are amazingly resilient and understand many things, but we have to teach them!
- ❖ **Involve the person living with dementia:** as much as you can! They are still here and if holidays give them joy, we need to celebrate that!
- ❖ **Limit the length of celebrations:** remember that for someone with dementia these gatherings can be very exhausting as they are trying to formulate a lot of information, often it can be a sensory overload-particularly this year when they may have been more isolated. Consider bringing the person for the most important part of the celebration only-and be prepared to leave if it becomes necessary for your loved one. Or arrange a quiet space where you are if possible.
- ❖ **Limit the size of gatherings:** this likely goes without saying for 2020, but the more people gathering, the more people there are for the person living with the dementia to remember and keep track of. This can cause stress.
- ❖ **Check the environment:** are there decorations that look like food? Remember that someone living with dementia cannot always rely on their senses to determine if the item is edible so ask the host to look around and put away anything that may be eaten mistakenly.
- ❖ **Be prepared:** to leave early, for any incontinence (bring a change of clothes), for the quiet time, and to be honest with others. Have a list of the local walk-in clinics that are open near you in case of emergency.
- ❖ **Make time for yourself:** remember that self-care is selfless, and we need to take care of our needs as care partners too. Is there anyone you can ask to visit with your loved one so you can have time to attend a social gathering on your own or get some shopping/preparation work done?
- ❖ **Celebrate the successes and move on from the others:** sometimes no matter the planning, things can go wrong. The person living with the dementia may not be having a good day and we cannot change their behaviour-only our own. Everyone with dementia is unique and they, like us, have good days and bad days; we need to check in with our loved ones frequently.

**And remember: The Alzheimer Society of KFL&A is here for you to provide support and education.**







## 'Forget Me Not' Fundraising Activities



Join Us!



### Sienna Drive Thru /Walk Thru Light Tour

On December 1 Rosewood Retirement Residence kicked off the drive thru/walk thru Tour of Lights. You can visit the lights at Rosewood any night but every Tuesday night in December, from 6 to 7 you can have a homemade treat, a hot chocolate and holiday treat, fill in a ballot for your favourite tree, maybe take a ride on the horse drawn wagon and make a donation to the Alzheimer Society.

### Drive-thru Light Tour

Drive through festive light displays at **three residences in Kingston** on **Tuesdays in December**. Enjoy a warm, comforting homemade treat and beautiful displays. Each residence will be collecting donations for a local charity in honour of the season.

• December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup> from 6PM – 7PM

**Rosewood**  
Retirement Residence  
613-384-7131  
833 Sutton Mills Court  
Kingston, ON

**Royale Place**  
Retirement Residence  
613-634-5900  
2485 Princess Street  
Kingston, ON

**Waterford** Kingston  
Retirement Residence  
613-634-7471  
471 Cataraqui Woods Drive  
Kingston, ON

siennaliving.ca

The Tour of Lights is happening at The Royale, the Waterford and the Rosewood, and each location has chosen a different charity to raise funds for. Alzheimer's is the chosen charity for the Rosewood for this event. Thank you to Rosewood, for choosing us, We are so happy to be included!

Don't miss this event, it will definitely kick start your Christmas Spirit! Michelle and Victoria from the ASUS Alzheimer's Outreach committee came out to volunteer tonight (standing at the Alzheimer tree!) . You'll meet them and other members of the committee when you visit on Tuesday evenings!

If you'd like to donate online you can do that at this link <http://on.alz.to/goto/rosewood>

You can make a donation in person at the site, or If you wish to donate to their fundraiser online, you can do so here <http://on.alz.to/goto/rosewood> .

### Photos from kick off night

