

Alzheimer Society of KFL&A Forget-Me-Not Newsletter

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



Happy Family Day!

Today marks an unusual Family Day as we are still living under very different conditions from the Family Days we have celebrated in the past. We do hope that you find ways to enjoy some family time as best as you can – perhaps you will take some time today for a lovely winter stroll or even a virtual family call!

We want to thank everyone for all your cooperation during this time of transitioning to online programming. We are delighted to see so many of you in our programs and groups – we hope to see even more of you join us on our online adventures.

We are fully online and continuing to also reach out to clients by telephone. If you need to reach us, please call 613-544-3078 and either leave a voicemail in the general mailbox or enter the extension of the staff member you would like to reach. Messages are checked daily and your call will be returned promptly.

If you are new to us, our calendar and newsletter both have the links to all programs being offered via the online platform. We are also here to support you. If you are new to zoom, you can contact the office for a copy of a “How to Guide” or a staff member will be happy to assist you. We can even set up a time to help you get more comfortable on zoom – so please reach out to us!

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2. Activity Corner, at home activities and programs being offered on Zoom
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5. From the Education Desk
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NOTE: A PDF of the January
Alzheimer Awareness Insert is
attached to the email accompanying
this newsletter or you can find it on
our website at
<https://alzheimer.ca/kfla>



CAREGIVERS CORNER

Denis Houle' caregiving stories

"HERO OR VILLAIN"

All the time in the world yet, no time to be free, no time to be me. Many, if not most of us, are constantly finding the right words to convey love and kindness, to distribute happiness along the path of life. I believe that as we do so, we are seeking our own happiness for what better way to receive than to give. There are moments we lose ourselves in our quest for happiness, moments that while looking for love, friendship or simple recognition, we become untrue to our reality, to who we are. When we so sway, the forces of life draw us back, sometimes harshly, for there is no better way to lose yourself than not to be yourself.

As a caregiver, am I losing myself, being sucked down the funnel of oblivion, or am I touching, probing the depths of my soul? Every moment I am frustratingly confronted with events emanating from a separate universe or is it that I am presented with these events to permit my creativity to expand, my love to find new untouched avenues to blossom.

Tears flow as Catherine anguishes over her grandfather's plight as despite his failing health, he is locked up in an attic, to wither away in loneliness. I cannot share the reality that the man who joyously watched her pick berries in an endless field of butterflies has been delivered from this imaginary captivity, delivered by death, in a century past. If I were to do this, the sadness of his condition would be replaced by the tragedy of his death. I can only relay the stories of our valiant efforts to free him from the attic, stories which are received with relief. However, moments after his rescue, grandfather is back in the attic, darker than ever, and the stories have to be recounted again. As children we hate stories with unhappy endings but we learn to fight for happy endings and sometimes we simply throw the book away. Catherine cannot fight for happy endings, fully reshaping the story into reality only serves to bring realization, if only for a moment, that reality is forever gone, that the mind is lost. So I try to reshape sad fiction, pathos, into happy fiction but the attic is ever present and in the world of Alzheimer's, throwing the book out is not an option.

Today, I said no to an impossible request, no, we could not leave immediately for Uganda. We could look into preparing the trip but that was not enough. Leaving immediately was a simple task and could be accomplished without confronting reality but my attempts to approach the trip as a project or simply defer it to tomorrow were met with resistance.

Catherine's frustration was palpable, the constant struggle between the simple request and the realization the request may not be coherent led to anger and I became the culprit. Maybe, I should have put a suitcase in the car and hoped the request would be forgotten but the question remains, how far into the story could I have gone and, more importantly, what would we have done upon landing in Kampala with but an empty suitcase?

Whether it be the hero attempting to free grandfather from the attic or the villain destroying the dreams of a trip to Uganda, I feel imprisoned in a world which is not mine. Do I have my own dark attic or is it my piece of paradise? I so wish I could feel good every time I bring happiness to Catherine, but I find it difficult to enjoy the happy endings as they are real for only one of us and they are short lived. Raising kids is the hope for progression, caregiving is the reality of regression. The common theme, one I have addressed in the past, is "live for today", however how does one live someone else's life, someone else's reality every day, every moment? Love gives the energy, commitment is the tool, and meditation (or prayer if you prefer) provides guidance. Dementia depletes these resources faster than they are replenished, at least that seems to be the case in these COVID times.

The foundation of our endeavours is the longing for a better tomorrow and when the possibility of a better tomorrow disappears we move on to a new endeavour. A caregiver does not have a better tomorrow for his (her) loved one will not be better tomorrow and dreaming of a new endeavour, dreaming of life after caregiving brings forth a feeling of betrayal. How can I even think of a time when my life will not be about caregiving, how can I look forward to anything which occurs because and / or after Catherine's demise? Lovers build together, find ways of making each other's life better and as long as the relationship has a breathe of life, they work together or at least they try to. I want to be with Catherine as long as possible but there is no building for the future, whether proximate or distant.

Am I a hero for living most moments in Catherine's world, trying to bring peace and happiness in her world? Am I a villain for not being able to put my whole heart into this, for taking a few steps back when despair and impatience rise to the top? Why can I write about my pain but find it difficult to convey Catherine's? The meek answer is that her pain is simple, it is based on the circumstance of the moment. I wish I could do more than address the pain of the moment but such is my limitation yet, I feel her pain, it is part of my pain. I guess I am neither hero nor villain, or maybe a little of both depending on the moment.

I believe there is more to this stage of my life than I understand and much more than I can put into words.

ACTIVITY CORNER



Minds in Motion

Exercise Program weekly x3: Join Mari and Vanessa for a 45-minute exercise session some trivia to follow. We will be featuring Sarnia Volunteer Instructor Yvonne on Mondays, Tuesdays and Thursdays at 10:00 am and NEW afternoon sessions on Tuesdays at 2:00 and Wednesdays at 3:00

Zoom Link:

[Click here to join](#)

This Month's Movie Feature:

**FRIDAY ZOOM
MATINEE MOVIE**

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078

<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJlZnRmUWVnNkpnNDIKUT09>

Friday
February
19th at
1:30pm via
ZOOM

Soci t  Alzheimer Society

“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](#)

Feb. 3rd – Tour of the Titanic

Feb. 10th – Chinese New Year

Feb 17th – Hershey Village

Feb 24th – Name that Tune

LADIES PEER GROUP

2nd, 3rd, 4th 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 or 613-544-3078 x209

Province Wide, Live “Musical Memories” Singalong Thursdays at 2:00 pm



Thursday Feb 18th Featuring:
Michael Myers

Thursday Feb 25th Featuring:
Glenn Reid and Max on Drums

Link to Join Us on Zoom:

[Click here to join](#)



Forget Me Not Fundraising Activities

Be a Hero and Join 'The Quest' from Feb. 1 to Feb. 27!



There is still time to join The Quest! Heroes of ALL Ages Wanted!

Do you have what it takes to... **ASSEMBLE** a Team of Heroes, **FIGHT** the stigma, **RAISE** and meet fundraising goals **AND** complete a 4-week Quest?

If so, we need YOU to register to become a Hero for the people living with dementia and caregivers in your community. **You can find out more about the Quest at jointhequest.ca where there is a NEW Q&A (ABOUT) tab you can read before you register.** (Note: The site will remain open until mid March, so you still have time to register and complete the Quest.)

What is the Quest?

The Quest is a completely NEW family friendly, online fundraising experience designed to help you find new fun ways to spend your family time and to raise money for people in your community who are living with dementia.

Participants will form teams or can join as an individual. Participants will set fundraising goals for themselves, and for their team. The Participant Centre has emails that can be sent to family and friends to request support. A Time Capsule is available to indicate who you are participating for, and to post pictures of Quests being completed.

Throughout the month of February, participants will be engaged through the online platform to perform several "Quests" that align with our four pillars: Mind. Body. Spirit. Care. Once a Quest activity is completed, the participant will receive a badge.

Fundraising Milestones:

- Earn Mind, Body, Spirit and Care Badges on your personal profile page when you reach 25%, 50%, 75% and 100% of your fundraising goal.
- Receive additional Quest badges as you complete activities in the Quest Centre.

Here are some sample Quests and you'll find more when you register:

Mind Quest Category:

DIY Memory Book
Online word search

Body Quest Category:

Complete a 5k walk/run
NIA-Non-Impact Aerobics Session



Spirit Quest Category:

Online Yoga Session
Mindfulness Lesson

Care Quest Category:

Brain Healthy Cooking Recipe Video
Virtual Trivia-Live Event Weekly

Find out more about the Quest : www.jointhequest.ca

IG Wealth Management Walk for Alzheimers



Get ready to 'Walk Your Way' on the last weekend of May, (or anytime during the month of May), for the Virtual IG Wealth Management Walk for Alzheimers. We are getting the registration site set up as we speak, so you can register for the Kingston/Napanee walks as early as March 1. That gives you lots of time to think about who you are walking for, where you might walk, who you might walk with and who else you might wish to have on your team! Why not use this event to check out a new and exciting walking route in your community, one you haven't used before? For more information, give us a call or watch for the site to open very soon!

Spotlight On Volunteers!

Since the pandemic began, we have been unable to make use of our wonderful volunteers, other than in a third-party fundraising capacity, with the exception of just a couple who are involved in leading support groups online. We are so appreciative of the scope of work that all of our volunteers are involved in year round and we sure are missing them! So it was lovely to see this article appear in a magazine this month, called the **Neighbours of Kingston SouthWest**. The magazine is distributed throughout the Henderson/Reddendale neighbourhood, and often features articles on families in the area, as well as volunteers in their community! Ron Kelly, a Henderson resident, was the featured community volunteer in the February edition and we wanted to share the article with you. Great picture by the way Ron!

COMMUNITY CHAMPIONS

SUPPORTING THE COMMUNITY THAT SUPPORTED HIM

By Ron Kelly, Photo by Bryce Murdoch Photography

Nominated by Leslie Kimble, Fundraising and Volunteer Coordinator at Alzheimer Society of KFL&A

When Ron Kelly's wife Thérèse was diagnosed with dementia, they turned to the Alzheimer Society of KFL&A for information and support. Ron and Terry, residents of Kingston West for more than 50 years, had participated in several Alzheimer support groups.

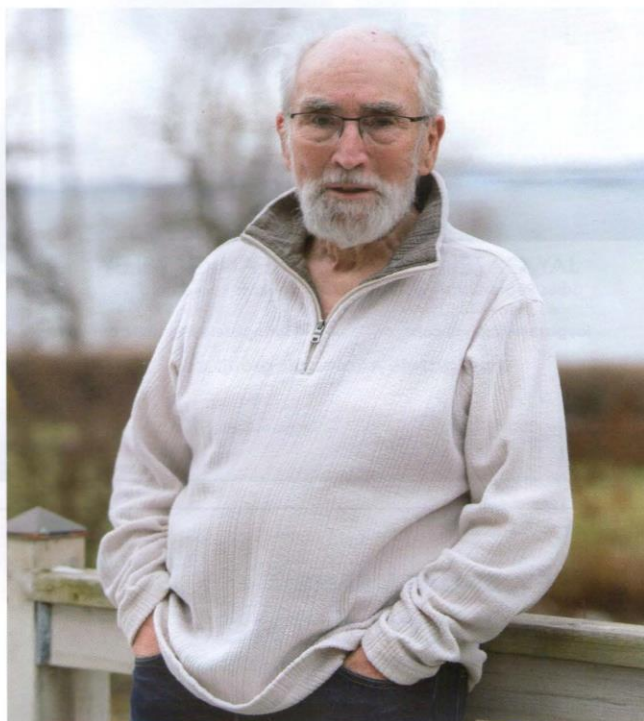
Support groups offer the chance to share common experiences and advice with others who are in the same position. They foster a sense of community and serve as a reminder that no one is alone in coping with varying difficulties of life, from addiction to dementia. They can make a difference in the lives of those involved.

The Men's Group proved to be especially helpful to Ron. Throughout the latter years of Terry's dementia he attended monthly meetings of men whose wives or parents live with dementia.

Ron is now a co-facilitator with the Men's Group. He also helps develop promotional folders for the Society.

"Support groups may not be for everyone," Ron says, "but the Men's Group worked for me. I'm glad to give back for the support I got."

For more information, visit the Society's website: www.alzheimer.ca/kfla





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 offering 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.

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.

From the Education Desk!

Thursday, February 25, 2021; 12:30pm-1:30pm

Speaker Series: IG Wealth Management Part Two – for those living with dementia and their caregivers to learn about POA/Legal Considerations. There is no charge, but you must register in advance: [Register here](#) (if you need ANY assistance, please reach out to me). These sessions will not be recorded.

We have several U-First! Workshops scheduled as well. Please see posters attached to email for details or reach out to us to see if this is the right fit for you.

Care Partners for someone living with dementia (Unpaid care givers)

We are excited to be able to offer two U-First! For Care Partners workshops. Please note that in order to successfully complete the course, you must attend all sessions in that Workshop (6 hours total).

You can choose either:

WEEKEND: Saturday, February 20 and 27: 10:00am-1:00pm; [REGISTER HERE FOR WEEKEND WORKSHOP \(2 sessions\)](#)

OR

DAYTIME: Friday, April 9, 16 & 23: 10:00am-12:00pm
[REGISTER HERE FOR DAYTIME WORKSHOP \(3 sessions\)](#)

(content will be the same for both Weekend and Daytime workshops)

Healthcare Providers (Paid staff)

We are also very excited to be able to offer limited spots for free for U-First! For Healthcare Providers thanks to the Mary Bernice Allen Fund. Please note that to successfully complete the course, you must attend all sessions in that Workshop (6 hours total).

EVENING AND DAYTIME SESSIONS IN FEBRUARY & MARCH – REACH OUT TO WENDY FOR REGISTRATION INFORMATION!

[DEADLINE TO REGISTER IS FEB 17 to allow us to get materials to you](#)

Please contact Wendy at 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.

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

CAREGIVERS EVENING CHAT Tuesday, March 9th, at 7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

Pre-COVID the Men's Group met in person on the third Thursday of each month, but presently the meetings are virtual on Zoom. The purpose of the Group has not changed. Men who are primary caregivers of a much-loved partner or parent with dementia get together to learn how their new experiences are not frighteningly unique, and to apply the experiences of others to individual personal situations.

So, you could say, the Men's Group creates a space where guys can feel comfortable.
(a special thank you to the two volunteers who facilitate this group-Ron & Ken, who both do a great job)

Next meeting Thursday, February 18 at 10:00am

[Click here to join](#)



PROGRAMS & GROUPS FOR CAREGIVERS

CARE IN THE FACILITY

Join us monthly on the first Wednesday of every month at 10:00am for a support group for those with loved ones in care homes.

[Click here to join](#)

Don't forget to check out the Education section of the newsletter for upcoming sessions for Care Givers!

Some videos that may interest you:

Advance Care Planning

<https://vimeo.com/264664748>

Confirming your Substitute Decision Maker in Ontario

<https://vimeo.com/264664303>

I'm a Substitute Decision Maker – Now What?

<https://vimeo.com/264662819>

Understanding Consent and Capacity in Ontario.

<https://vimeo.com/265398323>

FREE DANCE CLASSES for ALL SENIORS!

AS FEATURED ON **Global NEWS**



JOIN US 7 days a WEEK

11 AM EST

DWP is proud to offer FREE live dance classes on Zoom for ALL seniors, seven days a week.

Dancing is a great form of exercise that provides cognitive, physical and emotional benefits.

Dance with us to stay connected and engaged while making new friends along the way!

This 20 minute class is designed to be safe, fun, and beneficial for ALL seniors.

All levels of mobility and ability are welcome.

No dance experience required!

CLASSES ARE MADE POSSIBLE THANKS TO THE GENEROSITY OF:

DANCING WITH PARKINSONS CANADA, Made by the Government of Ontario, Canada, Rotary, United Way

FREE REGISTRATION AT WWW.DANCINGWITHPARKINSONS.COM