

KFL&A Alzheimer News



New Drop In Group

Are you a person diagnosed with Alzheimer's or other dementia?
Looking for a welcoming place to drop in and chat with friendly folks?

Caregivers are more than welcome to stay!

We now offer a weekly **Coffee and Chat** every Thursday from 1:00 to 3:00 pm
at The Normandy Retirement Residence (630 McLean Court)
during February and March 2023



For more information contact our office 613-544-5078 or email: reception@alzking.com



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.

The current schedule for the groups at Crossroads is:

Monday: 9:30am - 12:30pm - **Mixed Support Group** (for those who are diagnosed)
with a separate **Caregiver Chat** 11:30am - 12:30pm.

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

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

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

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

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 **ZOOM**

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

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.



SURVEY SAYS.....

We at the Society aim to deliver the services that meet your needs so that you can live well with dementia. For us to do that, your feedback is critical to our planning. If you could take a few moments to complete the survey <https://www.surveymonkey.com/r/L2M2XZC>, we would appreciate it.

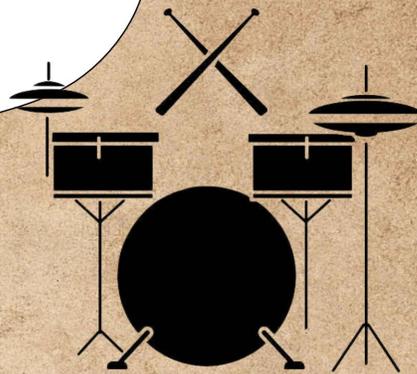
The survey is anonymous, and your responses will be used for internal planning purposes only. If you would prefer to speak to someone instead, please reach out to Vicki Poffley, Executive Director at 613-544-3078 ext. 207





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



Gentle Exercise

The Alzheimer's Society of KFL&A is pleased to announce our new gentle exercise program that will be starting this February. We are excited to provide this program as physical activity is an important factor 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. With that being said we are excited about this opportunity and look forward to making this a fun and exciting class for all to enjoy.

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 at the Community Health Centre, 26 Dundas St. West, 2nd Floor, Napanee, ON, K7R 1Z4 on every Wednesday at 10:00 am. The class will last one and a half hours long. There will be 6 spots available for our clients. Caregivers are encouraged to join in with their loved ones. The first class will start on February 8th 2023 at 10:00 am.

Please Note:

Colton will be in the lobby 5 minutes prior to the start of the program to escort you upstairs -if you arrive after that time just ask reception and they will direct you to our room.

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

Six Valentine's Day Ideas

Celebrating with a Loved One



For many of us, Valentine's Day marks a special time dedicated, to recognizing and appreciating our significant others.

However, if your spouse or partner has Alzheimer's or other kind of dementia, the holiday might also bring about painful reminders of the aspects of your relationship that have changed.

While it can be difficult or even painful to celebrate Valentine's Day when your partner is unable or unwilling to actively participate, for couples who regularly honored the day, it might be even more painful to pretend it doesn't exist.

Despite complications that come with the progression of dementia, there are still ways you can stay connected with your loved one, and appreciate your love for them, both past and present.

Show your love, past and present, with these 6 ideas to make your day special:

1. If you're married, go through photos or videos from the day together.
2. Bake and decorate heart shaped treats.
3. Watch a romantic comedy, or other favorite film, together.
4. Reminisce on the day you met or how you fell in love.
5. Brighten up a space with a fresh flower arrangement.
6. Enjoy a special meal together from your favorite restaurant.
(and remember, you can always order it to-go if you're concerned about eating out)

Ultimately, acknowledging your partnership is the best you can possibly do for a partner with dementia — and for yourself. Remind them that they are loved, that they love you and that you continue to share a connection.

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Calling all 'Anything for Alzheimers/Coffee Break' Hosts!

It's been almost three long years since most of us have been able to host people in person, and the Alzheimer Society of KFLA is thrilled to be getting back into the swing of things with in-person programming and fundraising events.

If you have hosted a coffee break or another type of fundraiser in the past (a yard sale, a bake sale, a silent auction, a run, a Social with a Purpose, etc.) or even if you haven't hosted one yet but are interested in doing one this year, we'd love to hear from you and help you out!

If you think you'd like to do an online fundraiser, you can register your event online at Anything for Alzheimers : [Anything for Alzheimers](#). If you prefer to do it in person, let us know, we'll send you a host confirmation sheet so you can give us the details. You choose if you host a coffee break, a 'Social with a Purpose', a yard sale, a bake sale, if you want to host a fundraiser in honour or memory of someone, have a walk, a run, or whatever! You can do it your way, when, where and how you want to do it! You can also do it in person, or you can do a hybrid version and host it in person with an option to donate online! Typically, these events are done in the fall months, while some wait until January (which is Alzheimer Awareness Month), however, they can be done anytime during the year that works for you.

For each fundraiser held this fall, we are happy to donate one pound of our brand new 'Forget Me Not' blend of North Roast coffee, compliments of our sponsor, North Roast Coffee Roastery, and we'll give you posters, a donation box, a donor record form, and help with promotion or social media postings if you need it.

We invite service and community groups, employee groups, businesses and individuals to participate however they see fit. Do you have an idea for a fundraiser? Why not chat with us about hosting one and see how you can help to impact the lives of those living with dementia! We are also happy to provide a guest speaker who can chat with your group about the Society, our programs and services, and how we can make our community more dementia friendly! Speaking engagements can last anywhere from 15 minutes to a couple of hours depending on what information you are looking for!

By fundraising with the Anything for Alzheimer's platform, you'll become part of an invaluable collective of individuals, corporate and community groups who are dedicated to making a difference for caregivers and people living with Alzheimer's or another dementia.

Whether you call it a bake sale, a Coffee Break, or run, its still ...**Anything for Alzheimer's!**

Why not call or email us? Ph: 613-544-3078 ext. 204 Email: / fundraising@alzking.com.

Sincerely,

Michelle Moore
Fundraising Coordinator



SOCI T  ALZHEIMER SOCIETY OF KF L & A
400 Elliott Ave., Suite 4 KINGSTON, ONTARIO K7K 6M9
TEL: 613-544-3078 OR 1-800-266-7516 FAX: 613-544-6320





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



Get your fundraiser started:

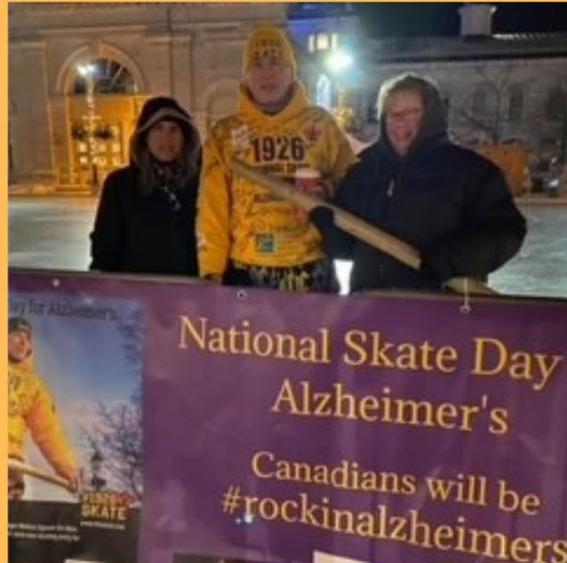


fundraising@alzking.com



613-544-3078 ext 204

#1926 SKATE



THANK YOU EVERYONE THAT HELPED MAKE NATATIONAL SKATE DAY FOR ALZHEIMER'S IN KINGSTON A SUCCESS

SAVE THE DATE FOR NEXT YEAR!!
JANUARY 13, 2024

DONATIONS ARE STILL WELCOME!

[HTTPS://WWW.CANADAHELPS.ORG/EN/CHARITIES/ALZHEIMER-SOCIETY-OF-KINGSTON/P2P/ROCKINALZHEIMERS](https://www.canadahelps.org/en/charities/alzheimer-society-of-kingston/p2p/rockinalzheimers)



NEW JAN 2023: DENTAL BENEFIT INFORMATION & NEW PHARMACIST PRESCRIBING DETAILS

NEW DENTAL BENEFIT INFORMATION

Please click below.

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html>

NEW PHARMACIST PRESCRIBING

Below are the 13 self-diagnosable minor ailments that Ontario pharmacists can assess, give recommendations on based on assessment, and prescribe a prescription medication (if appropriate and consented to by the patient). This started Jan 1, 2023. Click below for the minor ailments list, which includes public and professional information as well.

<https://www.ocpinfo.com/practice-education/expanded-scope-of-practice/minor-ailment/>

Other ailments or situations that a pharmacist can prescribe for include smoking cessation (incl: over the counter aids, nicotine replacement, and prescription medication), Narcan overdose kits (syringe or nasal gel), and Paxlovid (Covid-19 anti-viral capsule).

In addition to these new recommendations, it should be noted that Pharmacists can also provide continuation of care prescription extensions on chronic medications used in stable patients who are compliant with their medications and who do not have a valid dated prescription (ex: zero repeats).

Reminder that these services ethically have exceptions, include necessary assessment, may lead to referral, involve short-term follow-up, and have varying outcomes based on each individual case.

Assessment is free to all Ontarians. Treatments may or may not have a cost depending on individual coverage. Service in some cases can be provided without a health card. It's best to check with a local pharmacy and/or develop a quality professional relationship with a pharmacy and/or pharmacist for more personalized services and regular updates.

Do you have access to bloodwork, or have you recently completed? If so, maintain a copy. It may improve your access to pharmacist prescribing as it can be useful to monitor for complicating factors or highlight the need for referral or alternative medication dosing.

An interesting read:

An article outlining the service development of pharmacist prescribing in Ontario which may reference a vulnerable population connected to one of the agencies currently compiling resources.

[Nakhla, N., & Shiamptanis, A. \(2021\). Pharmacist Prescribing for Minor Ailments Service Development: The Experience in Ontario. Pharmacy \(Basel, Switzerland\), 9\(2\), 96. https://doi.org/10.3390/pharmacy9020096](https://doi.org/10.3390/pharmacy9020096)

Local Professional Contact

Christine Hager, R.PH., R.P. (Q) @ Gray's IDA Drugstore
Napanee (Tel): 613-354-3346, ex: 1 / Deseronto (Tel): 613-396-2315, ex: 0
Email: cehg2023@gmail.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

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Alzheimer Society of Kingston, Frontenac, Lennox & Addington
 400 Elliott Avenue, Unit 4 Kingston, Ontario K7K 6M9
 Phone: 613-544-3078 Toll-free: 1-800-266-7516
 Fax: 613-544-6320 Email: reception@alzking.com

February 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 Mixed Peer Support Group 9:30-12:30 pm Caregiver Chat 11:30pm-12:30 pm Crossroads United Church	7 Men's Peer Support Group 10:30-12:30 pm Crossroads Church Caregiver Caf� - 1:30 pm ZOOM	8 Women's Peer Support Group 11:00-12:30 pm Crossroads United Church	9 NEW In-Person Support Group 10:30-12:00 pm Napanee Office	10	11
12	13 Mixed Peer Support Group 9:30-12:30 pm Caregiver Chat 11:30pm-12:30 pm Crossroads United Church Musical Happy Hour w. Max & Co. 7:00 pm ZOOM	14 Valentine's Day Men's Peer Support Group 10:30-12:30 pm Crossroads Church Caregiver Caf� - 1:30 pm ZOOM Caregiver Evening Chat - 7 pm ZOOM	15 Women's Peer Support Group 11:00-12:30 pm Crossroads United Church	16 NEW In-Person Support Group 10:30-12:00 pm Napanee Office Mens Caregiver Support Group 10:00 am ZOOM	17	18
19	20 Statutory Holiday - Family Day CLOSED FOR HOLIDAY	21 Men's Peer Support Group 10:30-12:30 pm Crossroads Church Caregiver Caf� - 1:30 pm ZOOM	22 Women's Peer Support Group 11:00-12:30 pm Crossroads United Church	23 NEW In-Person Support Group 10:30-12:00 pm Napanee Office	24	25
26	27 Mixed Peer Support Group 9:30-12:30 pm Caregiver Chat 11:30pm-12:30 pm Crossroads United Church Musical Happy Hour w. Max & Co. 7:00 pm ZOOM	28 Men's Peer Support Group 10:30-12:30 pm Crossroads Church Caregiver Caf� - 1:30 pm ZOOM	Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Groups			

FEbruary 2023

Support Group Programs
 Offered at the Crossroads United Church
 690 Sir John A MacDonald Blvd, Kingston
 Registration required for new participants.

Sunday	Monday Mixed Support Group 9:30 am -12:30 pm	Tuesday Mens Support Group 10:30 am -12:30 pm	Wednesday Womens Support Group 11:00 am -12:30 pm	Thursday	Friday	Saturday
			1 Coffee & Chat Ground Hog Day Fun Chair exercises	2 Groundhog Day	3	4
5	6 Coffee & Chat Valentine Crafts & Fun Photo Booth day Chair exercises	7 Coffee & Chat Valentine Craft Project New! Chair Exercises	8 Coffee & Chat Valentine Crafts & Fun Photo Booth day Chair exercises	9	10	11
12	13 Coffee & Chat Valentine Crafts (part 2) Balloon Volleyball	14 Valentine's Day Coffee & Chat Craft Project (part2) On this day Trivia	15 Coffee & Chat Valentine Crafts (part2) Chair exercises	16	17	18
19	20 Family Day National Love your Pet Day CLOSED FOR HOLIDAY	21 Mardi Gras Day Coffee & Chat New! Health Talk Pet Photos & Stories	22 Coffee & Chat Pet Photos & Stories Chair exercises	23	24	25
26	27 Coffee & Chat Bean Bag Toss Game Chair exercises	28 Coffee & Chat Bean Bag Toss Game Kick Back and Chat				

Société Alzheimer Society
 KINGSTON, FRONTENAC, LENNOX & ADDINGTON
 Phone: 613-544-3078 Toll-free: 1-800-266-7516
 Fax: 613-544-6320 Email: reception@alzking.com

Message from the Executive Director

As the days get longer you can feel spring is right around the corner. Let's hope the ground hog sees his shadow and spring arrives shortly.

In this edition of the newsletter, you will notice a call for your participation through a survey link. We are hoping that you will take a few minutes to complete it and provide your feedback on the programs currently running and other services at the society. It is critical for our planning to ensure we are meeting your needs. Please reach out to me if you would rather have a conversation as your voice is important in what we do.



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

Christine Lamere, Program and Education Coordinator Ext. 202 programs@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)

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