

February 28^h, 2022

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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It is hard to believe that we are at the end of February already, time is flying by, and given the amount of snow we have had lately I am happy that spring is just around the corner.

STAY TUNED! Keep your eye on your inbox for our March 14th newsletter as we will have some exciting news to share. We will also be asking for your input through a brief survey as we begin planning for in person services.

For those of you in Napanee and area our office at 26 Dundas Street, Suite 207 will be reopening as well, Jan White will be in the office on Tuesday and Thursday's.

Office Hours

Kingston 9:00 – 4:30 Monday to Friday

Napanee 9:00 – 4:30 Tuesday and Thursday

Northbrook / Sharbot Lake 9:00 – 4:30 Monday to Friday



Dementia Friendly Activity Ideas Part II

Color-by-numbers or memory card games. “There are plenty of other options besides jigsaw puzzles and crosswords. Consider color-by-number puzzles, memory card games, or make up your own games based on everyday tasks like sorting pantry items. Based on your loved one’s abilities, different activities will be more appropriate than others.”

Coin sorting. “Sorting coins into small glass or ceramic bowls is fun, soothing, and may even give your senior a sense of purpose if you ask them to help you sort your loose change.”

Keep a table game box. “Recall the fun of playing Friday night poker or playing with a bridge club by using tokens from popular games. Add in a few poker chips and dominoes and have residents show you how to use them. Use a deck of cards for residents to deal to one another. Include a small pad of paper and pencil for them to demonstrate how to keep score.”

Provide sensory bean bags with different textures. “Provide small bean bags made of different fabric textures: cotton, velvet and silk, and filled with different grains.”

Try simple crafts. “Try making bead necklaces or decorating a [bird feeder](#)– producing items that give the person with dementia a sense of satisfaction and the chance to see it ‘in use’, gives the activity [purpose](#).”

Knitting or painting can be relaxing. “It is very important to keep enjoying anything that gives meaning to one’s life or provides a sense of pleasure or relaxation. Many people enjoy creative hobbies such as playing a musical instrument, knitting or painting. Others enjoy social contact, so it is important to keep this up as much as possible. A person with dementia may enjoy an outing even if they may not remember where they have been. What is important is that the moment is enjoyed.”

Incorporate art and music in the daily routine whenever possible. “Music and art therapy involve a creative process. Creativity resides in a part of the brain that is affected late in the progression of Alzheimer’s disease. Communication and learning are two functions that are usually lost early to Alzheimer’s. [Art Therapy](#) and [Music Therapy](#) allow those critical functions to be regained to a degree. Because the creative center of the brain works after others have been lost to the disease art including music can provide an alternative mode of communication, and even a new way to learn. Perhaps more important, music is fun! Art is fun! Include opportunities for creating art and music in the daily routine whenever you can.”

Make a DIY fidget box. “It’s easy to make your own fidget box or basket. Pull out the box when your older adult needs something to do and throw everything back into the box when they’re done.

“Get a container and fill it with some inexpensive odds and ends you can find in your house, make quickly, or buy at the dollar store. Gather things in a variety of colors and textures, like: things with zippers or Velcro closures, little toys that wind up, stress balls for squeezing, brightly colored [plastic springs](#) (like a Slinky), mini stuffed animals, a row of buttons sewn firmly onto a ribbon, a piece of soft fleece or faux fur, or old keys on a keyring.

Have some spa time and engage the senses with a hand and arm massage. “Dementia activities for a ‘spa’ time are calming and enjoyable. Begin with relaxing music and maybe string up some small twinkling lights. Or have a few flameless battery candles set around for ambiance. Aromatherapy is also wonderful, such as lavender (which helps calm and relax) or rose, lemon and vanilla.

“Give an arm and hand massage with scented lotion. A scalp massage is excellent as well. Also popular is a foot soak in warm, scented water, followed by a gentle foot massage. Perhaps a mini pedicure, complete with toenail polish for the ladies? The activities you include in your spa time will depend on the attention span of your participants.”

Dementia Friendly Activities cont.....

Bake cookies. “Most of us love the smell of cookies baking in the oven. The aromatherapy value can be especially meaningful for people with dementia. It can also be an opportunity to reminisce about baking or cooking favorite family treats.”

Create a virtual beach. “This type of stimulation is concerned with awareness of texture and touch. A study by the American Journal of Alzheimer’s Disease and other Dementia states that tactile stimulation improves the well-being of Dementia patients.

- Create a virtual beach. Pour some sand in an empty box and fill it with shells and stones and a collection of balls.
- Brain paths are used and stimulated every time we use our hands to hold something. It provides stimulation for 3000 nerve receptors in each of our finger tips, and then these nerves send impulses to stimulate the brain.
- Other things like sandpaper, plastic fruits, and pine cones can also be used in tactile stimulation.”

Create a mystery bag. “One of the most popular activities you can use is called Mystery Bag, or Stereognostic Bag.

“What you need for this activity: 10 pairs of wooden shapes such as cubes, rectangular cubes, prisms, spheres, and eggs, A cloth bag. Start by spending a few moments having the person look and feel each shape. “Have them observe the different forms each shape takes on when placed down on a different side. Once they’re familiar with the shapes, you can move on to activities that involve touch.

“Place the cubes and rectangular cubes inside the bag and ask the person to reach in and feel one shape. As they pull the shape out of the bag, they verbally say whether the shape is a cube or a rectangle.

“You can also play a matching game with the person in your care by placing all of the wooden shapes in the bag, and have the person find matching pieces by feel. Repeat this process until all of the pieces have been paired.

Playing with dolls can help to fulfill needs for comfort and attachment. “While individuals may have different views on the use of dolls and children’s toys with people with dementia, it is now widely recognized that dolls can offer a very powerful therapeutic benefit if used at the right time and in the right way.

“Contact with a doll or a soft toy fulfills the human needs for comfort and attachment and provides a focus for the person to be able to nurture and protect something else. There are also many reported benefits of enhanced communication between a person with dementia and care givers through the introduction of a doll.”

Relax and reminisce about the past. “Caregivers often forget to spend relaxed time with loved ones who have dementia. Yet, if you can set aside the need for being correct, you can spend time in a relaxed way with the person, just talking or maybe sharing memories. Dementia persons have gaps in their memories, but in a relaxed setting, they are often able to remember many things of the past. They usually enjoy such sessions.”

Spend time with pets. “Many people with Alzheimer's disease enjoy spending time with dogs, cats, birds and other animals. Living creatures can bring people out of their shell. They offer a chance to succeed—a cat who loves to be petted and an elder who enjoys the tactile sensation of fur and the sound of purring is a win-win. Pets offer unconditional love and reduce feelings of anxiety. Your loved one might help care for, feed, groom or walk a pet.” We also have robotic pets available for you to try out if you would like to see if there is benefit to a robotic pet. Feel free to call our office and ask Kim P for details.

Relax and enjoy some birdwatching. “While birdwatching can sometimes be seen as a less exciting activity, it can really be beneficial in calming the mind and allowing for reflection. This is a great activity for seniors who wish to enjoy and connect with nature. It’s very soothing and therapeutic.”

Go to a sporting event. “While the bustle of a professional sporting event may be overwhelming, attending a grandchild’s baseball game can be a fun way to spend a Saturday afternoon. There is the same action and excitement, but with less pressure and confusion.”

Study Opportunities

For persons with MCI:

CALL FOR PARTICIPANTS

We are studying the long-term evolution of visuospatial abilities in adults with mild cognitive impairment.

The study will take place over 3 years
Compensation of **\$100** each year

Criteria:

1. Have a diagnosis of mild cognitive impairment (MCI)
2. Be fluent in English or French
3. Have access to a computer

For more information, please contact Anne-Sophie Laurin, PhD neuropsychology student:
✉ anne-sophie.laurin@umontreal.ca

Location:

At home, on videoconference!

Duration:

1 hour for a virtual meeting;
1-2 hours to complete short online tasks over several sessions

Université de Montréal
École d'optométrie
Laboratoire VISATTAC

For family members:

CALL FOR PARTICIPANTS

We are studying the long-term evolution of visuospatial abilities in adults with mild cognitive impairment.

The study will take place over 3 years
Compensation of **\$100** each year

Criteria:

1. Be 40 years and older
2. Have at least one parent diagnosed with Alzheimer's disease
3. Be fluent in English or French
4. Have access to a computer

For more information, please contact Anne-Sophie Laurin, PhD neuropsychology student:
✉ anne-sophie.laurin@umontreal.ca

Location:

At home, on videoconference!

Duration:

1 hour for a virtual meeting;
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Université de Montréal
École d'optométrie
Laboratoire VISATTAC

This project has been approved by the research Ethics committee in Education and Psychology (CEREP) of the University of Montreal.

Email: anne-sophie.laurin@umontreal.ca

WEEKLY ONLINE ACTIVITY PROGRAMS



“CIRCLE OF FRIENDS” GROUP

Join us on Wednesdays at 1:30

[CLICK HERE](#)

LADIES PEER GROUP

Wednesday Mornings at 9:00 am

[CLICK HERE](#)

MEN'S PEER GROUP

Tuesday Mornings at 8:30 am

[CLICK HERE](#)

MUSICAL HAPPY HOUR WITH MAX AND WAYNE

Monday February 14th and 31st

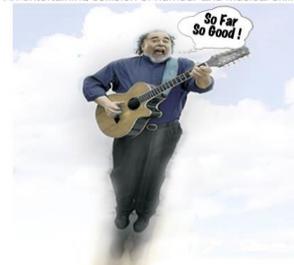
At 6:30 pm

[CLICK HERE](#)

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



From Rogepedia: The complete source for info about people who are Roger James.
Roger James: (Tasteful Comedy and Music.)
An entertaining collision of humour and musical skill... David Malachoff



Thursday March 3, 2022
Featuring Roger James
Thursday March 10th
Musical

Presentation by Mari
Link to Join Us on Zoom:

[CLICK HERE](#)

FUNdraising News



A reminder that our Robotic Companion pets are now available on loan from the Alzheimer Society offices in Kingston, Napanee and Northbrook!

If you are interested in checking them out and/or taking one of the pet companions out on loan, please call Kim at 613-544-3078, ext. 201 for the Kingston or Napanee office, or Pam in Northbrook at 613-827-6700.

Wow! It's hard to believe we are already talking about the Walk for Alzheimers!

IG WEALTH MANAGEMENT

WALK FOR ALZHEIMER'S

Get ready to ditch the winter boots, brush the dust off your walking/running shoes and 'Walk Your Way' again this May, where and when you wish to walk! This year, we're asking you to walk 4500 steps, one for everyone who is living with dementia in KFL&A. You can walk that 4500 steps every day, once a week or even just once in the month of May!

While we will have a virtual walk throughout May for those who wish to participate, we still want to see you in person, so we will also have a wrap-up celebration for all walkers registered in the two KFL&A walks (Lennox and Addington and Kingston), on Saturday, May 28. We'll celebrate our Walk success, have a BBQ, some entertainment and maybe we'll even go for a walk along the Napanee River! Watch for details coming in the next newsletter, the walk websites will be ready for registrations by early March!





The Kiwanis Kingston Music Festival was held virtually again this year but, thanks to funding from the Ballytobin Foundation, we have been able to record our Highlights Concert at the Isabel Centre for the Performing Arts. The virtual **HIGHLIGHTS CONCERT** will consist of performances chosen from the adjudicators' recommendations, and the need to represent a cross section of ages/instruments.

The Highlights Concert will be premiered on YourTV(COGECHO Channel 13) on Thursday March 24th at 8:00 p.m. From March 25th onwards the concert will be available to view at the Isabel

Digital Concert Hall:
(<https://www.isabeldigitalconcert hall.queensu.ca/concert-videos>)

From the Education Desk!

Healthcare Providers

We are able to offer education for you and/or your organization – we can do this over zoom, teams, the phone or just about any other virtual platform-and soon we hope to get back to some in-person offerings.

Interested in learning more and discussing? Reach out to
to
Lisa Prest today!

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

We are excited to be able to offer U-First! For Care Partners workshop as well as the First Link Learning Series for our care partners. Please stay tuned for upcoming offerings!

Do you know a local business/service provider that would benefit/be interested in training on dementia?

We are currently looking for local businesses who would benefit from training on Dementia and how to be more Dementia Friendly. If you know a business owner, or someone we can reach to start the conversation, please reach out to Lisa Prest – we all know that having a person to connect with tends to work better than cold calls.

We are particularly interested in providing employee training for banks, retail stores, doctor's offices and other essential service providers.

Just a reminder that we have the “All About Me” booklets available for you in both forms. The longer booklet and then the two-page conversation starter. Feel free to contact us if you would like access to this resource. This is a great activity for the winter months!

LOOKING FOR: PERSONS LIVING WITH DEMENTIA & THEIR CARE PARTNERS

To take part in a study about care practices that help improve the physical & cognitive functioning after a hospital stay.

Participation will involve one interview via telephone or videoconference or at your home.

HONORARIUM PROVIDED

Patients may be eligible if they are:

- ✓ Living in a rural community in Ontario, Nova Scotia, or Alberta
- ✓ Being discharged from hospital or have been discharged from hospital for an illness in past 30 days
- ✓ Aged 60+
- ✓ Have a care partner helping them after discharge

Care partners may be eligible if they are:

- ✓ Aged 18+
- ✓ An unpaid relative, partner, or friend and the primary care provider of a patient after discharge



For more information about the study please contact Jeffrey Butler at jibutler@yorku.ca or call 1-604-813-7128

First Link Learning Series FIRST STEPS

Due to the pandemic we are not offering in person sessions at this time.

All sessions are done via Zoom, an online video communication software.

If you have a computer or tablet that is connected to the internet we can help you get online and familiar with zoom.

Please reach out our office for assistance.

**Alzheimer Society
of KFL&A**

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Phone: 613-544-3078
1-800-266-7516
Fax: 613-544-6320

First Steps is the first of the learning series. It is designed for people diagnosed with Alzheimer's disease or a related dementia and/or their care partners:

- Who are in the early stages
- Who are able to understand and appreciate the content of material
- Who are willing to attend, with awareness that participants will discuss their experience

Sessions are designed as a series, so plan to attend all modules virtually from the comfort of your home:

1. What is Dementia
2. Adapting to Brain Changes
3. Planning Ahead/Building a Circle of Support

WHEN: March 16, 23, 30th 10am –1130am

To register click on the link below:

(please register with enough time to pick up materials at the office)
<https://www.surveymonkey.com/r/QNHLE25>



**For assistance registering please call our office
at 613 544 3078**



Free routine dental care for eligible seniors

The new Ontario Seniors Dental Care Program (OSDCP) is a government-funded dental care program. It provides free, routine dental services for low-income seniors who are 65 years of age or older.

Eligibility

You can apply for the program if you:

- are 65 years of age or older
- are a resident of Ontario
- have no other form of dental benefits
- meet the income requirements:
 - single seniors with annual net income of \$22,200
 - couples with a combined annual net income of \$37,100

How to apply

Apply online at Ontario.ca/SeniorsDental. If you need help with the application or would like a paper copy please call KFL&A Public Health at 613-549-1232, ext. 1218.



Eligible seniors will receive their OSDCP dental card in the mail.

Treatment

Seniors with the OSDCP dental card can book a dental appointment in Kingston or Napanee by calling Kingston Community Health Centres at 613-507-6064.

Appointment locations in KFL&A:

**Napanee Area
Community Health Centre**
26 Dundas Street West,
Napanee

**Kingston Community
Health Centres**
263 Weller Avenue,
Kingston

Coverage includes

- check-ups, including scaling, fluoride, and polishing
- repairing broken teeth and cavities
- x-rays
- removing teeth or abnormal tissue
- anesthesia
- treating infection and pain
- treating gum conditions and diseases
- partial coverage for denture services

kflaph.ca/SeniorsDental

2022-02-16



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 with Patti and Jan

the Second Tuesday of Every month at
7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at
10:00 am

[Click here to join](#)

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.



PROGRAMS & GROUPS FOR CAREGIVERS continued....

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!

