

KFL&A Alzheimer News

*Happy
New Year*
2023

Happy New Year:

Did you know the Alzheimer' Society of Ontario has a web page dedicated to all the studies and current research going on that you and your loved ones can participate in?

<https://alzheimer.ca/find-studies>

Help us advance the research on dementia by visiting this site to see how you can participate in studies.

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

Alzheimer's Awareness Month:

DID YOU KNOW?

City Hall and Springer Market will be lit up in Blue to celebrate Steve McNeil's 1926 Skate. You too can light it up Blue to Fight for Dementia- see newsletter flyer for details



CALENDARS:

We now have a specific calendar for our Support Group programs. It highlights what will be happening in the upcoming month.

Groups and Gatherings:

The current schedule for the Groups at Crossroads United Church located at 690 Sir John A. McDonald Boulevard (corner of Princess Street) is:

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

Tuesday: 10:20am - 12:30pm - **Mens Support Group** *(for those who are diagnosed)

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

Monday: 11:30am - 12:25pm - **Caregiver Chat** -Support Group

Thursday: 10:30am - 12:00pm - **Napanee In Person Caregiver Support Group** takes place at Napanee Area Community Health Centre Office is located on 2nd Floor

*Registration required for new participants

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**

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

Note* The **ZOOM** Links above as well as those on our calendar can be clicked, they will directly open the zoom link for you.

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Holiday Office Closed	3 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM	4 Ladies' Peer Group Crossroads Church 11:00-12:30pm	5 NEW In Person Support Group Napanee Office 10:30am - Noon		
8 Mixed Peer Group 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM	9 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM Caregiver Evening Chat 7:00pm - ZOOM	10 Ladies' Peer Group Crossroads Church 11:00-12:30pm	11 NEW In Person Support Group Napanee Office 10:30am - Noon	12 NEW In Person Support Group Napanee Office 10:30am - Noon		
15 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm	16 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM	17 Ladies' Peer Group Crossroads Church 11:00-12:30pm	18 Men's Caregiver Group ZOOM 10am	19 NEW In Person Support Group Napanee Office 10:30am - Noon		
22 Mixed Peer Group 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM	23 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM	24 Ladies' Peer Group Crossroads Church 11:00-12:30pm	25 NEW In Person Support Group Napanee Office 10:30am - Noon	26 NEW In Person Support Group Napanee Office 10:30am - Noon		
29 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm	30 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm ZOOM	31 Ladies' Peer Group Crossroads Church 11:00-12:30pm	January 2023 Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Groups			

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON



Winter Blues: How Do I Help my Mom or Dad, who have Dementia, Stay Active & Engaged During the Winter Season?

Like all seasons, winter has its fun side and not-so-fun side. It's the season of holiday festivities and beautiful snow-covered landscapes. But if it's too cold outside, we'd rather stay home, and that means spending more time feeling restless and bored. For those with dementia, the isolating effects of wintry weather can be a particular challenge.

To help your aging parents combat the winter blues, search for new ways to keep them active and engaged during the winter months. Start by looking into recreation programs at your local community centre. Some programs may even be offered for free or at very low rates. Exercise routines such as 'chair Tai Chi' or 'chair yoga' can be a great way for your mom or dad to stay active. If he or she prefers exercising from the comfort of home, online fitness videos may also be useful.

To get out of the house without having to brave the cold, try taking them for a drive every now and then. Other activities you can do together such as playing cards or completing a puzzle will have the added benefit of providing them with opportunities for conversation. Brain games, such as Qwirkle, which enhance cognitive stimulation and can liven up the day. Even a simple activity of sorting random items such as buttons or silverware into containers can be a good way to pass the time. Remember also that just because it's winter, it doesn't mean you can't exercise your green thumb, so try engaging your Mom or Dad in some indoor gardening if you can.

If they enjoy reminiscing, you can also try creating 'Memory Boxes' with them. In each box, place items that belong to a particular theme based on their interests or past memories.

Did you Know.... KFL&A Alzheimer Society has partnered with Kingston Frontenac Public Library and are offering **Reminiscing Kits**. Our new [Reminiscing Kits](#) connect caregivers with quality, curated resources and a how-to resource guide to help them engage in activities with loved ones who are experiencing varying levels of dementia. A total of 50 kits are available, with an extended loan period of 8 weeks.

See Page 4 for a list of Available Reminiscing Kits

Reminiscing Kits Available:

Kit #1: A Little Bit of Everything Contents: Playable Art Ball, match the shapes game, kitten puzzle (13 pieces), winter puzzle (35 pieces), and five books - Interesting Women, The 1960s, Dogs and Puppies, Colors and What the Wind Showed to Me, plus the Caregivers Guide to Dementia Behaviours.

Kit #2: The Great Outdoors Contents: Thread-o-Ball game, snakes and ladders game, a covered bridge puzzle (275 pieces), a bird puzzle (13 pieces), and five books - Memories of Summer, Maple Syrup, Seasons, The Sandy Shoreline and A Dusting of Snow, plus the Caregivers Guide to Dementia Behaviours.

Kit #3: Sports and Entertainment Contents: Category Snap game, Link and Think Celebrity game, a travel puzzle (35 pieces), a fishing puzzle (24 pieces) and five books - Fun and Games, 1950s at the Movies, 1950s Television, Funny People and Hockey, plus the Caregivers Guide to Dementia Behaviours.

Kit #4: Animals Contents: Thread-o-Ball game, animal picture bingo game, dog puzzle (100 pieces), bird puzzle (35 pieces), and five books - Life on the Farm, Digby the Dog, Three Things, Wild Animals and Autumn's Display, plus the Caregivers Guide to Dementia Behaviours.

Kit #5: Transportation Contents: Brio Builder Construction set, Pic Link game, truck puzzle (35 pieces), train puzzle (13 pieces), and three books - Times Have Changed, Life on the Farm, Colors, plus the Caregivers Guide to Dementia Behaviours.

Kit #6: Interesting People Contents: Match the Shapes game, Pic Link game, kitchen puzzle, market puzzle, and six books - Bing Crosby, Bob Hope, Truly a Princess, Regally Yours, People Who Helped People and Anne with an E, plus the Caregivers Guide to Dementia Behaviours.

If you've used a Reminiscing Kit, please [share your feedback](#) to help us make the program even better. This project is a partnership with the [Alzheimer Society Kingston, Frontenac, Lennox and Addington](#), funded through a 2021 Community Investment Fund Grant from the United Way and the City of Kingston





JANUARY

ALZHEIMER AWARENESS
MONTH JANUARY 2023

SHOW AND TELL

SHOW US:

- Show us your light it blue for dementia
- Show us your blue hair, nails, make up
- Show us yourself, family, friends, pets, coworkers all wearing blue
- Show us your blue light, decorations
- Show us your blue cake, cupcakes, cookies
- Show us your blue craft, art or coloring

TELL US:

- Tell us your story
- Tell us your inspiration
- Tell us your quote
- Tell us your strengths
- Tell us your feedback

Tag us @Soci t  Alzheimer Society of Kingston, Frontenac, Lennox & Addington | Facebook
Email us at fundraising@alzking.com

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

#LIGHT IT UP BLUE FOR DEMENTIA

A LIGHTBULB FUNDRAISER SUPPORTING THE ALZHEIMER SOCIETY OF KFL&A DURING ALZHEIMER AWARENESS MONTH (JANUARY), DISPLAY A BLUE LIGHTBULB INSIDE OR OUTSIDE YOUR HOME TO SHOW YOUR SUPPORT



JANUARY 2023

ALZHEIMER AWARENESS MONTH

Blue Lightbulbs are available to order for \$20.00 each, please contact Fund Development Coordinator Michelle Moore: 613-544-3078 Ext 204 or email: fundraising@alzking.com

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K I N G S T O N , F R O N T E N A C , L E N N O X & A D D I N G T O N

400 Elliott Ave #4, Kingston, ON * 613-544-3078 * www.alzheimer.ca/kfla

DEMENTIA FRIENDLY COMMUNITIES

4 things you will learn during a Dementia Friendly Communities education session:

What is dementia and the signs and symptoms

How to engage and communicate with someone living with dementia

How to support a person living with dementia who is lost or confused

Dementia friendly design considerations

Alzheimer Society

Interested in Education Sessions -we will have lots of new and exciting programs in 2023

Contact Kim Parker Education and Support Cordinator 613-544-3078
Extention #203 for more details!

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.**



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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Coffee Break News!

Thank you, Drea and the entire Staff of Total Diva and Crave Coffee, for once again hosting this amazing event.



Total Diva Boutique Spa's Coffee Break & Silent Auction for the Alzheimer's Society

In memory of the November 2016 passing of Gary Byron Latimer, Total Diva will be supporting the Alzheimer Society of Kingston, Frontenac, Lennox & Addington throughout the month of November.

Since 1981, the Alzheimer Society of KFL&A has been dedicated to improving the quality of life for Ontarians living with Alzheimer's disease and other dementias and advancing the search for the cause and cure. All donations remain in KFL&A for the delivery of services and programs in the local area.

A BIG thank you to CRAVE Coffee for providing some amazing cookies to support this fundraising event!



Silent Auction for the Alzheimer Society! Donations included items and gift cards from many local businesses including Dani Stanton, Jacki White, Agent 99, Mona Warner (CAP AYT), A1, Beggars Banquet Books, Amherstview Wood Working, Copper Penny, Blunt, Allure, 1000 Islands Playhouse, Symphony, Chere Mere, SLC Dynamic Designs, Crave, Mesa, Tommy's, KAO, Maison Chain, Stephen Wild Photography, Venus, Olives, Shive Delights, Tango, Midori, Genetic, Lorraine Seguin Art, Hilary Warder Law, Total Diva, David Barker and more!

Over \$3, 000 was raised.

Forget Me Not Coffee still available:

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.

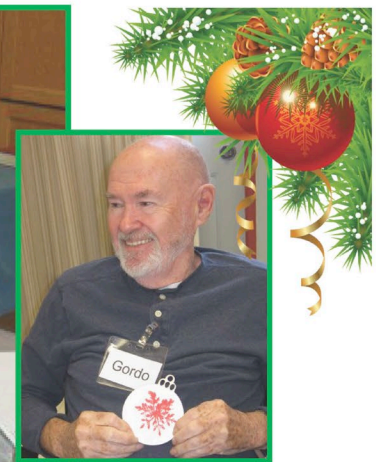
The "Forget Me Not" medium dark blend is also available to purchase **from our office** in 1 lb bags of either ground coffee or whole beans. If by chance you need a special grind, we can get that for you too (with a couple of days notice)! We even have our own label! The coffee sells for \$16 a pound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



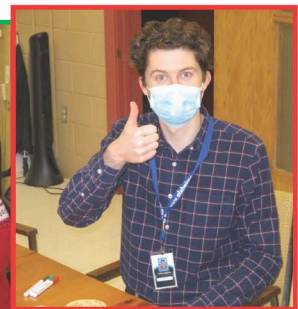


A VERY MERRY CHRISTMAS and Happy New Year!

Thank you to the people in our support groups. You've all made the Christmas ornament building activity so much fun.

Here are just a few of the many wonderful photos taken during our December craft activity.

Best Wishes from the Program Team; Christine, Colton and Kim



A few photos from the ornament building activity at the Tuesday Mens Support Group.
Photo credit: Chris W. (participant)



JANUARY

Group Support Programs

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mixed Support Group 9:30 am -12:30 pm	Men's Support Group 10:30 am -12:30 pm	Women's Support Group 11:00 am -12:30 pm			
1	2 Happy New Year! No Program offered	3 J.R. Tolkien's Birthday ☕ Coffee & Chat Trivia: New Year Resolutions Indoor Winter Golf	4 ☕ Coffee & Chat Trivia: New Year Resolutions Chair stretches	5	6	7
8	9 ☕ Coffee & Chat Trivia: New Years Resolutions Alzheimer Awareness Chat	10 ☕ Coffee & Chat Games: Connect Four Alzheimer Awareness Chat	11 ☕ Coffee & Chat Reminiscing: Famous Women Alzheimer Awareness Chat	19	20	21
15	16 ☕ Coffee & Chat Martin Luther King Day Chair exercises	17 ☕ Coffee & Chat Chair Exercises Martin Luther King talk	18 ☕ Coffee & Chat Martin Luther King talk Chair stretches			
22	23 ☕ Coffee & Chat Ultimate BINGO!! Conversation Circle	24 ☕ Coffee & Chat Poetry & Ultimate BINGO!! Conversation Circle	25 ☕ Coffee & Chat Robert Burns Day (poetry) Conversation Circle	26	27	28
29	30 ☕ Coffee & Chat Chair exercises Talk: Poetry & Puzzles	31 ☕ Coffee & Chat Games: Bean Bag Toss Kick Back and Chat	Feb. 1 ☕ Coffee & Chat Winter themed Crafts Chair stretches	<p>Please note: This calendar offers information on our group discussions and games for each session. For more details on what the planned activities for any given support group please see the "Daily Schedule" on the whiteboard at the registration/entrance.</p>		

January is Alzheimer's Awareness Month
Awareness is the first step to fighting stigma, reinforcing human rights and pushing for policy change, as well as other actions that can lift up Canadians living with dementia.



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.

Message from the Executive Director:

With the holidays now behind us for another year, I hope that however you chose to celebrate you enjoyed time with family, friends, or a quiet book during our recent snowstorm. January is often one of our busiest months. There tends to be a spike in referrals to our First Link Program. If you noticed a change in a loved one's memory reach out, getting connected early is key to living well with dementia. Stay tuned to future editions for upcoming programs, services and way to become engaged in your local Alzheimer Society.

Warm regards, Vicki Poffley



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

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

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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

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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