

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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Winter has arrived and not a moment too soon! With lots of outdoor activities to keep you active while social distancing. From hosting the 1926 Skate for Alzheimers on January 15,2022 at



Springer Market Square to the new fun interactive see-saws located on King Street between Brock and Clarence. Kingston has lots to keep you busy.

With the closure of King Street creating a large, safe outdoor space, the installation will complement the Springer Market Square skating rink and provide ample space for social distancing, according to the BIA. Firepits and Adirondack chairs throughout the square will invite visitors to cozy up with a hot chocolate and enjoy this unique Canadian experience.

Stay Tuned

Although Christmas is behind us for another year we have not forgotten that we are yet to host our Christmas Drive Thru. With our community safely opening we are hoping to host it in February. Watch you inboxes for the special announcement.

WE ARE HIRING

If you thrive in a fast-paced environment and like helping people and your community, we are looking to fill vacancies at the Alzheimer Society. For more information on the positions available check out the employment section of our website.

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



Tips to Help Beat the Winter Blues

You can take action to lessen the severity of the symptoms associated with SAD or the winter blues. While you may not be able to change the weather or amount of daylight during the winter, you can practice good self-care to help you feel better. Here are 10 strategies you can try to beat the winter blues.

Take a Break From the News

Being indoors more often means an increase in screen time. And if this time is spent consuming a non-stop news cycle, you may feel an increase in the winter blues. To help minimize stress, sadness, and [despair from the news](#), try to limit the amount of time you spend in front of a screen. If possible, schedule one hour for news. You can watch this in one sitting or break it up into chunks.

Boost Your Mood with Food

A simple change to boost your mood is to consider the food you eat. Consuming protein with breakfast, lunch, and dinner can enhance mood and prevent sugar and carb cravings later in the day.

Also, including foods high in vitamin D such as fatty fish, fish oil, and vitamin D fortified foods like milk, orange juice, breakfast cereal, yogurt, and other food sources can help balance mood.¹

Keep Up Your Sleep Routine

Sleep is a huge component of mood. Without adequate, regular sleep, psychologist [Kelly Donahue](#), PhD, says our circadian rhythm can get disrupted, which also disrupts cortisol rhythms and impacts hormone production. To improve your sleep, Donahue recommends:

- **Go to bed and wake up** at the same time every day.
- **Follow a simple bedtime routine** that signals rest, such as taking a bath, turning down the lights, or drinking a cup of herbal tea.
- **Expose yourself to light** as soon as you wake up.
- **Sleep** in a cool, dark room.
- **Don't use electronics** in your bedroom.
- **Write all of your worry thoughts on a piece of paper** before bed so that if you wake up in the night, you can tell your mind you don't need to worry because the thoughts are captured on paper and will be waiting for you to tackle in the morning.

Light Therapy If you're not finding relief from some of the more low-level interventions, you may want to consider light therapy. This form of treatment is common for people diagnosed with SAD.

The National Institutes of Mental Health (NIMH) recommends sitting in front of a [light box](#) first thing in the morning for 20 to 60 minutes. Light boxes usually provide 10,000 lux (lux is a light intensity measurement). This should be done from early fall until spring.⁵

[The 9 Best Light Therapy Lamps of 2022](#)

Seek Out the Sun Getting outside needs to be a priority during the winter months. Since SAD symptoms are worsened by a lack of sun exposure, soaking up the sun—even in winter temperatures—is critical. Being in the sunlight helps balance serotonin activity, increases melatonin production, balances your circadian rhythm, and increases vitamin D levels, which can lead to an improved emotional state.

Check out the following YouTube videos:

- [Daily Calm – 10 Minute Mindfulness Meditation](#)
- [Seated Chair Drumming Aerobics](#)
- [Ted Talks: The Power of Kindness](#)

NEW YEARS CELEBRATIONS AROUND THE WORLD

We have enjoyed learning about New Year's Celebrations around the world. So far we have visited Sydney, Rio and Paris, our last stop is Russia! If you missed any of these presentations, feel free to email Mari at programs@alzking.com and she will be happy to forward them onto you!

Then Lastly, Russia on Wed, Jan 26th at 1:30



Brooke from Sarnia is sharing a movie today at

1:30

Join Zoom Meeting

<https://zoom.us/j/6095189227>

She will have several different ones available and you can pick the one you would like to watch as a group! So pop some popcorn, grab your favorite drink and then hop onto zoom for a fun afternoon

WEEKLY ONLINE ACTIVITY PROGRAMS

“CIRCLE OF FRIENDS” GROUP

Join us on Wednesdays at 1:30, this month we will be presenting Christmas Around the World

[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](#)

MOVE AND GROVE WITH MARI

Thursday Mornings at 10 am

[CLICK HERE](#)

MUSICAL HAPPY HOUR WITH MAX AND WAYNE

Monday January 31st

At 6:30 pm

[CLICK HERE](#)

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



Thursday January 27th
Glenn Reid and Max
Link to Join Us on Zoom:

[CLICK HERE](#)

January is Alzheimer's Awareness Month!

As Alzheimer's Awareness month draws to a close, we want to say thank you to all of the media in our region who helped us to get our messages out, in local papers, online, on radio and TV. If you missed the 8 page Alzheimer Awareness insert in the Kingston this Week, You can find it online at this link:

<https://7c1e077b.flowpaper.com/KingstonAlzheimerSociety/#page=1> Its worth a read!

But its important that you know that our programs and services are available year-round. We encourage people to call us with questions or concerns or if they are looking for support for themselves and/or a loved one. We offer support and programs for people with a diagnosis, their care partners, families or friends. We also provide education to employee and community groups, healthcare and emergency services professionals and the general public.

For more information, call our office at 613-544-3078, visit our website at www.alzheimer.ca/kfla, or our facebook page, <https://www.facebook.com/AlzheimerKingston>

Robotic Pet Display Continues Until January 31.



There are a few days left to visit the *The Joy for All*, Robotic Pet Companions, on display in all three Pet Valu stores until January 31.

We've had a fairly good response to the Pet Companions and one really heart warming story has come to light.

Last week, we had a gentleman come to try one of our cats on loan for his Mom. He explained that his father is in long term care and Mom is very lonely. He thought she might like a dog because they had dogs growing up, but all we had available at the time was cats, so Mr. Peanuts went home with him. About 24 hours later we received a call saying that the kitty was a huge hit! The gentleman told me that his Mom carries it, slept with it, plays with it and had been smiling ever since the cat come into the home! While she is aware that it is not real, its obvious that this cat has filled a need for her, and that is exactly what we hope to accomplish with this pet program.

If you are curious about the robotic pets, you can stop in to any one of the three Kingston Pet Valu stores in Kingston to see them, see how they work, what they look like, watch them interact with humans.



While in store, we also invite you to enter a draw to name one or both of the animals in the store, for a chance to win a lovely gift basket which includes a **\$50 Pet Valu gift certificate**. In addition, Pet Valu is accepting donations to the Society, which will go back into the pet program, so that we can make them available to more people in our region. **Anyone who makes a donation of \$5 or more at the cash, will also receive a \$5 Pet Valu coupon, so everyone wins!**

We thank owners Jason and Gwen for their support in helping us to create awareness about the pets and for their generous donations to the gift baskets. The pets are available on loan directly from the Alzheimer Society, (for three month intervals) and these displays are a great way to both introduce them to the community and give people an opportunity to see them in person. Anyone interested in taking a pet out on loan is invited to call the Alzheimer Society directly at 613-544-3078 and speak with Kim. If you miss the pets at Pet Valu, you can always drop in during workday hours to the Alzheimer Society to see them - just be sure to call ahead!

Pet Valu stores are located at the Kingston Centre, Gardiners Town Centre and the Riverview Shopping Centre

The 1926 Skate for Alzheimer's – In 30 degrees below zero!

January 15 has been the coldest day of the year so far, and it was also the day that Steve McNeil came to skate at Market Square for 19 hours and 26 minutes straight! We thank all those who came to skate, to chat with Steve and to donate to his efforts. With your help we've raised almost \$5000! Special thanks to Mayor Paterson for popping down to say hello, and to retired Boston Bruins player Rick Smith, who came to skate with Steve. Steve was overwhelmed with the reception he got in Kingston and with the stories he heard from people about their own situations. He says that it's the memory of his Mom, and those stories that people share with him, that give him the drive to do what he does. Here are some of the pics of his visit!



At Canada Post



Frontenacs Mascot Barrack, came to visit.



Andrea, (Total Diva), With Dave and kids



Kevin came all the way from Northbrook to say Hello!



Mayor Paterson



Delta Hotel Staff



Visiting the Kingston sign



Rick Smith comes to Skate

Donations can still be made by visiting our website

[Give Today - Alzheimer Society of Kingston, Frontenac, Lennox & Addington](#) or Steve's website www.1926skate.com. Any funds received from this region, through McNeil's website, will also stay local.

#1926 Challenge is on until the end of Hockey season!

Hockey teams may not be playing games with visitors in the stands at the moment, but most are still practicing so Steve is still challenging all local hockey teams to skate at practice for 19 minutes and 26 seconds while listening to ACDC music, make a donation of \$19.26 cents, and challenge your competitors to do the same! And don't forget to share it on his social media 1926Skate.

A big thank you as well goes to the Delta Hotels Marriot Waterfront for putting Steve up, to J.E. Agnew Foods for the huge urn of coffee and box of donuts, to The Keg for one of the best steak dinners Steve says he has ever had, and to the Frontenacs for their support in doing with the #1926Challenge, for sending the mascot, and for their tweets throughout the weekend.



For the Funny Bone, Some Amazing Betty White Quotes. She will be missed!



"LAUGHTER

**keeps
everyone
feeling**

WONDERFUL"

- Betty White



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!

Société Alzheimer Society



MINDS IN MOTION® – VIRTUAL PILOT PROJECT

COME JOIN US!!!!

Minds in Motion® is an evidence-based program that includes physical activity, social and mind stimulating activities for people living with dementia and their care partners. The Alzheimer Society is currently recruiting participants to join our pilot project to learn about the impacts of Minds in Motion® offered virtually (on the computer). **We have multiple dates and times starting mid February.** The program will run once a week for 8 weeks and will occur over a web based platform such as Zoom. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental, and social stimulation improves brain health and may slow the disease progression.

To learn more about the program or to be added to our registration list to participate in the pilot with first sessions starting in February and other sessions to follow, please email **Vanessa** at mimproject@alzon.ca or call **519-332-4444 ext 135.**

Finding Your Way® helps people living with dementia, their families, caregivers and communities to recognize the risk of going missing, be prepared for incidents of going missing, and ensure that people with dementia can live safely in the community.



AS York is proud to present a **FREE** three part webinar series on how to keep individuals safe in the community. These webinars focus on missing incidents, safety in the community and driving & dementia. You are welcome to register for all three or individual webinars.

Please register for each webinar separately. Click on **Register Now** buttons below to reserve your spot.

PROF. JUNE ANDREWS JANUARY 21, 2022: 1:00PM-2:30 PM



World-renowned expert in dementia studies and aged care, Professor June Andrews discusses safety amongst our senior population in relation to importance of missing incidents and driving.

https://alzheimer-ca-york.zoom.us/webinar/register/WN_N7sj0LlvRSmGdoxYcxcxPg

Register Now

MISSING INCIDENTS JANUARY 28, 2022: 1:00PM-2:30 PM



Presents research on the risks of going missing and how to prevent it.

Dr. Noelannah Neubauer: She is the co-founder of the Int'l Consortium on Dementia and Wayfinding, is a member of WYLD. Her research focuses on identifying strategies that balance safety and autonomy among persons living with dementia.



Presents Project Lifesaver and Vulnerable Persons Registry.

Chantal Bennett: Social Worker with York Region Police. Chantal provides service navigation to vulnerable residents in York Region.



Shares his lived experience of his father missing over 8 years.

Sam Noh: Sam is the son of Shin Noh, who lived with Alzheimer's disease and went missing in Coquitlam in 2013.

https://alzheimer-ca-york.zoom.us/webinar/register/WN_AiuhQqmOR3GJu2peFW3f_A

Register Now

DEMENTIA & DRIVING FEBRUARY 4, 2022: 1:00PM-2:30 PM



Presenting on Dementia & Driving.

Dr. Gary Nagili: Associate Scientist, Rotman Research Institute. Vice-President, Medical Services, Baycrest. Chief of Staff, Baycrest.



Performs driving test and will discuss the process.

Beth Crystal: Occupational Therapist, Saint Elizabeth Health Care



Presenting on Dementia & Driving.

Monica Lees & Danielle Froud: York Region Police Senior Safety Team.

https://alzheimer-ca-york.zoom.us/webinar/register/WN_xiR92JpIQDagSPinzFWv5w

Register Now

For additional information or any questions, please contact:

Jaime Cruz Public Education Coordinator jcruz@alzheimer-york.com

Alzheimer Society of York Region | info@alzheimer-york.com | alzheimer-york.com



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!

LIFE *is*

TOO SHORT TO WAKE UP WITH REGRETS
SO LOVE THE PEOPLE
WHO TREAT YOU RIGHT
FORGET ABOUT THOSE WHO DON'T

BELIEVE

EVERYTHING HAPPENS FOR A REASON
IF YOU GET A CHANCE, TAKE IT
IF IT CHANGES YOUR LIFE, LET IT

NOBODY SAID LIFE WOULD BE EASY
THEY JUST PROMISED IT WOULD MOST LIKELY BE

WORTH IT