

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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Welcome Readers! We are so excited that our release of the collaborative Reminiscing Kits project is ready to launch. As mentioned in previous publications, we have been working with the Kingston Frontenac Public Library on compiling *Reminiscing Kits*.

Funded through a 2021 Community Investment Fund Grant from the United Way and the City of Kingston, these kits will connect caregivers with quality, curated resources to help them engage in activities with loved ones who are experiencing varying levels of dementia.

There are 50 kits, filled with curated materials and activities including a “how-to” resource guide for caregivers. Working with the Alzheimer Society, we used the latest information to guide our selection of materials and activities, providing both caregivers and their loved ones a means of entertainment, problem-solving, and engagement with their community and each other.

Caregivers can use these materials to engage their loved one in cognitively stimulating activities on a regular basis throughout the eight-week loan period. Supported activities will increase caregiver confidence, strengthen the relationship between caregiver and loved one, and reduce conflict and other challenging behavior arising due to dementia symptoms. The kits will also support other family and friends to engage in meaningful ways with the person with dementia, providing much needed respite for the primary caregiver. For more information, visit www.kfpl.ca or call your local branch. This is such an exciting community project, we do hope that you will check them out!

We would also like to remind you that our office is now open for appointments for 1:1 engagement and we are still fully online and positioning to launch our Face to Face programs in September. Stay tuned for more info as it comes available.

Registration is open for our Family Picnic set for Friday September 17th at Finkle’s Shore Park. Please call our office if you would like to register. The day will feature a lunch and entertainment by one of our favorite duos, “Two for a Quarter”, be sure to call and register for this wonderful day, we look forward to seeing folks face to face, as last year’s picnic was the last time we had an opportunity to see each other.



CAREGIVERS CORNER

Moving the person into a care home

If a person with dementia moves into a care home it can also have a big impact on the person's carer. You may worry about the care the person will receive, how the move will affect them and whether they will settle in. You might worry about how your relationship with the person will be affected. You might also worry about the impact on your own life, especially if you have been caring for the person for a long time.

Some carers worry that they have let the person down because they feel they should have been able to cope with caring for the person for longer. Some carers may also feel guilty that the person has moved into a care home at all, especially if they had promised the person this wouldn't happen. These emotions can be very difficult to deal with. Remember that because dementia is a complex and progressive condition, a care home may become the best place to meet the person's needs. Try not to be too hard on yourself. Decisions about when and whether a person should move into a care home are often affected by things you can't control. Remember that you are doing what you think is best for the person you are caring for, based on the circumstances you are in.

If the person you are caring for moves into a care home, you may begin to question your role and whether they still need you. Some carers find this difficult, and they no longer think of themselves as being a carer.

This can be similar to feeling that their role changed from being a 'family member' to being a 'carer' when they first began to support the person with dementia.

If you have any of these feelings it is important for you to address them and seek support. For example, speak to your family and friends, a support group, care home staff or a professional, such as a support worker or counsellor. See the section 'Getting help and support' for more information.

If the person you are caring for moves into a care home it is likely to change your relationship. However it doesn't mean they no longer need you. You should still be able to help care for them if you want to. Speak to staff at the care home about how you can be involved with the person's care and ways you can maintain your relationship. Some carers find their relationship with the person improves when they move into a care home. They can focus on their relationship and positive memories that they share, rather than on the day-to-day tasks and pressures of caring.

When your caring role ends

Dementia is a life-limiting illness. This means there will be a time when your caring role comes to an end. This can be a very difficult time. You will be grieving for the person who has died as well as coping with the end of your caring role. At this time it's common for people to think about the care they provided and wonder whether they did enough or they should have done things differently.

You may have lost contact with friends or family members and find it hard to get back in touch with them. Or you may find it hard to adjust to not being a carer anymore because you have thought of yourself as being one for so long.

Some carers therefore find it helpful to think about the future ahead of time, including what may happen when they no longer have a caring role.

There are organizations that can give you information and support to help you adjust. For more information see the section 'Other resources for carers' and the pages on '[Grief, loss and bereavement](#)'. Most importantly, take time to think about yourself and talk to someone about your feelings.

Annual Family Picnic

Registration is now open for our Upcoming Annual Family Picnic at Finkle's Shore Park
Friday Sept. 17th from 11:30 – 1:30

All are welcome, please call the office to book your spot! 613-544-3078 x201



NEW ROBOTIC PETS



We will be introducing our “Robotic Pets” which will be available for lending from our resource library very soon. We’ll bring you more information on them as items ordered arrive in our offices.

If you would like to help us name them, we are looking for two cat names and two dog names. Please email Mari Vepsalainen at programs@alzking.com with your suggestion. Entries will be put into a draw drum and the pets will be named at our family picnic, you will also have an opportunity to fill in a ballot at the picnic.

The pets will be on display at the picnic and Mari will demonstrate them for all to see!

WEEKLY ONLINE ACTIVITY PROGRAMS



“CIRCLE OF FRIENDS” GROUP
Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more

[CLICK HERE](#)

LADIES PEER GROUP

2nd, 3rd, 4th Wed. Mornings at 9:00 am
(for ladies with early onset)

[CLICK HERE](#)

MEN'S PEER GROUP

Tuesday Mornings at 8:30 am

[CLICK HERE](#)

MINDS IN MOTION

Mon, Tue, Thur at 10 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 July 22nd Featuring:
Michael K. Myers

Thursday July 28th Featuring:
Glenn Reid and Max

Link to Join Us on Zoom:

[CLICK HERE](#)

Also join us for....

MUSICAL HAPPY HOUR WITH MAX AND WAYNE

Mon July 19th at 6:30, Mon July 26th at 6:30

[CLICK HERE](#)

FUNdraising News

- **Catch the Ace** – will continue until the Ace is found, and then will start up again, so you can participate every week, or any week you wish. The jackpot is growing, so visit the website at <http://catchtheace4alz.ca> to see what the Catch the Ace jackpot and the weekly jackpot are worth. Draws happen every Thursday at 6:30pm.
- **Art Auction** - Plans are underway to relaunch the art auction that was cancelled early in 2020 due to COVID. Initially, it was to be associated with a live concert, and although we would love for that to happen, we aren't sure that we can do that this year because of protocols. A huge thank you to the artists who have already donated artwork/photography, for their patience while we waited out the pandemic. In order to expand the offerings, we are also accepting donations of art work (new) for the auction, which we hope will have an in-person component to it as well as an on-line bidding component. We are convening a committee to discuss what this event will look like and we are looking to a fall date so we can host it as part of the fall "Social with a Purpose" campaign. Stay tuned for more details as they come available. If you have ideas or wish to sit in on a planning discussion about the art auction, please contact me (Lesley Kimble) directly at fundraising@alzking.com.
- **Social with a Purpose – (formerly Alzheimer Coffee Break)**

Last year, the Alzheimer Coffee Break transitioned to a program called *Social with a Purpose*. What that meant was, not that you couldn't host a coffee break, but that events hosted as part of this fundraising program could be expanded to include things like silent auctions, book sales, bake sales etc. *Social with a Purpose* just seemed more inclusive a title, but Coffee Breaks in any form are also still very much welcome! Now that our public health protocols are starting to allow us to open up, we hope that we will be able to gather in the fall for more of these in-person 'Social with a Purpose' activities but there are still lots of things you can do to host an online Social if you wish – online paint nights, mindfulness and yoga sessions, etc., all available for use on our Social with a Purpose website. If you are a former host of a coffee break, please know that we would love you to get involved again this fall. We traditionally kick the fall fundraiser off with a McDonalds coffee day on or about World Alzheimers Day, (which is September 21) , and McDonalds has already indicated they are on board for this fall, so we are really excited to work with them again! We usually try to do most of the Social with a Purpose fundraisers between late September and January 31, which is Alzheimer Awareness month, but you are welcome to host an online or in-person event anytime during the year if there is a better time for you. If you want to receive more info about Social with a Purpose and how it works, please don't hesitate to contact me.
- **HUMANITY IN MUSIC** – Cross Canada Concert - September 21, 2021 – tickets available here: <https://humanityinmusic.com> - You will find details such as the the lineup of musicians, on the website, as they become available. We can tell you that our very own Michael K. Myers will be one of the entertainers for this event!
- Annual **Alzheimers Golf Tournament**, hosted by Ron Earl, September 1, Loyalist Golf & Country Club, details to come. Looking for hole sponsors, if interested, email Lesley @fundraising@alzking.com



As the pandemic is hopefully winding down we are looking forward to being able to plan in person gatherings, however we will not be ending all our zoom programming and education sessions as we know for many they work well!

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.



Here to help

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. **Need a device to participate-we have a limited number that can be loaned out!**

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 in person, on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

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!

Online U-First! for Healthcare Providers Zoom Workshop (cost \$80/participant)

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

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

Care Essentials is the second of the learning series.

August 5, 12, 19, & 26, 2021 via zoom
10:00a.m –12:00p.m.

To register click on the link below or reach out to us for assistance and more information!

[REGISTER HERE](#)

We are excited to be able to offer U-First! For Care Partners workshop again-feedback from the first sessions has been positive!

Online Zoom Workshop for Care Partners in KFL&A (no charge)

Reach out to Wendy to have your name added to the waiting list!



I want to hear from YOU!

My goal is to provide the education that YOU need. Please take a moment to either email me with any suggestions or complete this survey:

www.surveymonkey.com/r/KFLAED

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

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!

**“Just don't give up
trying to do what you
really want to do.**

**Where there is love
and INSPIRATION,
I don't think you
can go wrong.”**

ELLA FITZGERALD

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