

July 3rd 2021

# 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 Reader!

We are looking forward to a wonderful summer season and hope you will take some time to enjoy the beauty we are surrounded with. We are looking forward to the idea of face-to-face programming again and hope to roll out our new activities and programs in the fall. We have been spending time together as a team

reevaluating and getting poised and positioned to offer in person programming again. It will look different as our space at the office is very limited. We will be sourcing out locations to offer our Support Groups and Recreation Programs. So, stay tuned for our new launch for the fall.

We are also very excited to announce our first in-person event that has become an annual tradition. We are now taking registrations for our upcoming picnic to be held at Finkle's Shore Park on Friday September the 17<sup>th</sup> from 11:30 am – 1:30. We will again be joined by our favorite duo "Two for a Quarter". Lunch will be provided as a prepackaged lunch bag and your order can be made when calling the office to register. All our staff will be on hand that day and will be a lovely reunion of sorts. Mari and Lisa are already donning their thinking caps as they try to think of a fun way to top their "Jump into the Lake" from last year. All are welcome to join, we do hope to see you there. To register please call Reception at 613- 544-3078 x 201.

Also feel free to register for our movie packages if you would like to join us for this month's feature, Mrs. Doubtfire. We have a delicious treat prepackaged for pick up and you are free to join us on Friday the 16<sup>th</sup> at 1:30 for our Matinee Movie. We had suspended the movie bundles due to the pandemic and stay at home order, but we are happy to be able to provide these treats for your enjoyment once again!



## CAREGIVERS CORNER

### Tips for taking care of yourself

**Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.**

Caregiving is rewarding but stressful.

Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide. But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of caregiving — is common.

People who experience caregiver stress can be vulnerable to changes in their own health. Risk factors for caregiver stress include:

- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent caregiving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

As a caregiver, you may be so focused on your loved one that you don't realize that your own health and well-being are suffering. Watch for these signs of caregiver stress:

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad

### Strategies for dealing with caregiver stress

**Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.

**Focus on what you are able to provide.** It's normal to feel guilty sometimes but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

**Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.

**Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.

**Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.

**Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.

**Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water. Many caregivers have issues with sleeping. Not getting quality sleep over a long period of time can cause health issues. If you have trouble getting a good night's sleep, talk to your doctor.

**See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

## ACTIVITY CORNER

This month's Movie Feature, please call the office to register for pick up of a movie treat bag!



**FRIDAY ZOOM  
MATINEE MOVIE**

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078

<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJlZnRmUvNkpnNDIKUT09>

Friday July 16th at 1:30pm via ZOOM

*Société Alzheimer Society*  
KINGSTON, MONTREAL, LONDON & ABBOTSFORD

## Annual Family Picnic

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

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



## 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**  
2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> 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](mailto:programs@alzking.com) or 613-544-3078 x209

## Province Wide, Live "Musical Memories" Singalong Thursdays at 2:00 pm



Thursday July 8th Featuring:  
Roger James

Thursday July 15th Featuring:  
Jay Franco

Link to Join Us on Zoom:  
[CLICK HERE](#)

## FUNdraising News

Now that the Walk for Alzheimer's is over, we are turning our attention to fall fundraisers. Here are a few FUNdraising activities we are working on. Got a third party fundraising idea? We are open to any and all ideas and happy to work with you to make them happen! Call us at 613-544-3078 ext. 204, or email [fundraising@alzking.com](mailto:fundraising@alzking.com) .

- ***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. 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](mailto: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> - More details to come!



We want to ensure you remain connected to us and as this pandemic continues, we cannot safely offer in person group sessions yet therefore we will continue to use phone calls and Zoom for our support and client groups.

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.

**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 either 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)

Tuesday, July 13 & 20, 2021 from  
9:00a.m.-12:00p.m.

[Register here](#)

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

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

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)

Thursday, July 15 & 22, 2021 from  
10:00a.m.-1:00p.m.

[Register here](#)

MATERIALS MUST BE PICKED UP AT THE OFFICE OR MAILED-Register at least one week ahead!

**If this time does not work for you, 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](http://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](mailto:noreenpeters@cogeco.ca)

### CAREGIVERS EVENING CHAT with Patti and Jan

Tuesday, July 13th, at 7:00 pm

[Click here to join](#)

### SUPPORT GROUP FOR MALE CAREGIVERS

[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.

Next meeting Thursday, July 15<sup>th</sup> at 10:00am



## 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!**

