

Alzheimer Society of KFL&A July 2022, Forget-Me-Not Newsletter

Alzheimer Society of KFL&A * 400 Elliott Ave, Unit #4 * K7K 6M9 * 613-544-3078 *

PickleBall Tournament and Silent Auction

In support of Alzheimer Society of KFLA – July 9 & 10

On Sunday, July 10, pickleball players from all over KFL&A, will gather at the Bath Pickleball courts, Bath, Ontario, for a fun day of tournament play, in support of our Society. As an extension of that event, the Society will host a Silent Auction across the street at the St. John Anglican/Lion's Club Hall, to be held on Saturday afternoon, July 9 from 1-5, and Sunday, July 10, 8am to 2pm. We will include original artwork and photography by local experts, numerous quilts made by the Napanee Guild, Farmhouse Community Quilters, gift packages from local breweries, a variety of gift certificates from restaurants, salons and other services, golf packages, pickleball and other sport related items, and more!

Please come visit the Silent Auction that weekend, enjoy some live music by **Three for a Quarter** on Saturday afternoon from 2 to 4pm, or come watch the pickleball tournament and browse the auction items on the Sunday. Although the auction is for in-person bidding, we will accept reserve bids by emailing fundraising@alzking.com and/or by phoning 613-888-1931, during the open hours of the auction.

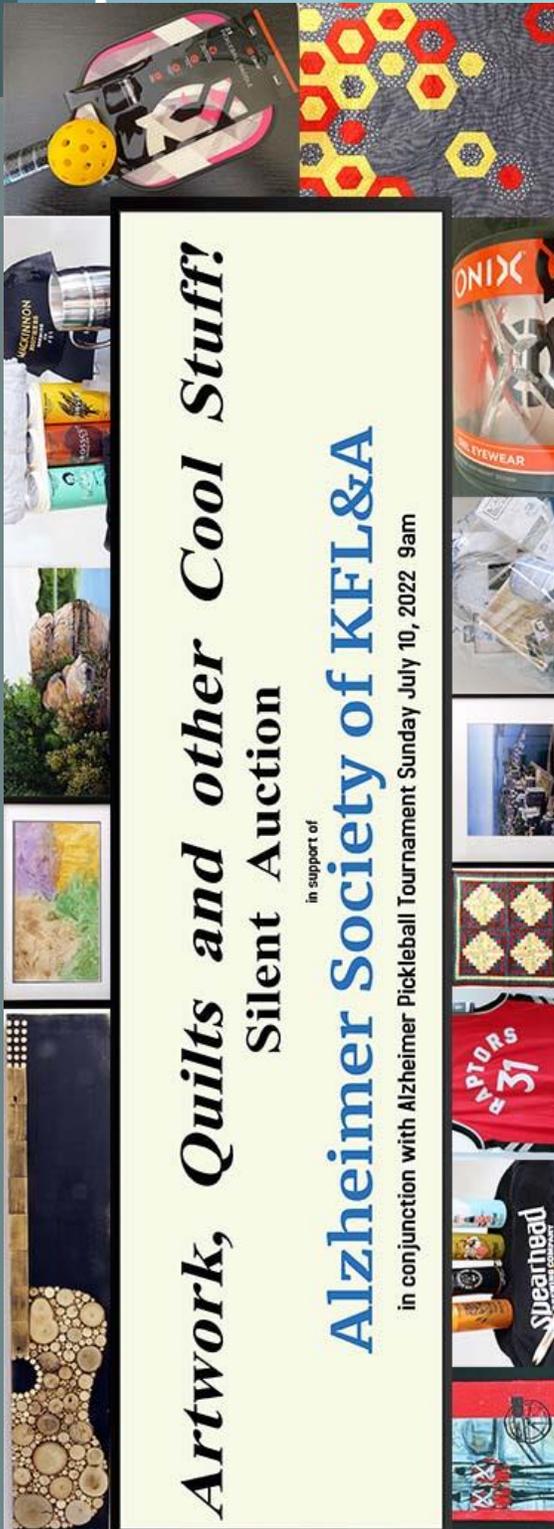
The raindate for Pickleball will be July 17, however the Auction will go ahead on July 9 and 10 regardless of the weather. For info on the Pickleball Tournament, email: Phil Golland at Picball2022@gmail.com

Bidding: is being done primarily in person at the Hall, however you may send in reserve bids for items during the event, by emailing fundraising@alzking.com or by phoning 613-888-1931 during the open hours of the event (or by calling the office up until Friday at 4pm) . A credit card must be provided at the time of entering the reserve bid. You will not be charged until the end of the event if you are the winner of the bid.

You can view all the items here on the website

<http://on.alz.to/auctionsite>.

For more info about the Silent Auction email Lesley at :
fundraising@alzking.com or call 613-544-3078 ext. 211



Artwork, Quilts and other Cool Stuff!
Silent Auction
in support of
Alzheimer Society of KFL&A
in conjunction with Alzheimer Pickleball Tournament Sunday July 10, 2022 9am

Dementia and dehydration in hot weather and Summer is Here!

Dehydration is a common challenge for older people, and especially those with dementia. What's more, the part of the brain that recognises you're dehydrated and sends a message to let you know you're thirsty doesn't always work properly. Some medications and dementia-related illnesses can also make dehydration worse.

5 tips for preventing dehydration

1. Leave glasses or jugs of water within easy reach. This is especially important for people with limited mobility, who aren't able to get up and make themselves a drink.

2. Make drinking easier. Have a clear glass so the person can see what's inside (this may not work so well with water) or a brightly coloured cup to draw attention. Make sure the glass is within the line of sight. Having a glass that is suitable (not too heavy or an odd shape) can help. Straws might also be a good idea.

3. Share a drink together. Have a cup of tea or an popsicle with the person and make sure they're drinking during mealtimes.

4. Leave reminders. Make sure someone with dementia remembers to drink regularly by leaving notes out for them or putting up notices around the house. You could also set up a phone reminder or set an alarm clock.

5. Provide high water content foods. Supplement water and other drinks with foods that are high in fluids. Some good options include jelly, ice cream, soup and fruit such as melon. and cucumbers.

How to recognize dehydration

There are some things that may show a person is dehydrated. If you spot any of the following, encourage the person to drink water immediately and seek medical help if you need. If the condition worsens or doesn't improve, go straight to the hospital.

- Increased confusion (compared to typical dementia symptoms)
- Dark and strong-smelling urine
- Dry mouth, lips and eyes
- Headaches or dizziness
- Feeling tired
- Not peeing very often (fewer than 4 times a day)

5 more tips to help people with dementia keep cool in hot weather

1. Make sure the person is dressed appropriately

2. Keep the house as cool as possible

3. Avoid the midday sun

4. Find ways to cool off

5. Ask friends and neighbor's to pop in and check the person is ok



designed by freepik



It is with mixed emotions that we announce that Mari will be moving onto some new exciting opportunities in our community. Mari has served as The Program Coordinator for the Society for the last five years.

There have been a ton of wonder filled memories made. Mari had the

opportunity to design and implement the Monthly Calendar, the newsletter, she implemented Dinner Dances, Movie Matinee Events, Men's and Ladies Peer Group meetings and Special Events, Bus trips and Outings, pre covid of course. Then with Covid, the challenge came to transfer the in-person programs (which Mari LOVED), to an online format. This was a huge challenge but in the end, beautiful bonds were made with Sarnia and a collaboration with first Vanessa and then Brooke.

COVID made a lot of changes in the way that we provided programs, but through collaboration and creativity we were able to serve our community and make wonderful memories. Thank you to everyone for making Mari's time with us so memorable and for your patience as we continue to come out of the online world and back to our beloved face to face programming. Please join me in thanking Mari for her dedication to this role and wishing her well in her future endeavors. Mari will also stay on as a volunteer and so there will be some 'Mari siting's' at special events sometime in the future.

A Few Memorable Moments...



New In-Home Recreation Therapy



The Alzheimer's Society of KFL&A is proud to announce our new In-home recreational therapy program beginning this month! Colton Sedore our new in-home recreationist is excited to bring fun, engaging, and meaningful activities to residents in the KFL&A region. The activities and programs are designed for persons with dementia that do not have the ability to attend the in-person programming that is ongoing weekly.

A Warm Welcome

I am extremely excited to be working with the Alzheimer's Society and KFL&A team! I have enjoyed meeting everyone at the peer groups and the in-person events and cannot wait to start the in-home programming this month!
Colton

What is In-Home Recreational Therapy?

In-home recreational therapy is a program that is designed to facilitate the needs and recreational interests of individuals who are unable to participate in our in-person programs.

The programs will allow each individual to participate in meaningful engagement that is important to them. The goal of the program is to provide valuable leisure, and recreational activities, by developing specialized programs for everyone to suit their individual needs.

In-Home Activation Kits

In-home Activation kits are designed and assembled for each individual, based upon their individual needs.



Here is an example of an in-home activation kit that delivers a combination of physical and cognitive activities

Contact Information

For more information on In-Home Recreation Therapy and In-Home Activation Kits contact - Colton Sedore,

Phone Number: (613)-544-3078 ext. 203

Email: Recreation@alzking.com

PROGRAM UPDATES



We are so excited to be able to have some face to face programs up and running!

The Men's Peer Group and Ladies peer Group will be meeting weekly at Lake Ontario Park, if joining feel free to bring a picnic lunch!

Men's Peer Group Meetings will be Tuesdays July 5th, 12th, 19th and 26th at 10:30am – 12:30pm at Lake Ontario Park

Ladies Peer Group Meetings will be Wednesdays July 6th, 13th, 20th and 27th at 11:00 am– 12:30pm at Lake Ontario Park

COMING SOON....

Save the Date as we are working on getting our First Dinner Dance in order for August .. it will be a Summer Soiree Dinner Dance to be held at the 560 Legion on Montreal Street on a Thursday Evening .. details coming soon!

Register for our Family Picnic Slated for Finkle's Shore Park on Friday Sept. 7th

WEEKLY ONLINE ACTIVITY PROGRAMS



LADIES PEER GROUP

Is in person for July but rain plan is Zoom:
Wednesday Mornings at 9:00 am

[CLICK HERE](#)

MEN'S PEER GROUP

Is in person for July but rain plan is Zoom:
Tuesday Mornings at 9:00 am

[CLICK HERE](#)

MUSICAL HAPPY HOUR

Mon July 11th and 25th at 6:30 pm

[CLICK HERE](#)



We are still trying to collect more i-pods for our Pre-Loaded iPod "Music For Memories" program, however we do have several currently available from our Program department to download and get ready for those wishing to borrow one for their loved one!

Feel free to contact Mari at programs@alzking.com with your request and she will be happy to send you the full application package with musical selection sheet.

Feel free to watch Alive Inside to see some of the amazing testimonials:

<https://youtu.be/IBx2g9iNbEc>

Lending Library (Books & Technology) at ASKFLA

Reminder that we have a “lending library” (Books & Technology) at the Alzheimer Society KFLA. There are many different resources available for care partners, clients and the general public. **Feel free to drop by between 9:00 a.m.-4:30 p.m. Monday to Friday.** Please be advised that we are still requiring Masks when entering our office location. Thank you!



“Keep your brain active. Engage your brain. Your brain is the most fantastic machine ever created, and it needs to be exercised.” – Peter Kinderman

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.

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 the society office 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 us– 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.

Finkle Shore Park

Family Picnic



Music 🍴 **FUN** 🍴 **FOOD**

9th September
@ 11:30 - 2pm

Lunch will be served. Please advise of allergies when booking. Live music will be playing from 12:15ish to 1:30ish. All are welcome!

Finkle Shore Park, Bath

To register to attend please contact: programs@alzking.com
or call 613 -544-3078 extension 209.

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Artwork, Quilts and other Cool Stuff!

Silent Auction

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Alzheimer Society of KFL&A

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Saturday July 9, 1 - 5pm

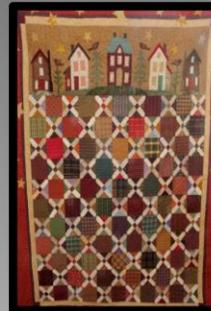
Sunday July 10, 8am - 2pm

You will find a variety of items including:

Heritage Quilts
Original Artwork and Photography
Gift Certificates for a variety of Restaurants/Salons/Services
Golf Packages
Sports Related items
Gift Baskets from Local Breweries and More!

Items will be on display for the times listed and can be viewed online.
Bidding is in person but you can send reserve bids to:
fundraising@alzking.com

Live Music provided by Three for a Quarter
Saturday 2-4 pm



St John's Anglican Church Hall/Bath
Lions Club (main floor)
across from the Pickleball Courts
216 Church Street, Bath ON

Open to the Public
FREE ADMISSION
All are Welcome!

Thank you to the following groups for their support:

The Pickleball Organizing Committee
Bath Lions Club

St John Anglican Church (Bath)
Farmhouse Community Quilters

All participating businesses, artists and individual donors

Visit www.alzheimer.ca/kfla
or
our Facebook Page
(Alzheimer Kingston) to see
photos/list of all the items
up for Auction.

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List of Auction Items as of June 27 - You may view photos of these items online after July 1, on our website, our facebook page or at http://on.alz.to/site/Ecommerce?store_id=2578

1. **Tangles and Co. Hair Salon, Kingston** – Gift Certificate– Shampoo, Cut and Blow Dry, Value \$60
2. **Tangles and Co. Hair Salon, Kingston** Gift Certificate– Shampoo, Cut and Blow Dry, Value \$60
3. **Napanee Golf Club, Golf Package**, Gift Certificate -18 Holes of Golf for 2 with Cart – Value \$125
4. **Amherstview Golf and Country Club** - Golf Package - Gift Certificate for 18 Holes of Golf for 4 with Cart Value \$250
5. **Rivendell Golf Club** – Golf Package – Gift Certificate for 18 Holes of Golf for 4 with Cart –value \$250
6. **Black Dog Hospitality \$50 Gift Certificate**,; For use at one of the following locations in Kingston: Harpers Burger Bar, Black Dog Tavern, Dianne’s Fish House or Atomica
7. **Grand Theatre** – Gift Certificate for 2 theatre tickets for Upcoming Season
8. **Makers of Kingston Gift Box** – A sampling of items made by local Kingston businesses including: the Olive Oil Company (two different olive oils) , CocoaBistro (Chocolate), Kenny Maple Syrup (250 ml Syrup), Twelve Five Candle Co. (Candle) and Cha Cha Tea (Kingston’s Own Black Tea) Donated by Kingston Tourism, Value \$50
9. **\$50 Olivea Gift Certificate**, for use at; Olivea Restaurant, Kingston/Riva Restaurant, Gananoque/The Ivy, Lansdown
10. **Starlet, Silver Earrings & Matching Pendant**; Donated by Starlet of Napanee. Value \$102
11. **Elements Natural Therapy and Spa**, Kingston – \$50 Gift Certificate
12. Total Diva Boutique Spa, **Head to Toe Package** Gift Certificate : Classic Manicure, Classic Pedicure, finished with a shampoo and blowout. Includes hot tool styling. (2 hours) Value \$120
13. **MacKinnon Bros. Brewery, Gift Bag** – (6 assorted beer, 2 McKinnon T-shirts, 1 hat, McKinnon beer mug) Value \$105
14. **Kingston Paint and Decorating Gift Card** – Value \$100, Donated by Carrie Lynn McPherson
15. **Shorelines Casino Gift Basket**, includes: Black & Decker Hand Vac, A Hang Loose Hammock, Jax Mini Earphones, Mini Spa Set, A Fitness Sleep monitor, Earrings with necklace and more.... Donated by Shorelines Casino Thousand Islands – Value \$200
16. **Pam’s Flowers** – info to come
17. **Greco’s Restaurant, Kingston** - \$50 Gift Certificate
18. **Greco’s Restaurant, Kingston** - \$50 Gift Certificate
19. **Pickleball Paddle and Ball**, Value, \$120 - Donated by ONIX
20. **Pickleball Goggles** -Value \$60 - Donated by ONIX
21. **Kingston Waterfront, Framed Photo**; Photographer, Paul Wash Value \$125
22. **Fireworks Over Kingston City Hall, Photo on Canvas**; Photographer, Paul Wash- Value \$100
23. **Portland Head Light, Maine, Framed Photo**; Photographer, Rob Mooy – Value \$100
24. **“Cascade”, Framed Print**; Artist, Michelle Reid, Frame donated by Gallery Raymond – Value \$125
25. **Framed Watercolour, (Horse)**; Artist, Laura Silver – Value \$75
26. **Redcoat Series – Acrylic Print On Canvas**, mounted on Board, Artist: Sherry Pringle - value \$85
27. **Redcoat Series - Acrylic Print On Canvas**, mounted on Board; Artist: Sherry Pringle - value \$85
28. **‘Goose Guard’, Acrylic on Board**; Artist: Sherry Pringle - value \$75
29. **Original Acrylic on Canvas** (with Certificate of Authentication); Artist: Valerie Spence Hounsell -Value \$800
30. **Barred Owl, Photograph, Framed**; Photographer, Deb Boylan, - value \$75
31. **“Survivor” Photograph on Canvas**, Photographer, Susan Hitchcock, Value \$100
32. **Orange and Red Pour Painting on Canvas**; Artists, Alzheimer Society Clients, Group Art Therapy Class, Value \$60

