

# Alzheimer Society of KFL&A June, Forget-Me-Not Newsletter

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

## Update on the IG Wealth Management Walk for Alzheimer's

We hosted our first in-person walk since 2019 this past weekend, and what a walk it was!

A big THANK YOU to all who came out to walk with us in person along the scenic Napanee River. We were treated to some fun family oriented games, a wonderful pizza lunch and an amazing outdoor concert by the Kim Pollard Band. Thanks as well to all who participated in the walk virtually and to all of our donors – we could not make this event a success without any of you!

If you missed the walk or would still like to donate to a team, an individual or just to the event itself, you can still make a donation online at [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca). From there, you can find either the Kingston or Napanee (also listed as Lennox and Addington) walk sites and make a donation on the main page. The walk sites will stay open until June 10. Donations may also be made by mail, in person at your local Alzheimers office or call the main office at 613-544-3078.

We would also like to extend our sincere thanks to our sponsors, both returning and new ones. To our local IG Wealth Management staff, who step up to the plate each year, we appreciate your ongoing support. To Cataraqui Heights Retirement Residence staff, we thank you for coming on board this year, and wish you all the best on your upcoming grand opening. To Hitched Games, the Napanee Lions, and Mama Mia Pizza Napanee, who together provided the fun games and great food, it made the walk even better, and to our Media Sponsors, MyFM, Your TV and Cogeco, thank you for helping us to get the word out! And to Rob Mooy, who captured it all on film, a big thank you!

We aren't ready to close the books on the walk yet however. At the time of this writing, we are still calculating the offline pledges and we are at we are currently about 65% of the way to our \$60,000 goal, so if you can help us reach our goal by making a small donation, we would be most grateful!

We will be sure to update you with pictures and a final amount very shortly!



# IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

## IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

Special Thanks to Our Sponsors



Napanee Lions Club



Media Sponsors



...and to the Kim Pollard Band and King Sound

## How to Talk to Someone With Dementia: 10 Communication Strategies

**1. Limit potential distractions.** Aim to find a quiet and comfortable spot to talk and better communicate with a person who has dementia. Turn off the TV or any music playing in your home. If you're in a café, store, or noisy place, consider finding a seat or area in a quiet corner away from the hustle and bustle. Even simple distractions like these make conversation harder for everyone and can be especially overwhelming for someone with Alzheimer's.

**2. Speak naturally and use gestures.** It's important to speak clearly, simply, and in complete sentences, while using a calm and friendly voice to talk to someone with dementia. Besides using your voice, try to communicate using your body, incorporating subtle movements. Demonstrate your meaning with visual cues or gestures. For example, if you say, "Let's go for a walk," use an arm motion with your invitation.

**3. Use your name and others' names.** Identifying yourself and others by name rather than by relationship is helpful, Gurung says. People with dementia may be more "present" in an earlier time in their life. This could be before you were their child or partner. Rather than trying to reorient to today, it can be better to say, "Hi, it's me, Brenda," instead of, "Hi Mom. It's Brenda, your daughter." Even with family members, you may find it more useful to call them by their preferred name rather than their title.

**4. Talk about one thing at a time.** Someone with dementia may not be able to engage in the mental juggling needed to maintain a conversation with multiple threads. It's best to keep it concise and simple. Ask open-ended, observational questions, instead of quizzing or asking too much at once. If you're looking through an old photo album, for example, you could say, "This is a beautiful dress. What do you think?" instead of, "Do you remember your wedding day?" Asking specifically about the dress keeps the conversation simple and direct.

**5. Use nonverbal cues.** Words aren't the only powerful way to convey meaning and understanding: Your actions go a long way in talking to someone with dementia. When dementia is advanced, you may find more success utilizing nonverbal communication. Try to use these nonverbal gestures in your conversations with a parent or loved one with dementia: **Maintain eye contact. Smile, Hold their hand,**

**6. Avoid overwhelming questions.** It's important to offer manageable choices with visual cues. Asking a questions like, "What would you like to wear?" can be overwhelming — it presents too many options. Instead, hold up two shirts and ask, "Would you like the shirt with the yellow flowers or the shirt with the blue stripes?" This simplifies the choice and makes it easier to communicate with a person who has dementia.

**7. Be creative.** Don't underestimate the power of communicating through smells, singing, and other creative methods. This Alzheimer's communication strategy may be especially helpful with someone in the later stages of dementia. You might consider: Singing a favorite hymn or song. Flipping through old photo albums. Placing different smells in small dishes to experience together, such as freshly cut grass, ground cumin, or flowers.

**8. Be patient and avoid jumping in.** It's best to give your loved one extra time to process what you say. If you ask a question, patiently wait for their response and avoid rushing an answer. Get comfortable with silence while your loved one is thinking. When your loved one is struggling for a word, it can be tempting to jump in. But rather than helping, you may unintentionally derail their thought process, Gurung says.

**9. Understand there will be good days and bad days.** While dementia is a progressive disease that gradually worsens, people with dementia will have ups and downs just like anyone else. Enjoy the good times, and do your best during the difficult days. Friends, family members, , and can provide emotional support and care when needed.

10. Education Can help you cope: You are not alone, below are some interesting links:

- [“Validation Technique,”](#) a video by Naomi Feil
- [“Creating Moments of Joy,”](#) a book by Jolene Brackey
- [“Love Is Listening: Dementia Without Loneliness,”](#) a documentary produced in partnership with Memory Bridge

## 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 monthly at the Lake Ontario Park, if joining feel free to bring a picnic lunch!**

**Men's Peer Group Meeting for June will be the last Tuesday of the month on  
Tues. June 28<sup>th</sup> at 10:30 am**

**Ladies Peer Group Meeting for June will be the last Wednesday of the month on  
Wed. June 29<sup>th</sup> at 10:30 am**

**A quote from an attendee:  
"It as been so long since we have seen each other in person, online has been good and has helped us get through but face to face is SO MUCH BETTER"**

**Hope to see more folks this month, if you have any questions please feel free to contact Mari at [programs@alzking.com](mailto:programs@alzking.com)**

## WEEKLY ONLINE ACTIVITY PROGRAMS



**"CIRCLE OF FRIENDS" GROUP**  
Join us on Wednesdays at 1:30  
[CLICK HERE](#)

**LADIES PEER GROUP**  
Wednesday Mornings at 9:00 am  
[CLICK HERE](#)

**MEN'S PEER GROUP**  
Tuesday Mornings at 9:00 am  
[CLICK HERE](#)

**MUSICAL HAPPY HOUR**  
Mon June 13<sup>th</sup>, 27<sup>th</sup> at 6:30 pm  
[CLICK HERE](#)

**TIME SLIPS STORYTELLING AND GAMES**  
Thursdays at 2:00  
[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](mailto: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>

## “Now and Then Photos”



We are inviting our Ladies and Men's Peer group members to send in some fun photos, we will be putting power point presentations together to show at our online Men's Peer Group and Ladies Peer Group meeting.

If you would like to participate feel free to email, 5-10 photos or drop them off at the office for Mari to scan! This will be a fun way for members to truly get to know one another!

Please feel free to send in a little blurb about each photo or email to Mari.

[programs@alzking.com](mailto:programs@alzking.com)

## “Recipe Corner”

This is a new addition to our newsletter by request! Some have mentioned the desire for some easy and quick recipes, also you may have some family favourites that you would like to share! This first one is my mom's Rhubarb Cake Recipe that she made for us growing up, I now make it for my children and it is a family favourite!

### Leena's Rhubarb Cake



#### Ingredients:

- 1 ¼ cups white sugar ( or brown)
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups all-purpose flour
- 2 eggs, beaten
- 1 cup sour cream
- 3 cups diced rhubarb
- 1 cup white sugar
- ¼ cup butter, softened
- ¼ cup all-purpose flour
- ground cinnamon, for dusting

#### Directions:

**Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9×13 inch baking dish.**

**In a large bowl, stir together 1 1/4 cups sugar, baking soda, salt and 2 cups flour. Stir in the eggs and sour cream until smooth, then fold in the rhubarb. Pour into the prepared dish and spread evenly. In a smaller bowl, stir together the remaining 1 cup sugar and butter until smooth. Stir in 1/4 cup flour until the mixture is crumbly. Sprinkle the mixture on top of the cake then dust lightly with cinnamon, bake for 45 minutes or until toothpick comes out clean!**

## 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!

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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 as well as the First Link Learning Series for our care partners. Please stay tuned for upcoming offerings!

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### 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.

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The Alzheimer Society of KFL&A is committed to helping those in our community living with Alzheimer's or other forms of cognitive declines. In light of the growing body of research supporting the benefits of using music to connect and engage people living with this diagnosis we are striving to make Music for Memories possible to as many clients as we can.

Please consider your support with a donation of:

Ipod Shuffles or other MP3 Players  
iTunes Cards

Monetary Donations to help Purchase more devices for our Clients.



## MUSIC FOR MEMORIES

# We are looking for Donations!

We are looking for working Ipod Shuffles version 5 or less or other simple to play MP3 Music Players to provide meaningful stimulation to our clients.



*Soci t  Alzheimer Society*  
KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Mari Vepsalainen -Program Coordinator  
613-544-3078 ext 209 [programs@alzking.com](mailto:programs@alzking.com)



# Do you provide care for a loved one with dementia?

**We want to learn how to better  
support you.**

If you are at least 18 years of age and caring for a loved one with dementia, please consider completing our survey to better understand your caregiving experiences.

**Your participation would involve a 15-minute online survey and you will be compensated \$20.**

You can access the survey here:  
<https://redcap.link/dementiacaregivers>



Or contact us: [macasrl@mcmaster.ca](mailto:macasrl@mcmaster.ca)

*Alzheimer Society*

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

**Wednesday June 22, 2022**

**4 pm**

**via ZOOM**

# **ANNUAL GENERAL Meeting**

**Friends of the Society, we invite you to join.  
To Register please Contact Reception at 613-544-3078  
or email: [reception@alzking.com](mailto:reception@alzking.com)**

**The Link and Meeting Package will be mailed to you prior to the meeting**



## PROGRAMS & GROUPS FOR CAREGIVERS



### WEEKLY CAREGIVER CAFÉ

Tues afternoons 1:30

[Click here to join](#)

### FRIENDLY FRIDAYS AT CHIT CHAT

Live, email Noreen if you would like to join as they now meet in person at the Frontenac Mall

[noreenpeters1957@gmail.com](mailto:noreenpeters1957@gmail.com)

### CAREGIVERS EVENING CHAT

with Patti and Jan

Second Tuesday of Every month at 7:00 pm

[Click here to join](#)

### 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](#)

### SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at 10:00 am

[Click here to join](#)

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.

**Please take a moment to participate in our Support Group Survey!**

<https://www.surveymonkey.com/r/JSVT5NG>

## ALZHEIMER SOCIETY OF KFL&A STAFF DIRECTORY

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### 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