

KFL&A Alzheimer News



Thank You!

The staff of the society had the opportunity to meet with Charlie and Stella, two very community minded young people who host bake sales in their neighbourhood. Each sale they pick a local charity and this time the funds came to us in honour of Charlie's grandfather who has Alzheimer's Disease.

They shared with us that they take turns choosing the charity in which to donate to, previously they chose the Ukraine Relief Fund and next will be the Food Bank. They also told us how they bake all of the treats themselves.

Through their efforts they raised \$202.30 for the society. These funds will be put toward a recreational opportunity for our clients in the near future .

Thank you so much Charlie and Stella! Keep us posted on the date of your next sale as we plan on stopping by for some of your delicious baked treats!

Vicki Poffley and the entire staff of the KFL&A Alzheimer Society



In Person Groups:

We are pleased to share that live groups are taking place Monday, Tuesday and Wednesday in Kingston at Crossroads United Church on Sir John A MacDonald Blvd. (across from Kingston Centre) and a Caregiver Support Group will be at our Napanee office on Thursdays. Please note our groups at the Church require registration -please email justinecarlson@alzking.com -Programs Coordinator or call our office at 613-544-3078 for more information about all our groups and how to join. **Please note our groups are currently full but we are taking names for a waiting list.**

The current schedule for the groups (Registration Required to attend) at Crossroads is:

Monday: 10:00am-1:00pm **NEW TIME - Mixed Support Group** (for those who are diagnosed) with a separate **Caregiver Chat** 11:00am - 12:30pm.

Tuesdays: 10:30am - 12:30pm - **Men's' Support Group** (for those who are diagnosed)

Wednesdays: 11:00am - 12:30pm - **Ladies' Support Group** (for those who are diagnosed)

Drop In Group for both Caregivers and Persons living with the diagnosis (no registration required)

Thursdays: 1pm - 3pm - **Coffee Chat** Normandy Retirement Residence Kingston

Drop In Groups for Caregivers:

Thursdays 10:30am -Noon -Napanee Office

4th Thursday of the Month 6-8 pm -Providence Care Village Boardroom

At the Request of Participants, the following Groups will continue to meet on Zoom:

Musical Happy Hour with Max & Friends 2nd & 4th Mondays of each Month **6:30pm - ZOOM**

Caregiver Café every Tuesday from 1:30pm - 2:30pm - **ZOOM**

Caregiver Evening Café 2nd Tuesday of the Month - 7:00pm - **ZOOM**

Men's Caregiver Group 3rd Thursday of the Month - 10am - **ZOOM**

Gentle Exercises - Wednesdays at 1:30pm **Zoom NEW TIME!**

Note* Zoom Links for handy reference or find them in your calendar!

The groups listed here have opted to stay online for ease of the clients.





Celebrate Seniors Month with us at the

SENIORS EXPO

Aging Well Together

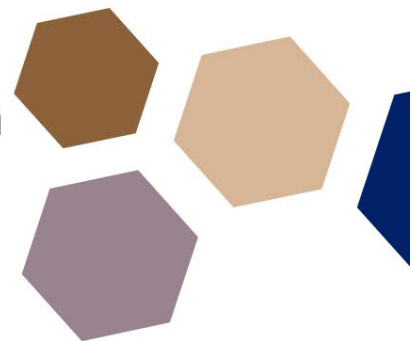
Hosted by the Loyalist Family Health Team
& Loyalist Township

Learn about programs and services in the area to support healthy, social, active seniors aging at home.

Join us Thursday, June 1 from 10:00 a.m. - 2:00 p.m.
at the WJ Henderson Recreation Centre located at
322 Amherst Drive, Amherstview.

We hope to see you!

For more information,
contact 613-507-0213 x 201 or
email seniors.expoloyalist@gmail.com





IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

Alzheimer Society

A big THANK YOU to all who came out to walk with us in Kingston on Saturday, May 27th! and to all whom made contributions – we could not make this event a success without any of you!

If you missed the walk or would like to donate to a team, an individual, or just to the event itself, you can still donate online at

www.alzgiving.ca/kingston2023

or join us in Napanee on Thursday, June 22nd!!

www.alzgiving.ca/napaneewalk2023

In addition, we'd like to extend our sincere thanks to our sponsors, IG Wealth Management, Canadian Frailty Network, Cataraqui Heights Retirement Residence, Pure Country 99, and Move 98.3. Thank you so much for supporting the event!

So far, we have raised over \$40,000 and counting!! We are still accepting donations, they can be made by mail, in person at your local Alheimers office, or call the main office at 613-544-3078.

**Save the Date for next years
Walk for Alzheimer's Saturday
May 25th**



**Walk and Talk Napanee,
Ask us anything about
Alzheimer's!**

Thursday June 22nd 1:30-4:00pm

**We will meet for a social walk
around town, with refreshments
provided afterwards.**

Everyone welcome.

**Part of the IG Wealth Management Walk
for Alzheimers 2023.**

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Register: www.alzgiving.ca/Napanewalk2023

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Evening
CAREGIVER

Support Group
4th Thursday of each
Month
6 to 8 pm

No registration required
For more information call 613-544-3078
extension 206 Krystian

NEW

4th Thursday of the Month -Drop in Caregiver Group Evening 6-8pm

No registration required at Please be advised that the Thursday evening caregiver support group will be held in the boardroom of Providence Village 1200 Princess Street (Motherhouse) from 6-8 pm. Please enter through the main entrance. We will provide signage from the main door to the boardroom.

Masking is required.

Should parking at the front of the Mother House not be available please use the small staff parking lot to the left of the building, when entering off of Princess Street continue following left around the side of the Motherhouse, you will see a staff parking lot between two sections of the building on the right hand side, you will then have to walk back around the front of the build and enter through the main door which is the level entrance just past the small parking lot at the front of the building.

Please call the office if more information is required 613-544-3078 Ext 206 Krystian



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Wednesday June 28, 2023

6-8pm

ANNUAL GENERAL Meeting

Friends of the Society, we invite you to join.

Providence Village -Spirituality Centre

1200 Princess Street, Kingston

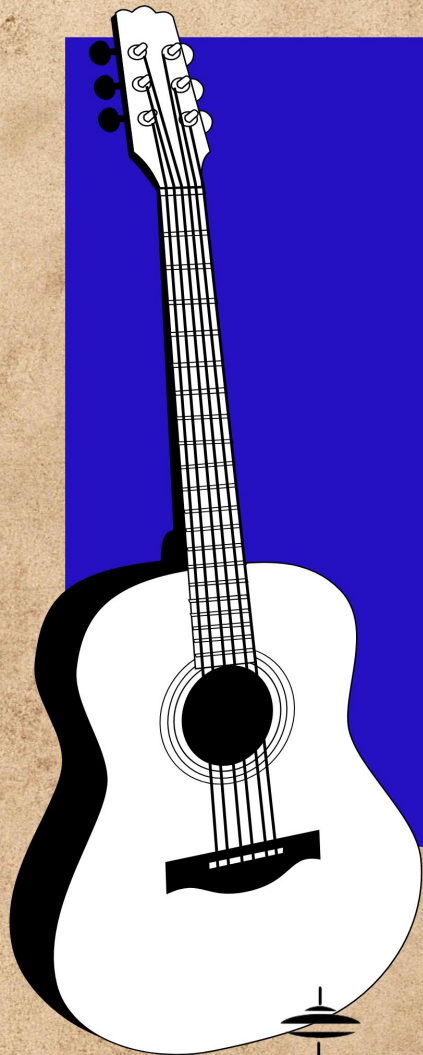
Guest Speakers:

Laurie French and Anna Doyle

To Register please Contact Reception at 613-544-3078

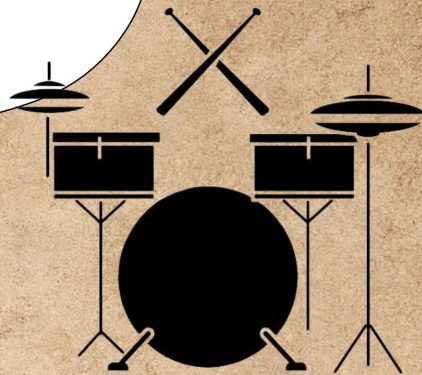
or email: reception@alzking.com





LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX GLENN AND WAYNE WITH FRIENDS



**BEST
LIVE
MUSIC**

2nd and 4th Monday night of the Month (excluding Holidays)

6:30pm

<https://alzheimersociety.zoom.us/j/95805318149>

or click on the link in the Calendar

For more information contact the office at
613-544-3078 or email reception@alzking.com

Coffee Time Social

Come join us Thursday 1:00 - 3:00pm
for casual conversation with our staff
and other persons living with a diagnosis

Normandy Retirement Residence
630 McClean Court, Kingston

No appointment necessary
For more information please contact our office at
613-544-3078 or email reception@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC,
LENOX & ADDINGTON



Splittsville Bowling Alley
10 Bath Road Kingston



BOWLING

— **Thursday June 15th** —

1 - 3 pm

\$9.99 per person to be Paid day of at the Bowling Alley

*Please note no outside food -Kitchen will be open.

Please pre-register with the office so we know what are numbers are for the bowling alley.

Call 613-544-3078 or email : reception@alzking.com



Gentle Exercise via Zoom

No signup required - Wednesdays at 1:30pm

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be continuing this June. This month will focus on exercises that will help strengthen and mobilize our bodies. Strengthening and mobility are important components of a healthy body and lifestyle and can reduce your risk of pain and injury.

We are excited to provide this program as strength and mobility training are important factors in our physical, mental health and overall well-being. As summer approaches, let's work together so we can get outside and perform our favourite activities without pain!

Why Is Physical Activity Important?

The importance of physical activity cannot be understated. Physical activity can help you feel better, reduce stress, and maintain health. It helps to prevent muscle weakness and health complications associated with inactivity.

Physical activity also promotes a normal day-and-night routine and may help to improve mood. The type of activity that works best for you will depend on your fitness level, present activity level, and overall health.

Exercise comes in many different forms. The gentle exercise program will encompass many different aspects of exercise, specifically targeting areas of mobility, muscle strengthening, and improving balance.

Gentle Exercise Program Details

The program will run for four weeks. One exercise class will be held each week online on Zoom, every Wednesday at 1:30 pm. The class will last for one hour. Caregivers are encouraged to join in with their loved ones. The first class will start on June 7th, 2023, at 1:30 pm.

There will be a question-and-answer portion at the end of each session, where you will have the ability to ask questions and be provided with feedback on health and related matters.

The gentle exercise program will be suited for all individuals, whether you have prior experience with exercise or not. Modifications and progressions will be added to help tailor the program to your physical fitness needs.

If you are interested in registering for the gentle exercise program or have any questions; please contact Colton Sedore - 613-544-3078 ext. 209 - recreation@alzking.com.

Dementia and Alzheimer's gift ideas for Dad on Father's Day



Family photo album

Any type of gift that involves photos or memories is a perfect present for your loved one, especially those with more advanced dementia. You can sit together and share each photo. They may not remember names, but feelings 'stick'. A photo album full of happy memories even if they can't name everyone in their photos will make them smile.

Voice Controlled Alarm Clock with Reminders

A voice-controlled alarm clock is a perfect Father's Day gift. You can record a message every time he wakes up reminding him what to do at that time. It's a simple, hands-free solution to remind him about medication, appointments, and everyday tasks!

Buy some brightly coloured paints/crayons or felt tips.

Art is extremely liberating for someone living with dementia and is a dementia activity which you can do together without conversation.

Digital calendar clock

The buttons are all clearly labelled to avoid confusion and the date and time appears in large bold letters which they can see the clock from across the room.

Small fish tank or a bird feeder.

Setting up a small fish tank has proven to reduce depression for those living with Dementia. Or buy a bird feeder and position it outside of her window that your loved one spends a lot of time near.

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Become a Volunteer

Let's make a difference!

- Event support, Coffee Break campaign, Walk for Alzheimers, fundraising, sponsorship
- facilitating a support group
- Program support, art & music therapy, Minds in Motion, drop in activities
- Education/Public Speaking



Sign Up Today! Use online form

<https://forms.office.com/r/AvEJHqaHU8>

Contact us at

613-544-3078

or email

fundraising@alzking.com

Sponsored by:



medium roast coffee blend

"FORGET ME NOT"

- Purchase yours today, or buy some as a unique gift for family members, friends, or neighbors!
- Coffee is available by the pound and can be ordered freshly ground or as whole beans.
- Cost is \$16.00 per pound and \$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.

To place your order use link
<https://forms.office.com/r/yd6zpQkisT>



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Tax Credit Links:

Here are some tax credits our clients may find of interest or pertaining to them:

Disability Tax Credit

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Caregiver Tax Credit

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>

Did you Know.....

The KFL&A Alzheimer Society has not only a lending library of books on a wide variety of topics, puzzles, games and other activities for client engagement but also electronics for loan. We offer Therapy Pets, Musical Bears, large button phones, bed and chair alarms and ipods loaded with music and more, all free of charge! If you are interested in any of these items please contact us !



So much going on here at the Society in the month of May and we expect it to continue to be a busy June. Last weekend we held our annual IG Wealth Management Walk for Alzheimer's at the Caraco Track at the Invista Centre raising over 41,000 and funds are still coming in. We are grateful to our walkers, donors and volunteers for all of their support. In June we will be hosting Pop-up Walk and Talk in Napanee as well as our Annual General meeting information on both events are included in this edition of the newsletter or call the office for more information.

We would also like to say thank you to Desjardins Insurance and local Agent Mark Armitage for their recent donation of program supplies. I know our clients will get hours of enjoyment out of the art supplies, putting green and other activities. What a great community partnership fostered by Desjardins with their agents and we are grateful to have been the recipients.

Sincerely,

Vicki Poffley Executive Director

Staff Directory Main Number 613-544-3078 (unless otherwise indicated below)

Vicki Poffley, Executive Director Ext. 207 vpoffley@alzking.com

Kim Parkinson, Administrative Assistant Ext. 201 reception@alzking.com

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 Firstlink1ASKFLA@alzking.com

Krystian Martin, 1st Link Care Navigator Ext. 206 Firstlink2ASKFLA@alzking.com

Michelle Moore, Fundraising Coordinator Ext. 204 fundraising@alzking.com

Kim Parker, Education and Support Coordinator Ext. 203 education@alzking.com

Colton Sedore, Recreation Coordinator Ext. 209 recreation@alzking.com

Justine Carlson, Program Coordinator Ext. 202 jcarlson@alzking.com

Jan White, Napanee Client Services Coordinator 613-329-7078 jwhite@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@alzking.com

Did you know... the KFL&A Alzheimer Society has 3 locations to help our clients and caregivers find support and programs?

Kingston: (Main Office)
400 Elliott Avenue Unit #4
Kingston Ontario
Phone # 613-544-3078 Fax: 613-544-6320
Email: reception@alzking.com

Napanee:
Napanee Area Community Health Centre (2nd Floor)
26 Dundas Street West
Napanee Ontario K7R 1H5
Phone # 613-329-7078 Fax: 613-544-6320
Email: jwhite@alzking.com

Northbrook:
The Emmanuel United Church
108 Addington Road, Northbrook Ontario K0H 2G0
Phone # 613-827-6700 Fax: 613-544-6320
Email: plemke@alzking.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 In Person Support Group Napane Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement	2	3
				8 In Person Support Group Napane Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement	9	10
				15 In Person Support Group Napane Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1:00-3:00pm BOWLING at Splittsville- please pre-register Men's Caregiver Group Zoom	16	17
				22 IN PERSON POP UP WALK NAPANEE (See poster) In Person Support Group Napane Office 10:30am - Noon Drop-in Group - Normandy Retirement 10:00 - 3:00pm NEW In Person Caregiver Group Providence Village 6-8pm	23	24
				29 In Person Support Group Napane Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm	30	
				7 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	21 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	28 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom
				14 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	20 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm Zoom Caregiver Evening Chat 7:00pm - ZOOM	27 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm Zoom
				13 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm Zoom Caregiver Evening Chat 7:00pm - ZOOM	19 Mixed Peer Group Crossroads Church 10:00am - 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM	26 Mixed Peer Group Crossroads Church 10:00am - 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM
				20 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café - 1:30pm Zoom	18	25
				21 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	11	18
				28 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	4	11
				7 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	5 Mixed Peer Group Crossroads Church 10:00am - 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm	12 Mixed Peer Group Crossroads Church 10:00am - 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm Musical Happy Hour with Max and Company 6:30pm - ZOOM
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June 2023

Kingston: Events Red: Person Living with a Diagnosis

Blue: Groups for Caregivers

Green: Special Events

Purple: Napane Groups

Orange: All Welcome Caregivers and Persons Living with a Diagnosis