

# *KFL&A Alzheimer News*



## Thank You

To everyone who donated, participated, and supported our IG Wealth Management Walk for Alzheimer's in Kingston and Napanee 2024!!

So far we have raised \$38 899.00 and counting! Still looking to donate?

Our donation pages are open until June 15th! [www.alzgiving.ca/kingston2024](http://www.alzgiving.ca/kingston2024)

All donations made before then will count toward your fundraising and the total amount raised for the Walk. And don't forget to remind people who want to donate that they still have time!

### Shoutouts to:

[Kingston's MOVE 98.3 & Pure Country 99](#)

[Kingston IG Wealth Management Team](#)

[Haakon Industries](#)

[PhotoBooth Kingston](#)

[The John M Parrott Centre Long Term Care Home](#)

[The Greater Napanee Fire Fighters](#)

[Cataraqui Heights Retirement Residence](#)

[Fairmount Home](#)

[Starbucks Coffee](#)



## In Person Groups:

We are pleased to share that our in-person groups continue in Kingston 613-544-3078, Napanee 613-354-8937 Extension 7220 and Northbrook 613-827-6700. If you would like more information about groups in your area please call your local office. If you are a person living with or caring for someone with memory impairment note that you must register for groups in advance.

[The current schedule for the groups \(Registration Required to attend\) at our Office is:](#)

Monday: 10:00am-Noon **Mixed Support Group**  
with **Caregiver Chat** 10:00am till Noon -Kingston

Tuesdays: 10:00am - Noon **Men's' Support Group** -Kingston

Tuesday 1:30 pm to 3pm- **Men's Support Group** \_Kingston

Wednesdays: 10:00am -11:30am - **Ladies' Support Group** -Kingston

### [Both Online and in - Person:](#)

**Caregiver Café** every Tuesday from 1:30pm - 3:00pm - [ZOOM](#) also in person in the Kingston office

[Drop In Groups for Caregivers In Person:](#) -no registration required

Thursdays 10:30am -Noon -Napanee Office

Thursdays 1-3pm Memory Café -Drop In -Kingston office (Caregivers & Clients both Welcome!)

**Cargiver Group -Thursday -please note out 10am time has been moved to 1:30pm so that people who wish to attend Minds in Motion have that option**

### [At the Request of Participants, the following Groups will continue to meet on Zoom:](#)

**Musical Happy Hour with Max & Friends** 2<sup>nd</sup> & 4<sup>th</sup> Mondays of each Monday **6:30pm**

**Caregiver Evening Café** 2<sup>nd</sup> Tuesday of the Month - 7:00pm - [ZOOM](#)

**4th Thursday of the Month Virtual Caregivers Group** 5:30 - 7:00pm! [Zoom](#)

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

**Memory Café** every Monday at the Napanee Office in person from 10 am to Noon

**Virtual Caregivers of Parents Support Group** - First Tuesday of the Month via Zoom - [link here](#)

**Please arrive no earlier than 15 minutes before group begins and all groups end at time noted.**



# Are you supporting someone with Dementia/Memory Loss? We are here to help you!

*Soci t  Alzheimer Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

We offer one on one support as well as:  
Support groups  
Activity programs  
Online Exercise Programs  
all at no cost to you.  
All provided in a safe inclusive space.



613-354-8937 ext 7220 

[www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla) 

26 Dundas Street West   
Napanee K7R 1Z4

Email: [lross@alzking.com](mailto:lross@alzking.com)

# Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

## Virtual Support Group for Caregivers of Parents

On the first Tuesday of every month.

**Children who are  
caring for a parent  
with dementia  
will be able to  
attend our virtual  
support group via  
Zoom once a  
month**

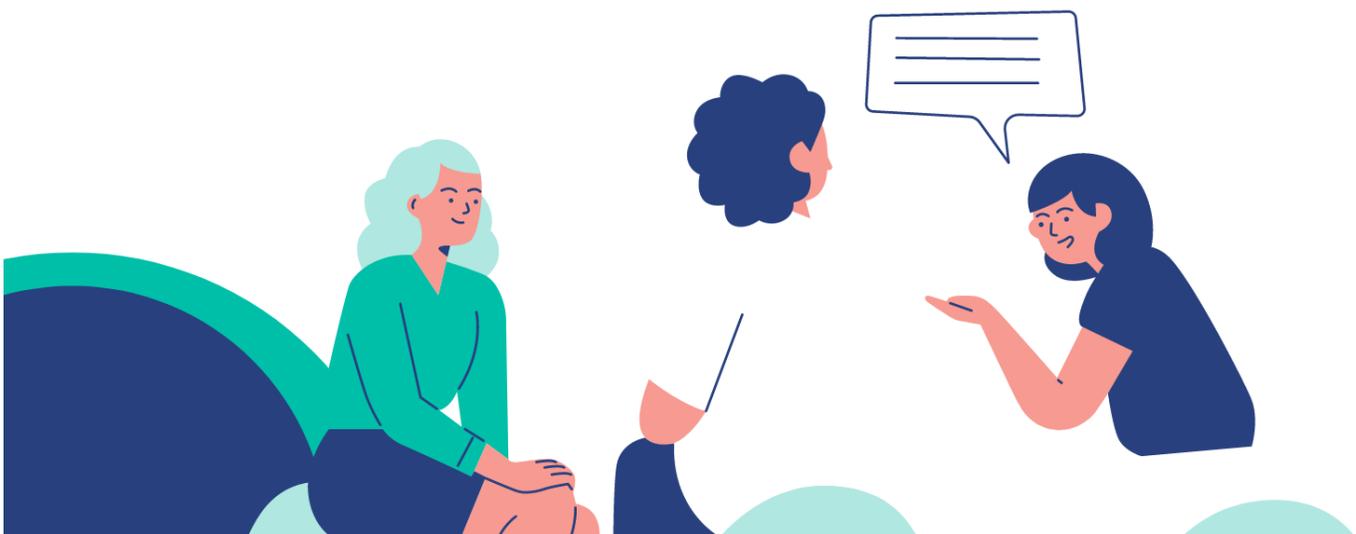
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**Tuesday's  
5:30 pm to 7:00 pm  
Via Zoom**

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**For registration and  
inquiries :**

613-354-8937 ex 7220  
[lross@alzking.com](mailto:lross@alzking.com)  
Scan QR code



# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

## Memory Cafe

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A social program for people with dementia  
and their caregivers featuring social  
interaction, games, fun and laughter.

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**When:** Every Monday  
10:00 am -12:00 pm

**Where:** Napanee Alzheimer's Office, Napanee Area  
Community Health Centres, 26 Dundas St.

**Why:** To offer families support, meet other people  
and to have fun!

### How to sign up?

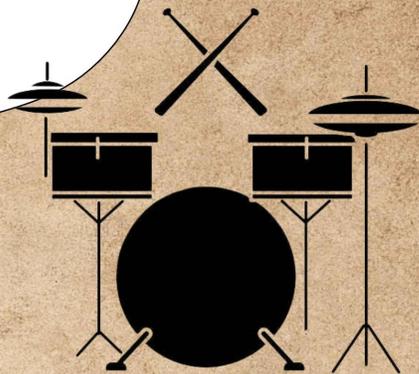
Call 613-354-8937 ex 7220  
Email [lross@alzking.com](mailto:lross@alzking.com)  
Scan QR Code





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](mailto:reception@alzking.com)

# Memory Cafe Drop In

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

**KFL&A Alzheimer Society Office**  
**1200 Princess Street, Kingston ON**



No appointment necessary  
For more information please contact our office at  
613-544-3078 or email [reception@alzking.com](mailto:reception@alzking.com)

**Alzheimer Society**

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

# Alzheimer Society

KINGSTON, FRONTENAC,  
LENOX & ADDINGTON

## MINDS IN MOTION

Alzheimer's Society of KFLA is thrilled to announce Colton Sedore as our new Minds in Motion Coordinator!

The program will include: physical activity, mentally stimulating activities and healthy refreshments.



Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- increasing physical activity through gentle group exercise
- establishing new friendships with others who are living with similar experiences.
- engaging in fun, social activities

The person living with dementia benefits from:

- Improved balance, mobility, flexibility, and alertness.
- Increased confidence, and comfort with their circumstance.

The care partner benefits from:

- An opportunity to focus on their own health and have fun with their partner.
- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

All participants benefit from:

- Sharpened mental functioning, sometimes lasting two to three days.
- An increased sense of social participation.



TO LEARN MORE,  
PLEASE CONTACT



Colton Sedore



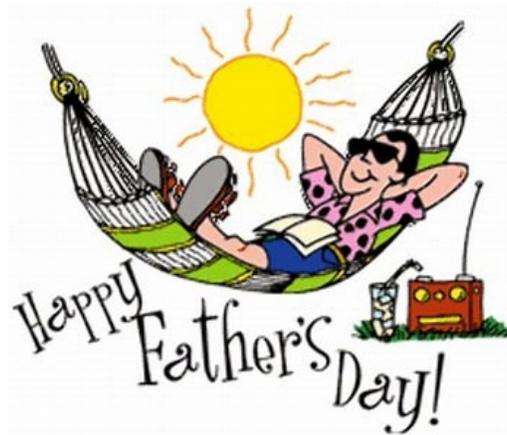
613-544-3078 ex 209



recreation@alzking.com

Ask about Minds in Motion® volunteer opportunities!

# Father's Day Tips and Ideas



Father's Day can be a meaningful and emotional time for individuals who have a father with dementia. It can bring up a range of feelings, including sadness, nostalgia, and even frustration. While dementia can affect how your father engages with the world and his ability to remember things, it's important to focus on your connection and love for him.

Remember to celebrate Father's Day while considering your father's condition:

1. Create a familiar and comfortable environment: Choose a location for the celebration that is familiar to your father, such as his home or a familiar family setting. Being in a familiar environment can help reduce anxiety and confusion.
2. Keep activities simple and meaningful: Plan activities that are easy to follow and tailored to your father's abilities. Simple tasks like looking through old photo albums, listening to his favourite music, or watching a favourite movie together can evoke positive memories and create a sense of connection.
3. Engage in sensory stimulation: Use sensory experiences to engage your father's senses. This can include aromatherapy with scents he enjoys, providing his favourite foods, or incorporating touch by giving him a hand or shoulder massage. Sensory activities can help create a soothing and enjoyable experience.
4. Focus on the present moment: While it can be challenging to witness your father's decline, try to focus on the present moment and enjoy the time you have together. Engage in activities that bring joy and happiness, even if it's just sharing a meal or spending quiet time together.
5. Involve other family members and friends: Celebrating Father's Day with other family members and close friends can create a supportive and loving environment. It can also provide an opportunity for shared memories and conversations about your father's life.
6. Be patient and compassionate: Dementia can make communication and interactions difficult. Be patient with your father and approach him with compassion and understanding. Focus on the emotions and connections rather than the specifics of the conversation.
7. Seek support: Caring for a loved one with dementia can be emotionally and physically challenging. Reach out for support from other family members, friends, the Alzheimer Society, or support groups to share your experiences and receive guidance.

Remember, every person with dementia is unique, and it's important to tailor Father's Day celebrations to your father's specific needs and preferences. Ultimately, the most important thing is to show your love and appreciation for your father, creating meaningful moments together despite the challenges posed by dementia.



# *Northbrook Golden Girls enjoyed High Tea*

What a great way to kick off the Victoria Day long weekend than with a tea party. 27 lovely ladies dressed to the nines and sporting their lovely and most colourful fascinators.

There is some serious girl power! What a lovely group of women, the Golden Girls are a gem in this Community



# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

We are looking for Volunteers!  
Helping seniors support each other

Are you a retired, active senior with free time and looking for a way to give back to the community and make a difference in people's lives?

We have the perfect opportunity for you!

We are currently searching for dedicated volunteers to join us in providing support for our group programs and drop-in activities.



**Join Us Today!**

Your time and effort will make a huge impact on the lives of those in need. Join us today and be a part of something truly meaningful!

For the details & more information please reach out our Volunteer Coordinator Michelle at:

☎ 613-544-3078 ex 204

✉ [fundraising@alzking.com](mailto:fundraising@alzking.com)

# Alzheimer Society

K I N G S T O N , F R O N T E N A C ,  
L E N N O X & A D D I N G T O N



**If you are a business and want to contribute, there are several ways you can help:**

- You can offer a discount on your products or services.
- You can host a contest or event to raise awareness and funds for the Alzheimer's Society.
- You can offer a special promotion and donate a portion of the proceeds to the Alzheimer's Society.
- You can provide a special service to support the cause.
- You can also put out a donation collection container to encourage people to donate to the Alzheimer's Society.



**You can fundraise in many ways!**

Would you be interested in hosting a fundraiser with your coworkers, family, or friends? Or with a group or an organization that you belong to?•

- Coffee break/tea party
- Bake sale
- Book club
- A special Dinner / Luncheon / Breakfast event
- Game / Trivia night / Card Party
- Sporting, exercise event
- Karaoke
- Silent auction / Raffle 50/50
- Contest or Challenge
- Paint, craft event
- Offer Lessons in cooking, music, dance

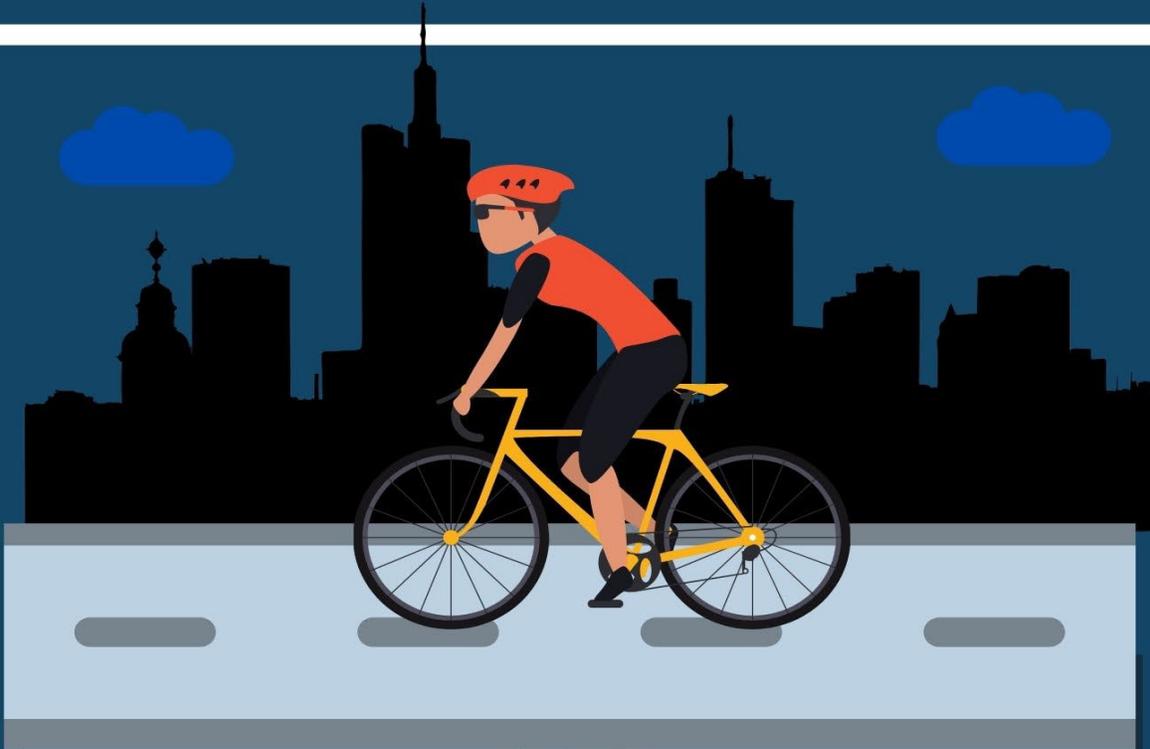


**Gift Giving!**

Are you planning to celebrate a special occasion such as a birthday, wedding, or anniversary?

- Host a tribute in honour of a loved one or in memory of
- Instead of gifts, encourage family and friends to donate to the Alzheimer Society.
- Create a challenge for yourself that friends and family can sponsor.

**Contact [fundraising@alzking.com](mailto:fundraising@alzking.com) 613-544-3078 ext 204**



#### Hello My Friend

I am riding my e-bike from Montreal to Prince Edward Island this August with Love, Sweat and Gears - in support of Alzheimer's, a disease that is close to my heart. I am inspired by the legacy of Terry Fox and all he has done - for all of us.

My goal is to raise at least \$5,000 on this ride and next year take the next step, to ride across Canada - stay tuned. This exciting ride involves all kinds of folks raising money for charities dear to them.

In Canada there are over 600,000 people living with dementia. In 25 years that number is expected to be 1.7 million. 28,000 people under 65 are living with the onset of dementia.

Unfortunately, nearly half of Canadians would feel ashamed if they had dementia.

Alzheimer's makes up 60-80% of total dementia cases. Together we can make the change.

Dementia touches every family. It has touched mine, and I just want to lend a hand.

I am requesting your support as I undertake this challenge. I am up for it - and any help you can offer Alzheimer's will further inspire me. I feel very fortunate to be able to participate in Love, Sweat and Gears 2024, and with such a great group of people.

Thank You and Warmest Regards

Chris Barton

**So far I have raised \$1820 of my \$5000 goal and Love, Sweat and Gears will match it dollar for dollar so I hope to raise \$10K for the KFL&A Alzheimer Society**

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For more information or to make a donation:

Love, Bike and Gears -Chris Barton

[www.lovesweatandgears.org](http://www.lovesweatandgears.org)

# *Soci t  Alzheimer Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

## **ALZHEIMER'S APPAREL IS NOW AVAILABLE!!**

Shop our online merch store and help support our mission!

[https://usimiapparel.com/Alzheimer\\_Society/shop/home](https://usimiapparel.com/Alzheimer_Society/shop/home)

\$10.00 per item will be donated to the Alzheimer Society of KFL&A.

For Inquires email [fundraising@alzking.com](mailto:fundraising@alzking.com)



1200 Princess Street, Kingston, ON, K7M 3C9  
Phone: 613-544-3078  
Email: [ask@alzking.com](mailto:ask@alzking.com)  
Website: [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)  
Facebook: [facebook.com/alzheimerKingston](https://facebook.com/alzheimerKingston)

Help for Today. Hope for Tomorrow...®



## Lived Experience Network South East Ontario

### Who we are

The Lived Experience Network South East Ontario is an open community of older adults and families/care partners living with dementia, complex mental health, substance use or other neurological disorders, sharing their lived experiences, advise and input with the medical community and with each other.

### Our goal

*Exchanging Knowledge, Partnering for Change.*

Lived Experience Network South East Ontario members can engage in both regular group and individual conversations, acting as a "knowledge bank", in hopes of enhancing services across the region. Input and suggestions for change will be shared with healthcare professionals who provide, plan and evaluate services in the community, hospitals, long term and primary care.

### Lived Experience Facilitator

Sharon Osvald, our Lived Experience Facilitator, was the first Facilitator and part of the launch of the Lived Experience Network

South East Ontario from 2013-2018, drawing on her ten years of lived experiences supporting her mother through dementia in the home, hospital and long-term care. In the past five years, Sharon has gained experience working for the Alzheimer Society and she continues to work part time at an Adult Day Program.

Sharon is excited to be returning to her role as the Lived Experience Facilitator and understands from both a lived experience and professional perspective how great the needs are in this community.

### Get involved

Online: Visit [livedexperiencenetworkseo.ca](http://livedexperiencenetworkseo.ca) for info about how to join one of our regular Advisory Zoom Lived Experience chats.

Phone or email: Contact Sharon via phone or email your own personal lived experience story and suggestions for change.

### Contact

To phone Sharon Osvald, email a request for her to phone you back OR leave a message at the Alzheimer Society of KFLA office at: 1-800-266-7516 or 343-645-6240  
Email: [sosvald@alzking.com](mailto:sosvald@alzking.com)

*Lived Experience Network South East Ontario is a partnership between Providence Care Seniors Mental Health and the Alzheimer Societies of SE Ontario. Website: [livedexperiencenetworkseo.ca](http://livedexperiencenetworkseo.ca)*

## Land Acknowledgement

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron-Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

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

Stacey Roques Executive Director (Interim) Ext. 207

Kim Parkinson, Administrative Assistant Ext. 201 [reception@alzking.com](mailto:reception@alzking.com)

Sarah Winkelman, Client Service Manager -1<sup>st</sup> Link Navigator Ext. 210 [swinkelman@alzking.com](mailto:swinkelman@alzking.com)

Krystian Martin, 1<sup>st</sup> Link Care Navigator Ext. 206 [kmartin@alzking.com](mailto:kmartin@alzking.com)

Michelle Moore, Fundraising Coordinator Ext. 204 [fundraising@alzking.com](mailto:fundraising@alzking.com)

Colton Sedore, Recreation Coordinator Ext. 209 [recreation@alzking.com](mailto:recreation@alzking.com)

Belinda Felskie Therapeutic Recreation Student Ext. 202

Sharon Osvald Lived Experience Coordinator 343- 645-6240 [sosvald@alzking.com](mailto:sosvald@alzking.com)

Jan White, Client Services Coordinator 613-329-7078 Ext 212 [jwhite@alzking.com](mailto:jwhite@alzking.com)

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 [plemke@alzking.com](mailto:plemke@alzking.com)

Lorraine Ross Education and Support Services Napanee Office 613-354-8937 ex 7220 [lross@alzking.com](mailto:lross@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)

1200 Princess Street -Providence Care Village

Kingston, Ontario K7M 3C9

Phone # 613-544-3078 Fax: 613-544-6320

Email: [reception@alzking.com](mailto:reception@alzking.com)

**Napanee:**

Napanee Area Community Health Centre (2<sup>nd</sup> Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

Phone # 613-354-8937 ex 7220 Fax: 613-544-6320

Email: [lross@alzking.com](mailto:lross@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](mailto:plemke@alzking.com)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	<h1>June 2024</h1> <h2>KFL&amp;A Calendar of Events</h2>						1
2	3	4	5	6	7	8	
	<p><b>Mixed Peer Group &amp; Caregiver Support Group</b> 10:00-Noon Memory Café 10-Noon Napanee Office</p>	<p><b>Men's Peer Group</b> 10:00am - Noon &amp; 1:30- 3:00pm Caregiver Café -1:30pm <a href="#">ZOOM</a> or in office Caregiver of Parents <a href="#">Zoom</a> 5:30pm</p>	<p><b>Ladies' Peer Group</b> 10:00am - 11:30am</p>	<p>In Person Support Group Napanee Office 10:30am - Noon <b>Memory Café Kingston</b> 1 - 3pm Caregiver Support Group 10am Kingston Office</p>			
9	10	11	12	13	14	15	
	<p><b>Mixed Peer Group &amp; Caregiver Support Group</b> 10:00-Noon Musical Happy Hour with Max and Company 6:30pm <a href="#">ZOOM</a> Memory Café 10-Noon Napanee Office</p>	<p><b>Men's Peer Group</b> 10:00am - Noon &amp; 1:30- 3:00pm Caregiver Café -1:30pm <a href="#">ZOOM</a> or in office Caregiver Evening Chat <a href="#">Zoom</a> - <a href="#">ZOOM</a></p>	<p><b>Ladies' Peer Group</b> 10:00am - 11:30am</p>	<p>In Person Support Group Napanee Office 10:30am - Noon <b>Memory Café Kingston</b> 1 - 3pm Caregiver Support Group 10am Kingston Office</p>			
16	17	18	19	20	21	22	
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23	24	25	26	27	28	29	
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30	<p><b>Kingston: Events Red:</b> Person Living with a Diagnosis  <b>Blue:</b> Groups for Caregivers  <b>Green:</b> Special Events  <b>Purple:</b> Napanee  <b>Orange:</b> All Welcome Caregivers and Persons Living with a Diagnosis</p>						

