

Alzheimer Society of KFL&A Forget-Me-Not Newsletter

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Thank you
for walking
with us!

YOU Did It! You ran, jumped, biked, and walked your way to **\$63,874**, almost **\$11,000** more than our overall goal, and the highest amount we have raised yet in the IG Wealth Management Walk for Alzheimers!

There are not enough words to express our thanks to everyone who participated, donated, volunteered helped to promote it, and talked it up with family and friends. Special thanks goes to our title sponsors this year, IG Wealth Management, who are not only the National sponsors, but whose local staff got very involved and raised more than double what they raised last year. Thank you to Jason Stapley and his staff for their support of the event.

Thanks as well to our other local sponsors, **Scott Meyer of Your Tv, Rebecca Wilkinson of myFM 88.7**, Napanee, **Diane and Ted Baxter, Attention Getters** and to **Cogeco Connexion**. The support of these local businesses over the past few years has been wonderful, as was the support of **Tori Stafford and her staff** of the 'Kingstonist', new sponsors to the walk this year! We appreciate your valuable contributions to the walk!

We would also like to take this opportunity to wish Ted and Diane Baxby all the best on their retirement, which started unofficially on May 31. Attention Getters has been involved in most of our fundraising events over the last few years as a sponsor and/or as participants. We will miss you, but we do wish you a well-deserved retirement, and know that you will still be involved in some way, with our upcoming awareness and fundraising activities!

The Walk sites will remain open until June 15 in the event that someone was unable to make their donation by the end of May. You can visit either the Kingston or Lennox and Addington walk pages at www.walkforalzheimers.ca

Q&A

CAREGIVERS CORNER

The benefits of laughter

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Laughter is good for your health

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. Okay, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

The link between laughter and mental health: **Laughter stops distressing emotions.** You can't feel anxious, angry, or sad when you're laughing. **Laughter helps you relax and recharge.** It reduces stress and increases energy, enabling you to stay focused and accomplish more. **Laughter shifts perspective,** allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict. **Laughter draws you closer to others,** which can have a profound effect on all aspects of your mental and emotional health.

Check out the activity page for some links to some funny videos! Sources of laughter vary from person to person and is dependent on personal preference. So perhaps a take away from this article is to explore what your humor personality is. What can make you laugh or smile?"



Fundraising News!



Catch the Ace is here!

Catch the Ace is Here!

52 envelopes. 4 Aces. 1 Progressive Jackpot!



We are so excited to share that the Alzheimer Society Catch the Ace and tickets are now available to purchase for our first draw happening on **Thursday, June 10 at 6:30 PM!** Tickets start at \$10 and provide you with a chance to win BIG in both a weekly prize and a larger progressive jackpot with 50% of all ticket sales going to the Alzheimer Society.

How it works:

1. Purchase your tickets and choose an envelope that could contain the Ace of Spades.
2. Wait until the weekly draw every Thursday at 6:30 PM to see if your ticket is chosen. If it is, you'll win **20% of that week's ticket sales**. If your card is the Ace of Spades, you'll also win the **Catch the Ace Progressive Jackpot**.
3. If the card chosen is not the Ace of Spades, the progressive jackpot will continue to grow and that card is removed from the deck, increasing the chances of catching the ace next week!
4. Weekly draws continue until the Ace of Spades is caught.

Visit CatchTheAce4Alz.ca to buy your tickets now, pick your envelope, and feel good knowing that 50% of your ticket purchase goes to the Alzheimer Society.

Purchase your tickets today!





We want to ensure you remain connected to us and as this pandemic continues into another wave, 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.

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.

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.

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!

Interested in learning more and discussing? Reach out to Wendy 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 again-feedback from the first sessions has been positive!

Online Zoom Workshop* for Care Partners in KFL&A
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

Please contact Wendy at education@alzking.com or call 613-544-3078, ext.: 203 if you have a suggestion for a speaker or topic you would like to know more about.

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

CAREGIVERS EVENING CHAT with Patti and Jan

Tuesday, June 8th, 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, June 17th 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!

VIRTUAL EDUCATION SERIES



The [Centre for Studies in Aging and Health](#), in partnership with the [Canadian Frailty Network](#) and the [University Hospitals Kingston Foundation](#) is pleased to offer AVOID Frailty: Virtual Education Series for Older Adults.

Older adults and caregivers are invited to participate in one or all sessions in this 5-part series, FREE of charge. During each session participants will learn more about frailty, find out what can be done to lessen the risk of frailty, and be able to ask questions of the speaker.

The next session, **AVOID Frailty: How Diet and Nutrition Can Reduce Risk**, is on **Monday, May 17, 2021 from 1:00 p.m. to 2:00 p.m.** and will be presented by Dr. Heather Keller, Schlegel Research Chair in Nutrition & Aging at the University of Waterloo.

[The final session](#) in the series (June 21) will explore how activity can reduce frailty

[May 17th Invitation link](#) for older adults and caregivers: <https://mailchi.mp/56caf75e19f3/invitation-avoid-frailty-how-diet-and-nutrition-can-reduce-risk>

Looking for Participants!

Be part of the world's largest study about support for young onset or rare dementia. Share your lived experience by participating in interviews, taking part in creative activities, and completing questionnaires.



Research Criteria:

- Living with young onset or a rare form of dementia
- Supporting or caring for an individual living with young onset or a rare form of dementia
- 18 years or older
- Residing anywhere in Canada

Interested or
want to learn more?

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Rare Dementia Support
Advice Community Learning



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