

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

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



## The IG Wealth Management Walk for Alzheimer's Starts May 1!

Have you decided where, when and with whom, you will walk?

The walk is our largest fundraiser of

the year, and all are welcome! This year, it will be a hybrid format – both online and in-person! You can walk anytime in May, and/or join us at the Wrap-up Walk and Celebration in Napanee's Conservation Park on May 28.

Regardless of where and when you walk, you must register online at the link below! Past participants and donors should already be receiving emails about the walk, but if you haven't received them, please let

us know and we'll put you on the mailing list. You can also visit

[www.alzgiving.ca/kingstonwalk](http://www.alzgiving.ca/kingstonwalk), or [www.alzgiving.ca/napaneewalk](http://www.alzgiving.ca/napaneewalk),

to get more details or to register yourself and/or your team.

Who  
are you  
walking  
for?

Register today!  
[walkforalzheimers.ca](http://walkforalzheimers.ca)



# IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

NATIONAL TITLE SPONSOR

IG WEALTH  
MANAGEMENT

SPONSORS



A big welcome to our sponsors this year! In addition to our returning sponsors: **Cogeco**, **Your TV** and **MyFM**, we also welcome with excitement **Cataraqui Heights** and the **Napanee Lions Club!**

## The Golden Shoe Award is Back!

Retirement Residences & Long Term Care Homes will be able to participate this year for the **Golden Shoe Award!** It goes to the facility which raises the most money. John Parrot Centre took the inaugural prize in 2021 with over \$7000 so they are the ones to beat! Bragging rights, a plaque and a \$500 cheque from IG Wealth Management for rec activities is on the line!

We still have sponsor opportunities available and if you have questions about the walk, or need assistance, please don't hesitate to contact us at:

[fundraising@alzking.com](mailto:fundraising@alzking.com) or call Lesley at 613-544-3078 ext 204.

## Who Will You Be Walking For?

## Rocking Chair Therapy and Dementia

By Ava M. Stinnett

What draws us to a rocking chair? Whether it's seeing an empty glider on a comfy front porch or a rocker in a child's nursery, there's an almost audible calling to sit and enjoy the comforting back-and-forth motion. Perhaps it hails from our initial development in the womb, where the rhythm of our mother's movements stimulated blood flow and a sense of calm, much like the sensory stimuli attached to gentle waves against a boat.

We know that a rocking chair can soothe a fussy baby, but how might using a rocking chair benefit those with dementia? Two studies from the University of Rochester School of Nursing found that the repetitive action of using a rocking chair helped ease tension and behavioral disorders, improved balance, increased muscle tone, and reduced the need for pain medication.

In the studies, nursing home residents diagnosed with dementia due to Alzheimer's disease or other causes rocked for half an hour to two and a half hours each day, five days a week. Participants who rocked the most showed more improvement in psychological and emotional well-being. Nancy M. Watson, Ph.D., RN, who conducted the studies, said that "a gentle repetitive motion has a soothing effect. Participants could rock away their anxiety and depression. The participants required less medication, and their balance improved as well. Rocking seniors were happier because their loved ones were happier."

One of the reasons for reducing pain could be that the gentle exercise of rocking might release endorphins and improve mood. Further, it is believed that the spinal cord can work in only one direction at a time, so when the brain is sending motor impulses down the spinal cord to make the legs rock the chair, pain impulses from the back are blocked and prevented from reaching the brain. Then, muscles in the lower back relax.

Orthopedic surgeons often recommend rocking to improve strength and flexibility in the knees and hips.

Whether it's a traditional rocker or a glider, you'll want to use a chair that has a solid foundation and a comfortable seat. To maintain or improve physiological relaxation, use a chair that allows the participant's feet to reach the floor comfortably. Observe to see whether they can easily sit down and rise from the chair—with or without help. You might want to gauge the amount of time spent in the chair, slowly increasing the time spent rocking based on beneficial secondary results such as reduced agitation, better sleep, and better pain management.

### Sources

Houston, K. (1993). An investigation of rocking as relaxation for the elderly. *Geriatric Nursing*, 14, 186–189.

Rocking Chair Therapy Research. Retrieved from [www.rockingchairtherapy.org/research.html](http://www.rockingchairtherapy.org/research.html).

Watson, N. M., Wells, T. J., and Cox, C. (1998). Rocking chair therapy for dementia patients: Its effect on psychosocial well-being and balance. *American Journal of Alzheimer's Disease & Other Dementias*, 13(6), 293–308.

## PROGRAM UPDATES

We are living in such interesting times and is rather challenging to go forward and make solid plans for more in person as we will be relying on community partners for meeting spaces and seeing that those are mostly in retirement communities, we feel it is best to hold off until our Kingston Covid numbers settle down as we would like to avoid cancelling in person once we start. As many of you know we have had dedicated musicians helping us cope through the pandemic. As we are shifting gears and preparing for face to face and working hard to develop new programs and follow a pre- Registration eight week Session Model”, we are thrilled to be offering the Minds in Motion on Thursdays in the morning and welcome you to sign up for the next session if you missed this one. Please email Mari at [programs@alzking.com](mailto:programs@alzking.com), if you would like to participate in the next eight week sessions.

In the month of May, Mari will be starting a new program called “Time Slips”, at 2:00 – 3:00 on Thursday afternoons. This is a preregister, eight-week group with a start and finish. The sessions will revolve around reminiscing and storytelling, the objective is to have participants all view the same picture and Mari will scribe the story that unfolds as each participant sees something different. All comments will be scribed and at the end of each session, we will have a story of our own interpretation of the photo. At the End of the eight-week session, we will have stories that will be put into a book that we will be collecting our “Time Slips” Stories in and over the next months as we cycle through several sessions we hope to have a collection of unique pictures and stories “from our perspective”. We hope to run at least x3 sessions and then self-publish the book for people to purchase and can also be used as a fundraiser.

## 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 8:30 am

[CLICK HERE](#)

### MUSICAL HAPPY HOUR WITH MAX AND WAYNE

Twice per month on Monday Evenings

May 9<sup>th</sup> and 23<sup>rd</sup> at 6:30

[CLICK HERE](#)



Just a gentle reminder, 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>

## 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 Fiona Duffe 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 Fiona Duffe – 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)



IG WEALTH MANAGEMENT  
INVITES YOU TO A WEBINAR

## Finances and Dementia — Advice for the Journey

Thursday, May 5, 2022

10 a.m. PT | 11 a.m. MT | 12 p.m. CT | 1 p.m. ET | 2 p.m. AT | 2:30 p.m. NL

More than 500,000 Canadians are living with dementia today, a number projected to double in less than 10 years. The impact doesn't stop there, because 1 in 5 Canadians have experience caring for someone with dementia.

The seniors, parents and grandparents of our communities often face unique financial challenges that come with age. For those facing the journey with dementia, the need for advice has never been greater.

Join Christine Van Cauwenberghe, Head of Financial Planning, IG Wealth Management, and Dr. Saskia Sivananthan, Chief Research & Knowledge Translation Officer, Alzheimer Society of Canada for this interactive webinar.

### Together they will provide:

- Tips and tools for wealth planning for aging individuals
- Advice for caregivers and people living with dementia
- Tax considerations and resources available for Canadians

[Click here to register](#)

### Webinar Speakers:



**Vas Pachapurkar** (Host)  
Vice-President  
IG Private Wealth  
Management



**Dr. Saskia Sivananthan**  
Chief Research &  
Knowledge Translation  
Officer Alzheimer  
Society of Canada

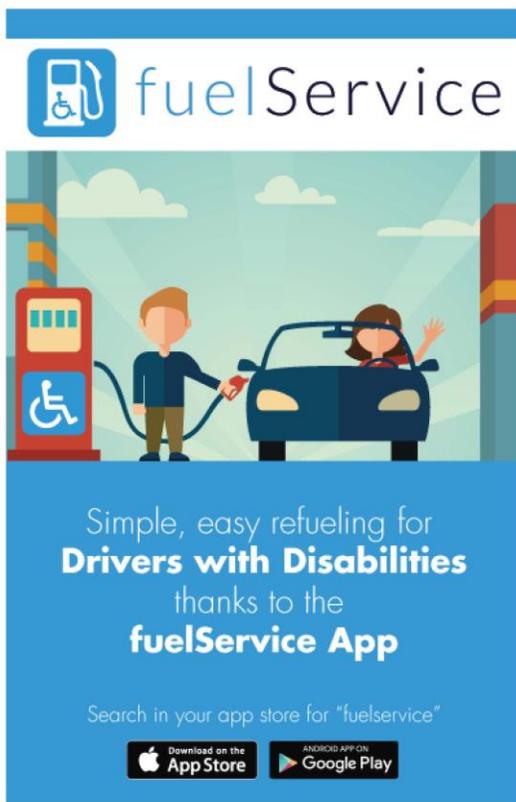


**Christine Van  
Cauwenberghe**  
Head of Financial  
Planning IG Wealth  
Management

IG Wealth Management is a proud partner of the Alzheimer Society and as part of the IG Empower Your Tomorrow community program we are committed to increasing the financial confidence of all Canadians.

# fuelService

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**Drivers with Disabilities**  
thanks to the  
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Google Play

## About fuelService

A new app to assist disabled drivers with refueling their vehicles has arrived in Canada! fuelService is currently being piloted by Shell Canada & Chevron across the country.

The app is free, available for iPhone and android, and easy to use.

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## It's a simple 3 step process:

1. Open the app and search for a station nearby for assistance;
2. Pick a station and fuelService will contact the station to ask if they can help;
3. If the station can help, they let the driver know when an attendant will be out.

**Available at participating Shell and Chevron Stations**

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



## 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