

KFL&A Alzheimer News



SAVE THE DATE

Our Annual Walk for Alzheimer's is Coming Up

Saturday May 25th 10 am - 1pm

CaraCo Track and Field

1350 Gardiners Road Kingston

www.alzgiving.ca/Kingston2024

For more information, to sponsor the walk, volunteer or register a team contact Michelle Moore

Fundraising Coordinator 613-544-3078 ext 204 or fundraising@alzking.com



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

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

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

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

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

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

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

Thursdays 10:30am -Noon -Napanee Office

Thursdays 1-3pm Drop in Coffee Social -Kingston office

[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 Monday **6:30pm**

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

4th Thursday of the Month Virtual Caregivers Group 5:30 - 7:00pm **NEW TIME! Zoom**

Gentle Exercises - Wednesdays at 1:30pm

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

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

Also New 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.

Join us for a special showing:
Wednesday, May 8, 2024
Doors @ 6:30, Performance @ 7:30
Tickets \$25 per person

**A Fundraiser for the
Alzheimer's Society of KFL&A**

Domino Theatre
presents

TEN LOST YEARS



by

**Cedric Smith, George Luscombe,
and Jack Winter**

directed by

Martha Bailey



[Click HERE](#) or scan the QR Code for Tickets

Domino Theatre, 52 Church St. Kingston (Portsmouth Village)

Organized by the Masonic Association of Frontenac District


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 

26 Dundas Street West 
Napanee K7R 1Z4

Email: lross@alzking.com



Alzheimer *Society*



KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Virtual Support Group for Caregivers of Parents

On the First Tuesday of the Month starting Tuesday February 6, 2024

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

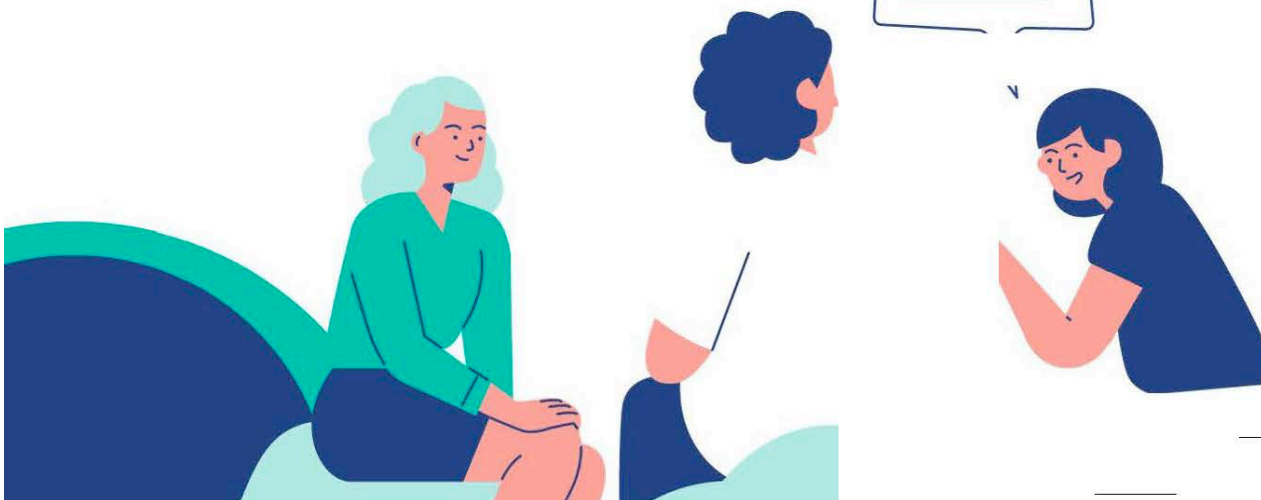
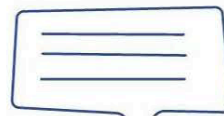
**Tuesday, February 6th
5:30 pm to 7:00 pm
Via Zoom**

**For registration and
inquiries:**

613-354-8937 ext 7220

lross@alzking.com

Scan QR code



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Memory Cafe

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

When: Every Monday starting February 5th
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) 544-3078
Email lross@alzking.com
Scan QR Code





How to help Dementia Patients through Daylight Savings Time

Maintaining consistent sleeping patterns or schedule as well as wake habits is especially important for those who suffer from dementia. Because these alterations can worsen dementia symptoms, caregivers need to know how they can help dementia patients through daylight savings time.

Keep your routine as normal as possible.

This means waking up, eating meals, and going through activities all at the same scheduled time.

Limit daytime napping.

Too much inactivity or sleeping throughout the day can make it harder for your loved one to fall asleep at night. Instead, consider going for a walk or any other activity that can keep them active.

Limit the intake of sugars and/or caffeine to morning hours only.

Limiting your loved one's intake of caffeine to morning hours only can prevent agitation throughout the day and can help them avoid sleepless nights.

Turn on the lights in the morning.

This will avoid confusion that the daylight-saving time may bring.

Minimize your loved one's stress levels.

If your loved one has a song or shows they like to watch to keep them calm, turn that on so they feel comfortable. However, if you find yourself in an unfamiliar environment with your loved one, bring items that can create a relaxing atmosphere such as photographs or calming activity such as puzzles or knitting.

As the evening approaches, try to keep the background noise to a minimum.

It might seem as though it's still early due to the sunlight but if your loved one begins to wind down during the evening it can create a relaxed setting and can maintain their regular sleeping schedule.

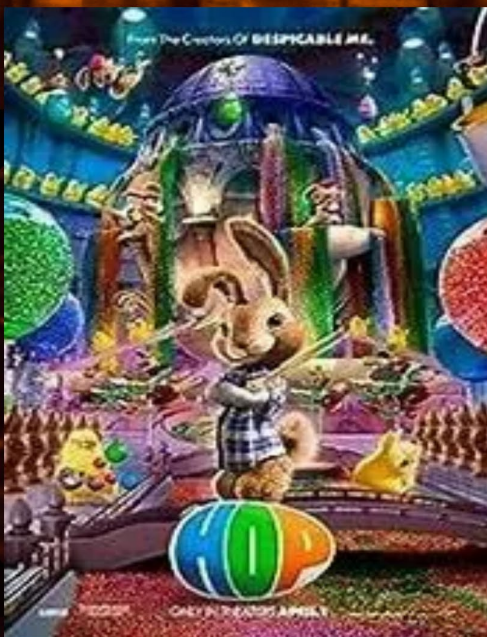
MOVIE NIGHT AT KINGSBRIDGE



950 Centennial Drive
Kingston K7M 0G8

Please register to attend!
RSVP 613-544-3078

Please note Persons
Living with a Diagnosis
must be accompanied by
a Caregiver

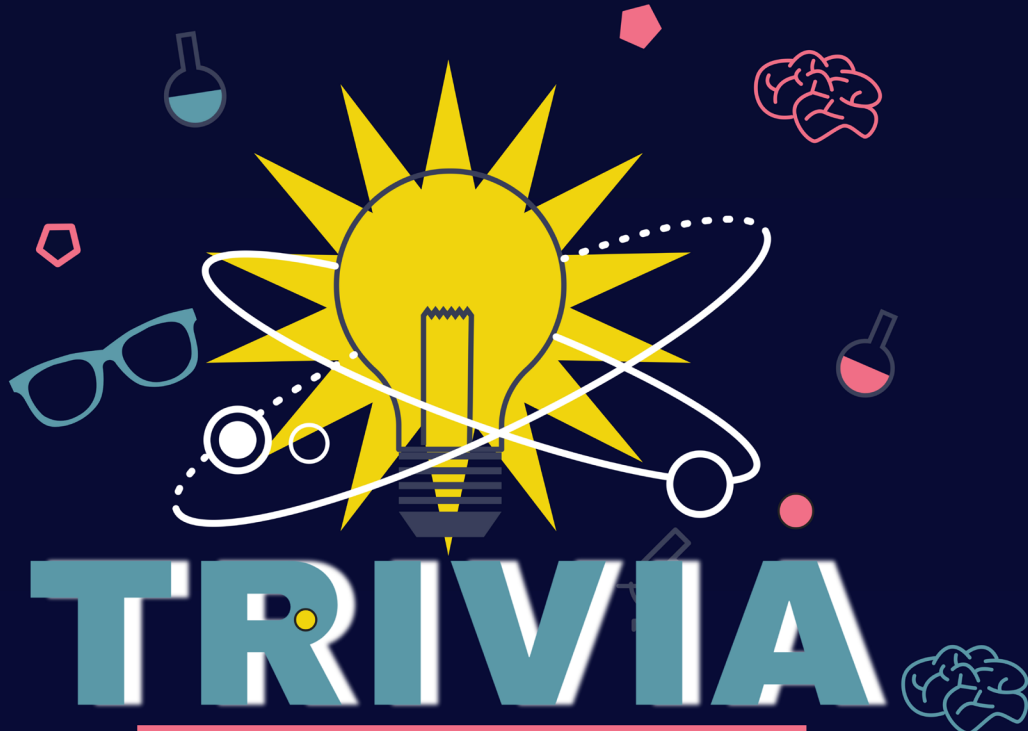


Wednesday
March 27th
starting at
6:15pm

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

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON



March 20, 2024

Please register to attend call 613-544-3078 ext 201 or
email at reception@alzking.com



1-3pm
Kingston Office

Caregiver and Client must both
Attend





Splittsville Bowling Alley
10 Bath Road Kingston



BOWLING

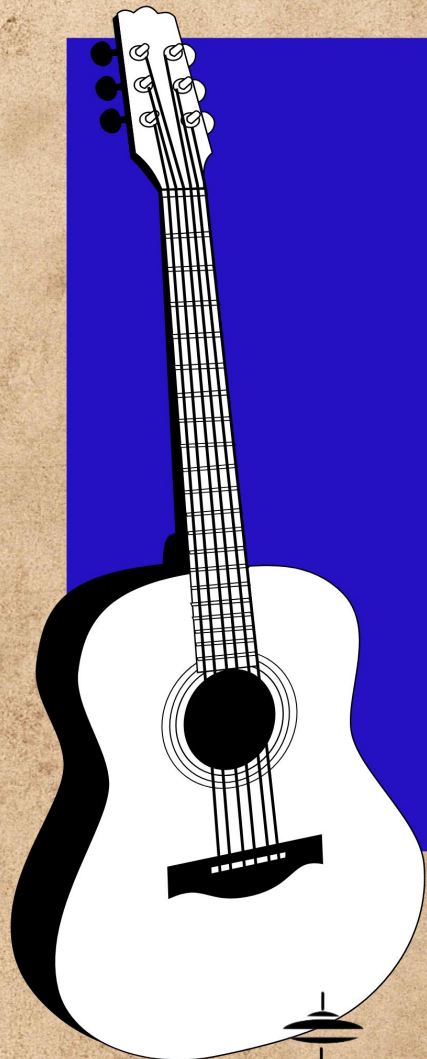
— **Thursday March 21st** —

1 - 3 pm

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

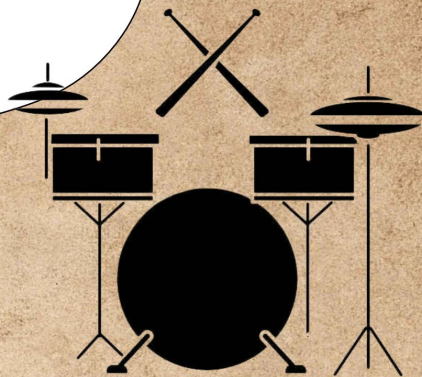
*Please note no outside food -Kitchen will be open.
Must be registered so we know what are numbers are for
the bowling alley.

Call 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



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 January. 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 favorite 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 at 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 March 6, 2024, 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.

Get a physical and mental boost with Minds in Motion!

Alzheimer Society | Minds in Motion®

Minds in Motion® is an evidence-based program that includes physical exercise, social and mind stimulating activities for people living with mild to moderate dementia and their care partners. This program is being offered virtually over Zoom, 1.5 hours a week for 8 weeks.

This is a great environment to establish new friendships with others who are living with similar experiences.

Combining physical, mental and social stimulation can:

- Improve brain health
- Improve mood & decrease the risk of depression
- Reduce sense of isolation
- Improve balance, mobility, flexibility and alertness

Upcoming available sessions:

- [Thursday, Nov. 16th-Jan.18th
10am-11:30am](#)
- [Wednesday, Jan. 17-March 6th
1pm-2:30pm](#)
- [Monday, Jan. 8—Feb. 26th
10am-11:30am](#)
- [Thursday, Feb. 1st—March 21st
10am-11:30am](#)
- [Tuesday, Feb.6th—March 26th
1:30pm-3pm](#)

To find out more or to register, click on the date your interested in above to contact the Minds in Motion Facilitator, or email Vanessa at

vbarnes@alzheimersarnia.ca

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



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 613-544-3078 ext 204



IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society
KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Napanee

Saturday, May 11th, 2024
9:00 am - Noon
John Parrott Centre
309 Bridge St W, Napanee
www.alzgiving.ca/Napanee2024



Kingston

Saturday, May 25th, 2024
10:00 am - 1:00 pm
Carco Track N' Field
1350 Gardiners Rd, Kingston
www.alzgiving.ca/Kingston2024



Sponsor * Participate * Donate * Volunteer
Event Contact: Michelle Moore fundraising@alzking.com 613-544-3078 ex 204

**IG WEALTH
MANAGEMENT**

WALK FOR ALZHEIMER'S

Alzheimer Society

Volunteer Event Planning Committee

Walk for Alzheimer's is the Society's largest community fundraiser. Join in on the big event and work with our fundraising Team in planning and implementing ideas to make this years event bigger and better.

- ✓ Event Promotion
- ✓ Create Event invitations, flyers, posters
- ✓ Find Sponsorship opportunities
- ✓ Create, plan, host games/activities.
- ✓ Promote Walk In a Box
- ✓ Entertainment, Photography

First Meeting date:
Monday February 26 6:00-7:00pm
Inperson / Zoom options available



SIGN UP TODAY! [HTTPS://WWW.SIGNUPGENIUS.COM/GO/10C0945AAAB2EA1FBC16-47585772-WALK](https://www.signupgenius.com/go/10c0945aaab2ea1fbc16-47585772-walk)



613-544-3078 ext 204



fundraising@alzking.com



Paint Night February 28, 2024



Look for more Paint
Nights coming up!



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!

Cost is \$16.00 per pound

\$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.



In addition to cash and checks, we accept credit and debit cards

Our Coffee Fans are growing - Our Forget me Not Coffee is now being served in NL 😊
Sent to us from the happy customer "Forget Me Not Coffee, makes it to St John's NL.
The first cup"



EXCITING NEWS!

"We would like to announce that Sharon Osvald has returned to the role as the Lived Experience Facilitator in partnership with

Providence Care Seniors Mental Health and the Alzheimer Societies of SE Ontario. We thank Vicky Willis for her time spent serving in this role. Sharon Osvald looks forward to re-starting the Lived Experience Network and will be facilitating two Advisory Lived Experience Network Zoom chats in April. Please email sosvald@alzking.com to learn more about April's topic, dates and to register for the Zoom chat. Learn more at www.livedexperiencenetworkseo.ca.

Lived Experience Network South East Ontario members have the opportunity to 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. Sharon is excited to be able to facilitate these Advisory conversations and be part of this work again. You can reach her on Mondays and Fridays. If you would like to be part of this Advisory Network, we encourage you to email Sharon Osvald at sosvald@alzking.com with your name, phone number and email address."





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 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

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

Société 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

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

For Inquires email fundraising@alzking.com



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

Help for Today. Hope for Tomorrow...®

Of interest to our Clients and their Families: Advance Care Planning – Ontario

This website will help Ontarians learn about Advance Care Planning (ACP).

- The website begins with an explanation of what ACP is and then guides you through the ACP process. Along the way it will introduce and explain the concepts of informed consent, mental capacity and substitute decision-making.
- ACP is conversations to help people and their substitute-decision-maker (SDM) prepare for future healthcare decisions.
- This website will help you learn about the process, think about what's important to you and how to involve your SDM.
- It also contains information about Ontario law and substitute decision-making.

advancecareplanningontario.ca

Independent Living Centre Kingston

Visit us at 540 Montreal Street and check out our Community Lending Library!

We have tons of assistive devices that are

-sanitized

-gently used

-available for loan at no cost

Contact us at: 613-542-8353

or by email: Info@ilckingston.com



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)

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

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

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

Sharon Oswald Lived Experience Coordinator 343- 645-6240 soswlad@alzking.com

Jan White, Client Services Coordinator 613-329-7078 Ext 212 jwhite@alzking.com

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

Lorraine Ross Education and Support Services Napanee Office 613-354-8937 ex 7220 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

Napanee:

Napanee Area Community Health Centre (2nd Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

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

Email: 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

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> 	<p>4</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Memory Café 10-Noon Napanees Office</p>	<p>5</p> <p>Men's Peer Group 10:00am-Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm</p> <p>ZOOM or in office</p> <p>NEW Caregiver of Parents</p> <p>ZOOM 5:30pm</p>	<p>6</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm</p> <p>ZOOM</p>	<p>7</p> <p>In Person Support Group Napanees Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p>	<p>8</p>	<p>9</p>
<p>10</p> 	<p>11</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Musical Happy Hour with Max and Company 6:30pm</p> <p>ZOOM</p> <p>Memory Café 10-Noon</p> <p>Napanees Office</p>	<p>12</p> <p>Men's Peer Group 10:00am-Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm</p> <p>ZOOM or in office</p> <p>Caregiver Evening Chat</p> <p>7:00pm - ZOOM</p>	<p>13</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm</p> <p>ZOOM</p>	<p>14</p> <p>In Person Support Group Napanees Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p>	<p>15</p>	<p>16</p>
<p>17</p> 	<p>18</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Memory Café 10-Noon</p> <p>Napanees Office</p>	<p>19</p> <p>Men's Peer Group 10:00am-Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm</p> <p>ZOOM or in office</p>	<p>20</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm</p> <p>ZOOM</p> <p>Afternoon Trivia 1-3pm</p>	<p>21</p> <p>In Person Support Group Napanees Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p> <p>Bowling at Splittsville-see poster for Details</p>	<p>22</p>	<p>23</p>
<p>24</p> 	<p>25</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Musical Happy Hour with Max and Company 6:30pm</p> <p>ZOOM</p> <p>Memory Café 10-Noon</p> <p>Napanees Office</p>	<p>26</p> <p>Men's Peer Group 10:00am-Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm</p> <p>ZOOM or in office</p>	<p>27</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm</p> <p>ZOOM</p> <p>Movie Night at Kingsbridge 6:15pm</p>	<p>28</p> <p>In Person Support Group Napanees Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p> <p>Virtual Caregiver Group 5:30 - 7:00pm NEW TIME!</p> <p>ZOOM</p>	<p>29</p> 	<p>30</p>
<p>31</p> 	<p>Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanees Orange: All Welcome Caregivers and Persons Living with a Diagnosis</p>					