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| Alzheimer Society of KFL&A  **March 29th, 2021**  Forget-Me-Not Newsletter | | |
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| [Image result for Q & A clip Art](https://www.bing.com/images/search?q=q+%26+a+clip+art&id=F558A590045022B17D6749798059D7D31A5BB03B&FORM=IQFRBA)  **CAREGIVERS CORNER**  How can a carer communicate with a person with dementia? Communicating together can become more difficult over time, as the person’s dementia gets worse.  They may:  ■ struggle to find the right word  ■ repeat things out loud  ■ not understand what others are saying  ■ get confused about words and what they mean. This can be very frustrating for both of you. Many carers find it hard to stay calm. Don’t be too hard on yourself if this happens. You might need to take a break. There are lots of ways to communicate clearly and calmly, together:  ■ Get the person’s full attention before you start. The room should be quiet. For example, turn off the TV or radio.  ■ Make sure you are where you see and hear each other as clearly as possible  ■ Keep hearing aids and glasses clean. Keep prescriptions up to date.  ■ Listen carefully. Repeat what is said if the person does not understand.  ■ Go at a slightly slower pace than usual if the person can’t follow you. Use short, simple sentences.  ■ Don’t talk to the person as you would to a child – be patient and have respect for them. Do not speak to others as though the person is not there.  ■ Try to make sure your body language is open and relaxed.  ■ Try to avoid speaking sharply or raising your voice. If you become frustrated, leave the room until you feel calmer.  ■ Sometimes there is a language barrier. An interpreter, translation or app on a smartphone or tablet can help.  ■ Allow the person plenty of time to respond – it may take them longer to work out their response  ■ Try not to interrupt the person – even to help them find a word – as it can break the pattern of communication.  ■ Use physical contact to show the person you care. Don’t underestimate the reassurance you can give by holding the person’s hand or putting your arm around them, if it feels appropriate. | **Caregiver Support Tips:**  When you are a care partner for a person with dementia it is essential to find the right support. This will ensure you to cope with the ups and downs that come with this most difficult endeavor.  Getting some fresh air, reading, or taking time to enjoy a tea or coffee can help. Keeping in touch with other people is an important part of living well while caring.  Types of Support:  Social services. Social services can advise in terms of where to find support. They can assess the needs of the person with dementia as well a care partners can have their own needs assessed as well.  Friends and family – It can be hard to ask for or accept help. But it can take the pressure off care partners a little to have help from friends and family. You can stay in touch with video calls, like Zoom or physically distanced visits.  Benefits and employment – If you are working, you should talk to your employer. If you have had to stopped working, seek out benefits for the person diagnosed with dementia, as well as utilizing any tax benefits that are available.  Support groups – Local groups bring care partners together. Most are online, for example through your Alzheimer’s Society’s.  Support in the community – community center’s such as the seniors center in Kingston, day programs ie: VON Smile program 1-888-866-6647.  Call our First Link Navigator or Care Co-Ordinator’s at the Alzheimer Society of KFL&A for advice on community support as we provide resources and educational information to help support you.  Respite care– Respite care is when someone else cares for the person with dementia for a short time. This can give you a much-needed break. This can be arranged through the Southeast LHIN (now Ontario Health), as well as many private, paid care agencies in KFL&A. While the KFL&A Alzheimer Society does not endorse any given private company, we do have a directory of providers available. |
| **ACTIVITY CORNER**  **Next Month’s Movie Feature:**    **Thank you to our wonderful entertainers who have been faithfully providing us with fabulous opportunities all year long to make wonderful Musical Memories!**  Thank You Kids Clip Art | Clipart Panda - Free Clipart Images | Thank you  messages for birthday, Thank you images, Thank you volunteers  **Special thanks to Roger James, Mickael K Meyers and Glenn Reid**  The Kingstonian – Roger James – 6000 Performances Later – CFRC Podcast  Network | **“CIRCLE OF FRIENDS” GROUP**  T  **Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more**  [**Click here to join**](https://zoom.us/j/653070720?pwd=SlM5Y25rU0JhQzVHMkVXRkFBaDJyUT09)    **LADIES PEER GROUP**  **2nd, 3rd, 4th Wed. Mornings at 9:00 am**  **(for ladies with early onset)**  [**Click here to join**](https://us02web.zoom.us/j/83727391926?pwd=NEVXajRWVHVqcjZqdUhIelF4bFgrdz09)  **MEN’S PEER GROUP**  **Tuesday Mornings at 8:30 am**  [**Click here to join**](https://zoom.us/j/934218179?pwd=Y05VM05uOUdBeTJsOXBVaGhNeWJtZz09)  **MINDS IN MOTION**  **Mon, Tue, Thur at 10 am**  [**Click here to join**](https://zoom.us/j/96693660340)  If you have any questions about the Groups, please feel free to contact Mari Vepsalainen, program coordinator, [programs@alzking.com](mailto:programs@alzking.com) or 613-544-3078 x209  **Province Wide, Live “Musical Memories” Singalong**  **Thursdays at 2:00 pm**  LIVE AT THE MUSEUM - ROGER JAMES | Kingston Association of Museums, Art  Galleries and Historic Sites Inc. (KAM)    **Thursday March 25th Featuring:**  **Glenn Reid**  **Thursday April 2nd Featuring:**  **Roger James**  **Link to Join Us on Zoom:**  [**Click here to join**](https://zoom.us/j/636463918)  **Province Wide, Live “Musical Memories” Singalong**  **Thursdays at 2:00 pm**    **Province Wide, Live “Musical Memories” Singalong**  **Thursdays at 2:00 pm**  LIVE AT THE MUSEUM - ROGER JAMES | Kingston Association of Museums, Art  Galleries and Historic Sites Inc. (KAM)  **Thursday March 25th Featuring:**  **Glenn Reid**  **Thursday April 2nd Featuring:**  **Roger James**  **Link to Join Us on Zoom:**  [**Click here to join**](https://zoom.us/j/636463918) |

**IG Wealth Management Walk for** **Alzheimer’s**

If you are thinking of walking in the IG Wealth Management Walk for Alzheimer’s this year, here is something to keep in mind - **4300**. That’s the number of people living with dementia in KFL&A - 4300. So, why not plan to take one step for each and every person living with the disease in our communities? When you think about it, it’s really easy to get in 4300 steps in a normal day - you can walk, run, dance, bike, garden or do anything that gets your feet moving.

4300 is the goal, and it’s a goal that is doable regardless of your age or fitness level! You can choose to walk that many steps on just one day in May, or you may decide to log that many steps once a week in May (that’s a total of 17,200 steps) or, you might be a huge walking enthusiast and walk that many steps every day in May – that’s only 129,000 steps in total! And if walking isn’t your thing, then ride your bike, or dance, or you can log your steps while you’re working in the garden! Chasing a toddler around all day? You’ve likely got your 4300 steps a day in before you even realize it! You can do it with **whomever** you want, whenever you want, wherever you want in May!

**Tell Your Story!**

Share your story with your friends and family, tell them why you are walking and/or who you are walking for. Invite them to help you form a team or donate to your walk - even if they don’t live in the same city, because it’s a virtual walk, they can still join your team and walk wherever they happen to be!

Are you walking in memory or in honour of someone special? Was your Grandfather president of the local fair board and that is why you’re walking at the fairgrounds? Did your Mom love being at the cottage and that’s why you are walking there?

Share your page on social media, send out emails to your friends, get the message out any way you can! Take photos of your walk and/ or make a video –send them to us and we’ll post them on our social media pages too, and possibly include them in a video showing how KFLA families supported those living with dementia in our communities!

**Let Us Know How Many Steps You Walked!**

Set your goal and then keep track of your steps with your smart watch or your pedometer and log them on your walk page so that we can tell our community at the end of the month, how many steps we took in support of all the people living with dementia. Don’t forget to tell your team members to track their steps too!

**When?**

You can walk any time in May! We’ll have a wrap up on Sunday, May 30 and you’ll get the details of that a bit later. You can find the Walk sites here: [www.alzgiving.ca/kingstonwalk](http://www.alzgiving.ca/kingstonwalk) or [www.alzgiving.ca/napaneewalk](http://www.alzgiving.ca/napaneewalk) and all the instructions to register, how to form a team and communicate with your team, are there for you. There is even a [**Walk Your Way Handbook**](https://support.alzheimer.ca/site/SPageNavigator/WalkForAlzheimer/wfa15_Walk_Your_Way.html) to help you with getting your team together, getting your message out, making your videos etc. If you have any questions, please do not hesitate to call Lesley Kimble at 613-544-3078 ext 204, or email me: [fundraising@alzking.com](mailto:fundraising@alzking.com)

**Who will you be walking for this May?**

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| 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.  **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](http://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.* | **Consent, Capacity and Legal Considerations** **Join us on April 27, 2021 from 1:30-3:00 via zoom,** with our Guest Speakers Shauna MacEachern and Craig Halpenny. In this 90 minutes session we will focus on consent, capacity and legal considerations such as Power of Attorney Documents, Wills, etc. This session is in partnership with the Alzheimer Society of Lanark, Leeds & Grenville.  **Tuesday, April 27, 2021 from 1:30-3:30**  [**REGISTER HERE**](https://alzheimersociety.zoom.us/meeting/register/tJYtfuCqqD8uG9MrRWUmI4EsRJqVUijaeRXz)  **Care Partners for someone living with dementia**  **(Unpaid care givers)**  **U-First! for Care Partners**  We are excited to be able to offer another U-First! For Care Partners workshop. Please note that in order to successfully complete the course, you must attend all sessions in that Workshop (6 hours total).  Feedback from the first session has been positive!  **DAYTIME:** Friday, April 9, 16 & 23: 10:00am-12:00pm (register by April 1)  [REGISTER HERE FOR DAYTIME WORKSHOP (3 sessions)](https://alzheimersociety.zoom.us/meeting/register/tJwucumupzwoGtEWZUEHEordfX_X7D80aHDa)  **First Link Learning Series: First Steps**  **First Steps is the first of the learning series.** It is designed for people diagnosed with Alzheimer’s disease or a related dementia and/or their care partners:   * Who are in the early stages * Who are able to understand and appreciate the content of material * Who are willing to attend, with awareness that participants will discuss their experience   **WHEN: APRIL 15, 22, 29 10:00a.m –12:00p.m.**  **To register click on the link below:**  [**REGISTER HERE**](https://alzheimersociety.zoom.us/meeting/register/tJAqfu-tqj0vG9K4G1Br1Fb7GnMCxmfD9zhw)\*  **\*please register for the First Link Learning Series with sufficient time to pick up materials from our office or have them mailed. Course dates will be dependent on registration numbers.** |  |

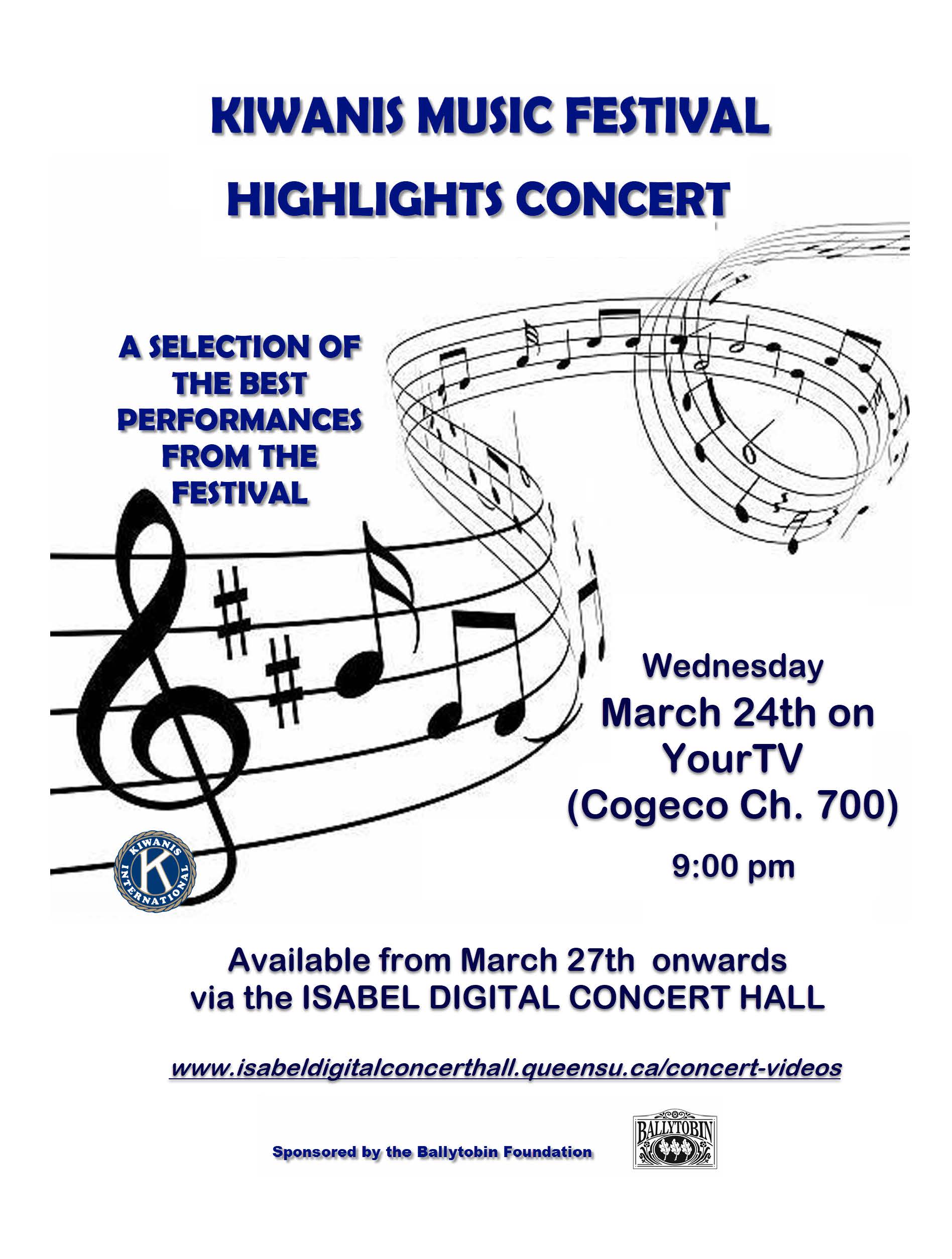
**PROGRAMS & GROUPS FOR CAREGIVERS**

**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**](https://zoom.us/j/91798593174?pwd=Q3FPT3g0WHZ2NzU2SzdPSjQ0WU1nUT09)

**Don’t forget to check out the Education section of the newsletter for upcoming sessions for Care Givers!**



**PROGRAMS & GROUPS FOR CAREGIVERS**

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**WEEKLY CAREGIVER CAFÉ**

Tues afternoons 1:30

[**Click here to join**](https://zoom.us/j/318632765?pwd=eXp2Y2lpWFhhZllFd09OZmpDMFo5Zz09)

**FRIENDLY FRIDAYS AT THE CHIT CHAT**

Live, email Noreen if you would like to join

[noreenpeters@cogeco.ca](mailto:noreenpeters@cogeco.ca)

**CAREGIVERS EVENING CHAT**

**with Patti and Jan**

**Tuesday, April 12th, at 7:00 pm**

[**Click here to join**](https://zoom.us/j/212750928)

**SUPPORT GROUP FOR MALE CAREGIVERS**

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, April 15th at 10:00am [Click here to join](https://zoom.us/j/875549194?pwd=MjNaa2FzNnFIcmVIUU9FTHNyVmxuQT09)



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**The Importance of Personal Hygiene: Lets Talk about Bacteria**

Presented by Lisa Prest and Lesley Deshane -1st Link Care Co-ordinators

**Where does Bacteria Live?**

Hands, fingers, finger nails, feet, toes, in between toes, toe nails, damp and dark areas, mouth, anywhere there may be excess skin, ears, arm pits & groin, hair and forehead

**Bacteria can grow anaerobically (without oxygen)**

***What happens when bacteria is left to grow? It can cause odours (body odour or stinky feet) and can lead to infections if left unchecked.***



**Personal Hygiene**

* Wash hands frequently
* fingernails cut short (not too short) and clean underneath the nail with an orange stick, or nail file (be very careful). Have nails done by a professional if you can not manage yourself. Hands are a large factor in becoming ill and putting us at risk for upper respiratory infections (our hands go towards our mouths many times a day) clipped and clean under the nail. Look for any swelling or redness.
* Clean and Dry IN BETWEEN TOES, check for any sores or redness between toes. Also check circulation. Feet may become “smelly” due to bacteria between toes, and this can cause shoes to become “stinky” as well. Very important if you also have Diabetes as smelly feet are an indication of a problem.
* Damp Areas such as groin area and armpits. It is very important to clean and thoroughly dry these areas as they are common areas of bacterial growth and cause for odour and infection.
* Anywhere there is excess skin, clean and dry very well the under the excess skin. Again, bacteria loves these areas….
* Ears. Wax build up can cause hearing problems. Keep ears clean, always wash and dry behind your ears. See your Dr. or Nurse to have your ears syringed as ear wax build up is a known problem. Hearing aids and other devices can cause sores, ensure to check for and deal with any soreness or open areas. (Polysporin)
* Hair – if your forehead is sweating, so is your HAIR. Regularly washing hair avoids bacteria build up and again smells or odours. There are dry shampoos on the market that seem to work quite well. This includes taking beard and moustache Care!
* Oral Hygiene. Brushing of teeth twice daily, cleaning of dentures or partial plates. Evidence is mounting that there is a correlation between poor oral hygiene and increased risk for **Infection** and **Aspiration** (which will cause Pneumonia)

\*Information gathered from Teepa Snow – Expert in Alzheimer’s and Dementia Care.