

January 18th, 2020

Alzheimer Society of KFL&A Forget Me Not Newsletter

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



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Hello Readers!

Hope you are all staying safe during the second wave of COVID. Due to the "Stay at Home" order from Premier Ford and following the guidelines from Public Health, we at the society continue to work from our home offices. This does not affect our services as we are fully online and continuing to also reach out to folks by telephone and if you need to reach us by phone, please call 613-544-3078 and either leave a voicemail in the general mailbox or select the staff persons extension you are trying to reach. Message a checked daily and your call will be returned promptly.

If you are new to us, our calendar and newsletter both have the links to all programs being offered via the online platform. We are also here to support you. If you are new to zoom, you can contact the office for a copy of our how to guide or a staff member will be happy to assist you.

All too often in the media we hear of "SCAMS" targeting individuals and during the pandemic there seems to have been an increase. Please be aware that one of our families were contacted. They were thanked for their donation and asked if they would like to switch from paying by cheque to pre-authorized debt. Please be advised that the Society does not make these types of calls and should you receive a call that you believe to be fraudulent please contact the Kingston Police non urgent number 613-543-4660. Please be careful in giving out any information and be sure that you are certain of the source before divulging any personal banking information.

In this edition:

1. Caregivers Corner "Looking Forward, Looking Back" by a caregiver continued from last issue.
2. Activity Corner, at home activities and programs being offered on Zoom
3. Alzheimers Awareness Month /Fundraising Corner
4. Teepa Snow Conference Online
5. Free Dance Class Online
6. From the Education Desk
7. Programs for Caregivers

January is Alzheimers Awareness Month!



CAREGIVERS CORNER “Looking Forward, Looking Back” cont...

Denis is a caregiver for his wife Catherine, he has written a heart felt article “Looking Forward, Looking Back” this article is continued from our last edition. This is not the beginning of his caregiving, but rather when he starts his full-time job as caregiver. He does this in the hopes of helping others as well as himself, as he embarks on the dementia journey.

March 1st, 2020, Catherine now needs constant care or, at least, constant attention, more than Birches can provide. The on-call nurses have been calling me in the middle of the night asking me to reason with Catherine. They have been looking forward to the weekends when I am around. I miss the days when the Waterford could offer enough, those were good days. I am amidst the 37 million Canadians learning to dread COVID but the virus is my ally, I will be able to work from the assisted care facility. I am so looking forward to being with Catherine all the time, no more worries, I can just be close, love her. Love will surmount everything.

May 2020, over two months in total lockdown in a room at Birches, work, eat, sleep, work, eat, sleep.... keep COVID out. If I am going to be with Catherine 24 / 7 I might as well free myself from the lockdown. We are going to move out and stay at the Green Acres motel. I can't wait for the move.

August 2020, the stay at Green Acres has been nice but I look forward to moving into our apartment. Working and caregiving simultaneously has become impossible. I am looking forward to my retirement at the end of the month.

January 2021, we are well settled into our new apartment and I am approaching the one-year mark of being Catherine's full time caregiver. I can still make her happy, or at least bring her peace, by living in her world, going along with her reality and making sure her stories all have acceptable endings. We watch the right tv shows, look at the right books, and enjoy car rides, where we see the same scenes pass by, as we admire lakes and rivers, sun and clouds, fields and cattle and especially horses. Catherine has always loved horses and she plans to ride again in the spring. I can do that for her, I will make sure there are beautiful horses in every story.

Con't...

As humans, we find happiness in looking forward, just note all of the events I looked forward to in the past four years. We link our joys of the past with our hopes for the future, attempting to replicate happy moments and events of the past. The saying “live everyday as if it were your last” is often used but, for the most part, we cannot function on that premise, we have to build for the future. So as we begin 2021 I am continuing to look forward, to see what I can build for Catherine and me BUT WAIT.....there is no future, all that is left is the love we share and the fact I still have a special space in Catherine's reality.

Catherine and I have been fortunate, we were active in the past four years, yet I spent so much energy missing what we were able to do a few months before and planning what we would do in the next months. I believe, or at least I hope, I was able to give Catherine a good quality of life despite the fact our life was invaded by dementia, which gained ground at every moment. However, I repeatedly failed to recognize that there would be no tomorrow, that it was certain the opportunities of today would be gone tomorrow. If I have one regret, it is that I did not change gears the day dementia set in, from that day onwards I should have lived on the premise today is the last day, I now know I would have needed to enjoy every 'today' as if it were the last, as it is a cruel fact there would be less to enjoy tomorrow. I should have focused on what was left and not what was lost for what was left 'today' will have been lost by tomorrow.

Tomorrow will never come but today Catherine just told me she loved me, she suggested we should consider living together, maybe even getting married. I still have today and hope today will extend into tomorrow. As long as there is love there will be a today.

NEED TO CHAT?



A Friendly Voice
Une voix amicale

A phone line for seniors.
Une ligne téléphonique pour les personnes âgées.

613-692-9992
OR TOLL-FREE:
1-855-892-9992
(OUTSIDE OF THE OTTAWA AREA)

https://ottawa.ctvnews.ca/mobile/a-friendly-voice-is-available-for-seniors-alone-and-wanting-to-chat-to-someone-1.4869843#_gus&_gucid=&_gup=Facebook&_gsc=mzae9VQ

ACTIVITY CORNER



Minds in Motion

Exercise Program weekly x3: Join Mari and Venessa for a 45-minute exercise portion of Minds in Motion. We will be featuring Sarnia Volunteer Instructor Yvonne on Mondays, Tuesdays and Thursdays at 10:00 am

Zoom Link:

[Click here to join](#)

This Month's Movie Feature:

**FRIDAY ZOOM
MATINEE MOVIE**

Please register for our fun ONLINE event

Treat Bags available for Pickup at the Office!

Register with Reception at 613-544-3078

<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJ0c1ZnTmUvNkpnNDIKUT09>

Friday
January
22nd at
1:30pm via
ZOOM

waking ned Devine

Finally, a comedy that will make you feel like a million bucks.

Société Alzheimer Society
KINGSTON, FRONTENAC, LENOX & ADDINGTON

“CIRCLE OF FRIENDS” GROUP



Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more

[Click here to join](#)

LADIES PEER GROUP

2nd, 3rd, 4th Wed. Mornings at 9:00 am
(for ladies with early onset)

[Click here to join](#)

MEN'S PEER GROUP

Tuesday Mornings at 8:30 am

[Click here to join](#)

If you have any questions about the Groups, please feel free to contact Mari Vepsalainen, program coordinator, programs@alzking.com or 613-544-3078 x209

Province Wide, Live “Musical Memories” Singalong Thursdays at 2:00 pm



Thursday Jan 21st Featuring:

Michael K. Myers

Thursday Jan 28th Featuring:

Glenn Reid

Link to Join Us on Zoom:

[Click here to join](#)

January is Alzheimers Awareness Month!

Kingston This Week Insert – January 21, 2021

Make sure you get a copy of the January 21 Kingston This Week so you can see the Alzheimers Awareness Insert. This year's insert will feature the stories of two our local families, who are both interesting and inspiring. It will also provide information about the Society, the programs and services we provide, with some general information about dementia and Alzheimers Disease.

The Alzheimer Society of Ontario Society is also marking Awareness month with the following film series:



Meet Alicia—a beautiful, vibrant mother and grandmother who was diagnosed with Alzheimer's disease 10 years ago.

This month, in honour of Alzheimer's Awareness Month, join us as we visit Alicia and her family in their home to get a first-hand look at the grace, dignity, compassion and support each of them shares with Alicia and one another.

Alicia's story helps put a face to the 1.1 million Canadians currently affected by Alzheimer's disease and reminds us of the fragility of memory, the importance of connection and support, and most of all, the power of love. This is a four-part series of short videos you can watch all at once or watch each segment at your leisure.

"For families that are just learning that their loved one has been diagnosed with dementia or Alzheimer's, please get support. Don't try to deal with it yourself because it's going to be unlike anything you've ever experienced." That's the advice Judy, Alicia's daughter, wants to give those who are going through the same experience.

Watch Part 1 here: Nevermore: Alicia's Story: <https://bit.ly/watch-nevermore>

Part 2 : 1 in 4 Canadians aged 15+ provide care to a family member or friend & Tyler, Alicia's grandson, does just that. Watch part 2 of the series, W is for Whale to experience a day with Alicia and the blessings that come alongside the difficulties of Alzheimer's:

Watch here: <https://bit.ly/watch-WIsForWhale>

Part 3: In this week's heart-warming short film, Keeping Hopia Alive, Alicia's family shares the importance of hopia, a favourite snack from the Philippines made of flaky, sweet pastry, traditionally filled with mung bean paste. While Alicia no longer remembers how to prepare her much-loved recipe that was once sold in Filipino bakeries in Toronto, her daughter Judy fills in the gaps in memory and recreates her Mom's recipe.

Watch here: <https://bit.ly/watch-keeping-hopia>

Part 4: Did you know 66% of caregivers are women and 33% of them are daughters?

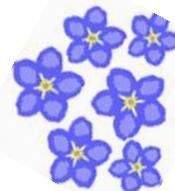
Alicia's daughter Judy has been caring for her mom since 2010 when she was diagnosed with Alzheimer's at the age of 78. In the final part of this series, Judy shares the importance of creating and preserving memories that her mom can no longer share but can keep close to her heart.

Through their love and support of each other, together they face the daily challenges of this disease with grace, tears, patience and laughter, knowing that Alicia's presence continues to enrich the fabric of their family life by bringing them closer together.

Watch here: The Memories We Share: <https://bit.ly/watch-memories-share>



Forget Me Not Fundraising Activities



IG Wealth Management Walk for Alzheimers - Save the Date!

The annual IG Wealth Management Walk for Alzheimers will be held virtually in May again this year and more specific plans are currently in the works. So much will depend on the pandemic as to whether or not we can add an in-person component to it, so we won't know all the details until closer to the date. The theme this year it will be 'Walk Your Way' meaning you can do it where, when and how you like in your family bubble!

The last weekend of May (29 &30) will be the primary walk days but people who are unable to participate that particular weekend may choose other days in May. Or you can set a walking goal and work on it throughout the month of May! So, start thinking now about a really cool place that you can walk, run, bike or do whatever activity you wish to do to participate in the 'Walk Your Way' Walk for Alzheimers! And, if you have any suggestions as to some fun activities we can incorporate into the walk, please feel free to share them. For more information contact Lesley at fundraising@alzking.com . pictured: Monty and Logan, official Walk Mascots



Social with a Purpose

If you would like to host a third-party event, we can help you launch your Social with a Purpose totally online! It's fun and its easy! You can host online cooking classes, singalongs, date nights, mindfulness sessions, paint nights and more. Call us for more information at 613-544-3078 ext. 204 or visit <http://on.alz.to/socialwithapurpose>



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Alzheimers Awareness - Will You Share Your Story?



We had some responses to our request last newsletter, but we are still looking for a someone who lives in the South West region of the city (Auden Park, Reddendale, Henderson Place areas) who is willing to tell their story for a magazine article, If you live in this area of the city and are interested in sharing your story publicly (whether you are diagnosed, a caregiver, a sibling or child of someone who is diagnosed), please send an email to Lesley at fundraising@alzking.com to let us know.

For those who live outside this particular city neighbourhood, we still would like to know if you are interested in sharing your story. We are always looking for interesting articles for our social media posts and newsletters, and other awareness opportunities throughout the year. Feel free to contact Lesley anytime if you would like to discuss this initiative.

One of the positives of the online platform is that we can share resources. Feel free to join the Teepa Snow Online Conference hosted by York Region, Alzheimer Society: Finding Your Way in the Times of COVID-19



TEEPA SNOW



**FREE VIRTUAL ZOOM SERIES
WITH DEMENTIA EXPERT TEEPA SNOW**

- Thursday, January 21, 2021 from 3:30 to 4:30 pm
"Effects of Social Isolation on Those Living with Dementia"
- Thursday, January 28, 2021 from 3:30 to 4:30 pm
"How to Communicate with Someone with Dementia"
- Thursday, February 4, 2021 from 3:30 to 4:30 pm
"Understanding Yourself as a Caregiver and What You Need"

Finding Your Way® helps people living with dementia, their families, caregivers and communities recognize the risk of going missing, be prepared for incidents of going missing, and ensure people with dementia can live safely in the community.

"Living Safely in the Community" is a free, user-friendly online course that talks about how we can help keep people living with dementia safe. Each of the four modules are only 15 minutes in length, and you can complete them at your own pace.

www.findingyourwayontario.ca

**TO REGISTER FOR ANY OF THE TEEPA SNOW SESSIONS,
CONTACT:**

Jaime Cruz, Public Education Coordinator,
jcruz@alzheimer-york.com

2-240 Edward St. Aurora ,ON L4G 3S9

Phone: 905-726-3477/1-888-414-5550

Website: www.alzheimer-york.com



Hosted by the Alzheimer Society of York Region, join Dementia Expert, Teepa Snow, for this free virtual Zoom series beginning on January 21, 2021.

To register for any of these sessions, please contact Jaime Cruz, Public Education Coordinator, at jcruz@alzheimer-york.com.

FREE DANCE CLASSES *for* ALL SENIORS!

AS
FEATURED
ON

**Global
NEWS**



**JOIN US
7 days a
WEEK**

DWP is proud to offer **FREE** live dance classes on Zoom for **ALL** seniors, seven days a week.

Dancing is a great form of exercise that provides cognitive, physical and emotional benefits.

Dance with us to stay **connected** and **engaged** while making new friends along the way!

This 20 minute class is designed to be safe, fun, and beneficial for **ALL** seniors.

All levels of mobility and ability are welcome.

No dance experience required!



**11 AM
EST**

CLASSES ARE MADE POSSIBLE THANKS TO THE GENEROSITY OF:



Funded by the Government of
Canada's New Horizons for
Seniors Program



FREE REGISTRATION AT WWW.DANCINGWITHPARKINSONS.COM

From the Education Desk!

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.

Zoom Privacy Waiver Thank you for joining us via ZOOM. We are excited to be able to connect with our clients during these times of self-isolation and physical distancing. We know that staying connected is important. Please note that we are using ZOOM, an online technology that helps us connect with you securely. We believe that the privacy measures put in place by Zoom and precautions that we take will protect your privacy but we urge you to also take steps to protect your privacy such as a secure WIFI, and being aware of your surroundings. Also, since we are working from home, please be assured we have taken every measure to ensure your privacy is respected from others who are social distancing with us.

UPCOMING EDUCATION:

Thursday, January 28, 2021; 12:30pm-1:30pm; Speaker Series: Advanced Care Planning – this will be the start of a discussion-based overview. We will be scheduling a three-part online workshop to help you create the ACP, but this will help to provide a base of knowledge.

There is no charge, but you do need to register, [click here to register](#)

Thursdays: January 28, February 4 and February 11; 6:00pm-8:00pm; First Link Learning Series: First Steps – for those living with dementia and their caregivers in the early stages of dementia. There is no charge, but you must register in advance: [FLLS-First Steps register here](#) . These sessions will not be recorded.

What can you expect from the Education Coordinator in 2021?

We are working on our monthly Virtual Speakers Series and other sessions in the First Link Learning Series as well as U-First! for Care Partners and U-First! for Healthcare Workers so get in touch if you are interested/stay tuned! I will likely be sending a couple emails/month about the upcoming education sessions-but you can also keep an eye on our Facebook and Newsletters for information as well- and reach out if you have an idea for an upcoming session and I will do my best to arrange it if possible. If you are an expert in a topic and want to present – reach out!

If you are a Care Partner interested in the U-First! for Care Partners, please click here: [CLICK HERE FOR CARE PARTNER INTEREST SURVEY](#)

If you work in Healthcare and are interested in the U-First! for Healthcare, please click here: [CLICK HERE FOR HEALTH CARE INTEREST SURVEY](#)

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 Tuesday, February 9, at 7:00 pm

[Click here to join](#)

MEN'S GROUP FOR CAREGIVERS

Next meeting Thursday, January
21 at 10:00am

Join a Special meeting of the Men's Caregiver Group

January 21, 2021 at 10:00 a.m.

to discuss legal issues that arise
when caring for those

who have Alzheimer's or other dementia

Sean Kissick and Connor Duprey of
Queen's Elder Law Clinic will answer your
questions about the creation or revision of
legal instruments including powers of
attorney (POA), advanced directives and
wills.

[Click here to join](#)

*(please note this group is for male caregivers only,
but we will be making this topic available to
everyone very soon, so stay tuned!)*



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!**

Inspiration

*"Be not afraid of life. Believe that life is worth living, and
your belief will help create the fact."*

- WILLIAM JAMES -

*"When I stand before God at the end of my life, I would
hope that I would not have a single bit of talent left and
could say, 'I used everything you gave me.'"*

- ERMA BOMBECK -

*"When I hear somebody sigh, 'Life is hard,' I am always
tempted to ask, 'Compared to what?'"*

- SYDNEY HARRIS -

*"Whoever loves much, performs much, and can
accomplish much, and what is done in love is done well."*

- VINCENT VAN GOGH -