

December 21st , 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 *



ALZHEIMER SOCIETY OF KFL&A STAFF DIRECTORY

Vicki Poffley,
Executive Director, X 207
vpoffley@alzking.com

Kim Parkinson
Administrative Assistant, X 201
reception@alzking.com

Danielle Weir,
First Link Navigator, X 206
dweir@alzking.com

Jan White,
Client Care Coordinator X 202
jwhite@alzking.com

Wendy Harris,
Education and Client Care Coordinator
X 203
education@alzking.com

Mari Vepsalainen,
Program Coordinator, Kingston X 209
programs@alzking.com

Lesley Kimble,
Fundraising Coordinator X 204
fundraising@alzking.com

Lisa Prest,
Client Care Coordinator/ First Link
Kingston x 210
lprest@alzking.com

Pam Lemke,
Education, Client Care and Programs,
Sharbot Lake and Northbrook, X 701
plemke@alzking.com

Hello, Reader!

Well, here it is! Our last Newsletter of the Year! It is so hard to believe that we have arrived at this point. This year has most certainly been one for the books. Since March, we have moved to a virtual platform for our programming components. In the beginning, it was a bit challenging for all as we navigated this new normal. We are so pleased however, that even though we have found ourselves living in a very different world, we have been able to make so many wonderful connections "together apart".

This year has looked very different for all of our operations. Fundraising, Education, Support Groups and Programming, Client Support has all been online or via telephone. Again, we are very pleased with so many of the outcomes in all of these areas. Thank you all so very much for your continued support and for your understanding as we navigated some uncharted territory and we look forward to a whole new year with many more opportunities to serve you! Most of all we all hope for FACE to FACE!

On behalf of all of us here at the Society we wish you and yours a safe and wonderful holiday season. We know that this year looks different, but we do hope that this season will be filled with some joy and laughter and, since life has given us some lemons, may your glasses be filled to the brim with some delicious lemonade.

In this edition:

1. Staying Connected
 2. Caregivers Corner "The importance of Laughter"
 3. Activity Corner, at home activities and programs being offered on Zoom
 4. Call for Board members
 5. Fundraising Corner
 6. Teepa Snow Conference Online
 7. LGBTQ Study
 8. Music Program
-

Have you Zoomed with us?

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.

Our Virtual Speaker Series will continue - stay tuned for more information on upcoming speakers in the new year!

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.



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

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.





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?"

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 January. 12thth at 7:00 pm

[Click here to join](#)

MEN'S GROUP FOR CAREGIVERS

Next meeting January 21stth, 10:00am

[Click here to join](#)

ACTIVITY CORNER

Join us in December for yet another amazing presentation from the Oil Heritage Museum!



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. Check your activity calendar for December Dates as there are some changes due to the holidays.

Zoom Link:

[Click here to join](#)



Christmas Caroling Sing a long

Featuring - Anna Schwartz, local singer & piano player

Date- Wednesday, December 23

Time- 6:00 pm (CST)

Register in advance for this special event:

<https://us02web.zoom.us/meeting/register/tZ0tc-ytqD8vGtemdKXbYZ2c5WX6h7TwfLf6>

Want to exercise your funny bone? Here are some wonderful links:

Garfield Comics: <https://garfield.com/comic/2018/08/17>

Dilbert comics: <http://dilbert.com>

Mr Bean shopping for Christmas:

<https://youtu.be/uLmdTP0Nx8o>

Kid Meets a 101 Year Old:

<https://youtu.be/69HgC2KghBc>

Kid meets Guide Dog:

<https://youtu.be/PW2duKZChA8>

"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](#)

NEW!!! LADIES PEER GROUP

Wed. Mornings at 9:00 am
(for ladies with early onset)

[Click here to join](#)

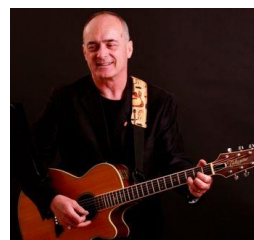
MEN'S PEER GROUP

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 Dec 24th Featuring:
Glen Reid**

**Thursday Jan 7th Featuring:
Roger James**

Link to Join Us on Zoom:

[Click here to join](#)

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



We Want you to Join our Board!

Now recruiting Two (2) Board Members

Alzheimer Society of KFL&A is looking for energetic, passionate people to:
Influence policy decisions impacting the non-profit sector
Serve as ambassadors for the Society.

Qualifications:

- A Passion for Improving the Quality of life for Persons living with a Dementia and their Partners in Care.
- Lived Experience with a Person living with a Dementia would be an asset.
- Experience in Finance, Human Resources and Stewardship.

Our Expectations are simple:

Board members must:

Adhere to the KFL&A Alzheimer's Society Code of Conduct for Board Members.

Attend Board meetings.

Actively participate in strategic planning and committee work.

Publicly support the work of the society in the community.

A commitment of 1-2 hours per Week

**Visit: www.alzheimer.ca/kfla for more information about
the Alzheimer Society**



Contact us at 613-544-3078 or email at vpoffley@alzking.com



Forget Me Not Fundraising Activities



November/December *Social with a Purpose* Updates

Our Social with a Purpose fundraising activities will wind up this week until the new year, and we would like to thank the following locations for their support this month.

First, thanks to Sheena Brazeau and the staff and residents of the Royale Retirement Residence who raised **\$1275.00** by hosting a Paint night and by playing floor bingo in the residence.

The staff and residents of the Rosewood Retirement Residence have also generously supported the Society through their Sienna Tour of Lights, and although it will continue until January 1, they have thus far raised just over 50% of their \$2000 goal for Social with a Purpose. The final Tuesday, December 22 event from 6 to 7 **has been cancelled** at Rosewood due to the change in our community covid status to orange level, but you are still welcome to drive through and view the trees. If you still wish to make a donation however, you may do so online to the Rosewood Social with a Purpose here: <http://on.alz.to/goto/rosewood>.

Fairmount Home also hosted a Social in the form of a silent auction and coffee time throughout the month of October. This year they raised a whopping \$2495! Thank you Fairmount staff and residents for your support!

Trinity United Church in Elginburg launched their annual Alzheimers Coffee Break without the usual coffee and goodies this year! This month they were able to donate \$1520 to the Society. Thank you Wilma Swain, for your efforts again this year in spearheading the fundraiser via phone calls, and thanks as well to the ever-supportive Trinity congregation for their support.

Total Diva Boutique Spa wound up their week-long Silent Auction for their Social with a Purpose fundraiser and they have raised \$3659! Thanks goes out to Andrea Latimer for hosting this event again this year, despite the challenges of moving it online. Special thanks as well to all the local businesses who so generously donated items to the auction despite the impact the pandemic has had on many of them. For a complete list of those who donated auction items, please visit our facebook page, and please remember to shop local!

Our final Social for the month is at the Royal Kingston Curling Club and it will wind up this week. Much thanks to Brenda Charette and the Royal Kingston Day Ladies for your continued support this year!

Host a Social in 2021!

We know that this has been a tough year for lots of people, businesses and charities alike, but as the year comes to an end, I would like to appeal to former Coffee Break and others who haven't hosted before, to **consider hosting a Social with a Purpose in the new year**. January is Alzheimer Awareness month, so what a better time to host an event that not only brings awareness but much needed donations as well.

As you know, the Coffee Break has been rebranded to Social with a Purpose, This is a fundraising program that lends itself well to either virtual fundraising or socially distanced fundraising or a mixture of both, and it expands the possibilities for the type of activity you might want to host – in other words, it's not just for coffee anymore!

There have been just a handful of Socials this fall, but the ones that have taken place have raised as much or more than they did in previous years – however we are still just half way to our \$50,000 goal. We can help you come up with a concept, we can build your site for you if you are not comfortable with doing that, and we can help to promote your event through social media and in our newsletter. I think you will also find that, because your event is accessible virtually, you will naturally attract a younger demographic to your event, thereby helping to increase awareness of Alzheimers and Dementia among younger age groups. It's a win win!

We hope you will consider hosting a Social with a Purpose in the new year, our fiscal year end is March 31, so anytime before that will ensure that funds raised will make it into the 2020 financial statements.

The money raised through the Social with a Purpose third party fundraisers will stay here in KFLA and will help us to keep our programs and services going, despite the pandemic. Programs that involve social interaction are key to ensuring that our clients are well served, and our virtual programming, while it doesn't allow for face to face interaction, has provided some key components to ensure that clients are connecting with each other, and keeping their minds and bodies active and engaged. Music programs, Minds in Motion, virtual travel programs, art therapy, and support groups are all important activities, and we need your help to keep them going. Our clients need these programs now more than ever before!

If you would like to know more about the Social with a Purpose fundraiser, or about the upcoming Alzheimers Awareness month, please call or email Lesley at fundraising@alzking.com or 613-544-3078.

Are you Interested in Sharing your Story Publicly?



We are interested in hearing from clients or family members of clients who live in either the Greenwood Park area of Kingston or the South West region of the city (Auden Park, Reddendale, Henderson Place areas) for a couple of projects we are working on over the next several months. If you live in one of these areas 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, but all involved parties must be comfortable with sharing the story) please send an email to Lesley at fundraising@alzking.com to let us know. Please note that we are looking for just a couple of stories for this special project, so while we may not be able to tell them all, we would like to know who, if anyone, is interested in sharing. And if we get more than two families interested, they could also be used later on in the year as we often seek interested parties for awareness pieces etc, throughout the year.

Thank You to Our Volunteers

It has occurred to me that for the first time since I arrived at the Society four years ago, and due to the changes we were required to make to programs and services (as per Ontario Health guidelines), we have seen very few of our volunteers of late and it has definitely left a noticeable void in our days!

Volunteers are crucial to everything we do, from programs to fundraising to support groups to board governance, and our Alzheimer Society is fortunate to have a large group of capable, enthusiastic and amazing volunteers!

I would just like to take this opportunity to thank our many volunteers for their understanding and patience while they wait to resume volunteer work with the Society. We do plan to resume in-person activities when it is safe to do so, and we hope that this long absence will not discourage you from coming back to help out. The staff miss you and our clients miss you and we look forward to seeing you sometime in the new year.

In the meantime, on behalf of the staff of the Alzheimer Society of KFLA, may I take this opportunity to wish all our volunteers and their families, the very best of the holiday season and a safe and healthy new year!

Sincerely,

Lesley Kimble, Fundraising & Volunteer Coordinator



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.



Are you a

LGBTQI2S person living with
dementia in Canada?



Share your stories and experiences of living with dementia through our virtual focus groups. We want to hear from you on how care provision and support in Canada can be improved.

Participants will join two sessions:

1. a 30 minute introductory meeting;
2. a 2 hour focus group (up to 6 participants in each group)

Both sessions will take place virtually (via telephone or an online video conferencing platform).

**Participation is confidential and voluntary.*

**Participants will receive a \$50 Amazon e-gift card.*

We welcome participation of people with various interconnecting social identifications and particularly seek to amplify the perspectives of BIPOC (Black, Indigenous, people of colour) and those who live in rural areas.

To learn more about the study or to express your interest in participating, please visit egale.ca/Dementia-Study OR contact the research team at dementiastudy@egale.ca

This research study is being conducted by Dr. Samir Sinha, MD, DPhil, FRCPC, AGSF, Director of Health Policy Research, and Dr. Ashley Flanagan, PhD, Research Fellow, National Institute on Ageing, Ryerson University in partnership with Dr. Dai Kojima, PhD, Director of Research, and Celeste Pang, PhD(c), Senior Research Officer, LGBTQI2S Health, Aging, and Housing, Egale Canada.

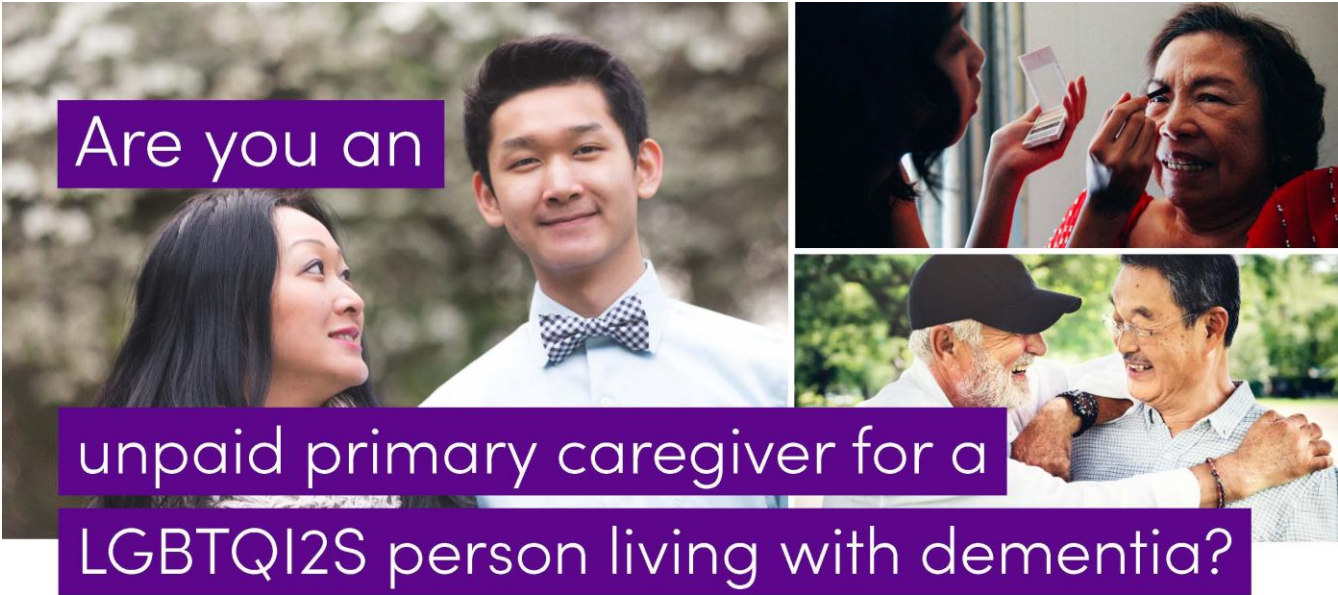
This research study has been reviewed and approved by the Ryerson University Research Ethics Board [2020-349] and is funded by a Public Health Agency of Canada Dementia Community Investment grant.

Ryerson
University

TED
ROGERS
SCHOOL
OF MANAGEMENT

NIA NATIONAL
INSTITUTE
ON AGEING

Egale



Are you an

unpaid primary caregiver for a

LGBTQI2S person living with dementia?



Share your stories and experiences of caring for a LGBTQI2S person living with dementia through our virtual focus groups. We want to hear from you on how care provision and support in Canada can be improved.

Participants will be invited to join two sessions:

1. a 30 minute introductory meeting;
2. a 2 hour focus group (up to 6 participants in each group)

Both sessions will take place virtually (via telephone or a video conferencing platform).

**Participation is confidential and voluntary.*

**Participants will receive a \$50 Amazon e-gift card.*

We welcome participation of people with various interconnecting social identifications and particularly seek to amplify the perspectives of BIPOC (Black, Indigenous, people of colour) and those who live in rural areas.

To learn more about the study or to express your interest in participating, please visit egale.ca/Dementia-Study OR contact the research team at dementiastudy@egale.ca

This research study is being conducted by Dr. Samir Sinha, MD, DPhil, FRCPC, AGSF, Director of Health Policy Research, and Dr. Ashley Flanagan, PhD, Research Fellow, National Institute on Ageing, Ryerson University in partnership with Dr. Dai Kojima, PhD, Director of Research, and Celeste Pang, PhD(c), Senior Research Officer, LGBTQI2S Health, Aging, and Housing, Egale Canada.

This research study has been reviewed and approved by the Ryerson University Research Ethics Board [2020-349] and is funded by a Public Health Agency of Canada Dementia Community Investment grant.





Making Music Together, Even When We're Apart!

UNCSA's ArtistCorps, a community engagement initiative at the University of North Carolina School of the Arts in Winston-Salem, North Carolina, is offering some music video programming for those living with dementia and their caregivers, and they would like to include Kingston participants!

Why North Carolina...and Kingston? The UNCSA music faculty mentor for the project, known affectionately as the Morning Music Club, is Allison Gagnon, a pianist and teacher who grew up in the Kingston area. Both her parents lived with dementia in their last years, and she got to know folks at Alzheimer's Kingston over time, including Wendy Harris, who had worked at Arbour Heights where Allison's Mom lived. As she and her team develop their materials, she wants to offer the team members' work to her family's home community.

ArtistCorps has three music programs available, each of which is about 30 minutes of musical selections presented by members of the group, in an interactive format (i.e., they are designed for participation!). Two of these are varied in content, and the third is for this season. A second holiday episode will be posted soon, and new episodes will be added as long as we are in pandemic time.

Mari will be sharing these with the *Music for Memories* group on upcoming Thursdays. In the meantime, if you are interested in sampling these programs, please contact Allison at gagnona@uncsa.edu so she can set things up with you. She and her team are eager to have participation, and also feedback from those who join in.

If you'd like to read more about the project at UNCSA, check out this article:

<https://www.uncsa.edu/news/20201208-interactive-music-making-and-dementia.aspx>

Embedded in this article is also a short documentary about the project's in-person beginnings at the Williams Adult Day Center in Winston-Salem, before the pandemic:

<https://www.uncsa.edu/community/community-engagement/artistcorps/morning-music-club.aspx>

We hope this provides opportunity to make music together, even when we are apart!

