

KFL&A ALZHEIMER SOCIETY NEWSLETTER

NOVEMBER 2024

- TO GET ALL THE DAILY NEWS AND ANNOUNCEMENTS PLEASE MAKE SURE TO JOIN OUR EMAIL MAILING LIST PLEASE CALL THE OFFICE:
613-544-3078 OR
EMAIL RECEPTION AT:
RECEPTION@ALZKING.COM

OUR ADDRESS IS:

PROVIDENCE VILLAGE
1200 PRINCESS STREET
KINGSTON, ON K7M 3C9

OUR REGULAR HOURS OF OPERATION ARE
MONDAY THROUGH FRIDAY 9 AM TO 4:30PM



Dear Care Partners,

As we continue to support our community, we kindly remind you that it's important for you to walk your loved one to the program room at the start of each peer support group. This ensures they feel safe and welcomed as they arrive.

At the end of the session, please remember to pick them up from the room. Your presence makes a significant difference in their experience and comfort.

Thank you for your ongoing support and understanding!

Our in Person Groups take place at all of our offices

Kingston 613-544-3078

Napanee 613-354-8937

and Northbrook 613-827-6700

If you would like more information about groups being held at each location please reach out!

Please note Registration is required for in person peer groups

IN PERSON ONLY:

Monday: 10:00 am to Noon -Mixed Support Group

Caregiver Chat: 10:00 am - Noon- Kingston Office

Tuesday - Men's Support Group 10:00am till Noon -Kingston Office

Mixed Peer Group 1:30 - 3:00 pm

Wednesday - Ladies Support Group 10:00am till 11:30 am -Kingston Office

IN PERSON AND VIA ZOOM:

(All are welcome)

Tuesday: Caregiver Café every Tuesday from 1:30pm – 3:00 pm - Kingston Office also via [ZOOM](#)

ZOOM Groups only - All are Welcome

Musical Happy Hour with Max and Friends -1st and 3rd Mondays of the Month 6:30 pm -[ZOOM](#)

Caregiver of Parents - 1st Tuesday of the Month 5:30 pm - [ZOOM](#)

Caregiver Cafe -2nd Tuesday of the Month 7:00 pm - [ZOOM](#)

Drop In Groups - all Welcome

Memory Cafe - Mondays - 10:00 am till Noon - Napanee Office

Thursday Morning Caregiver Group -10:00 am till 11:30 am Kingston Office

Thursday Afternoon Coffee Social (Memory Cafe)- Kingston Office 1:00 pm till 3:00 pm

Why We're Moving to a 10-Week On, 3-Week Off Rotation for Our Programming

Dear Friends and Supporters,

At the Alzheimer Society of Kingston, Frontenac, Lennox, and Addington, we are continuously striving to improve the care and services we provide to those affected by dementia. In our ongoing effort to deliver quality programming, we are excited to announce a new 10-week on, 3-week off rotation for our programs. This structure will allow us to better serve our clients while ensuring the sustainability and quality of our services.

Why this change?

There are a few key reasons for this transition:

- Accreditation and Evaluation:** We are currently going through the accreditation process, which places a significant emphasis on the way we evaluate our programming. This rotation allows us to dedicate more time and focus on meaningful evaluation, ensuring that we continue to improve and meet the highest standards of care.
- Expanding Access:** With a growing number of clients on our waitlist, we are also working to rotate our space and programming to ensure that everyone who comes to us for support is able to access the services they need. This new model will help us accommodate more clients and ensure no one faces dementia alone.
- Enhanced Program Quality:** The "off" period gives our team the time needed to assess feedback and fine-tune the programs for maximum benefit.
- Staff and Volunteer Well-being:** This new schedule allows our staff and volunteers much-needed time to recharge, helping us prevent burnout and maintain the high level of care that you've come to expect from us. It also gives us dedicated time for training and development, ensuring fewer disruptions during the "on" cycle.
- Data Collection for Reporting:** The "off" weeks provide our staff with the necessary time to collect and analyze statistics for Ontario Health reporting, which is critical for maintaining continual funding and ensuring the long-term sustainability of our programs.
- Better Planning for You:** Knowing the schedule in advance allows our clients and their caregivers to plan around it, making it easier to anticipate upcoming sessions and benefit from the resources we provide.

We recognize that change can be difficult, and we understand that this transition may affect some of our clients and their caregivers. Please know that we are committed to supporting you through this change. Our team is here to answer questions, provide guidance, and ensure that everyone continues to receive the support they need during this time.

We will operate under this new 10-week on, 3-week off structure until December 31, 2025, at which point we will re-evaluate and make adjustments based on feedback and the ongoing needs of our clients and community.

Together, we are helping to create a future ensuring no one faces dementia alone. We are confident that this new programming structure will better support our clients, their families, and our broader community. Thank you for your understanding, your continued support, and for joining us in this important work.



Kathleen Ingram

Executive Director, Alzheimer Society of Kingston, Frontenac, Lennox, and Addington

Save the Date

Christmas Open House

Thursday December 12th
1:00 - 3:00pm

Come join us for light
refreshments, social time, games
and more!

1200 Princess Street

RSVP with Reception

613-544-3078 or email at:
reception@alzking.com

HOLIDAY HOURS OF OPERATIONS

Holiday Schedule

Monday December 9th

Last group meets before pause for assessments and surveys.

Thursday December 13th

Open House at Society from 1pm to 3:30pm

Light refreshments served.

All are welcome to attend!

Tuesday December 24th

Society closes at noon for staff to enjoy time with their families.

Wednesday December 25th

**Merry Christmas and
Happy Holidays to all!**

Wednesday January 1st, 2025 Happy New Year to all!

Thursday January 2, 2025

Society REOPENS to ring in the NEW YEAR and welcomes our clients and staff back!

Emergency Numbers in Case of a Crisis

Our crisis lines are staffed 24/7, 365 days a year by experienced professionals who can provide immediate support, advocacy and referrals to appropriate services as needed.

Kingston & Frontenac 24/7 Crisis Line

613.544.4229 or Toll Free 1.866.616.6005
Lennox & Addington (L&A) 24/7 Crisis Line
613.354.7388 or Toll Free 1.800.267.7877

Walk-In Crisis Services

No appointment is needed to access this service.

Walk-ins are welcome during office hours at:
552 Princess Street in Kingston
Monday – Friday 8:30 am -3:30pm

70 Dundas Street East in Napanee
Monday – Friday 8:30 am – 3:30pm

Mobile Crisis Services

Our Mobile Crisis Team responds to calls to our crisis line or situations in the community where urgent in-person support is needed.

Kingston & Frontenac

Hours: 8:00 am-midnight Monday – Friday
8:00 am – 8:00 pm Saturday and Sunday

Napanee and L&A

Hours: 8:30 am- 8:30 pm Monday – Friday
10:0am to 6:00 pm

Music



*with Max and
Friends*



Where: On Zoom (Link Below!)

<https://alzheimersociety.zoom.us/j/95805318149>

**Type the link above into your browser or click
the link to access the music performance online!**

Time: 6:30 PM until 7:30 PM

When: Every

1st and 3rd Monday of every Month



FALL PREVENTION

November is FALL
Prevention Month

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

DID YOU KNOW?

SENIORS' FALLS IN CANADA

FALLS are the **LEADING CAUSE OF INJURY** among older Canadians:
20-30% of seniors experience **1+** falls each year.

FALLS CAUSE:

85%

of seniors'
injury-related
hospitalizations

95%

of all hip
fractures

\$2Billion

a year in direct
healthcare costs



STAYING ACTIVE

Strengthening *

Strength training helps to build strong muscles and bones, which are the foundation for fall prevention.

Flexibility and Balance*

Flexibility and balance exercises can help to build on your strength training; with more specific exercises for functionality and better movement.

*Contact your Healthcare Provider before starting any exercise program.



A fall risk factor, such as reduced muscle strength, impaired balance or visual impairment, is something that increases a person's chance of falling. Since the number of fall risk factors a person may have usually increase with age, falls occur more often among older adults.

A FEW RISK FACTORS TO THINK ABOUT



- Medications: Change in Medications?
- Pain Management: Are you in Pain?
- Previous Falls/Arthritis: What Caused Your Previous Falls?
- Managing Your Health: Hearing Loss, Ear and Eye Disorders?
- Diet and Blood Sugar: Sugar Levels?

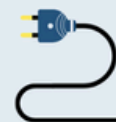
FALL PREVENTION TIPS



INSTALL
HANDRAILS AND
GRAB BARS



IMPROVE HOME
LIGHTING



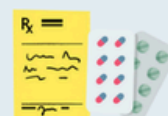
KEEP FLOORS
DECLUTTERED
AND CLEAR



GET REGULAR
VISION AND HEARING
CHECKUPS



EXERCISE
REGULARLY



CHECK
PRESCRIPTION SIDE
EFFECTS





Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Virtual Support Group for Caregivers of Parents

On the first Tuesday of every month.

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

**Tuesday's
5:30 pm to 7:00 pm
Via Zoom**

**For registration and
inquiries :**

613-354-8937 ex 7220
lross@alzking.com
Scan QR code



Société
Alzheimer
Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

**JANUARY IS
ALZHIEMER'S AWARENESS
MONTH**

**VIRTUAL INFORMATION
SESSION**

WEDNESDAY, JAN 15, 2025

1:00 PM UNTIL 2:00PM

**TO SIGN UP
EMAIL: AYOUNG@ALZKING.COM**

TOPICS OF DISCUSSION

**BRAIN HEALTH, ALZHIEMER SOCIETY OF KFL&A
SERVICES, VOLUNTEER OPPORTUNITIES**

FREE



www.alzheimer.ca/kfla



Northbrook News!



Please join me, in sending a huge thank you and congratulations to Milligan Meats!
Joanna and Brian are this years recipients of the
“Ambassador at large Award” from KFLA Alzheimer
Society .
This award is given for the continued dedication
and support shown to the Alzheimer Society.
Thank you Brian and Joanna!

Northbrook Golden Girls have been busy making Pumpkins to help cheer up local residents. They have also been enjoying exercise classes and going out for lunch with each other.
Northbrook is always on the move!



Disaster Training at Pine Meadows Nursing Home

The Golden Girls were out helping the Pine
Meadow Nursing Home by taking part in the
their mock disaster training.

Way to go Girls!!



Coffee Break at Finnegans

Finnegan's General Store held its annual coffee break in support of the KFL&A Alzheimer's Society.

Lots of Fun and Forget ME Not Coffee was served up.

We are grateful for their continued support!





Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

DEMENTIA-FRIENDLY INFO SESSION

Let us help you better understand the everyday experiences of people living with dementia.

Learn how to better support those affected by dementia and create a more inclusive community.



**EVERYONE
WELCOME!**

Thursday, November 21

1:30 pm - 3:00 pm

Land O Lakes
Emmanuel United
Church 108 Addington
Road 2, Northbrook
Ontario K0H2G0

You can RSVP or find out
more by contacting:

Pam Lemke
Phone: 613-827-6700
Email: plemke@alzking.com



Light refreshments will be served



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Dementia 101

Free Information Sessions

Dementia 101 presented by:

**Lorraine Ross, Alzheimer Society KFLA in partnership with
Councillor Rob Fenwick of Stone Mills Township.**

This Q&A session will allow participants to learn about
Dementia and the services available in our community.

Light refreshments served, courtesy of Tim Horton's Napanee.

UPCOMING SESSIONS

WEDNESDAY NOV. 27TH

1:30 pm

Newburgh Community Hall
#2 Factory Street
Newburgh

Thanks to Moscow United Church and Stone Mills Township for the spaces to host these sessions.

Kindly RSVP if you would like to attend.

Lorraine Ross ✉ lross@alzking.com ☎ 613-354-8937 ex 7220 🌐 www.alzheimer.ca/kfla

SCAN ME





Lived Experience Network *South East Ontario*

How Can You Join the Conversation?

Lived Experience Network South East Ontario Advisory Zoom Chats

Advisory Lived Experience Zoom Chats/Meetings provide a way to share advice and observations from people living the dementia journey (past and present) with health care and community support system leaders, who plan, assess and provide service to people living with dementia or similar diagnoses across southeast Ontario, with the purpose of improving the system of care. Lived Experience Facilitator, Sharon Osvald will facilitate these Advisory conversations.

November's topic:

In the last two Advisory Lived Experience Network conversations, many participants shared the observation that once a person develops dementia/similar diagnoses, their family and friends have a difficult time understanding what to say and do and often drop out of the person's life, reduce visits or stop visiting all together.

For November's Advisory Lived Experience Network conversation, we invite you to share advice about how you, as a person living with dementia/similar diagnoses or a family/friend care partner, navigate the holiday season?

For November's conversation, come prepared to share:

1. Based on your lived experiences, what tips can you share with other people living the dementia journey that help you navigate the holiday season?
2. What advice would you share with family and friends about visiting during the holidays and when planning family/friend seasonal events you will be attending?

A summary of your recommendations will be presented in the December 2024 Lived Experience Perspectives e-newsletter -distributed to 300+ Lived Experience Network participants, as well as health care and community support staff across the southeast. These summaries will also be shared on our website and throughout December on our social media platforms.

Please let us know if you can come, and which date you plan to attend. While it is not mandatory to register, it is very helpful when providing technical assistance, if we have an idea ahead of who is coming, and we can provide you with a meeting agenda.

When do we meet?

Dates & Times:

To accommodate as many people as possible, we have set up two dates in October to discuss the same topic. One is in the evening, and one is in during the day.

- **Monday, November 4, 2024 - Evening Zoom Chat from 6:00 - 7:30 PM OR**
- **Monday, November 18, 2024 - Daytime Zoom Chat from 1:00 - 2:30 PM**

How do we meet?

Zoom Link and Info:

Join Zoom Meeting room: <https://us06web.zoom.us/j/89041106004>

Meeting ID: 890 4110 6004

If you are unable to attend online, but wish to phone in, please dial one of the following numbers: 1 (647) 374 - 4685 or 1 (647) 558 - 0588 You will be asked to enter the Meeting ID # 890 4110 6004

If you experience technical difficulties when trying to join either of these Zoom meetings, please email Kim at schrybuk@providencecare.ca or call 613-285-4802 for support.

The Lived Experience Network South East will hold seven virtual advisory conversations a year through Zoom. These Zoom chats/meetings will take place on both a Monday evening and afternoon (with the same topic for both meetings) in the months of January, February, April, May, September, October and November. Input and suggestions for change will be shared with healthcare and community support system leaders providing, planning and evaluating services across the system of care through a quarterly report (called Lived Experience Perspectives), in a manner that is confidential and protects your privacy.

To share your lived experiences, come out to our next Advisory Zoom Chat or contact Sharon Osvald at sosvald@alzking.com or phone Mondays or Fridays at (343) 645-6240.

Email sosvald@alzking.com to register and to receive the Zoom link and info.



Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

**JOIN US FOR 8
WEEKS OF EXERCISE
AND FUN!**



**THIS PROGRAM IS BEING OFFERED
FOR 2 HOURS A WEEK FOR 8
WEEKS. THE PROGRAM IS HELD IN-
PERSON IN KINGSTON AT THE
ALZHEIMER'S SOCIETY.**

**INTERESTED?
LET US KNOW:**



**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.**



- **IMPROVE BRAIN HEALTH**
- **IMPROVE MOOD & DECREASE THE RISK OF DEPRESSION**
- **REDUCE SENSE OF ISOLATION**
- **IMPROVE BALANCE, MOBILITY, FLEXIBILITY AND ALERTNESS**

recreation@alzking.com



613-544-3078 ext. 209.



We are looking for Volunteers!

Helping seniors support each other

Are you a retired, active senior with free time and looking for a way to give back to the community and make a difference in people's lives?

We have the perfect opportunity for you!

We are currently searching for dedicated volunteers to join us in providing support for our group programs and drop-in activities.



Join Us Today!

Your time and effort will make a huge impact on the lives of those in need. Join us today and be a part of something truly meaningful!

For the details & more information please reach out our Volunteer Coordinator Michelle at:



613-544-3078 ex 204



volunteer@alzking.com

Land Acknowledgment

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

Kathleen Ingram Executive Director Ext. 207 kingram@alzking.com

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

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 swinkelman@alzking.com

Krystian Martin, 1st Link Care Navigator Ext. 206 kmartin@alzking.com

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

Nikole Gabriel 1st Link Care Navigator Ext 208 ngabriel@alzking.com

Audrey Young Public Education Coordinator Ext 205 education@alzking.com

Michelle Moore, Fundraising Coordinator Ext. 204 fundraising@alzking.com

Colton Sedore, Recreation Coordinator Ext. 209 csedore@alzking.com Recreation Coordinator Ext. 202

Amanda Vetere - Programs Coordinator Ext 209 avetere@alzking.com

Sharon Osvald Lived Experience Coordinator 343- 645-6240 sosvald@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-827-6700 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2024 Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Orange: All Welcome Caregivers and Persons Living with a Diagnosis *Registration Required for Minds in Motion – See Colton for Details						
3 	4 Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office Musical Happy Hour with Max and Wayne 6:30 pm ZOOM	5 Men's Peer Group 10:00am-Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in-office Caregiver of Parents Zoom 5:30 pm	6 NO LADIES Group Staff Training Mind in Motion * 1-3 pm	7 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3 pm Caregiver Support Group 10 am Kingston Office Minds in Motion* 10am-Noon	8 	9
10  Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office	11 Men's Peer Group 10:00 am -Noon & 1:30- 3:00 pm Caregiver Café -1:30pm ZOOM or in-office Caregiver Evening Chat 7:00 pm	12 Men's Peer Group 10:00 am -Noon & 1:30- 3:00 pm Caregiver Café -1:30pm ZOOM or in-office Caregiver Evening Chat 7:00 pm	13 Ladies' Peer Group 10:00 am - 11:30 am No Minds in Motion Today!	14 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3 pm Caregiver Support Group 10 am Kingston Office No Minds in Motion Today!	15 	16
17 Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Wayne 6:30 pm ZOOM Memory Café 10-Noon Napanee Office	18 Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Wayne 6:30 pm ZOOM Memory Café 10-Noon Napanee Office	19 Men's Peer Group 10:00am-Noon & 1:30- 3:00 pm Caregiver Café -1:30pm ZOOM or in-office	20 Ladies' Peer Group 10:00 am - 11:30 am Mind in Motion * 1-3 pm	21 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3 pm Caregiver Support Group 10 am Kingston Office Minds in Motion* 10am-Noon	22 	23
24 	25 Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office	26 Men's Peer Group 10:00am-Noon & 1:30- 3:00 pm Caregiver Café -1:30pm ZOOM or in-office	27 Ladies' Peer Group 10:00 am - 11:30 am Mind in Motion * 1-3 pm	28 In-Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3 pm Caregiver Support Group 10 am Kingston Office Minds in Motion* 10am-Noon	29 	30