

Oct 12, 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, Reader,

It is so hard to believe that we are already almost mid-month. October and fall is in full swing. We hope that you had a lovely Thanksgiving weekend, in this very different world that we are living in. We have been given some lemons and I do believe that we are all trying to make the best lemonade ever!

We are continuing to serve you all virtually and with phone calls. Our online programming has increased, and we are constantly developing new opportunities to connect with you and support you the best that we can. This coming week we will be featuring a Matinee Movie on Zoom.

“The Grumpy Old Men” to be shown on Oct. 16th. We have Matinee Movie kits for those who would like to join us for this event. They include treats and popcorn for pickup from the office, please call Kim at Reception to register, 613-544-3078 x 201. See calendar attached to the email and info in this edition for more details.

This week we launched our joint programming with Sarnia. The minds in motion program is amazing! It is a 45 minute virtual exercise program run by a certified instructor, the exercise portion is followed up with some brain exercises like trivia etc, There are seated and standing exercises however, If you would prefer fully seated, Mari demonstrates the seated ones during the whole program. This program is offered via zoom on Tuesday and Thursday mornings at 10am and is open to caregivers and the individual with dementia. We have exercise balls and bands available for the program, please contact Mari at ext. 209 for more information. We will also be collaborating with Vanessa from Sarnia on several other programs, this is such fun and expands our circle of friends. We have enjoyed meeting new friends from all over Ontario!

Please note that we are happy to announce that the calendar now has most of all of the hyperlinks imbedded into it, simply hover over the program in the calendar that you wish to attend, right click and choose “open hyperlink”. This should streamline the process of attending our programs. We are also very excited to be offering our Special Speakers Series monthly and many other educational opportunities, please see the Staying Connected portion of the newsletter and attached info poster.

Happy reading!

In this edition:

1. Staying Connected / Virtual First Link Program
2. Caregivers Q & A , A lesson on Terminology Continued
3. Caregiver Support Groups/ Programs
4. Activity Corner, at home activities, and programs being offered on Zoom, New for October, Virtual Minds in Motion
5. Activity Corner
6. Fundraising updates and info



We have learned a lot and adapted over the last 7 months in quarantine. We want to ensure you remain connected to us. We will continue to use phone calls and Zoom for our support and client groups.

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 some 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.



Virtual Speaker Series November – Devon Cosgrove, Registered Holistic Nutritionist

Join us on Thursday, November 26 at 12:30pm for a 1-hour interactive session with Devon Cosgrove of Broadmind: Healthy eating for your Brain and Mood Session

There is no cost for this session, but please register in advance:

[Click here to register](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

Please contact Wendy at education@alzking.com or call 613-544-3078, ext: 203 for more information or for assistance in registering.

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.

FRIDAY ZOOM MATINEE MOVIE

Please register for our fun ONLINE event

We will have Popcorn Treats for Pickup or Delivery

Register with Reception at 613-544-3078



Friday
October
16th at
1:30pm via
ZOOM

Société Alzheimer Society
MONITORING / SURVEILLANCE / ASSISTANCE

CAREGIVERS CORNER

Q&A

For the last two issues we have been focusing on medical jargon. Last week we covered up to the letter M. This week we will wrap up the series. Please note that all the Information has been taken from the Oxford Minidictionary for Nurses, the Websters Dictionary and the Caring for loved ones at home book. In the next issue we will discuss “ Communication”, if you have any topics that you would like to see covered here, feel free to reach out to

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N O P

Nurse Practitioner: A Registered Nurse that has received additional training in order to perform more specialized care

Opioids: Drugs that are usually given to relieve severe pain.

Osteoporosis: Due to loss of calcium, the bones become weak

Palliative Care: Treatment to relieve symptoms, not a cure

Placebo: A substance containing no medication

Pneumonia: An acute or chronic disease which inflames the lungs and fills them with fluid

Prognosis: A predication of the future course of a condition or illness

Prosthesis: An artificial limb or body part

R S T

Regime: A program or set of guidelines to follow for treatment

Relapse: The return or reappearance of the disease

Respite Care: Time away for a rest. Either the family care giver or the person receiving care go away for a rest

Sedative: A medication given to calm or to reduce anxiety

Standard of care: A treatment plan which the majority of health care professionals accept as appropriate

Supportive care: Sometimes called Palliative Care, to treat symptoms not looking for a cure

Terminal illness: Any illness that will lead to death

U V W

Ultras Sound: A picture of the internal organs

Vital Signs: Measurements of temperature, pulse, respiration rates and blood pressure

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 Oct. 13th at 7:00 pm

[Click here to join](#)

MEN'S GROUP FOR CAREGIVERS

Next meeting Oct 15th, 10:00am

[Click here to join](#)

ACTIVITY CORNER

ERAPEUTIC MUSIC

We have been enjoying our partnership with Vanessa and Volunteer Yvonne from the Sarnia Office. So far our minds in motion had been a blast, we are still hoping for more attendees to this dynamic program. As we head into the winter months, it is so important to keep moving, as they say” motion is lotion”



History of Hats –

Presentation from Oil Heritage Museum Join us on Monday Oct. 19th at 2:00 pm For a Zoom presentation with Christina from the Museum.

Hats have been a pervasive part of fashion for the last several hundred years. No outfit was complete without a hat or some type of head covering. It was unthinkable for a person to go out in public in the mid-20th century without a hat. Hats continue to convey messages to the public about the person wearing the hat such as status, morality, protection, fashion and cultural belonging. We will look at why people wear hats and fashion trends in hats. What messages we send with the hats we wear and why we continue to wear hats. This presentation will examine hats from the Oil Museum of Canada's collection. We invite participants to wear their favorite hat and discuss why they love it.

Zoom Link:

[Click here to join](#)



NEW WEEKLY PROGRAM:

Minds in Motion Exercise Program weekly x2: Join Mari and Venessa for a 45 minute exercise portion of Minds in Motion. We will be featuring Sarnia Volunteer Instructor Yvonne on Tuesdays and Thursdays at 10:00 am.

Zoom Link:

[Click here to join](#)

Link is in the calendar – just click on the event and you will be directed to the link

“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 9:00 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 Oct 15th Featuring:
Michael K. Myers**


Thursday Oct 22nd, Glenn Reid

Link to Join Us on Zoom:

[Click here to join](#)


In the Men's Peer Group This Past week we discussed Seasonal Affective Disorder (SAD)

Symptoms of Seasonal Affective Disorder

	
Winter SAD	Summer SAD
Overeating Unexplained weight gain Sleeping more than usual Depression	Loss of appetite Unexplained weight loss Insomnia Irritability



Seasonal Affective Disorder

 **2 million people** are thought to be effected by S.A.D in the UK and Ireland alone.

S.A.D can affect people of any age
Symptoms are most likely to appear in those between the ages of 18-30

S.A.D is usually most severe between December-February
Although most common during winter months, S.A.D can also be experienced during the summer

Lack of sunlight disrupts our circadian rhythm
Our natural body clock is responsible for many functions of the human body, such as:
- Digestion and appetite
- Sleep quality and duration
- General mood

S.A.D is caused by the change in seasons
As the days become shorter and the hours of daylight decrease, some people experience a sudden change to their mood, energy levels and sleep pattern. Symptoms return at the same time every year and last until the days start to get longer and daylight hours increase. Mild forms of S.A.D are called 'winter blues'.

S.A.D is a form of depression
Symptoms include:
- Tiredness and lack of energy
- Problems sleeping
- Tearfulness, feelings of sadness, guilt, sometimes despair
- Anxiety
- Panic attacks

SYMPTOMS OF SAD

Individual experiences with SAD vary, but there are a few symptoms you can look out for if you are feeling blue:

- Negative thoughts and feelings of guilt
- Lethargy, disturbed sleep or narcoleptic symptoms
- Fatigue that is often incapacitating
- Overeating and developing a craving for carbohydrates and sweet foods
- Difficulty with concentration and memory
- Social problems, such as finding it difficult to be around others

TREATMENTS OF SAD

If you are experiencing SAD, or a case of the winter blues, consult with your doctor about the following treatments:

- SAD lamp therapy
- Try to find time each day to get outside
- Take regular, moderate exercise or physical activity
- Eat a well-balanced diet
- Learn relaxation techniques
- Sit near windows when you are inside

Virtual Speaker Series October –

Sherry Lachine, Broadmind:

Join us on **Thursday, October 29, 2020**
12:30pm for a 1 hour interactive session
with Sherry Lachine of Broadmind: Caring
for the Caregivers Virtual Mental Health
Workshop

The overall objective of this session is to provide an opportunity for care partners and those living with dementia to briefly review and learn some skills and knowledge around mental health. COVID – 19 has changed the way we interact and perhaps added some additional stress. Learning about how we operate in these times could support not only our own mental health but the mental health of those around us.

The Alzheimer Society of KFL&A presents our
Virtual Speaker Series

Join us on
Thursday, October 29 12:30pm
for a 1 hour interactive session with
Sherry Lachine of Broadmind:

Caring for the Caregivers
Virtual Mental Health Workshop

**Please contact Wendy at education@alzking.com
or call 613-544-3078, ext: 203 for more information or
for assistance in registering**

There is no cost for this session, but please register in
advance.
Link attached/below or email Wendy [contact info above]

BROADMIND
Strategies for Mental Health

By the end of this workshop, participants will be able to help themselves and others by:

- Describing what is mental health,
- Understanding how stress impacts the mind and body,
- Listing the ways to help yourself,
- Describing ways to support others,
- Identifying the resources, self-care and next steps for improving individual and collective mental health.

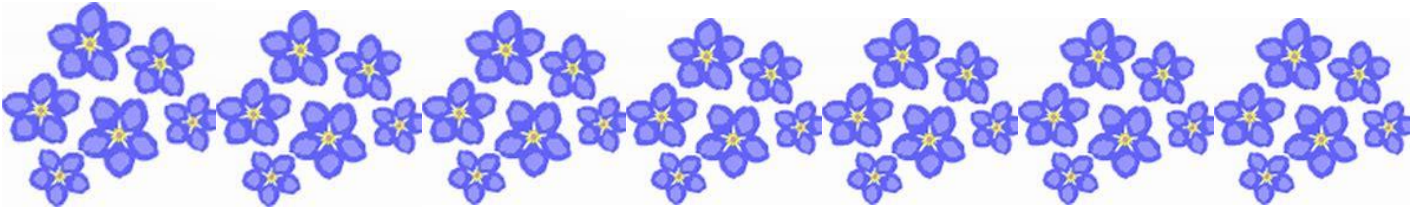
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FUNDRAISING CORNER



Forget me Not Photo

The Forget Me Not photo sessions are filling up, and we have added a day for Kingston locations! We are currently taking bookings for Saturday, October 10 and Sunday, October 18 in Kingston, and Saturday, October 17 in Napanee. In Kingston, you may have the photos done at your own home or at a location of your choice (i.e. a park preferably with a pavilion, in the event of bad weather) within city limits. In Napanee, we have secured a location that has both an outdoor and indoor option for photos, in the event of inclement weather.

If you wish to photo shoot time please call Lesley Kimble at 613-888-1931, or email fundraising@alzking.com

Social with a Purpose

A special thank you to the McDonalds Restaurants in Kingston and Napanee, for hosting a coffee day on World Alzheimers Day September 21. They donated .50 cents of every coffee sold that day to the Alzheimer Society and we raised just over \$3200!

The McDonalds day was also the kick off for the new fall Fundraiser Social with a Purpose (formerly, Alzheimers Coffee Break) Thus far, we have raised just over \$10,000 through Socials hosted by our former Coffee Break hosts. If you are thinking of hosting a Social with a Purpose, feel free to call or email Lesley at fundraising@alzking.com , 613-544-3078. We can provide you with a starter kit for your online or in-person Social fundraiser and we can help with some ideas about what you might do for your social. All funds raised will stay right here in the KFLA region.

There is a **Pampered Chef Party with a Purpose** planned for most of October (until October 25) , where 30% of all sales will be donated to the Alzheimer Society. You can either join the facebook group for this sale, or just purchase pampered Chef items through this link, <https://www.pamperedchef.ca/party/askkaren> in order to have them attributed to the Alzheimers fundraiser. For those who would like to join the facebook group, you can find it on our facebook page. There is no obligation to purchase, however, you will be able to participate in some wonderful incentive draws, contests and enjoy a variety of videos and recipes throughout the month, highlighting some of the Pampered Chef items. Special thanks to Jan Theoret (Pampered Chef consultant) and Karen Burgess (Hostess)for their support of the Alzheimer Society.



Forget Me Not Portraits

Kingston : Sat. Oct 10 & Sun. Oct 18, 10am to 3:30pm

Napanee: (location will be given upon booking)

Saturday, October 17, 10:30am – 3:30pm



Have your 'family bubble' photographed by a professional in time for holiday gift giving!

\$75 per 20 minute mini-session (Must book in advance)

You will receive a minimum of 12 digital images of up to 3 poses and a free 5 x 7 print as well as 20% off processing.



Photography by Rob Mooy Photography

Call 613-544-3078 ext. 204 to book or email: fundraising@alzking.com