

# KFL&A ALZHEIMER SOCIETY NEWSLETTER

## OCTOBER 2024

- PLEASE NOTE THE OFFICE WILL BE CLOSED MONDAY, OCTOBER 14, 2024.
- WE WILL ALSO BE CLOSED FRIDAY OCTOBER 4TH AND 11TH FOR STAFF TRAINING.
- 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](mailto: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

**HIGHLIGHTS THIS MONTH:**  
**FORGET ME NOT PHOTOS**  
**MEET AND GREET NEW STAFF**



# Groups:



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 - 3rd Mondays of the Month 6:30 pm -[ZOOM](#)

**(\*New Time start October)**

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



**Alzheimer Society**  
KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON



# Important Update for Our Support Groups



## New Format: Start and End Dates!

Starting October 1st, all support groups will now run for 10 weeks, followed by a 3-week break before the next session begins.

### **What's Changing?**

**Structured Timeline:** Each group will have a defined start and end date.

**Duration:** Groups will meet for 10 weeks.

**Break Period:** A 3-week break will follow each session.



**Calendar Provided:** A calendar with specific start and end dates will be given for each group.

### **What Stays the Same?**

**Lots of Fun Planned Activities!**

**Same Location**

**Same Hourly Times**

**Registration Required!**

### **Why are we Doing This?**

Accreditation requirement of continual evaluation of Programs, with a break allows for new clients to access programs from our growing waitlist.



**Please contact with  
any questions:  
[avetere@alzking.com](mailto:avetere@alzking.com)  
613-544-3078 EXT 202**



# New Faces to Meet and Greet

**You may have noticed some friendly new faces at the Alzheimer's Society lately and we wanted to give you the names and positions these wonderful new folks hold here at the society.**



**Kathleen Ingram  
Executive Director**

**I am truly honoured and excited to step into the role of Executive Director at the Alzheimer Society of Kingston, Frontenac, Lennox, and Addington. With a background in leadership and deep ties to the community, I am passionate about making a difference for those impacted by dementia, having personally experienced its effects through my own family. It's a privilege to join such a dedicated team and to work alongside all of you who share our mission to alleviate the personal and social consequences of Alzheimer's disease and other dementias, while promoting the search for causes, treatments, and a cure. Together, we are helping to create a future ensuring no one faces dementia alone, and I look forward to all that we will accomplish in support of individuals and families. If you have any comments, questions or concerns about the society please reach out to me.**

**Audrey comes to us with over 22 years of experience in the Healthcare and Education industry. She has always had an interest and passion for dementia and mental health and has devoted her career working in these areas to dispel the myths and break down the barriers. Audrey is excited and enthusiastic about her new role as Public Education Coordinator for the Alzheimer's Society, with a mission to create an inclusive and Dementia Friendly Community. You will see Audrey out and about in the community and if you are looking for education for your organization, business or group please reach out.**



**Audrey Young  
Education Coordinator**



**Amanda Vetere  
Programs Coordinator**

**I'm really excited to join the Alzheimer's Society team as the new Program Coordinator! I can't wait to meet everyone and start collaborating with the amazing staff and volunteers. I'm especially looking forward to working with our clients and getting to know their stories. It's going to be great to build connections and create a positive experience together. Here's to new adventures ahead!**



# Max and Friends Picnic in the Park 2024







# Northbrook News!

September was a busy month out at our Northbrook Office!

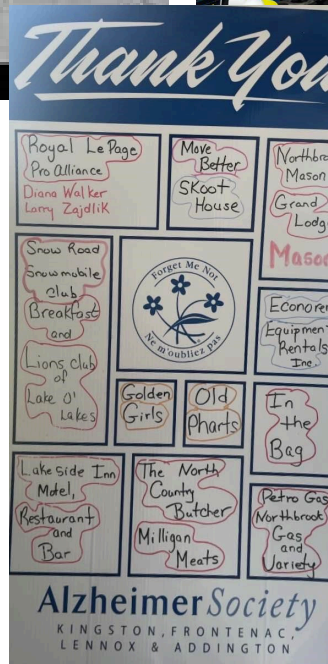
They kicked off the month with the Econolift Coffee Break which had over 45 local residents come out and enjoy some light refreshments while being treated to displays and demonstrations of all the equipment this local company offers the community.



Then our great volunteers manned the McDonalds Coffee Day at Npaanee raising over \$1200 for much needed funds that will stay local in our office providing valuable services to not only those diagnosed with Dementias but also their loved ones. Our Volunteers are truly the BEST!



Then to top it all off these busy guys and gals and held their Annual Walk at Pine Meadow's Nursing Home. And do they know how to put on a show there! Love Marching Band, Bake Sale and Auctions galore. They raised over 12K at this event setting the bar for how to run an event! Northbrook truly shows what it is to have a supportive community.







# 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](mailto:plemke@alzking.com)



Light refreshments will be served



# Napanee News

## NAPANEE BOOK SALE

**We are excited to announce, that our first ever, Napanee Book Sale, made just over \$2,200! Not too bad for a 9 hour sale!**

**Thank you to all who donated books, bought books, and told their friends and family.**

**The day and a half event was a huge success!**

**We would like to thank and acknowledge our amazing volunteers who worked so tirelessly to get this event up and running! From picking up donations, dropping them off, sorting (this one was HUGE!) lugging boxes of books the day before and the day of the sale, use of vehicles and person power, everyone was dedicated to the cause. They were care partners, families, girl guides, and community members. This could not have been done without you! I won't mention your names, but you know who you are!**

**We had many boxes of books left over, so stay tuned for an online auction to help us sell off the rest!**

**Thank you to the everyone! We truly have an amazing community!**

**Lorraine Ross, Education & Support Coordinator**





# 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](mailto:lross@alzking.com) ☎ 613-354-8937 ex 7220 🌐 [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)

**SCAN ME**





# 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**

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

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**For registration and  
inquiries :**

613-354-8937 ex 7220  
[lross@alzking.com](mailto:lross@alzking.com)  
Scan QR code





# 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.



# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON



## If you are a business and want to contribute, there are several ways you can help:

- You can offer a discount on your products or services.
- You can host a contest or event to raise awareness and funds for the Alzheimer's Society.
- You can offer a special promotion and donate a portion of the proceeds to the Alzheimer's Society.
- You can provide a special service to support the cause.
- You can also put out a donation collection container to encourage people to donate to the Alzheimer's Society.



## You can fundraise in many ways!

Would you be interested in hosting a fundraiser with your coworkers, family, or friends? Or with a group or an organization that you belong to?•

- Coffee break/tea party
- Bake sale
- Book club
- A special Dinner / Luncheon / Breakfast event
- Game / Trivia night / Card Party
- Sporting, exercise event
- Karaoke
- Silent auction / Raffle 50/50
- Contest or Challenge
- Paint, craft event
- Offer Lessons in cooking, music, dance



## Gift Giving!

Are you planning to celebrate a special occasion such as a birthday, wedding, or anniversary?

- Host a tribute in honour of a loved one or in memory of
- Instead of gifts, encourage family and friends to donate to the Alzheimer Society.
- Create a challenge for yourself that friends and family can sponsor.

Contact [fundraising@alzking.com](mailto:fundraising@alzking.com) 613-544-3078 ext 204

# Alzheimer Society

KINGSTON, FRONTENAC,  
LENNOX & ADDINGTON

## 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](mailto:volunteer@alzking.com)





## The Lived Experience Network South East Ontario

### Who we are

The Lived Experience Network South East Ontario is an open community of people living with dementia, complex mental health, substance use or other neurological disorders and families/care partners, sharing their lived experiences, advice and input with the health care community and with each other.

### Our goal

*Exchanging Knowledge, Partnering for Change.*

The Lived Experience Network South East Ontario members can engage in both regular group and individual conversations, acting as a "knowledge bank", in hopes of enhancing services across the region. Input and suggestions for change will be shared with healthcare professionals who provide, plan and evaluate services in the community, hospitals, long term and primary care.

### Lived Experience Facilitator

Sharon Osvald, our Lived Experience Facilitator, was the first Facilitator and part of the launch of the Lived Experience Network South East Ontario from 2013-2018, drawing

on her ten years of lived experiences supporting her mother through dementia in the home, hospital and long-term care. In the past five years, Sharon has gained experience working for the Alzheimer Society and she continues to work part time at an Adult Day Program.

Sharon is excited to be returning to her role as the Lived Experience Facilitator and understands from both a lived experience and professional perspective how great the needs are in this community.

### Get involved

Online: Visit [livedexperiencenetworkseo.ca](https://livedexperiencenetworkseo.ca) for info about how to join one of our regular Advisory Zoom Lived Experience chats.

Phone or email: Contact Sharon by phone on Mondays or Fridays at 343-645-6240 or email your own personal lived experience story and suggestions for change.

### Contact

You can phone or leave a message with Sharon Osvald at 343-645-6240 OR leave a message for her with the Alzheimer Society of KFLA office at: 1-800-266-7516  
Email: [sosvald@alzking.com](mailto:sosvald@alzking.com)

*The Lived Experience Network South East Ontario is a cooperative effort of the Alzheimer Societies of SE Ontario in collaboration with Providence Care Community Seniors Mental Health Behavioural Support Services. Website: [livedexperiencenetworkseo.ca](https://livedexperiencenetworkseo.ca)*

# FORGET *me* NOT PORTRAITS

*Société Alzheimer Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON



SATURDAY OCTOBER 12TH  
SUNDAY OCTOBER 20TH

HAVE YOUR FAMILY PORTRAIT DONE BY A PROFESSIONAL  
PHOTOGRAPHER - ROB MOOY  
GREAT FOR HOLIDAY GIFT GIVING!

ROTARY PARK

**\$80.00 for a 20 minute mini-session, 12 digital images of up to three poses, and a complimentary 5x7 print, sponsored by Camera Kingston.**

**To book your session, please call 613-544-3078 ext 204 or email [fundraising@alzking.com](mailto:fundraising@alzking.com).**

Should inclement weather occur, an alternate indoor location will be available.



Our sponsors are greatly appreciated!  
Thankyou Rob Mooy, James Reid Funeral Home  
and Camera Kingston





Sponsored by:



medium roast coffee blend

**"FORGET ME NOT"**

Purchase yours today, or buy some as a unique gift  
for family members, friends, or neighbors!

Cost is \$18.00 per pound

**Support a great cause with your coffee  
purchase! A portion of the proceeds from the  
sale of our coffee goes to the Alzheimer  
Society of KFLA.**



Michelle Moore



613-544-3078



[fundraising@alzking.com](mailto:fundraising@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](mailto:kingram@alzking.com)

Kim Parkinson, Administrative Assistant Ext. 201 [reception@alzking.com](mailto:reception@alzking.com)

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 [swinkelman@alzking.com](mailto:swinkelman@alzking.com)

Krystian Martin, 1st Link Care Navigator Ext. 206 [kmartin@alzking.com](mailto:kmartin@alzking.com)

Jan White, Client Services Coordinator 613-329-7078 Ext 212 [jwhite@alzking.com](mailto:jwhite@alzking.com)

Nikole Gabriel 1st Link Care Navigator Ext 208 [ngabriel@alzking.com](mailto:ngabriel@alzking.com)

Audrey Young Public Education Coordinator Ext 205 [education@alzking.com](mailto:education@alzking.com)

Michelle Moore, Fundraising Coordinator Ext. 204 [fundraising@alzking.com](mailto:fundraising@alzking.com)

Colton Sedore, Recreation Coordinator Ext. 209 [csedore@alzking.com](mailto:csedore@alzking.com) Recreation Coordinator Ext. 202

Amanda Vetere - Programs Coordinator Ext 209 [avetere@alzking.com](mailto:avetere@alzking.com)

Sharon Osvald Lived Experience Coordinator 343- 645-6240 [sosvald@alzking.com](mailto:sosvald@alzking.com)

Pam Lemke, Northbrook Client Services Coordinator 613-827-6700 [plemke@alzking.com](mailto:plemke@alzking.com)

Lorraine Ross Education and Support Services Napanee Office 613-354-8937 ex 7220 [lross@alzking.com](mailto: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](mailto: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](mailto: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](mailto:plemke@alzking.com)

