

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!

We had a wonderful Family Day Picnic on Friday Sept.17th at Finkle's Shore Park. Thank you to all who participated and came on down! A huge shout out to our lovely entertainers "Three For a Quarter" with Steve and Brad, they were a huge hit and thanks again to the ALZKING staff for making it such a memorable event.



We had a blast listening to beautiful music, eating a freshly made boxed lunch, and we also enjoyed demonstrating our new Robotic Pets who also got their names! Congratulations to those whose names were chosen – our Grey Tabby is Molly; the Orange Tabby is Sassy; the Golden Puppy with Blue Scarf is Jacob; and our White Puppy is Morgan.

It was wonderful to be able to see folks face to face! Here are some pictures from the event:



Q&A

CAREGIVERS CORNER

Last Time We talked about the Echo Dot. We have one in our lending library and wanted to share some more about its function!



The Amazon Echo uses Alexa to help you perform daily tasks, get information from the Internet and order items from Prime. Amazon's Echo is a device that uses an intelligent voice assistant named Alexa to help users with simply daily task such as telling the time, reading books and even ordering products on Amazon Prime.

Here's a list of things Alexa can do for you:

Time, date and weather: Let's start with a simple one. If you ask, "Alexa what time is it?" or "Alexa, the time," the Echo will tell you the exact time. Alexa will also give you the date or the current weather in your neighborhood, when you ask

Play Music: If you don't want to scroll through your playlist on your phone you can just say, "Alexa, play Prince' 'Purple Rain,'" or any other specific artist or song, and Alexa will play it. The song has to be in Amazon's Prime Music database, though. You can also play music from you Spotify, but it requires a separate command. If you link your accounts you'll be able to say, "Alexa, play Adele's "21" on Spotify.

Timers and alarms: never wake up late again, or burn you noodles, with the help of Alexa. The Echo lets you set repeating alarms. You can customize the alarm sound and even select famous people to wake up such as Alec Baldwin and Missy Elliot. You can also set sleep and regular timers on the Echo, which makes it an ideal assistant in the kitchen

Campbell's recipes, shopping lists and calories counter: Speaking of it being great in the kitchen—the Echo can also suggest and guide you through the daily top five recipes curated by [Campbell's Kitchen](#). If you ask, "Alexa, what's for dinner?" It'll reply with great cooking tips. As you cook Alexa can translate measurements for you and tell you how many calories a specific food item has. Just ask, "Alexa, how many cups in a pint?" or "how many calories in an egg?" If you are cooking and run out of an ingredient, you can ask Alexa to add it to your shopping list and remind you to buy it next time you're at the store

News, sports updates: Getting a quick rundown of the top headlines or an update on your Sports scores is super easy with the Echo. You just have to ask Alexa for a "news briefing" or what the score is for a specific game or sports team.

Check calendar: Not sure if you have an appointment next Friday at 5 p.m.? Just ask Alexa. The intelligent voice assistant will check your Google calendar and let you know of any upcoming events or meetings.

Listen to audiobooks and Kindle books: Alexa can read you a bedtime story if you want it to. Amazon's intelligent voice assistant [can read your Kindle books](#) out loud or narrate any audiobooks you have purchased. All you have to do is ask, "Alexa, read my book, [title]" and Alexa will start reading right from where you last left off.

There is soo much that Alexa can help with: Order products, add to shopping cart, tell jokes and play games, be your personal trainer with 7- minute workouts, Translate (just ask her to and she will amaze you with her linguistic abilities)! One of the most impressive commands Alexa will respond to is to control other smart devices around the house. If you have products such as Phillips Hue light bulbs or Emerson's thermostat, then you can turn them off or on by asking Alexa. A list of products compatible with the Echo are [listed on Amazon's help page](#).

Keeping Minds and Bodies Active



All About Me: We have two great resources to help other learn about the person living with Dementia. If you would like a printed copy-just ask us!

Longer Version:

https://archive.alzheimer.ca/sites/default/files/files/national/core-lit-brochures/all-about-me_booklet.pdf

Shorter Version (great to complete for LTC/PSWs):

https://alzheimer.ca/sites/default/files/documents/all_about_me_a_conversation_starter_e.pdf

Physical Health

Chairfit with Eric Savva (Variety Ontario):

https://youtu.be/_phlfh0xU6k

Physical activity guidelines for adults aged 18 to 64:

<https://www.participaction.com/en-ca/benefits-and-guidelines/adults-18-to-64>

Physical activity guidelines for adults over the age of 65:

<https://www.participaction.com/en-ca/benefits-and-guidelines/adults-65-plus>

Compilation of exercise videos by the National Institute on Aging:

<https://www.youtube.com/watch?v=pWXvrdta5zE&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8>

One Hour Chair Fit with Eric (Variety Ontario):

<https://youtu.be/RT6asnxe44g>

Chair Yoga Dance Recital – 10 dances with lyrics to help you sing along:

<https://youtu.be/D7hrDkbXHxk>

Tai Chi for Beginners 01 “Tai Chi Fundamentals”:

<https://youtu.be/oCnCSOWglUU>

WEEKLY ONLINE ACTIVITY PROGRAMS

“CIRCLE OF FRIENDS” GROUP

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

[CLICK HERE](#)

LADIES PEER GROUP

2nd, 3rd, 4th Wed. Mornings at 9:00 am

[CLICK HERE](#)

MEN’S PEER GROUP

Tuesday Mornings at 8:30 am

[CLICK HERE](#)

MINDS IN MOTION

Thur at 10 am

[Click here to join](#)

Monday’s link for MIM and Yoga is different please see your Sept Calendar- Tuesday MIM no longer available

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 September 30th Featuring:
Glenn Reid and Max

Thursday Oct 7th Featuring:
Terry Johnson From New York

Link to Join Us on Zoom:

[CLICK HERE](#)

FUNdraising News

Match Your Monthly Donation in September HAS BEEN EXTENDED TO MONTH END !



This program has been so successful, that the decision has been made to extend the monthly matching donation program to the end of the month! It's World Alzheimer's Month and our generous donors, Catherine Booth and Michael Kirk, in memory of Walter Booth, have committed to match ALL monthly donations for a year **if you become a monthly donor in September!**

Join the ever-growing group of committed individuals and become a monthly donor to help connect families in our community to Alzheimer Society education, counselling, and social recreation programs.

Donations matched up to \$3000 will support social recreation programs at the Alzheimer Society of KFL&A. Any subsequent donations will support local areas of greatest need including education, counselling, and social recreation programs.

[**Become A Monthly Donor Now!**](#)



McDonald's Coffee Day – October 1, 2021

McDonald's restaurants in both Kingston and Napanee, will help us celebrate the arrival of fall with a coffee day! They'll generously donate .50 of every coffee sold to the Alzheimer Society of KFL&A. So, buy a coffee and help support the Alzheimer Society! **See attached poster**

The very successful **Forget Me Not Photo Fundraiser** is back this October! Featuring the photography of Rob Mooy, this is your opportunity to make memories with your family!



Have you been separated from family members and friends during this period of social and physical distancing? If so, and even if you have seen each other but not as much as you might like, then you will know how important family pictures are to capture memories you might otherwise miss! We have scheduled two days, one for Kingston and one for Napanee, but we are happy to add more days/times if there is enough interest. If one of these days don't work for you, please let us know and if we can make it happen we will. Depending on the circumstances, we may even be able to come to you at your own home, or find another day that works for your family! **See attached poster**

OCTOBER 1 is
Alzheimer's Coffee Day!
McDonald's will generously donate
.50¢ OF EVERY COFFEE SOLD

to the
Soci t  Alzheimer Society
KINGSTON, FRONTENAC, LENNOX & ADDINGTON

in support of people living in our community with
Alzheimer's and dementia.

Mark your calendar and
make your coffee count on
on OCTOBER 1!



You can visit our website or make a donation here:
www.alzheimer.ca/kfla



Forget Me Not Photos

Kingston: Sat. October 16, 10 am – 4 pm

Napanee: Sun. October 17, 10 am – 4 pm

(locations are outdoors and will be given at time of booking)

(Ask us about alternate dates- we will add more days if we have enough interest.)



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

Covid protocols in place for all sessions

\$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 and frames.

Photos by
Rob Mooy Photography



A fundraiser for the *Soci t  Alzheimer Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

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

Alzheimer Coffee Break/Social with a Purpose



By now, past Coffee Break and /or Social with a Purpose hosts should have received the information about this year's plans. If for some reason I missed you, please get in touch and I will send out the information immediately!

In short, Social with a Purpose can be whatever kind of fundraiser you want it to be! A silent auction, a bake sale, a craft class, a smoothie bar, a mindfulness session, a store or restaurant special with proceeds coming to the Society – the possibilities are endless!

And yes! You can also host a Coffee Break if you choose to!

Whether you are an individual, have a business, an employee, neighbourhood or sport group, we would love to help you host a third-party fundraiser in support of the Alzheimers Society this fall.

We can help with promotion, information and even volunteers if required.

You can also host an event on-line by visiting our Social with a Purpose website to see what fun programs are available! Check out the online activities like cooking classes, mindfulness, sing-a-longs, Zentangle, paint nights [here](#) .

For more information about Social with a Purpose [click here](#) or call Lesley Kimble at 613-544-3078 ext. 204, or email fundraising@alzking.com.



We want to ensure you remain connected to us and as this pandemic continues, we will continue to use phone calls and Zoom for our support and client groups until such a time that we can gather in person again.

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.



Here to help

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.

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 in person, on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

From the Education Desk!

Healthcare Providers

We are able to offer education for you and/or your organization – we can do this over zoom, teams, the phone or just about any other virtual platform-and soon we hope to get back to some in-person offerings.

Interested in learning more and discussing? Reach out to Wendy today!

Care Partners for someone living with dementia (Unpaid care givers)

We are excited to be able to offer U-First! For Care Partners workshop as well as the First Link Learning Series for our care partners October 6 & 13 12:30-3:30; hopefully in person at the Isabel Turner Branch of the Kingston Public Library. [REGISTER HERE](#)

Join us on September 30, 2021, at 2:00pm via zoom:
Decisions...Decisions: Understanding Consent and Capacity

Shauna MacEachern, Occupational Therapist/Designated Capacity Assessor, will join us again to discuss what a Mental Capacity Assessment is, when it is necessary and do, discuss options for securing supports and assistance for those who do not have the mental or cognitive ability to make their own choices about money and/or personal care issues. *Please note, some of the information was presented in a previous session, but we will cover some new material and have time for questions*

[REGISTER HERE](#)

I want to hear from YOU!



My goal is to provide the education that YOU need. Please take a moment to either email me with any suggestions or complete this survey:

www.surveymonkey.com/r/KFLAED

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 with Patti and Jan

the Second Tuesday of Every month at
7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at
10:00 am

[Click here to join](#)

Pre-COVID the Men's Group met in person on the third Thursday of each month, but presently the meetings are virtual on Zoom. The purpose of the Group has not changed.

Men who are primary caregivers of a much-loved partner or parent with dementia get together to learn how their new experiences are not frighteningly unique, and to apply the experiences of others to individual personal situations.

So, you could say, the Men's Group creates a space where guys can feel comfortable.



PROGRAMS & GROUPS FOR CAREGIVERS continued....

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!

MORE PROGRAMS

MUSICAL HAPPY HOUR WITH MAX AND WAYNE



Feel Free to join us with your dinner if you like! Dinner and a show! Max and Wayne perform some amazing nostalgic songs and provide something for everyone! Come and join the Show!

Mon Sept 27th at 6:30 and Monday Oct. 4th and 18th

[CLICK HERE](#)

FRIDAY ZOOM MATINEE MOVIE

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078



<http://us02web.zoom.us/j/87833674941?pwd=a2dtQkhjOHJlZnRmUjVhNkpnNDIKUT09>



Friday
October
15th at
1:30pm via
ZOOM

Society of Alzheimer Society
A MEMBER OF THE CANADIAN SOCIETY OF ALZHEIMER SOCIETIES

In our last newsletter, we put out a call for some stories and pictures of some fun summer adventures. We had one submission and wanted to share!

“The Adventures of Dave and Doreen”

Introduction As Written by Dave: One month ago, our family, who live in New Jersey, came for a family reunion after 20 months of COVID. We did a lot of activities together. Mckinlay and I are playing poppers. She won most of the time but I won a few times .

I water our flowers daily. While Mckinlay was here, she helped me out by guiding the spout into the window boxes. We went to Aqua Terra and sat outside for dinner. The only way Mike could avoid the rain drops was to get out his umbrella and eat. Jonathan took great delight when he saw all the ducks amongst the boats in the harbour. One day when we went for a walk to the train station, Jonathan was thrilled with the bright colours of the sunflowers.

Jonathan loves to collect grasshoppers and then let them go. He carefully holds them and checks their colouring and skill in jumping away. Here’s an example of a green grasshopper Jonathan found that didn’t want to be released. It crawled up his hand and he used a gentle touch it to get it to jump away. Both the kids have been playing hockey in Toronto since they were 3. Now they are in New Jersey, they still enjoy playing on a team. Our next door neighbour and Mike were playing road hockey outside our house with Jonathan and Mckinlay. Neighbours enjoyed watching. One day, we took the Kingston Trolley Tour. We focused on so many old buildings and places where unique things happened. City Hall is 180 years old!

We really enjoyed our time on the trolley tour and our time together as a family.

