April 20, 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 Everyone,

According to Dr. Kieran Moore, Medical Officer of Health at the Kingston, Frontenac, Lennox and Addington Public Health Unit our community has been doing our part to flatten the curve and not spread the disease. As the warmer weather approaches it will be more and more difficult to self-isolate and physical distance ourselves. It is important that we continue to do this until we are told otherwise.

This week Premier Ford announced that the current restrictions would be in place until May 12, 2020 we at the Alzheimer Society will continue to follow this advice and the office will remain closed. However, please remember we are only a phone call away.

We know that in time of crisis such as the one we are currently experiencing things tend to break-down and its not always easy to replace them when shopping is limited, so if your technology has let you down give us a call. Thanks to a generous gift we have a few Samsung tablets at the office that we can loan out, if you have access to an internet connection but require the equipment to participate in our programs please let us know we would be happy to loan you one and we can even arrange drop off.

Further-more if you have any technical difficulty accessing these programs or need help, please do not hesitate to contact us and we will do what we can to help get you get connected! We will also continue to reach out by phone, for those who are unable to access the online programs.

We look forward to connecting with you!

Stay Safe, Stay Healthy!

Warmest Regards,

Vicki

ALZHEIMER SOCIETY PRIVACY WAIVER!

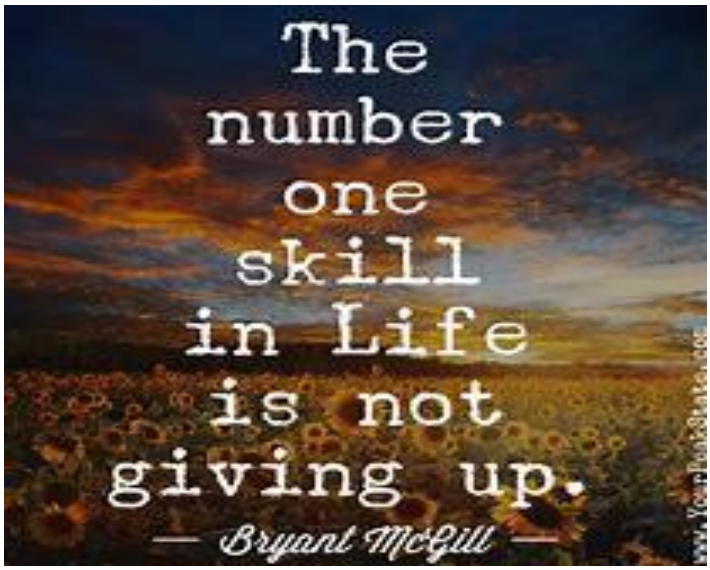
Thank you for joining us via ZOOM. We are excited to be able to connect with our clients during these times of self-isolation and physical distancing. We know that staying connected is important. Please note that we are using ZOOM, an online technology that helps us connect with you securely. We believe that the privacy measures put in place by Zoom and precautions that we take (Waiting rooms and then locking the group after all have entered) 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.

As we continue to practice physical distancing and self isolations to flatten the curve and stop the spread, we know that you are less able to make the connections with us and others that you need to know you aren't alone. With that in mind we are going to continue to use some virtual platforms to bring us together.

What do you need? A computer, tablet or smart phone that has a camera and an internet connection…if you do not have a computer, you can still call into the caregiver support groups, please contact us to get those numbers.

Right now, we are using Zoom - it is free and easy to use (we promise it is easy). We will include the links to all activities in this weekly newsletter - once you have it installed the first time, you just click on the link and you'll join in. We have included a Zoom instruction sheet attached to the Newsletter email. You can also reach out to Wendy Harris for technical support in installing and using zoom.

Have family who cannot visit? Zoom is free for individuals to use for up to 40 minutes! There are other platforms such as Skype, FaceTime (for Apple users), What's App and Facebook Messenger. If you need more assistance with any of the technology, please reach out to Wendy at education@alzking.com and she will try to assist you.



IN THE COMMUNITY

FOOD AND RETAIL SERVICES IN KINGSTON

www.visitkingston.ca/plan/food-and-retail-services-available-during-covid19/

BRINGING SHOPPING HOME SAFELY

https://youtu.be/zmoBI5m2_uw

KFL&A PUBLIC HEALTH

https://www.govserv.org/CA/Kingston/210581042291876/KFL&A-Public-Health

CITY OF KINGTON UPDATES
https://www.cityofkingston.ca

SOUTH EAST LOCAL HEALTH INTEGRATION NETWORK (LHIN)
www.southeastlhin.on.ca

HOW KINGSTON IS DOING RE COVID-19

https://globalnews.ca/news/6707378/kingston-doing-good-staying-connected-covid-19-coronavirus/

Its official! The Alzheimer Society of KFLA will Walk Online this year on May 31st along with other communities across Canada! So, engage your family members in discussions about how you can support the Alzheimers Society on Walk day. Can you walk in your neighborhood? Do a stair challenge at home or a fun obstacle course in your back yard? Whatever you can do in your own space to get active and support the Alzheimer Society is fine by us! We'll have lots of tips and tricks coming your way very soon so watch for more details in our newsletter and on Facebook!

But first you need to register, so visit www.walkforalzhiemers.ca find the Kingston or Napanee walk, then register yourself or your team (you can still enter as a team even though you are participating from a distance!) and join us online on May 31! More details coming soon!

CAREGIVERS CORNER

From Jan White, Client Services

These unprecedented times can be very trying. While we recognize it can be difficult, we encourage you to take a few minutes each day to check in with yourself, recognize your needs, and most importantly, breathe.

Mindfulness is a practice that can help relax and soothe. Follow the tips below from Mindful.org and remember to be good to yourself, too. Even five minutes is enough!

Set aside some time. You don't need a meditation cushion, bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space, even if it's a few minutes a day.

Observe the present moment as it is. The aim of mindfulness is not quieting the mind or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier said than done, we know.

Let your judgments roll by. When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.

Return to observing the present moment as it is. Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.

Be kind to your wandering mind. Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

The ALZHEIMER SOCIETY OF ONTARIO is offering online Webinars: Dementia and COVID19 – Strategies for Caregivers & Dementia – more dates added:

This webinar will focus on providing caregivers with strategies to providing care while in isolation. It will also highlight important COVID-19 precautions and guidelines along with the implications in caring for someone living with dementia.

Upcoming sessions: **April 20** & **May 1**

Click here to register.

VIRTUAL CAREGIVER'S CAFÉ

Join us Virtually for our Weekly Caregiver Café. Tuesday afternoons from 1:30 – 2:30
Once you have downloaded Zoom, simply click https://zoom.us/j/318632765?pwd=eXp2Y2lpWFhhZllFd09OZmpDMFo5Zz09

FRIENDLY FRIDAYS AT THE CHIT CHAT
Going Live, email Noreen if you would like to join noreenpeters@cogeco.ca

Caregivers Evening Chat
Meets Monthly, Next meeting in May TBA
Men's Group for Caregivers
Meets Monthly. Next meeting May 21st

ONTARIO CAREGIVER LINK
www.ontariocaregiver.ca

LINK FOR CAREGIVERS with LOVED ONES IN LTC:
https://fco.ngo/updates-and-events/updates/covid-19-update-joint-statement-family-councils-ontario-and-ontario

Province Wide, Live "Musical Memories" Singalong with "Michael K Myers"
Thursday April 23rd at 2:00 pm

Michael K. Myers has been making his living singing and performing in the Kingston area for most of his life. Be it as a soloist or a member of various bands and duos Michael strives to provide an enjoyable and engaging musical experience. His repertoire ranges from the 30s up to the 50s and early 60s eras of popular music. Songs that are the soundtrack of folks' lives.

Link to Join Us on Zoom:
https://zoom.us/j/636463918

ACTIVITY CORNER

Things to do at home

Painting:

Dot Art Mandala Stone Painting
https://youtu.be/dWxyUqfWYfs

Easy Stone Paintings:

https://youtu.be/aK_pMV-vM2I

Online Jig Saw Puzzles:
https://www.jigsawplanet.com/

Online Brain Games For Seniors:

https://youtu.be/DEnbvuxOloM

Andrew Lloyd Webbers Phantom of the Opera: https://youtu.be/FKHMRGMkQHU

Try a Tai-Chi for Beginners Class!

The ancient practice of Tai-Chi is known to be one of the most effective exercises to improve health, fitness and relaxation. Australian physician and Tai-Chi teacher, Dr. Lam will take you through an hour-long Tai-Chi session for beginners. Click here to check it out!

Travel Destination of the Week: A Virtual Tour of 32 National Parks

At least 32 of the U.S. national parks are available for viewing thanks to Google Earth and Google Arts & Culture, including the Grand Canyon, Yosemite, and Utah's National Park (pictured above). To enjoy this scenic tour from the comfort of your own home, click here!

YOU ARE WELCOME TO JOIN OUR "CIRCLE OF FRIENDS" GROUP

We will be meeting Virtually on Wed at 1:30
A time to mix, mingle and chat and then feature a series of chair exercises, brain games and musical singalong. Our Online Group is Growing!

This Weeks Theme:
Share your Happy!
(Happy Memory, Happy Thought, Happy Hat Whatever makes you Happy)
https://zoom.us/j/653070720?pwd=SlM5Y25rU0JhQzVHMkVXRkFBaDJyUT09

MENS PEER GROUP

Tuesday April 21st at 9:00 am

https://zoom.us/j/934218179?pwd=Y05VM05uOUdBTJsOXBVaGhNeWJtZz09

Y.A.Y.A.H
(Young and Young at Heart) We usually meet monthly at Tom's Place for dinner we will try a lunch Zoom meeting this month!

April 24th at 12:00 pm
https://zoom.us/j/785297437?pwd=eEEzdWUvZ0VXcVByOTU3emh1b1FsUT09

ARTIST OF THE WEEK

Shirley Bassey

Dame Shirley Veronica Bassey, DBE is a Welsh singer whose career began in the mid-1950s and is well known both for her powerful voice and for recording the theme songs to the James Bond films Goldfinger, Diamonds Are Forever, and Moonraker. In January 1959, Bassey became the first Welsh person to gain a No. 1 single.

Link for his greatest hits:

https://youtu.be/qZCXDUXRb-8