

April 6/ 2020

Alzheimer Society of KFL&A, Forget Me Not Newsletter

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Hello Everyone

It is hard to believe that we are entering week 4 of our new way of working. We hope you are staying healthy, safe and engaging with family and friends using a variety of technology in which to do so. Please remember if you need assistance with using the technology we can help so just give us a call.

NEW PROGRAM ALERT!

Last week we added a new online service in addition to our other online offerings. On Thursday we hosted our first Sing-A-Long with Roger James a local longtime entertainer. We opened this initiative province wide to be enjoyed by all! Stay tuned this will be a weekly addition featuring great local talent.

Good-bye and Thank you!

We would also like to advise those that have participated in the CARERS and TEACH program that Mary Kratzer is no longer with the organization, we thank Mary for her service and wish her all the best in her future endeavor. The program has been temporally postponed and once we resume to our new normal after COVID-19 the program will continue. In the meantime, please continue to reach out if you require support our partners at the Reitman Centre have a clinician available and together we will provide you with the needed support.

In closing we will continue to do our part in flattening the curve therefore our office will remain closed. We continue to follow the guidelines set out by federal, provincial, government and public health. Please continue to reach out we want to ensure you that we are here to support you!

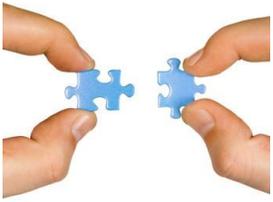
We miss each and everyone of you and can not wait until we can be together again.

Stay Healthy, Stay Safe!

Kindest Regards,

Vicki

STAYING CONNECTED



Another week of staying at home is upon us. We know that isolation to reduce the spread also means 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 for you 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.



Alzheimer Society

IN THE COMMUNITY

FOOD AND RETAIL SERVICES IN KINGSTON

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

KFL&A PUBLIC HEALTH

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

CITY OF KINGSTON UPDATES

<https://www.cityofkingston.ca>

SOUTH EAST LOCAL HEALTH INTEGRATION NETWORK (LHIN)

www.southeastlhin.on.ca

HOW KINGSTON IS DOING DURING COVID-19

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

IG Wealth Management Walk for Alzheimers



KFLA is Going to WALK ONLINE!

Although we don't have all the details yet, the IG Wealth Management Walk for Alzheimers will move to a virtual event all across Canada, and you will all be able to participate from the comfort of your home!

We will update the details as soon as we can, and you can visit our facebook page at <https://www.facebook.com/AlzheimerKingston/> for news and information about the Walk and about all our programs and services. And please be sure to LIKE the page so that you are notified of any new details as they come up!

CAREGIVERS CORNER



From Jan White, Client Services

We just want to continue to reiterate the importance of staying home and isolating currently. Please reach out to us if you need some encouragement. This week we would like to share a note from one of our caregivers:

Let me begin by telling you that my husband and I have always to handle stress with humour.

I am one of the lucky ones as my husband (for over 40 years) has always been a home body and enjoys spending time with me and the wildlife. Since we live rural the wildlife was always there but because I am more social, I was a little more elusive. You can tell right away where this is going. He is very happy being home and in isolation, I on the other hand not so much. We have tried to reach compromise - he will walk with me every day unless of course it's sunny, rainy, windy - by now I guess you have figured this out. It has taken me 3 weeks for us to get into a routine (which means I must pick the right moment to bring it up). When we finally get out the door, we really enjoy it. We see so many things - people riding horses, weird animals and many other novelties - I forgot to mention my husband suffers from hallucinations so every day is an adventure. The slow pace and daily routine have been good for him as we are still learning to adjust to his dementia (it has been a little over a year, but it is progressing far too quickly for us). For those of you who have wanderers and unhappy partners my heart goes out to you. We are so lucky to have the support we have in the area. I always remind myself "what will be will be" and keep smiling.

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>

VIRTUAL CAREGIVER'S CAFÉ



Join us Virtually for our
Weekly Caregiver Café
On Tuesday afternoons from
1:30 – 2:30

Once you have downloaded Zoom, simply
click on the link below

Link:

<https://zoom.us/j/318632765?pwd=eXp2Y2lpWFhhZlIFd09OZmpDMFo5Zz09>

Friendly Fridays at the Chit Chat
Going Live on Friday's email Noreen if you
would like to join
noreenpeters@cogeco.ca

Caregivers Evening Chat Group:
Tuesday April 14th, 7-8

<https://zoom.us/j/212750928>

Men's Group (for Caregivers)
Thursday April 16th at 10:00

<https://zoom.us/j/875549194?pwd=MjNaa2FzNnFlcmVlUU9FTHNyVmxuQT09>

**Live "Musical Memories" Singalong
with Roger James,
Thursday April 9 at 2:00**

Entertainer, Music and Comedy, Guitar, Banjo,
Piano, Bodhran (Irish drum) Ballad Harp, Vocals



More than 6000 appearances in 84 cities, In concert he has opened for: Joe Cocker, Tommy James and the Shondells, J.J. Cale, the Kingston Trio, Valdy, Murray McLaughlin and recently toured with CBC writer/performer Nancy White and CCMA award winner Wendell Ferguson.

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

ACTIVITY CORNER

Things to do at home

Painting Classes: Enjoy a paint night with Yaymakers virtual classes

<https://www.yaymaker.com/ca/on/kingston/30016/events>

Craft, activities, mazes, dot-to-dot, etc,
<https://www.allkidsnetwork.com/>

Math and language games

<https://www.arcademics.com/>

This Virtual Tour of the Great Wall of China is beautiful and makes history come to life:

<https://www.thechinaguide.com/destination/great-wall-of-china>

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.

<https://britishmuseum.withgoogle.com/>

Physical activity guidelines for adults aged 18 to 64:

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

One Hour Chair Fit with Eric (Variety Ontario):

<https://youtu.be/RT6asnxe44g>

TED Talks: <https://www.ted.com/talks>

San Diego Zoo live camera:

<https://zoo.sandiegozoo.org/live-cams>

Travel Destination of the Week

Join Rick Steve's as he travels to Bulgaria

https://youtu.be/OuZ038_15Fc



YOU ARE WELCOME TO JOIN OUR "CIRCLE OF FRIENDS" GROUP VIRTUAL MEETING WITH MARI



We will be meeting Virtually on
Wednesdays at 1:30

Mari will be running it like a regular group with
A time to mix, mingle and chat and then feature a
series of chair exercises and musical singalong.

Our online group is growing and is
such fun. We hope to see you there!

This Weeks Theme:

**Share your talent, show us something that you
have made!**

**Once you have downloaded Zoom
Simply click on the link below and you will be
connected!**

Link:

<https://zoom.us/j/653070720?pwd=SIM5Y25rU0JhQzVHMkVXRkFBaDJyUT09>

(if you would like to have this link emailed to you, or
more help with connecting, please reach out to Wendy
via email at education@alzking.com

ARTIST OF THE WEEK



Patsy Cline

Was an American singer. She is considered one of
the most influential vocalists of the 20th century and
was one of the first country music artists to
successfully cross over into pop music. Cline had
several major hits during her eight-year recording
career, including two number-one hits on the Billboard
Hot Country and Western Sides chart.

Link for her greatest hits:

<https://youtu.be/wyqK8Dmqo5w>