

Alzheimer Society of KFL&A

Forget Me Not Newsletter

Alzheimer Society of KFL&A * 400 Elliott Ave, Unit #4 * K7K 6M9 * 613-544-3078 * **June 15th**



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June is Seniors Month

Across the province we are finding new ways to bring together and celebrate our Seniors. This year's theme is "Stay safe, stay in touch"!

We encourage you to think of safe ways to connect with seniors in your family, at a time when social distancing is more important than every it is equally important to stay in touch and celebrate those who have touched our lives in so many ways.

Did you know? Some key facts about Ontario's seniors

- Seniors are the fastest-growing demographic in Ontario
- Most seniors living in Ontario want to age at home and in their community
- Ontario has the most culturally diverse seniors' population in the country
- Ontario is home to more than half of all immigrant seniors in Canada – 53%
- 28% of seniors in Ontario, aged 65-69 are working
- 30% are at risk of becoming socially isolated

This month and always celebrate a Senior!

Vicki

Walk Sites Closing June 30!

The IG Wealth Management Walk for Alzheimers sites will remain open until June 30 for both donations and registrations. We are so close to meeting our goal of \$50,000 – we're just \$2500 away! If you haven't already done so, your donation of any size, will help us to reach our goal! If you were unable to walk on May 31, and would still like to walk or do an activity to recognize the Walk for Alzheimers, there is still time to do that. This year's walk was more creative than ever before, since people were doing their own thing in their own spaces. If you have any videos or pictures of your participation that you would like to share with us, please send them to fundraising@alzking.com and we will post them to social media. Visit www.alzqiving.ca/napaneewalk or www.alzqiving.ca/kingstonwalk to register or donate!

Remember, you have two weeks left!



We are into our 3rd month of staying at home and with that brings long days to fill and a lot of time with our thoughts-and the news. With that in mind we are going to continue to use the virtual platform Zoom to bring us together.

What do you need? To participate fully you will need a computer, tablet or smart phone that has a camera and an internet connection. If you only have a phone, you can still call into the groups, please contact us to get those numbers. Please note that you will often be in the virtual “waiting room” when you join; you just sit back and relax and we’ll do the rest.

We are still using Zoom - it is free and easy to use. We will include the links to all activities in this weekly newsletter and in the body of the email - once you have it installed zoom first time, you just click on the link and you’ll join in. We have several zoom instruction sheets that we can send you if needed so please ask. You can also reach out to Wendy Harris for technical support in installing and using zoom. **Zoom is updating the system periodically, so please install the update when prompted directly from zoom.**

Need some 1:1 time with an Alzheimer staff member? We can also set up 1:1 calls on zoom (in addition to phone calls) to help you through these difficult times by lending an ear and some suggestions where needed and appropriate.

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.

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.

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>

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/>



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=mz9VQ

We want to hear from you!

Please take a few moments to answer this short 8 question survey to help us know what you need to be supported during this time of isolation. We always welcome feedback and encourage you to let us know if you have any ideas of interest. We cannot do everything, but we will do everything we can. **Please click this link to open the survey:**

<https://www.surveymonkey.com/r/HJCRC57>

Thank you for taking the time to help us better know how to serve you.

May your day begin
with a **SMILE** on your face,
a **SONG** in your heart, and



JOY in your soul!

CAREGIVERS CORNER

Q&A

Last week's Question:

The person I care for sleeps very well until about 3am, at which time he gets up and leaves the bedroom. I'm not able to leave him on his own, but I am still very tired and want to sleep. Do you have any suggestions about how I can get my partner to stay in bed all night?

Answers Submitted to Last Weeks Question:

- 1) I have found that when the person I'm caring for gets up in the night, it's because she needs to use the bathroom. She's not able to tell me any longer that she needs to go, but if I guide her there, she goes, she usually settles back down again.
- 2) This use to happen often especially during the winter months. Now that the days are warmer and longer, I find that if I keep him busy during the day, and limiting the amount of naps he has, this has become less of a problem.
- 3) I keep the house as dark as possible. For safety, I use motion lights, that come on only if someone is up, and I keep the window blinds pulled to keep the streetlight from shining in the window.
- 4) I have found since the progression of the dementia, that the person I care for just doesn't need as much sleep as before. I have adjusted our routine so we can stay up a little later, adding about 15 minutes later to our night-time routine, every couple of days, seems to be working for us. I have worked up to 1.5 hrs later over time.

Next weeks Question

The person I care for is a kind, gentle soul, most of the time. I'm finding lately that there is some aggression that is unusual. When this happens I don't seem to be able to calm him down. Do you have any tips that can help me turn the aggression into calmness again?

Please email your tips and helpful hints to
Pam Lemke at plemke@alzking.com

PROGRAMS AND GROUPS FOR CAREGIVERS



Weekly Caregiver Café.

Tues afternoons 1:30

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

FRIENDLY FRIDAYS AT THE CHIT CHAT

Live, email Noreen if you would like to join

noreenpeters@cogeco.ca

Caring in Facility

(for those with loved ones in LTC etc.)

Meets Monthly, Next Meeting July 8th @10am

<https://us02web.zoom.us/j/91798593174?pwd=Q3FPT3g0WHZ2NzU2SzdPSjQ0WU1nUT09>

Caregivers Evening Chat

Meets Monthly, Next meeting July 8th 7pm

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

How to Stay Engaged at Home

June 24th at 10:00 am (Please Register)

<https://us02web.zoom.us/meeting/register/tZ0vceqhpzwwG9ykt1ddffiGfHs9t6cWg5o0>



Journaling

Thoughts can affect our mood and influence our actions. Keeping a positive outlook on life is important, but it's not always easy to think on the bright side. Mostly, our thoughts are healthy and positive, but if you find that you circle back to negative thinking that is hindering your daily life, it may be helpful to take pen to paper to help you process your thinking pattern.

Journaling is a proven method that can help to improve your mood, alleviate stress, depression and anxiety, and can even boost the immune system. If it's your first time journaling, we have some tips for you to get started.

ACTIVITY CORNER

Things to do at home

Let's Go to the Farm: We are very happy to be working with some of other Chapters and Sharing Resources. This one will take you on a 30 minute program with a local Farm in Whitby where you will have a tour of the farm and animals and learn about harvesting plants etc. Participants can ask questions about gardening or farming etc. This program runs on Mondays from 10:30am - 11:00am

June Dates: 15, 22, 29

<https://alzheimersociety.zoom.us/j/9877546872>

Keep Fit With Chair Dancing:

Jodi Stolove Chair Dancing Fitness YouTube page click [here](#).

Crafty Corner: Take the opportunity to play games, conduct investigations, and explore different forms of art. <https://artsology.com/>

Ocean life by Smithsonian Museum

<https://ocean.si.edu/>

Tank's Good New
Travel Destination of the Week:



Buchart Botanical Gardens in British Columbia

<https://youtu.be/5bH2HtztoSI>

ARTIST OF THE WEEK:



Willie Hugh Nelson is an American musician, actor, and activist. He was one of the main figures of outlaw country, a subgenre of country music that developed in the late 1960s as a reaction to the conservative restrictions of the Nashville sound.

Link for his greatest

hits:<https://youtu.be/04lcElesZXw>

"CIRCLE OF FRIENDS" GROUP



We will be meeting Virtually on Wed at 1:30
A time to mix, mingle and chat

This Weeks Theme:

"Father's Day, Wear a Tie if you like"

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

MEN'S PEER GROUP

Tuesday Mornings at 9:00 am

<https://zoom.us/j/934218179?pwd=Y05VM05uOUdBetS0XBVaGhNeWJtZz09>

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 again this month!

June 29 at 12:00 pm

<https://zoom.us/j/785297437?pwd=eEEzdWUvZ0VXcVByOTU3emh1b1FsUT09>

Province Wide, Live "Musical Memories" Singalong with "Michael K Meyers"

Thursday June 18th 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>

SHARING CORNER



To those of you that have been following along with, "Poems" by Kevin, here is a follow up to the original "Caregiving in Covid" This one titled "Caregiving in Covid The Morning After". Kevin finds this type of writing very therapeutic and has received a lot of positive feed back from readers. This is the first time Kevin has tried to write, he encourages others that have a story to tell, to send it in to the newsletter, he welcomes the thought of hearing them.

The Morning After

I sit up in bed, my legs still feel as if made of lead, shoulders still carry a heavy load and head is filled with cement. There is no medical support team to help us through this day. The boxing ring is gone. I do not see our foe.

But I feel his presence, he has not left us, he is a master if disguise, a chameleon. Today he will try another tactic, taking me hostage and taunting me. He presents me with someone I know and recognize.

But today, they are not the person I know, he has changed them. Making them a stranger to me. He has taken their memory and "I" must be it, for them, without them knowing.

They have lost the ability to know what has to be done next and what they have done. I must now, know when and how to cue, without them knowing.

He has stolen their sense of time, the year, season, month, day and hour. I am now their calendar and their clock. They have been robbed of their ability to reason, to understand, only to be replaced with confusion, fear and anger. Not knowing what has and is, happening to them.

He will only leave us, when he has broken and destroyed us both.

For we all know him too well, his only wish and goal is to break and devastate, all who stand in his way. He is Alzheimers and we will not let him win.

Kevin Ryan



As we are meeting Virtually, we have opened ourselves up to some opportunities that may have not been possible before. We have been invited to participate in "Camp Sunshine" which is going to run all summer long virtually.

Sunshine Centre for Seniors is a recreational and health based non-profit organization that offers programming for seniors in the Toronto area but now is open to seniors in the province due to the virtual nature of programming in these times!

They have a lovely summer camp that is being offered for Summer 2020.

Attached to this Newsletter is the package outlining all the programs offered in this summer camp. Feel free to look and see if there is anything of interest that you would like to join! They have full day and half day virtual programming available.

Some of their Themes for June & July are:

June 15-19 - Pride Week

June 22-26 – Solstice Week

June 22- July 3 – Indigenous Heritage Week

July 6-10 – Celebrate Canada Week

Friday July 10th – Strawberry Festival

If you would like more information please email info@sunshinecentres.com or phone 416-924-3979

