

# Alzheimer Society of KFL&A Forget Me Not Newsletter

Alzheimer Society of KFL&A \* 400 Elliott Ave, Unit #4 \* K7K 6M9 \* 613-544-3078 \* **May 25**



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## Not a Computer Buff but you'd like to participate in or donate to the Walk? We have Pledge Sheets Available!

With only a few days left until the IG Wealth Management Walk for Alzheimers, we are halfway to our goal. If you would like to participate or donate, but aren't comfortable putting your credit card or personal info online, you are welcome to do it the old fashioned way – solicit donations from friends and family and collect it in cash or cheques. We can arrange a contactless drop off -you can call ahead to indicate your approximate arrival time, and you can drop it in the box that we will provide, accompanied by a registration donation record sheet. We have attached a donation record form in this email to accompany your donations, but if for some reason you can't print it, you will need to include a list of donors with addresses and emails if you have them, and your name, address, phone and email address on the paper as the 'walker'.



We hope you will join us for the online IG Wealth Management Walk for Alzheimers on May 31! Register and move your way, in your own time! If you aren't able to register, you can still participate or donate to an individual or team that is already registered, online at [www.alzgiving.ca/kingstonwalk](http://www.alzgiving.ca/kingstonwalk) or [www.alzgiving.ca/napaneewalk](http://www.alzgiving.ca/napaneewalk) depending on which walk you would like to support. Donations can also be made in person by appointment at the office or over the phone! Call 613-544-3078 to arrange a drop off donations, or email Kim at [reception@alzking.com](mailto:reception@alzking.com).

**Watch It Live! on Sunday, May 31** Whether or not you participate in some kind of activity on May 31, you are invited to watch the live broadcast at 12 noon on Sunday, May 31. You will be treated to a bilingual program, featuring celebrity hosts who will profile and/ or interview various people from across Canada, they will play fun videos made by people from across the country showing us how they are participating in the online walk, you'll see pictures of Canadians from all over and be able to see how and why they are supporting the Alzheimer Society in their communities. We know you will see some clips of some KFLA supporters!

Visit [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca) to watch the program or see it on our facebook page. We don't have all the details of the live broadcast yet, but we will send out the link the day before to all newsletter subscribers and post it on our facebook page as a reminder.

Questions about the walk? Call Lesley at 613-888-1931 or email me at [fundraising@alzking.com](mailto:fundraising@alzking.com)



We are almost 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.

**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](mailto: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 (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.

## FOOD AND RETAIL SERVICES IN KINGSTON

[www.visitkingston.ca/plan/food-and-retail-services-available-during-covid19/](http://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](http://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=mzae9VQ](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=mzae9VQ)

## 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.



## CAREGIVERS CORNER

### Q&A

This is a new addition to our Newsletter. Each week we will post a caregiver question and welcome any of your feedback and we will post the answers here the following week.

#### Last week's Question:

**"The person I am caring for likes to pack, unpack, rearrange and move things about in the home. Then when he tries to find something and can't, he becomes suspicious and distrustful, thinking someone is stealing his things, mostly the distrust is with family members. Do you have any tips that would help me with this situation?"**

#### Answers Submitted to Last Weeks Question:

1. When ever I get accused of stealing something from my family member, I try really hard and it is hard at times, to not take it personally. I try and put myself in his position. I think how scary it must be to be in your own home, with only family and all of my things keep disappearing.
2. When this happens in our house, and it does, all the time, I find if I acknowledge that things are not where the person thinks they should be, and then offer to help her find them, the situation resolves much quicker than if I don't go along with it.
3. If this happens, sometimes it does, I say sorry, I must have moved it and we look for whatever it is.
4. If I get the chance, I take as many things as I can out of sight and then she only searches for what is available to rearrange.

#### Next weeks Question

"The person I'm caring for has difficulty in the evening when I'm trying to watch the evening news. The flashes of light from the TV makes her think there is someone with a flashlight trying to look into our house. Do you have any tips that would help me with this situation?"

Please email your tips and helpful hints to Pam Lemke at [plemke@alzking.com](mailto:plemke@alzking.com)

## 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=eXp2Y2lpWFhhZlIFd09OZmpDMFo5Zz09>

Next week we will start x2 back sessions to ensure that the groups are smaller and to allow for all to have a chance to share.

#### FRIENDLY FRIDAYS AT THE CHIT CHAT

Live, email Noreen if you would like to join [noreenpeters@cogeco.ca](mailto:noreenpeters@cogeco.ca)

#### Caring in Facility

Meets Monthly, Next Meeting June 6<sup>th</sup> @ 10am  
<https://us02web.zoom.us/j/91798593174?pwd=Q3FPT3g0WjZ2NzU2SzdPSjQ0WU1nUT09>

#### Caregivers Evening Chat

Meets Monthly, Next meeting June 12<sup>th</sup>  
<https://zoom.us/j/212750928>

#### Men's Group for Caregivers

Meets Monthly. Next meeting June 18<sup>th</sup>  
<https://zoom.us/j/875549194?pwd=MjNaa2FzNnFlcmVlU09FTHNyVmxuQT09>

If you're caring for someone and you need support or have care questions, call the 24/7 Ontario Caregiver Helpline: 1-833-416-2273 or use the live chat Mon-Fri from 7am-9 pm at [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

CAREGIVER HELPLINE  
**1-833-416-2273**

[ontariocaregiver.ca](http://ontariocaregiver.ca)



## ACTIVITY CORNER

### Things to do at home

**From ASO: Online Program – Art Series:** In this 'Painting What I See' online arts series, facilitator Kathleen Downie will provide participants with a set of images each week, (using a Power Point slideshow) that we will discuss and analyze together. Participants will use available materials at hand . **When:** Thursdays from May 21 to June 4, 1:00 PM to 2:00 PM. This series is appropriate for learners at all levels. To register, click [here](#).

**Music Therapy Group:** We invite you to start off your week by joining certified Music Therapist, David Macintosh to sing, dance, move, breathe, discuss, and reflect. Sessions will run from 2:00 PM to 3:00 PM for the following dates: May 25, June 1, June 8, June 15, June 22, June 29. Please register to receive the Zoom link to participate. Click [here](#) to register.

**Crosswords:** Enjoy many amazing puzzles online. Click [here](#) to get started!

### HELP TO IMPROVE YOUR MOOD!

Most people find a lot of joy being in the presence of animals and research has shown that one's mood can improve when surrounded by a pet. Click [here](#) to immerse yourself in feel good stories!

**Travel Destination of the Week:** Rick Steve's "Highlights of Paris": <https://youtu.be/xXnW4pD0OrA>

### ARTIST OF THE WEEK



**Linda Maria Ronstadt** an American singer who performed and recorded in diverse genres including rock, country, light opera, and Latin. She has earned many prestigious awards and many of her albums have been certified gold, platinum or multiplatinum in the US and Worldwide.

**Link for her greatest Hits:**

<https://youtu.be/cDOujdDWXuo>

## 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:  
Summer Memories**

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

### 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!**

May 29 at 12:00 pm

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

### MEN'S PEER GROUP

**(The Group that normally meets at Waterford)**

**Weekly Tuesday Mornings in June at 9:00 am**

<https://zoom.us/j/934218179?pwd=Y05VM05uOUdBTSJzOXBVaGhNeWJtZz09>

**Province Wide, Live "Musical Memories"  
Singalong with "Glenn Reid"  
Thursday May 28<sup>th</sup> at 2:00 pm**



Glenn is a seasoned musician with his acoustic stylings, enjoyed by audiences worldwide. He will bring an energy filled, upbeat show featuring some country classics, Classic Beatles Tunes, Buddy Holly, Everly Brothers and others. Be sure not to miss this lovely hand clapping, toe tapping and sing a long program!

**Link to Join Us on Zoom:**

<https://zoom.us/j/636463918>