

May 04, 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 \*



## ALZHEIMER SOCIETY OF KFL&A STAFF DIRECTORY

Vicki Poffley,  
Executive Director, X 207  
[vpoftley@alzking.com](mailto:vpoftley@alzking.com)

Kim Parkinson  
Administrative Assistant, X 201  
[reception@alzking.com](mailto:reception@alzking.com)

Danielle Weir,  
First Link Navigator, X 206  
[dweir@alzking.com](mailto:dweir@alzking.com)

Jan White,  
Client Care Coordinator X 200  
[jwhite@alzking.com](mailto:jwhite@alzking.com)

Wendy Harris,  
Education and Client Care Coordinator  
X 203  
[education@alzking.com](mailto:education@alzking.com)

Mari Vepsalainen,  
Program Coordinator, Kingston X 209  
[programs@alzking.com](mailto:programs@alzking.com)

Lesley Kimble,  
Fundraising Coordinator X 204  
[education@alzking.com](mailto:education@alzking.com)

Lisa Prest,  
Client Care and Programs Coordinator,  
Napanee X 208  
[lprest@alzking.com](mailto:lprest@alzking.com)

Pam Lemke,  
Education, Client Care and Programs,  
Sharbot Lake and Northbrook, X 701  
[plemke@alzking.com](mailto:plemke@alzking.com)



## TIPS for participating in the IG Wealth Management Walk for Alzheimer's

### #1 Register..

Yourself and/ your team at [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca). Look for the Napanee or Kingston walks.

**#2 Ask, Ask, Ask!** Why don't some people give money? Because they're never asked! Make a commitment to ask at least one person every day to support you in your fundraising. Don't forget to ask your friends on social media.

**#3 Keep the momentum** The earlier you start fundraising, the better. Always follow up with every person you've asked. And if they donated, don't forget to thank them.

**#4 Make it real** If you've got a story, special memory, or the fantastic person you're inspired by to Walk for, share it! It will motivate people to support your fundraising efforts.

**#5 Most of all, have fun!** Do a family yoga class on Zoom and record it, exercise at home or pledge to walk a certain distance every day up to and on May 31. Decorate your windows and sidewalk. Involve your workplace; How much are coworkers willing to give you to look silly in a video? Dress up you (and your dog if you have one) and go for a walk! Get creative and don't be afraid to get silly!

If you have any questions, send us an e-mail at [fundraising@alzking.com](mailto:fundraising@alzking.com).

### Walk Videos

Would you like to make a video describing what you will do on May 31 to participate in the walk? We would love your video to help us recruit people as participants, teams or donors. If you have a creative idea, email Lesley at [fundraising@alzking.com](mailto:fundraising@alzking.com) to get the lowdown on video requirements. They only need to be 15 to 90 seconds long and will be featured locally on our Facebook page and maybe even on the National Walk broadcast on May 31!



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](mailto:education@alzking.com) and she will try to assist you.



## COMMUNITY LINKS THAT ARE UPDATED WEEKLY

### 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>

### CITY OF KINGSTON 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/>

## 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.

### 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.



## CAREGIVERS CORNER

According to Harvard Health, Gratitude helps us feel more positive emotions, relish good experiences, improve our health, deal with adversity, (like the pandemic), and build strong relationships.

Gratitude makes us nicer, more trusting, more social, and more appreciative. In a research paper by Dr. Robert Emmons, he says that in a crisis situation, we have the most to gain by a grateful perspective on life.

In the face of despair, gratitude has the power to bring hope and healing. And.....when we practice gratitude, and it does take practice, we have better sleep, and a healthier heart and immune system. A practical quick way to practice is to start a gratitude journal. In this book you write down at least 3 things each day, that you are grateful for. They don't have to be big or life changing. Then you can read it when you are feeling down or stressed.

Gratitude is proven to reduce stress in caregivers. Noticing and being thankful for the good things, trains our brain to become more optimistic. Instead of getting sucked into negative thoughts about what we don't have, use gratitude to pay attention to what we do have. So, we focus on the people and situations that make life better.

### **From Alzheimer's Society of Ontario:**

**Join us for a new 8-week online program: Mindfulness and Meditation.** Learn the 5 Elements of the Mindfulness Self-Care Model. Sessions will run every Wednesday from 2:00 pm – 3:00 pm on the following dates: April 22 & 29, May 6, 13, 20 & 27, June 3 Click [here](#) to register.

**Webinar:** This webinar will focus on providing care partners 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: May 6 & June 9. To register, click [here](#).

## 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=eXp2Y2lpWFhhZlFd09OZmpDMFo5Zz09>

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 May 6<sup>th</sup> @10am  
<https://us02web.zoom.us/j/91798593174?pwd=Q3FPT3g0WHZ2NzU2SzdPSjQ0WU1nUT09>

### **Caregivers Evening Chat**

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

### **Men's Group for Caregivers**

Meets Monthly. Next meeting May 21<sup>st</sup>  
<https://zoom.us/j/875549194?pwd=MjNaa2FzNnFlcmVIUU9FTHNyVmxBT09>

### **ONTARIO CAREGIVER LINK**

[www.ontariocaregiver.ca](http://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>

## Live “Musical Memories” Singalong with Roger James,

**Thursday May 7th 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/i/636463918>

## ACTIVITY CORNER

### Things to do at home

Notable National Ballet Productions - Virtual Museum: <https://national.ballet.ca/Virtual-Museum>

The Social Distancing Festival - Upcoming Streamed Events:

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

Fun Chair Dance Aerobic Workout for Seniors: <https://youtu.be/ceN2VscHCl4>

Coursera – many free online courses, quick registration required: <https://www.coursera.org/>

Science Experiments:

<https://sciencebob.com/category/experiments/>

Online safety:

<https://www.getcybersafe.gc.ca/cnt/prtct-yrslf/prtctn-fml/snrs-nln-en.aspx>

**From ASO: Come Sing with Us!** Join Certified Music Therapist, David Macintosh from [Miya Music Therapy](#), every Monday from 2:00 pm – 3:00 pm for 8-weeks of Online Music Therapy! Music therapy supports health and wellbeing through the purposeful use of music and the therapeutic relationship. Sessions will consist of singing, movement to music, breathing, discussion, and reflection. We can't wait to share the joy of music with you. Sessions begin Monday, May 4 until June 29. Click [here](#) to register!

**Travel Destination of the Week:** The French Riviera with Rick Steve's:

<https://youtu.be/er2tS8vWXHs>



## 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:**

**Wear a crazy shirt or sweater**

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

### MENS PEER GROUP

(The Group that meets at Waterford)

Tuesday May 5<sup>th</sup> at 9:00 am

<https://zoom.us/j/934218179?pwd=Y05VM05uOUdB7JsOXBVaGhNeWJtZz09>

**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>

## ARTIST OF THE WEEK



Dame Vera Margaret Lynn is a British singer of traditional popular music, songwriter and actress, whose musical recordings and performances were enormously popular during the Second World War.

**Link for her greatest hits:**

<https://youtu.be/5qici5fPWJY>