

## WINTER REVIEW

Winter Review 2017



### The Alzheimer Coffee Break – It’s Not Just for Coffee Drinkers Anymore!

This past fall, Coffee Break activities were hosted in over 65 locations

throughout the city, with some still to take place. Final results are not yet in, but we expect to come very close to our \$50,000 goal. Many hands make light work, and the more groups who take part in the Coffee Break campaign, the better we can serve our community. Such is the power of your backyard BBQ, the Halloween staff party at your work place, your local gym fitness challenge, the coffee time at your shuffleboard club or the silent auction at your neighbourhood get-together.

The next Coffee Break campaign will start up in the fall of 2017, and we invite anyone to host an event. For more information about the Coffee Break campaign please contact the Alzheimer Society at 613 -544-3078.

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### Walk with a Purpose

Lake Ontario Park will be the host site of this year’s walk on Sunday, May 28, 2017. Participants will enjoy the accessible walkways throughout the park and surrounding areas. Inside the park, we’ll mark out a short course for those who prefer it, and the waterfront walkway will offer a longer course for those who would like more of a challenge. The park also offers a splash pad ( weather permitting) and playground for the kids, lots of picnic tables to relax at, and accessible washroom facilities. Live music, snacks and fun activities for all ages will round out the day.

So, gather your siblings, your coworkers, your students, your neighbours! Create a team or come on your own. Canvass your friends and families for pledges, and walk with a purpose! Help make this year’s goal of \$30,000 a reality. Who will you be walking for?



## Music and Stimulation for people with Dementia

### Music Project

The joy of music continues with the use of an iPod and individual music!

Based on the evidence of the beneficial effects of music and stimulation for people with dementia, the Alzheimer Society of KFL&A offers the Music Project which uses iPods to bring personalized music to people with dementia. In collaboration with the Alzheimer Society Toronto. Staff at the Alzheimer Society will load an iPod with personalized music for you to take home and enjoy. Registration is required. A guided music session is also available for individuals to familiarize yourself with the iPod.

## Connections across the generations

### Intergenerational Choir

Do you enjoy singing? Looking to give back? Or simply enjoy connecting with youth then our intergenerational choir program is for you.

The Soulful Singers Intergenerational choir is comprised of Holy Cross Secondary School students and individuals living with a dementia and their care partners. Each adult member will be paired with a student to help foster connections across the generations. The choir performs classic songs that spark the memories of all involved. Choir practices are held weekly on Wednesday afternoons from 3-4:30pm at Holy Cross Secondary School starting Wednesday February 15, 2017 with a final performance May 12, 2017.

**We have 3 openings available for a drop-in group. For information contact Candice McMullen at 613-544-3078**



## Support Groups in Kingston, Amherstview, Napanee and Sharbot Lake

The Alzheimer Society of Kingston, Frontenac, Lennox and Addington offers a variety of support groups for both those who have been diagnosed with Alzheimer's disease or other dementias, as well as for those caring for an individual who has been diagnosed with Alzheimer's disease or other dementias..

**\* Persons living with Dementia Meet separately.**

### Groups for Care Partners of those with Dementia

<p><b>Caring in the Care Facility</b></p> <p>Alzheimer Society Office, 400 Elliott Avenue, Kingston</p> <p>10:30 am to 11:30 am</p> <p>First Wednesday of each month</p>	<p><b>* Time to Engage</b></p> <p>Alzheimer Society Office, 400 Elliott Avenue, Kingston</p> <p>11:00 am to Noon</p> <p>Second Wednesday of each month</p>	<p><b>* The Coffee Group</b></p> <p>Royale Place Retirement Residence, 2485 Princess Street, Kingston</p> <p>11:00 am to Noon</p> <p>Fourth Wednesday of each month</p>	<p><b>* The New Path</b></p> <p>Alzheimer Society Office, 400 Elliott Avenue, Kingston</p> <p>10:00am to 11:00am</p> <p>Fourth Tuesday of each month</p>
<p><b>Connecting at Kingsdale</b></p> <p>Kingsdale Chateau Retirement Community, 520 Kingsdale Avenue, Kingston</p> <p>11:00 am to 12:00 noon</p> <p>Second Tuesday of each month</p>	<p><b>Men's Group</b></p> <p>Kingsdale Chateau Retirement Community, 520 Kingsdale Avenue, Kingston</p> <p>10:00 am to 11:30 am</p> <p>Third Thursday of each month</p>	<p><b>Companions on a Journey</b></p> <p>Alzheimer Society Office, 400 Elliott Avenue, Kingston</p> <p>7:00 pm to 9:00pm</p> <p>Second Tuesday of each month</p>	<p><b>Women Who Care</b></p> <p>Waterford Retirement Residence, 471 Cataraqui Woods Drive, Kingston</p> <p>7:00 pm—9:00 pm</p> <p>Third Wednesday of each month</p>
<p><b>Sharing in Sharbot</b></p> <p>Sharbot Lake United Church</p> <p>1040-2 Elizabeth Street (In the hall), Sharbot Lake</p> <p>First Tuesday of each month</p> <p>1:00 pm to 2:30 pm</p>	<p><b>Friendly Round Table</b></p> <p>The John Parrott Centre</p> <p>309 Bridge Street West, Napanee</p> <p>Second Tuesday of each month</p> <p>6:30 pm to 8:00 pm</p>	<p><b>Caring and Sharing</b></p> <p>Briargate Seniors Community Living 4567 Bath Road, Amherstview</p> <p>Fourth Tuesday of each month</p> <p>6:30 pm to 8:00 pm</p>	<p><b>Circle of Caring</b></p> <p>South Frontenac Community Centre</p> <p>4295 Stage Coach Road, Sydenham</p> <p>Last Wednesday of each month</p> <p>6:30 pm to 8:30 pm</p>

*The best way to find yourself, is to lose yourself in the service of others.*

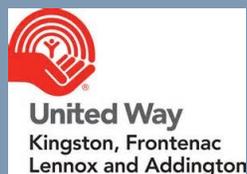
— Mahatma Gandhi

If you would like to volunteer for the Alzheimer Society, we have some exciting volunteer opportunities:

- Support Gr. Facilitators
- Fundraising and Events
- Volunteer Companions
- Knitters/quilters
- Artists & Musicians
- Board Members

Or, are you interested in running a third party event that will designate proceeds to the Alzheimer Society or KFL&A? If so, let us know and find out how we can help you!

Please contact the office at 613-544-3078 or email [fundraising@alzking.com](mailto:fundraising@alzking.com)



# Volunteer Companion Program

**Volunteers Needed**

2017 brings with it some new programs to the Alzheimer Society of KFL&A, and one of those programs we are very excited about, is the Volunteer Companion program. The program offers support and companionship to those diagnosed with dementia, and much needed respite to their caregivers.

Thanks to the United Way of KFL&A, the Alzheimer Society has received funding to create the program which will recruit, train and match enthusiastic and well trained volunteers with a client who shares similar interests and/or hobbies. Companions will spend a minimum of two hours a week engaging with the client on a one to one basis, either at their home or in the community. Depending on the needs and interests of the client, the two hours could be spent doing something as simple as grocery shopping, playing a board game, visiting a museum or taking a walk in the neighbourhood.

Social isolation becomes a very real issue for both individuals with dementia and their caregivers. Dementia is a 24/7

disease that often eventually requires 'round the clock care. Caregivers are most often also family members living in the same home, so there is little opportunity for them to leave the home and recharge at the end of a day. A shortage of care facilities for dementia clients means that many caregivers are keeping their family member at home longer, and get little

time to themselves on any given day to work, attend appointments, or just for self care. Two hours a week of 'free time' for the caregiver can make the world of difference to the well being of both the caregiver, and the client. And for the volunteer?? Well, you'll learn about Alzheimer's and other dementias, develop meaningful friendships, and most of all, have an opportunity to make a difference in the lives of people affected by dementia.

Due to the vulnerability of our clients, volunteers are screened very well before being chosen to become a companion. Volunteers must:

- Be 18 years or older
- Participate in a screening interview and submit a Criminal reference check with Vulnerable Sector
- Attend a mandatory training program
- Be able to make a time commitment of at least 6 months for approximately 2 hrs a week
- And must have a genuine interest in enhancing the lives of individuals living with dementia

The type of volunteer we are looking for can be as varied as the interests and personalities of the clients we serve. Anyone who is interested in finding out more about the Volunteer Companion program is asked to call the Alzheimer Society of KFL&A, at 613-544-3078.

# Volunteer Recognition

## Patricia Balfour

### My Life leads me,

Life. I always say that I don't lead my life, my life leads me. People ask me "where do you come from". Originally I set out from England and in 1996 arrived in Kingston. Adventuring in Africa, Gaspé, Abitibi, Montreal, northern Manitoba and Michigan along the way. I retired from working in the community when I was 75. I retired because a young worker desperately needed a job so I gave her mine. Simple as that.

I looked ahead and there was a great space - an empty space. Time to review my skills and see where I could be useful. My portfolio showed years of teaching - remedial, ESL, special needs, speech technology and language development. I could not get a job in these fields when I arrived in Kingston at the age of 58.

I retrained and worked in the community specializing in palliative care and people with dementias. So low could I bundle all that learning and experience and contribute something useful?

Alzheimer's Society called loud and clearly. Go there, Patricia, I said, Go there and GIVE?

Give of your time, your caring, your spirit. So I did. Volunteering with the Drop In sessions is a joy. I am amazed at the friendship, the trust and the sharing that goes on.



Patricia has graced our lives since 2015! Thank-you, Patricia.

Stories are told spontaneously, armchair travelling may take us to study birds in the Galápagos Islands guided by Mrs. X and then we might segue into Scottish country dancing led by Mr. Y.

Games are played, music entertains, the world stage is discussed. There is acceptance and fellowship, laughter and fun. Interestingly we are becoming adept at non verbal communication when necessary.

It may seem strange but one of my favourite times is at the end of the sessions. I love to see happy faces greeting their trusted companions. I know that they leave with a song in their hearts. I see the ready, set, go, and out door. I think of everyone as a 10 as they go on their way. I accept the challenge to provide a soft and safe place for fun and laughter.

I strive to see beyond the diagnosis to the intelligence and strength of the participant.

Thank you peoples of the Alzheimer's Society of KFL&A for letting me help.



The Finding Your Way program, was developed by The Alzheimer Society of

Ontario (ASO) in partnership with the Ontario Seniors Secretariat (OSS), to meet the increasing needs for information, support and concerns over deaths and injuries that have occurred because of missing persons with Alzheimer Disease or another related form of dementia. The program was designed to reduce adverse safety events and improve communication and responsiveness through the education and training of staff working within the fields of:

- EMS- Emergency Services
- Community Workers in the supportive housing complex
- Retirement Home staff

The Alzheimer Society of KFL&A encourages care partners and those diagnosed, to meet with their Education and Support Coordinator to complete a wandering package which includes all the important personal information for the diagnosed, along with a recent photo of themselves.

The service also includes education around wandering and how to reduce its occurrence as well as information about the Medic Alert Safely Home Program which is a nationwide program designed to help identify the person who is lost and assist in their safe return home. For more information on MedicAlert call 1-855-581-3794

## Contact Us

Alzheimer Society  
KFL&A  
4-400 Elliott Ave.  
Kingston, ON K7K  
6M9

Ph: 613-544-3078  
Fax: 613-544-6320  
ask@alzking.com

Visit us on the web at  
[www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)



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