

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
vpoffley@alzking.com

Kim Parkinson
Administrative Assistant, x 201
reception@alzking.com

Danielle Weir,
First Link Care Navigator, x 206
dweir@alzking.com

Lisa Prest,
First Link Care Coordinator, x 210
lprest@alzking.com

Lesley Deshane,
First Link Care Coordinator, x 208
LDeshane@alzking.com

Pam Lemke,
Education, Client Care and Programs, Sharbot
Lake and Northbrook, x 701
plemke@alzking.com

Mari Vepsalainen,
Program Coordinator, Kingston x 209
programs@alzking.com

Wendy Harris,
Education Coordinator, x 203
education@alzking.com

Lesley Kimble,
Fundraising Coordinator, x 204
fundraising@alzking.com

Summer is typically when we pull together plans for our annual fall fundraisers, and this summer is no different, but before we get into the details of our fall fundraisers, we have other exciting things to tell you about! (you'll find more info on our FUNdraising page)

We are thrilled that **Amherstview Foodland** has chosen the Alzheimer Society of KFL&A as the recipients for their August **Community Kickback**. Foodland will donate 10% of the proceeds from the sale of charcoal and from the propane exchange program (exchange your empty tank for a full one). No doubt, those with BBQ's have done lots of it with all the warm weather we've had, so if you need propane or charcoal, why not take a drive out to Amherstview Foodland! It's your opportunity to take a short scenic drive, restock your BBQ supplies and check out the Foodland if you haven't already, all while helping the Society! Special thanks to Jason and Tammy Bellamy, owners of **Foodland**; the **Community Kickback** program allows them not only to give back on a monthly basis, but it also benefits many wonderful and deserving charities throughout our community!

We can also confirm that the annual Memorial Golf Tournament, hosted by Ron Earl and Loyalist Golf & Country Club, will proceed as planned this year, on Sept 1. A BIG welcome to the main sponsors for this year, **Ted Custance and Catherine Arnold of Village Lifestyle Real Estate team**. Last year, the tournament did take place, but under strict COVID protocols, with fewer golfers and no volunteers, but this year it looks like restrictions will be not as stringent!

For those who are interested, there are a few spots left for golfers, and we are still looking for potential sponsors, hole sponsors and prize sponsors. Details about the tournament are inside this newsletter. If you are interested in volunteering, golfing or sponsoring the event, give Ron Earl or myself a call.

We celebrate **World Alzheimer's Day** on Tuesday, September 21 with an online concert hosted by *Humanity in Music*, that will feature jazz and folk musicians from across the country. You can read about *Humanity in Music*, and its founder, Jasmin Uglow, who is a musician and was a caregiver to her father while on his Alzheimers journey. Our very own Michael K. Myers will be performing in this concert! Tickets are \$20 each and can be purchased [here](#). See more fundraising information inside these pages.



CAREGIVERS CORNER

As a person's dementia progresses, they may find everyday tasks harder without the support of other people. For example: they might forget where an item is usually kept, they might try to use objects or tools in the wrong way, they may forget how to complete certain activities, like making a cup of tea or getting dressed.

This can make living in their own home more challenging. However, changes can be made to a person's home to make it easier, safer and more comfortable. This can help them go about their daily routine with less assistance for as long as possible.

How can equipment help people with dementia?

Equipment doesn't have to be expensive or complicated to be helpful. Even small, everyday items have been found to make a positive difference to people with dementia living in their own homes. For example, products designed to help older people live well can also be very useful for people with dementia. These include mobility aids and equipment for maintaining continence. There are also many products designed specifically to address the needs of people with dementia, such as memory aids.

It is usually a good idea for the person to start using any new equipment as early as possible, so that they can get used to it being part of their daily routine.

How can the layout of the home be improved for people with dementia?

As well as using equipment, making changes to the layout of areas around the home can be helpful for people with dementia. This includes: Rearranging furniture and fittings in a way that makes them easy to access and use. installing wide doors for wheelchairs or specially designed shower and toilet facilities. Keeping surfaces and floors clear and uncluttered to reduce confusion and help prevent trips and falls. Putting signs on doors and cupboards to make it easier for the person to find their way around the home. having good lighting can help keep the person safe (for example, [lights that come on automatically](#) may help prevent falls if the person gets out of bed and walks about at night)

There are a range of [memory aids](#) to help people remember important things. Whiteboards are useful for writing lists and reminders. Clocks with large faces are easier to read, and can display the date, and even the time of day. Diaries and calendars are useful for keeping track of appointments and routines.

Equipment such as dosette boxes – boxes with a separate pill compartment for each day of the week – can help with taking medication. Dosette boxes are more suitable for people in the earlier and middle stages of dementia because the person needs to know what day of the week it is.

Automatic pill dispensers – which can be set in advance – may be more suitable for those with more advanced memory difficulties. Specially designed kitchen equipment is available. This aims to make cooking easier and safer for people who have difficulties with movement and co-ordination. This includes:

a kettle tipper – a frame that allows hot water to be poured safely, grip extensions for controls on appliances like ovens and taps, timers set to remind people that they have food in the oven or on the hob, tray trolleys to transport items, signs to remind the person where cooking items are located, non-slip rubber gloves to make washing-up safer.

Other household tasks involve standing up for periods of time. To help make this more comfortable, people with dementia could use perching tools. These are special seats that allow people to sit while performing tasks like ironing and cleaning.

Dementia may affect a person's co-ordination or swallowing and, as a result, their ability to [eat and drink](#). The person may benefit from equipment such as: cutlery with cushioned handles that are easier to grip non-spill cups with large handles, one-way straws which do not let liquid travel back down. Some people with dementia may have difficulties eating and drinking due to visual problems, such as not 'seeing' items on the table because they are a similar colour to the tablecloth.

Use cutlery, crockery and other tableware items in colours that contrast with each other. The colour of the food can also have an effect – for instance, light-coloured foods (such as mashed potatoes) on a light-coloured plate may not be very visible. A dark red plate could help in this situation.

Annual Family Picnic

Friendly Reminder: Registration is now open for our Upcoming Annual Family Picnic At Finkle's Shore Park Friday Sept. 17th from 11:30 – 1:30

All are welcome, please call the office to book your spot! 613-544-3078x201



NEW ROBOTIC PETS



We will be launching our “Robotic Pets” for lending from our resource library, and we will be bringing you more information on that, as items ordered arrive in our offices.

If you would like to help us name the pets, we are looking for two cat names and two dog names. Please email Mari Vepsalainen at programs@alzking.com with your suggestion. Entries will be put into a draw drum and the pets will be named at our family picnic. You will also have an opportunity to fill in a ballot at the picnic.

The pets will be on display at the picnic and Mari will demonstrate them for all to see!

WEEKLY ONLINE ACTIVITY PROGRAMS



“CIRCLE OF FRIENDS” GROUP
Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more

[CLICK HERE](#)

LADIES PEER GROUP
2nd, 3rd, 4th Wed. Mornings at 9:00 am
(for ladies with early onset)

[CLICK HERE](#)

MEN'S PEER GROUP
Tuesday Mornings at 8:30 am

[CLICK HERE](#)

MINDS IN MOTION
Mon, Tue, Thur at 10 am

[Click here to join](#)

If you have any questions about the Groups, please feel free to contact Mari Vepsalainen, program coordinator, programs@alzking.com or 613-544-3078 x209

Province Wide, Live “Musical Memories” Singalong
Thursdays at 2:00 pm



Thursday August 5th Featuring:
Jay Franco

Thursday August 12th Featuring:
Lisa and Arnie Shaw & Co

Link to Join Us on Zoom:
[CLICK HERE](#)

FUNdraising News

- **Memorial Golf Tournament, September 1 Loyalist Golf & Country Club**

See attached poster.

- **SAVE THE DATE!**

McDonald's Coffee Break Kick-off Day, September 24th

We traditionally celebrate World Alzheimers Day (September 21) in conjunction with the McDonald's Coffee Break Day, the kick-off event for our fall fundraiser. On September 24th, McDonald's will donate .50 cents of every coffee sold to the Alzheimers Society, and, as long as COVID protocols allow, we will put volunteers in the drive-thru and the restaurants for a portion of the day, to hand out information and collect donations. It really is a fun day for both staff and volunteers, so, if you have volunteered in the past, we'd love to have you back, and if you haven't volunteered before for this event, we'd love for you, your friends and family, or your whole group to join us! To volunteer, give Lesley a call at 613-544-3078 ext. 204.

- **Social with a Purpose September to January - (it's Coffee Break and more!)**

Last year, the Alzheimer Coffee Break transitioned to a program called *Social with a Purpose*. What that meant was, not that you couldn't host a coffee break, but that events hosted as part of this campaign, could be expanded to include things like silent auctions, book sales, bake sales etc. in addition to coffee breaks. **Social with a Purpose** seemed like a more inclusive title, but Coffee Breaks in any form are also still very much welcome! Now that our public health protocols are allowing us to open up a bit, we hope that we will be able to gather in the fall for more of these in-person 'Social with a Purpose' activities but there are still lots of things you can do to host an online Social if you wish – online paint nights, mindfulness and yoga sessions, etc., all available for use on our Social with a Purpose website. If you are a former host of a coffee break, please know that we would love you to get involved again this fall. We will be in touch but do give us a call if you are anxious to get started! We welcome any new groups or businesses who wish to participate by hosting a Coffee Break or any other type of third-party fundraiser.

- **Humanity In Music, September 21.** Get your tickets [here](#).
- **Don't forget to try to 'Catch the Ace' this week! Get your tickets [here](#).** The jackpot is growing each week, it is now over \$4600! Draws take place at 6:30 every Thursday night.

And don't forget - for your BBQ this month.....

FOODLAND Amherstview, will donate 10% of proceeds from the sale of charcoal and propane tank exchanges **throughout the month of August**, to the Alzheimer Society, through their Community Kickback program!

12th Annual Alzheimer's Memorial Golf Tournament

Wednesday September 1, 2021- 1pm

Loyalist Golf and Country Club, Bath, ON.

Welcome to our 2021 Sponsors, **Ted Custance** and **Catherine Arnold**
of
Village Lifestyle Real Estate Team

To date we have raised \$116,860.00 for the Alzheimer Society of KFL&A!

Why not put a foursome together, sponsor a hole, donate a
prize or all of the above!

Join us to raise more money for programs and services which support those living in
KFLA with Alzheimer's and other forms of dementia,
a disease which has claim the lives of our close friends

Roy Partridge, Danny White, John Murray, Bill Huntley, Guy White
and so many others near and dear to our hearts.

\$120 per person includes: Dinner, Golf and Cart

Donations on site for: \$10,000 Hole in One,
Closest to the Pin, Putting Contest, Ball Guess and Raffle

Contact: Ron Earl, 613-389-6058, rear6@bell.net

Thank you for your support!



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON





We want to ensure you remain connected to us and as this pandemic continues, we will continue to use phone calls and Zoom for our support and client groups until such a time that we can gather in person again (hopefully this fall we can start to come back together in person).

To participate fully in the Zoom groups, you will need a computer, tablet or smart phone that has a camera and an internet connection, **however if you only have a phone, you can still call into the groups.** Just contact us to get the phone number for the group you would like to join. Please note that you will often be in the virtual “waiting room”; you just sit back and relax, and we’ll do the rest.



Here to help

Have you tried zooming? If not, are you someone who is unsure of new technology? Reach out to us and we are happy to chat over the phone to work on getting you connected.

Want to book an appointment to talk to an Alzheimer Society staff member? We are available for you outside of group times to help you through these difficult times by lending an ear and offering suggestions where needed. Just contact us via email or at the office and we will be happy to schedule a time to chat either in person, on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

From the Education Desk!

Healthcare Providers

We are able to offer education for you and/or your organization – we can do this over zoom, teams, the phone or just about any other virtual platform-and soon we hope to get back to some in-person offerings.

Interested in learning more and discussing? Reach out to Wendy today!

Care Partners for someone living with dementia (Unpaid care givers)

We are excited to be able to offer U-First! For Care Partners workshop as well as the First Link Learning Series for our care partners. Session information will be announced here and shared via email.

Join us on September 30, 2021, at 2:00pm via zoom:
Decisions...Decisions: Understanding Consent and Capacity

Shauna MacEachern, Occupational Therapist/Designated Capacity Assessor, will join us again to discuss what a Mental Capacity Assessment is, when it is necessary and do, discuss options for securing supports and assistance for those who do not have the mental or cognitive ability to make their own choices about money and/or personal care issues. *Please note, some of the information was presented in a previous session, but we will cover some new material and have time for questions*

[REGISTER HERE](#)

I want to hear from YOU!



My goal is to provide the education that YOU need. Please take a moment to either email me with any suggestions or complete this survey:

www.surveymonkey.com/r/KFLAED

PROGRAMS & GROUPS FOR CAREGIVERS



WEEKLY CAREGIVER CAFÉ

Tues afternoons 1:30

[Click here to join](#)

FRIENDLY FRIDAYS AT THE CHIT CHAT

Live, email Noreen if you would like to join
noreenpeters@cogeco.ca

CAREGIVERS EVENING CHAT with Patti and Jan

the Second Tuesday of Every month at
7:00 pm

[Click here to join](#)

SUPPORT GROUP FOR MALE CAREGIVERS

the third Thursday of every month at
10:00 am

[Click here to join](#)

Pre-COVID the Men's Group met in person on the third Thursday of each month, but presently the meetings are virtual on Zoom. The purpose of the Group has not changed.

Men who are primary caregivers of a much-loved partner or parent with dementia get together to learn how their new experiences are not frighteningly unique, and to apply the experiences of others to individual personal situations.

So, you could say, the Men's Group creates a space where guys can feel comfortable.



PROGRAMS & GROUPS FOR CAREGIVERS continued....

CARE IN THE FACILITY

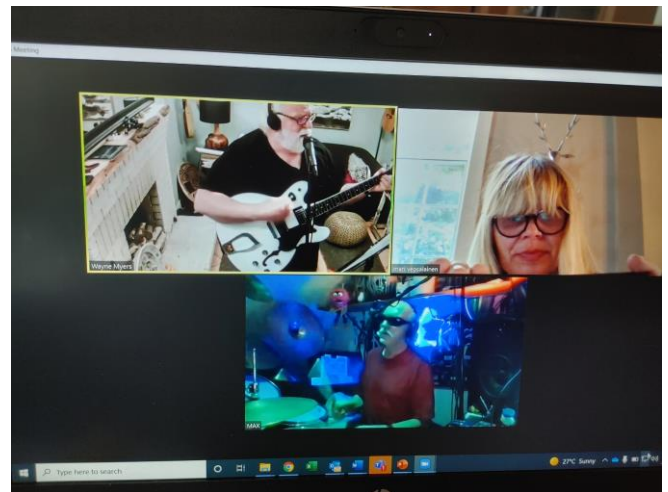
Join us monthly on the first Wednesday of every month at 10:00am for a support group for those with loved ones in care homes.

[Click here to join](#)

Don't forget to check out the Education section of the newsletter for upcoming sessions for Care Givers!

NEW PROGRAM!!!

MUSICAL HAPPY HOUR WITH MAX AND WAYNE



Feel Free to join us with your dinner if you like! Dinner and a show!

Max and Wayne perform some amazing nostalgic songs and provide something for everyone!

Come and join the Show!

Mon Aug 9th at 6:30, Mon Aug 16th at 6:30

[CLICK HERE](#)

Music on Union
presents

Sounds of Hope

A LIVE CONCERT SERIES
Fridays 12:10-12:50pm
August-September 2021

Free admission

August 6 Spencer Evans, Oscar Evans (Piano, Bass)
August 13 Dave Barton Trio (Guitar, Bass, Drums)
August 20 Paul Morrison Trio (Piano, Bass, Drums)
August 27 The Limestone Trio (2 Violins, Cello)
September 3 Clare Marion (Piano)
September 10 Kyoko Ogoda, Selina Chiarelli (Marimba, Storyteller)
September 17 Jan Le Clair (Accordion)
September 24 Clare Marion, Julia McFarlane, Wolf Tormann
(Piano, Violin, Cello)

ILLUSTRATION & DESIGN © www.foundandloststart.com

To reserve a free seat:
stjameskingston.ca/concerts
(or 613-548-7254)

Livestream:
www.stjameskingston.ca/concerts

St James' Church
10 Union St, Kingston



The Recording Industry's

