

**Oct 26th, 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 \*



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Hello, Reader,

It is so hard to believe that we headed into our 9<sup>th</sup> month of operating with pandemic precautions in place. This is such a different way to operate and has taken us all some time to navigate things. All our different programs, fundraising, education and client services have had to be somewhat re framed to be able operate in our new normal.

We are continuing to serve you all virtually and with phone calls. Our online programming has increased, and we are constantly developing new opportunities to connect with you and support you the best that we can. Last week we launched our Monthly Matinee Movie Program, and it was a smash hit. This is a virtual replacement to our monthly matinee that we were doing at The Waterford! We have complimentary movie snacks that we put together for those wanting to participate, simply call the office to register for the movie and we will make arrangements for pick up. After the movie, we have a little chat and discuss the film, we then go through some options and pick the movie for the next month. The Feature chosen for Friday Nov. 13<sup>th</sup> is "Space Cowboys", we do hope you will join in the fun!

The winter months are coming, if you would like to increase your movement, please join us for Minds in Motion on Tuesday and Thursday Mornings at 10:00 am. We have exercise balls and bands available for the program, please contact Mari at ext. 209 for more information. Our Special Event for November is slated for Friday Nov. 27<sup>th</sup>. It is a pottery program in conjunction with Crockadoodle. Owner, operator, Lisa, will be putting pottery packages together, simply call the office asap to register and we will inform you of when you can pick up your kit. The kits will include a lovely bowl bisque, during our program we will have you paint it, this is a two-person program. After the online program simply repackage your kit and drop off at the society office. Bowls will be fired and then again, the finished product will be available for pick up. We will then schedule a zoom meeting in December for all who participated to unveil their creative work of art for the first time on zoom! We hope you join us for this adventure!

Happy reading!

### **In this edition:**

1. Staying Connected / Virtual First Link Program
  2. Caregivers Q & A, Communication
  3. Caregiver Support Groups/ Programs
  4. Activity Corner, at home activities, and programs being offered on Zoom
  5. Upcoming Educational Programs/ Special Speaker Series
  6. Fundraising Update and info
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We have learned a lot and adapted over the last 7 months in quarantine. We want to ensure you remain connected to us. We will continue to use phone calls and Zoom for our support and client groups.

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.

**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 some suggestions where needed. Just contact us via email or at the office and we will be happy to schedule a time to chat either on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.



**Virtual Speaker Series November – Devon Cosgrove, Registered Holistic Nutritionist**

Join us on Thursday, November 26 at 12:30pm for a 1-hour interactive session with Devon Cosgrove of Broadmind: Healthy eating for your Brain and Mood Session

There is no cost for this session, but please register in advance:

[Click here to register](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

*Please contact Wendy at [education@alzking.com](mailto:education@alzking.com) or call 613-544-3078, ext: 203 for more information or for assistance in registering.*

## NEED TO CHAT?

A Friendly Voice  
Une voix amicale

A phone line for seniors.  
Une ligne téléphonique pour les personnes âgées.

**613-692-9992**  
OR TOLL-FREE:  
**1-855-892-9992**  
(OUTSIDE OF THE OTTAWA AREA)

[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)

**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.

## FRIDAY ZOOM MATINEE MOVIE

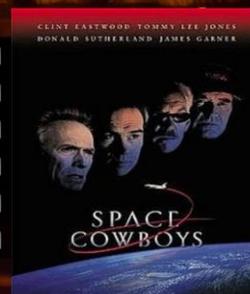
Please register for our fun ONLINE event

We will have Popcorn Treats for Pickup or Delivery

Register with Reception at 613-544-3078



<http://us02web.zoom.us/j/87833674941?pwd=a2dtOkhjOHJlZnRmUvNkpnNDIKUT09>



Friday  
November  
13th at  
1:30pm via  
ZOOM

Société Alzheimer Society  
OTTAWA, FRONTENAC, LENOX & ARLINGTON

## **Q&A CAREGIVERS CORNER**

While working with families over my many years of community service work, I find the most challenging of situations for families and caregivers is communicating with each other. When families are caring for someone with dementia, it can become even more challenging. There are numerous communication styles and we each have our own, although we aren't often aware of how we communicate or whether its effective.

When we communicate with others, the main goal is to be heard, we want to be heard, but we also want to be understood, and work towards change, making whatever situation is challenging better. Speaking to be understood and listening to understand, doesn't always come easily. Communicating effectively with others has to be something you want to do, it's not easy, at first, but it can be done!

As I mentioned there are numerous communication styles, I'm going to address only two and there are variations of each of these. I will for the reason to help with understanding, use the most extreme variations of Aggressive Communication and Assertive Communication. You may recognize one of these styles or a variation, in yourself or recognize it in a communication you've been a part of. When I talk about an aggressive style, it usually looks and sounds like this: The aggressive communicator uses finger pointing, whether it's physically shaking in your face or an implied finger pointing. placing blame on the person they are communicating with. This can be done physically (finger pointing) or by the words that the aggressive communicator use. YOU, need to do this, or YOU make me angry or You have to change, if only YOU would..... Aggressive communication is demanding, sometimes loud, and doesn't consider how others feel, or what their needs are in each situation. Aggressive communication only centres around your own needs. When this type of communication happens, quite often there is no resolution to the situation, only to have the situation to resurface another day.

While on the other side of the coin, you have Assertive communication. The assertive communicator takes responsibility for their own feelings and needs, is usually quieter, considers the feelings and needs of others involved in the conversation. "YOU" gets replaced with "I" - I need to do this, or I get angry when this happens, or I have to change how I'm doing things. This allows you to state the situation, how you're feeling, what changes you'd like to see and what will happen. When you communicate assertively, it shows respect for the other people involved and allows the person you're communicating with to do the same.

If you're respectful while communicating, it builds and strengthens the relationship allowing for more conversations, rather than communicating aggressively, which causes conversations to get shut down and destroys and weakens relationships.

This all sounds straight forward and easy, and as you know, it's not. There are many reasons why it's not easy. When you're a caregiver, difficult emotions are a part of the everyday challenge of caregiving. Quite often as a caregiver you have the role of communicating with family, and friends about what's happening in your world and in the world of the person with dementia. When you consider the relationships you have, the history you have with them, the shared responsibility of care or in some cases, there is no shared responsibility of care. There are as many reasons for this, as there are different communications styles. So, when you think about all of this, its no wonder communicating is complicated.

So, be kind to yourself, and others when discussing difficult topics. Everyone at times feel inadequate in their role, frustrated, guilty, and angry. Understanding and acknowledging feelings in ourselves and others, will without a doubt, help with our communications. If, you're struggling with any part of your caregiving responsibilities, please reach out to the Alzheimer Society.

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

### **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](mailto:noreenpeters@cogeco.ca)

#### **CAREGIVERS EVENING CHAT**

Tuesday Nov. 10<sup>th</sup> at 7:00 pm  
[Click here to join](#)

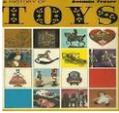
#### **MEN'S GROUP FOR CAREGIVERS**

Next meeting Nov 19<sup>th</sup>, 10:00am  
[Click here to join](#)

## ACTIVITY CORNER

HERAPEUTIC MUSIC

**The History of Hats – Presentation from Oil Heritage Museum was a hit! Join us in November for yet another amazing presentation from the Museum!**



**Monday Nov. 16<sup>th</sup> from 2:30 – 3:30, join us for a wonderful presentation from the Oil Heritage Museum on “Toys”.** We will see some amazing artifacts and learn about their history.

Zoom Link:

[Click here to join](#)



**Minds in Motion Exercise Program weekly x2: Join Mari and Venessa for a 45 minute exercise portion of Minds in Motion.** We will be featuring Sarnia Volunteer Instructor Yvonne on Tuesdays and Thursdays at 10:00 am.

Zoom Link:

[Click here to join](#)

## Upcoming Virtual Performances

Please join us as the 2020-2021 Grand OnStage program kicks off with Juno-winning Canadian flamenco guitarist, **Jesse Cook on Wednesday Oct. 28, 2020 at 7:30 pm.** The event will be free and feature an exclusive 30-minute online performance, artist interview and audience “talkback” with Jesse.

Following the program opener, Grand OnStage is pleased to present contemporary dance artist and choreographer, **Christine Friday on Thursday Nov. 5th, 2020 at 7:30 pm.** Christine is an Anishinaabe kwe from the Temagami First Nation and is a proficient and resilient Indigenous storyteller. The 30-minute free event will feature an artist talk and a performance of Maggie and Me, which has just recently been recorded by Christine on her home territory and produced exclusively for the Grand Onstage virtual program. **Register today!**

Visit our How to Book Tickets page for more information:

<https://www.kingstongrand.ca/tickets/how-to-book-tickets>

## “CIRCLE OF FRIENDS” GROUP



**Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more**

[Click here to join](#)

### NEW!!! LADIES PEER GROUP

**Wed. Mornings at 9:00 am  
(for ladies with early onset)**

[Click here to join](#)

### MEN'S PEER GROUP

**Tuesday Mornings at 9:00 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](mailto:programs@alzking.com) or 613-544-3078 x209

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



**Thursday Oct 29th Featuring:  
Roger James**

**Thursday Nov 5<sup>th</sup>, Mari Vepsalainen Presents:  
Patsy Clein**

Link to Join Us on Zoom:

[Click here to join](#)

# Virtual Speaker Series October

## Sherry Lachine, Broadmind

Join us on **Thursday, October 29, 2020**  
**12:30pm** for a 1 hour interactive session  
with Sherry Lachine of Broadmind: Caring  
for the Caregivers Virtual Mental Health  
Workshop

The overall objective of this session is to provide an opportunity for care partners and those living with dementia to briefly review and learn some skills and knowledge around mental health. COVID – 19 has changed the way we interact and perhaps added some additional stress. Learning about how we operate in these times could support not only our own mental health but the mental health of those around us.

By the end of this workshop, participants will be able to help themselves and others by:

- Describing what is mental health,
- Understanding how stress impacts the mind and body,
- Listing the ways to help yourself,
- Describing ways to support others,
- Identifying the resources, self-care and next steps for improving individual and collective mental health.

**There is no cost for this session, but please register in advance:**

[Click here to register](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

**Please contact Wendy at [education@alzking.com](mailto:education@alzking.com) or call 613-544-3078, ext: 203 for more information or for assistance in registering.**

The Alzheimer Society of KFL&A presents our  
*Virtual Speaker Series*

Join us on  
**Thursday, October 29 12:30pm**  
for a 1 hour interactive session with  
Sherry Lachine of Broadmind:

**Caring for the Caregivers**  
**Virtual Mental Health Workshop**

**BROADMIND**  
Strategies for Mental Health

Please contact Wendy at [education@alzking.com](mailto:education@alzking.com)  
or call 613-544-3078, ext: 203 for more information or  
for assistance in registering

There is no cost for this session, but please register in  
advance.  
Link attached/below or email Wendy (contact info above)

## Virtual Speaker Series November

### **Devon Cosgrove, Registered Holistic Nutritionist and Chartered Herbalist of Broadmind**

Join us on **Thursday, November 26 at 12:30pm** for a 1 hour interactive session with Devon Cosgrove of Broadmind: Healthy eating for your Brain and Mood Session

Devon Cosgrove is a practicing Registered Holistic Nutritionist and Chartered Herbalist. She has been working in the health industry for over 10 years. Her passion and focus is nutrition for a healthy brain and a balanced mood. Devon has easy and unique ways to help you achieve your health goals that include great tips on food, supplements, and lifestyle recommendations. Topics covered will be understanding the Gut-Brain connection, balancing blood sugar to get control back in your day and how to flood your brain with vital nutrients.

**There is no cost for this session, but please register in advance:**

The Alzheimer Society of KFL&A presents our  
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for a 1 hour interactive session with  
Devon Cosgrove, Registered  
Holistic Nutritionist  
and Chartered Herbalist of Broadmind:

Healthy eating for your Brain  
and Mood Session

Please contact Wendy at [education@alzking.com](mailto:education@alzking.com)  
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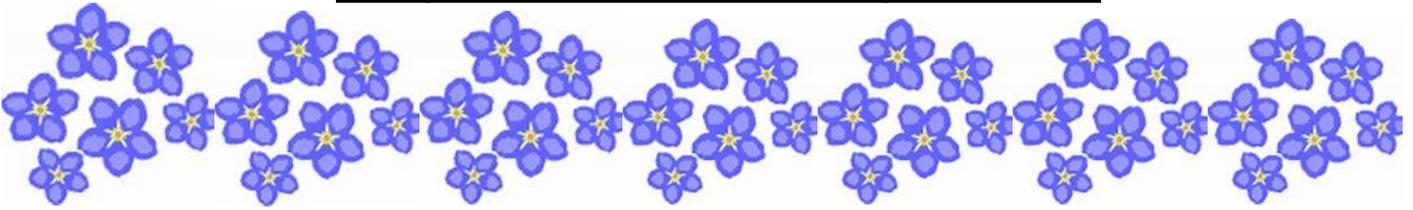
There is no cost for this session, but please register in  
advance.  
Link attached/below or email Wendy [contact info above]

[https://alzheimersociety.zoom.us/meeting/register/tJUlfuorD0qHdLteickzCx\\_VC\\_pmPdLWDEd](https://alzheimersociety.zoom.us/meeting/register/tJUlfuorD0qHdLteickzCx_VC_pmPdLWDEd)

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## 'Forget Me Not' Fundraising Activities



### ASUS Run for Alzheimer's #werunforalzheimers

Each year we are fortunate to be able to work with a group of Queen's students who comprise the Alzheimer's Outreach Committee, under the auspices of the Arts and Science Undergraduate Society (ASUS). These students help with different tasks depending on the year, but in general, they volunteer at programs, they help to educate the student population about dementia, and they help with fundraising activities. They provide a welcome service to both staff and clients, and we love to work with them – we love their enthusiasm and energy! Many of them have experienced or are experiencing a diagnosis in their own family with a parent or grandparent, so they are both learning from their involvement on this committee and offering their help at the same time.

This year we have an enthusiastic group ready and willing to help out, but sadly, due to COVID restrictions, we cannot make use of their skills in a group volunteer capacity. However, they have come up with a wonderful way to participate in our Social with a Purpose fall fundraiser, by hosting a Run for Alzheimer's on Sunday, November 8<sup>th</sup>. The students have planned and organized the entire event, and are inviting anyone to participate virtually – or, like our walk for Alzheimer's in the spring – wherever you happen to be! You can run, walk, or cycle in support of people living with Alzheimer's, throughout KFLA.

All money raised will stay right here in KFLA and will be used to support activities such as recreation programs and outings, group support sessions, family and one on one support, a lending library for written resources, wandering mats, and other locating devices, and so much more. So much of our programming is happening virtually these days, but our clients, who need us more than ever right now, can rest assured that we are there for them, and also that they have the support of the Queens University community along the way.

**COME RUN WITH THE ALZHEIMER'S OUTREACH COMMITTEE !**

WEAR BLUE FOR THE OFFICIAL ALZHEIMER'S AWARENESS COLOUR

SHOW US YOUR SUPPORT FOR THE CAUSE USING:

**#WERUNFORALZHEIMERS**

WHEN: NOVEMBER 8TH      WHERE: WHEREVER YOU CAN!

FIND OTHER PARTICIPANTS ON OUR EVENT THROUGH STRAVA

ALL DONATIONS WILL GO TO:  
THE ALZHEIMER SOCIETY OF KFLA

So, please consider donating to the student fundraiser here [gf.me/u/y5v2ku](https://gf.me/u/y5v2ku). Help them meet their fundraising goal of \$500 and if you feel so inclined, share this message with family and friends, and go for a walk, run or cycle on November 8th wherever you happen to be. Share your photos and videos of your participation with the hashtag #werunforalzheimers and/or send them to ASUS [ao@asus.queensu.ca](mailto:ao@asus.queensu.ca) or to Lesley at [fundraising@alzking.com](mailto:fundraising@alzking.com) and they'll go up on social media. The event will also be featured on Strava, a mobile app that allows users to record and share their exercise activities with others. If you'd like, you can track your event with us on Strava by using this link:

<https://www.strava.com/clubs/765102>.



## **That's a Wrap on Forget Me Not Photos!**

The Forget Me Not photo sessions are over for another season, and we want to thank all those who participated this year. We have photographed 32 families and made over \$2100!

Our thanks to Penny and Bruce McPherson of Napanee, for the use of their beautiful property for the Napanee photo sessions, and to both our sponsors, **James Reid Funeral Home, Crematorium and Reception Centre**, and **Camera Kingston Foto Source**, for their support! Also, special thanks to Rob Mooy of **Rob Mooy Photography**, who took well over 3000 photos in all and is working tirelessly getting them ready to send out to families in time for holiday gift giving. He certainly has his work cut out for him!

We hope to do Forget Me Not Photos again in the spring (if there is interest) and next fall as well, so if you are interested, please feel free to call Lesley at 613-544-3078 ext. 204, or email [fundraising@alzking.com](mailto:fundraising@alzking.com) so we can keep a list of interested families and give you a heads up in advance so you don't miss it!

## **Social with a Purpose Fall Activities**



This is a great opportunity to send out a thank you to all those who have supported our Social with a Purpose campaign thus far. If you are a former Coffee Break host or you would like to host a Social with a Purpose this year, please give me a call or email to find out how you too, can support this fall fundraiser!

A big shout out to Jan White, Narjis Phillips and her husband Jerry Zabel- former Coffee Break hosts who so quickly and successfully changed gears to create a virtual /socially distanced Social with a Purpose this year. Between the two events, they raised in excess of \$6,000 and we are so appreciative of them, and of the people who supported their events!

The Battersea Vendors and Makers Fair (with several local vendors and crafters participating) also raised close to \$1000 on our behalf and we thank them for their support as well. In addition, we have had generous donations from Fairmount Home, John Parrot Centre, the Pittsburg Lioness Club (hostess Natalia Darling), Thirty-One, (hostess Wendy Harris) and Trinity United Church (hostess Wilma Swain) who all hosted virtual or socially distanced activities in an effort to support our Society. So far, including McDonalds generous donation of over \$3000 on kick off day, (which I talked about in our last newsletter), we have raised almost \$15,000! Next month, we'll tell you how we did on the Pampered Chef fundraiser (hosted by Karen Burgess, Jan Theoret ) and we'll let you know about other socials coming up!

We could really use your help to meet our \$50,000 goal this year, so if you can host a Social with a Purpose, we'd love to help you make it happen! Call or email us today for information or ideas. Socials can happen anytime between now and the end of March to be included in our fiscal year, but we typically wrap the campaign up at the end of January.