

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 Navigator, X 206
dweir@alzking.com

Jan White,
Client Care Coordinator X 200
jwhite@alzking.com

Wendy Harris,
Education and Client Care Coordinator
X 203
education@alzking.com

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

Lesley Kimble,
Fundraising Coordinator X 204
education@alzking.com

Lisa Prest,
Client Care and Programs Coordinator,
Napanee X 208
lprest@alzking.com

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



Meet Monte and Logan, our Kingston & Napanee Walk mascots! This year, because of COVID 19, the IG Wealth Management Walk will move ONLINE and we hope you'll join Monte, Logan and Alzheimer Society of KFLA staff (our staff team name is The Forget Me Nots!) in the first ever online walk!

What does an online walk look like? Well, its whatever you want it to look like! Who are you social distancing with? Your kids? Your spouse? Your dogs? Why not walk with them in your neighbourhood, your yard, do jumping jacks, a stair challenge or anything that gets you moving and participating in this nationwide event! And challenge your friends and family, your neighbours, or your co-workers to participate in their own space!

Where Does Your Money Go? In this time of social distancing, our clients need us more than ever, so we continue to offer programs and services virtually. The much needed funds raised by this event stay right here in our communities and enable us to maintain and enhance programs and services for over 4000 people living with Alzheimer's disease and other dementia's, to educate decision-makers about the need for improved health care services, and to increase awareness of the disease and its impact among community members.

We Appreciate You! We thank all past and current participants, donors, sponsors and volunteers, and welcome new ones!

If you've already registered for this year, thank you! If you haven't, there is still time to register and get the word out to your family and friends! Please join us ONLINE on May 31! If you can't participate, why not consider making a pledge to someone who is registered? Register or donate here:

Kingston Walk <http://www.alzgiving.ca/kingstonwalk>

Napanee Walk <http://www.alzgiving.ca/napaneewalk>

Need a walk shirt? We do have some shirts available so if you are registered with a minimum of \$50 in pledges, let us know and we'll arrange to get you a shirt as long as supplies last. Email fundraising@alzking.com for a shirt, or answers to your questions!

Lesley Kimble, Fundraising Coordinator
Alzheimer Society of KFLA



STAYING CONNECTED

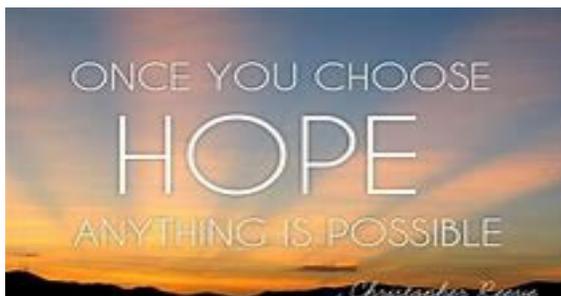
We are now moving into our 2nd month of staying at home and with that brings long days to fill and a lot of time with our thoughts-and the news. With that in mind we are going to continue to use the virtual platform Zoom to bring us together.

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 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 to 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 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/

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

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

Managing Media Exposure during COVID 19

I have decided that the more I listen to the news, the more stressed I get. Last week I read an important article from Francois Mathieu at Tend that speaks to this issue.

Limit the time spent checking news sources to 10 minutes a day

Only use trusted sources. Avoid news outlets that focus on shock-value or fear mongering.

Protect your sleep. Don't watch the news a few hours before you go to bed. Rest is necessary to reset your brain.

Mindful consumption. Consider deleting apps from your phone or tablet. Search for a website that is more mindful.

Don't start your day with difficult stories and don't end your day that way. Please continue to stay home and stay safe.

Lived Experience Live Chat with Vicky Willis

Feel Free to join her on Wednesday May 13, 2020 at 7:00 - 8pm.

https://help.webex.com/en-us/nrbgeodb/Join-a-Webex-Meeting#id_135069

Iurp #D o}khlp hu#v#rflhw| #r i#R qwdulr #
Mr lq#kv#iru#d#jhz #; Oz hhn#r qdqlh#surj udp #
P lgg ixoqhvv#lqg#P hg lwdlwrq #Dhdug#kch#B #
Hdp hqw#r i#kch#P lgg ixoqhvv#v h d f duh#
P rghd#v hv lrvq#z l#kxq#hyhu|#z hgqhvgd|#
iurp #5=3#p #, #6=3#p #r q#kch#r#r#z lqj#
gdwv#P d|# #16/#53# #5: #/xqh#6###F d#n#
[khuh](#)#r#h#j lvhu#
bb
F duh j lyhu#z he lqdu#Wk lv#z he lqdu#z l#r f xv#r q#
sury lqj #f duh#s duwghu#z l#k#v#d#h j lv#r#sury lqj #
f duh#z k l#h#q#l#v r o d l r q #f#z l#h#l o r #k l j k d j k w#
l p s r u d q v #F R Y I G 0 4 < # u h f d x w l r q v #l q g #j x b h d q h v #
d a r q j #z l#k#kch#p s d f d w l r q v #l q #f d u b j #r u #v r p h r q h #
d y l q j #z l#k#h p h q w d l #k s f r p l q j #h v v l r q v #P d | # # #
M x q h # #v r #h j l v h u #f d n #[khuh](#) # #

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=eXp2Y2lpWFhhZlFf09OZmpDMFo5Zz09>

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

Caring in Facility

Meets Monthly, Next Meeting May 6th @10am

[kwsv=22xv35z hel}rrp kv20<4:;<:8<64:7Bsz g@T 6ISW6j3 Z K150}X5V}gSVit 3Z X4qXW3<](https://zoom.us/j/875549194?pwd=MjNaa2FzNnFlcmVlU09FTHNyVmxuQT09)

Caregivers Evening Chat

Meets Monthly, Next meeting May 12th

<https://zoom.us/j/212750928>

Men's Group for Caregivers

Meets Monthly. Next meeting May 21st

<https://zoom.us/j/875549194?pwd=MjNaa2FzNnFlcmVlU09FTHNyVmxuQT09>

ONTARIO CAREGIVER LINK

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 Cowboy Mark, Thursday May 14th at 2:00



Cowboy Mark is CCMA nominated entertainer and has toured Coast to Coast playing over 250 shows a year! Cowboy Mark's show will have hands clapping and toes tapping from the first song till the end singing all your favorites. His smile is contagious and wait till you see his special guests (his 2 kids) that will join this fun show. Get ready to smile and laugh and sing along with the Cowboy!!

Link to Join Us on Zoom:
<https://zoom.us/j/636463918>

ACTIVITY CORNER

Things to do at home

San Diego Zoo

<https://kids.sandiegozoo.org/>

Explore the surface of Mars on the Curiosity of Rover <https://accessmars.withgoogle.com/>

Painting: Meet “Suda”, the Painting Elephant: <https://youtu.be/foahTqz7On4>

For the Funny Bone: Art Linklaters, “Kids Say the Darndest Things”:
<https://youtu.be/MFXti KRclw>

Iurp #DVR =# rp h# lqj # lk # v\$#rlq# # hwding#
P xvlf#khdslw#E dyb#P df lqrvk#urp # l d#P xvlf#
[Wkhuds](#) | #nyhu| # rggd | #urp #5=3#p # #5=3#p #ru# 0
z hhnv# #R qdqh#P xvlf#khdslw | #P xvlf#khdslw | #
vxssruw#khdok#dgg# hœh lqj #kurxjk#kxh#sxusrvixc#
xvh# #P xvlf#dgg#kxh#khdshxwlf#hœdwrqvk# #
Vhvlrqv# #P rrvqvlw# #v lqj lqj /# ryhp hqvw# #P xvlf#
eudwk lqj /# l f xvvlrq /# dgg# h i n f w r q #Z h #Edq #wz d l w r #
vkdnh#kxh#r | #c #P xvlf#z lk# rx l # hvvlrqv#ehj lq#
P rggd | #P d | #7#qwd#Mxqh#5< l #F d f n # #chuh#r #h j l w hu #

Fall-Prevention Exercise Class Falls are a leading cause of injury in seniors. Many factors can contribute to falls including poor balance, decreased muscle and bone strength, reduced vision, or hearing. The good news is we can work to reduce these risks. In the fall-prevention program below, fitness instructor Andrew Schindle shares exercises for seniors that improve strength and balance and help prevent falls. Follow the program [here](#).

Travel Destination of the Week: U l f n # v whyh # #
Hxursh# l w d q e x d | # #

<https://youtu.be/8mHuAfrtDNg>



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:

Crazy Hair Day

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

MENS PEER GROUP

(The Group that meets at Waterford)

Tuesday May 19th at 9:00 am

kwsv=2}rrp kv2k6754 ; 4 : <Bs z g@ \ 38YP 38xR X g

hWmR [EY d J k Q h Z M w] } 3 <

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



Johnny Cash

John R. Cash was an American singer, songwriter, musician, actor, and author. He is one of the best-selling music artists of all time, having sold more than 90 million records worldwide. His genre-spanning songs and sound embraced country, rock and roll, rockabilly, blues, folk, and gospel. This crossover appeal won Cash the rare honor of being inducted into the Country Music, Rock and Roll, and Gospel Music Halls of Fame.

Link for his greatest hits:

https://youtu.be/Lq0fUa0vW_E