

**April 13/ 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 Everyone,

With our first holiday weekend during COVID-19 now coming to an end we hope that you were able to find ways to engage with family and friends.

Last week Premier Ford announced that the current restrictions would be in place until April 23, 2020 we at the Alzheimer Society will continue to follow that advice and the office will remain closed.

Our team continues to strive to offer the services and programs that you have become accustomed to. Our virtual services include a weekly Caregivers Café, a Caregivers evening group, Circle of Friends Social Group for Persons with Dementia, Men's Group for Caregivers, we have also added a weekly province wide, Music For Memories Sing a Long with local talent. This week's performer is "Cowboy Mark", of the band Ambush, he will offer an exciting live show with the help of his children who we are sure you will find VERY entertaining. On the Last Friday of the month we will host Y.A.Y.A.H (Young and Young at Heart), we will be meeting virtually on the last Friday of the month for lunch at 12:00 noon. Lastly, we have also added to our list the "Men's Peer Support Group" for persons with dementia, that usually met at the Waterford. We will meet virtually on Tuesday mornings at 9:00 for a cup of coffee and a chat! We do hope that we see you on the "INSIDE"!

If you have any technical difficulty accessing these programs or need help, please do not hesitate to contact us and we will do what we can to help get you on the technology highway! We will also continue to reach out by phone, for those who are unable to access the online programs.

Stay Safe, Stay Healthy!

Warmest Regards,

*Vicki*

### 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.



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.



## IN THE COMMUNITY

### 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/)

### BRINGING SHOPPING HOME SAFELY

[https://youtu.be/zmoBI5m2\\_uw](https://youtu.be/zmoBI5m2_uw)

### 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/>



Its official! The Alzheimer Society of KFLA will Walk Online this year on May 31st along with other communities across Canada! So, engage your family members in discussions about how you can support the Alzheimers Society on Walk day. Can you walk in your neighborhood? Do a stair challenge at home or a fun obstacle course in your back yard? Whatever you can do in your own space to get active and support the Alzheimers Society is fine by us! We'll have lots of tips and tricks coming your way very soon so watch for more details in our newsletter and on Facebook!

But first you need to register, so visit [www.walkforalzheimer.ca](http://www.walkforalzheimer.ca) find the Kingston or Napanee walk, then register yourself or your team (you can still enter as a team even though you are participating from a distance!) and join us online on May 31! More details coming soon!



## CAREGIVERS CORNER

From Jan White, Client Services

Today I would like to begin with a quote from Craig Kielburger, Co-founder of the “We” movement. While our physical world is being restructured, our emotional world is reeling. We might be physically distant from each other but need to be closer to our communities, and our loved ones more than ever before. So.....pick up the phone, or email your friends, family or us at the Alzheimer Society.

**Again, this week we want to share with you a letter from a supportive, loving caregiver who together with her spouse, living with dementia, experiences times of anger and frustration because she is human.**

“I did not think I would be contributing again so quickly to the newsletter, but I felt I needed to tell this story. We have had some personal things going on, that like everyone else, we must deal with along with being cooped up. Yesterday it all came to a head. My husband starting again on something I thought had been put to bed. I guess it was the catalyst for me to turn into a ranting, door slamming lunatic. My husband took the brunt of everything that I had bottled up inside. At the time it was like a pressure valve had been released, unfortunately, 30 minutes later I felt like I had fallen in a deep hole. He didn't deserve what I did. I beat myself up for a little while and then realised I am still human and so is he. I didn't react that way because of his dementia I reacted that way because we are still a loving couple and we tend to take some things out on those closest to us. For our dementia partners my heart goes out to them when we lose it. As I always say, "what will be will be" and keep smiling.”

When you have times of frustration and even anger, here are some tips that could help. Call a friend or family member, call or email one of us at the Alzheimer Society, go for a walk if your spouse can be alone for an hour, remove yourself to another room. If you are interested in contributing to our “Caregiver Corner” please contact us.

## 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=eXp2Y2lpWFhhZlFkd09OZmpDMFo5Zz09>

### FRIENDLY FRIDAYS AT THE CHIT CHAT

Going Live - email Noreen if you would like to join

[noreenpeters@cogeco.ca](mailto:noreenpeters@cogeco.ca)

### CAREGIVER'S EVENING GROUP

Tuesday April 14<sup>th</sup>, 7-8

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

### MEN'S GROUP (FOR CAREGIVERS)

Thursday April 16<sup>th</sup> at 10:00

<https://zoom.us/j/875549194?pwd=MjNaa2FzNnFlcmVlUUU9FTHNyVmxuQT09>

### 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->

**Province Wide, Live “Musical Memories” Singalong with “Cowboy Mark,”**  
Thursday April 16th at 2:00 pm



*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) who 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

### Art activities:

[https://theartofeducation.edu/2020/03/13/27-art-activities-and-lessons-to-try-at-home/?utm\\_campaign=Magazine%202020&utm\\_content=121240084&utm\\_medium=social&utm\\_source=twitter&utm\\_channel=tw-155221291](https://theartofeducation.edu/2020/03/13/27-art-activities-and-lessons-to-try-at-home/?utm_campaign=Magazine%202020&utm_content=121240084&utm_medium=social&utm_source=twitter&utm_channel=tw-155221291)

### Online Sudoku:

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

### Online Crosswords:

<https://thenewdaily.com.au/puzzles/quiz-crossword/>

### Happy Hacks at Home for Easter:

<https://youtu.be/RpiDQnu-n7g>

### Andrea Bocelli's Easter Concert

<https://youtu.be/yfPoAcJLcRs>

### Chair Yoga Dance Recital – 10 dances with lyrics to help you sing along:

<https://youtu.be/D7hrDkbXHxk>

### British Museum, London - explore the museums artifacts virtually:

<https://britishmuseum.withgoogle.com/>

### Explore the National Archaeological Museum of Naples:

<https://artsandculture.google.com/story/xwWh9Tju8Vkrw>

**Travel Destination of the Week** Join Rick Steve's as he travels to through Europe as they celebrate Easter [https://youtu.be/Y3X1S\\_BgOec](https://youtu.be/Y3X1S_BgOec)



## YOU ARE WELCOME TO JOIN OUR "CIRCLE OF FRIENDS" GROUP

With our team,  
Mari, Lisa and Wendy



We will be meeting Virtually on  
Wednesdays at 1:30  
The group will offer  
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 and is  
such fun. We hope to see you there!

**This Weeks Theme:**  
**Share your favorite Joke**

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

(if you would like to have this link emailed to you, or  
more help with connecting, please reach out to Wendy  
via email at [education@alzking.com](mailto:education@alzking.com)

### MENS PEER GROUP

Starts Next Week: Tuesday April 21<sup>st</sup> at 9 am  
[https://zoom.us/j/934218179?pwd=Y05VM05uOUdB  
TJsOXBVaGhNeWJtZz09](https://zoom.us/j/934218179?pwd=Y05VM05uOUdB TJsOXBVaGhNeWJtZz09)

## ARTIST OF THE WEEK



### Frank Sinatra

Francis Albert Sinatra was an American singer, actor and producer who was one of the most popular and influential musical artists of the 20th century. He is one of the best-selling music artists of all time, having sold more than 150 million records worldwide.

### Link for his greatest hits:

[https://youtu.be/Y3X1S\\_BgOec](https://youtu.be/Y3X1S_BgOec)