

April 27, 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,

Physical distancing continues to be our new normal, and we continue to monitor the situation. We continue to create more virtual opportunities for support and socialization during this every changing time.

HOWEVER, now we need **YOUR HELP!** not knowing when COVID-19 restrictions will be lifted we have had to change the way we fundraise. With the IG Wealth Management Walk for Alzheimers right around the corner we have had to go online. This is one of our major fundraiser throughout the year, the funds raised go to provide programs and services for our community, if you can contribute please do, also if you could share the information below with family and friends we would appreciate all of your support!

Stay Safe, Stay Healthy!

Vicki



We're Walking Online May 31st!

This year, the IG Wealth Management Walk for Alzheimers will move ONLINE and we hope you'll join us on May 31st!

How can you do that? Well, who are you social distancing with? Your kids? Your spouse? Your dog? 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! Challenge your friends and family, your neighbours, or your co-workers to participate as well, in their own spaces! Register on the walk site, download your forget me not window poster and help support all those living with dementia in KFLA. They need us now more than ever! You can register here:

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

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

Call 613-544-3078, ext 204 for more information, or email Lesley at fundraising@alzking.com .



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 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/

BRINGING SHOPPING HOME SAFELY

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.southeasthin.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

According to Harvard Health, Gratitude helps us feel more positive emotions, relish good experiences, improve our health, deal with adversity, (like the pandemic), and build strong relationships. Gratitude makes us nicer, more trusting, more social, and more appreciative.

In a research paper by Dr. Robert Emmons, he says that in a crisis situation, we have the most to gain by a grateful perspective on life. In the face of despair, gratitude has the power to bring hope and healing. And...when we practice gratitude, and it does take practice, we have better sleep, and a healthier heart and immune system.

A practical quick way to practice is to start a gratitude journal. In this book you write down at least 3 things each day, that you are grateful for. They don't have to be big or life changing. Then you can read it when you are feeling down or stressed.

Gratitude is proven to reduce stress in caregivers. Noticing and being thankful for the good things, trains our brain to become more optimistic. Instead of getting sucked into negative thoughts about what we don't have, use gratitude to pay attention to what we do have. So, we focus on the people and situations that make life better.

From ASO:

Join us for a new 8-week online program: Mindfulness and Meditation. Learn the 5 Elements of the Mindfulness Self-Care Model, mindfulness grounding techniques and supports, meditation basics and enjoy a guided secular meditation followed by a group discussion. Sessions will run every Wednesday from 2:00 pm – 3:00 pm on the following dates: April 22 & 29, May 6, 13, 20 & 27, June 3

Click [here](#) to register.

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=eXp2Y2lpWFhhZlF09OZmpDMFo5Zz09>

FRIENDLY FRIDAYS AT THE CHIT CHAT
Going Live, email Noreen if you would like to join noreenpeters@cogeco.ca

Caring in Facility

Meets Monthly, Next Meeting May 6th @10am

Caregivers Evening Chat

Meets Monthly, Next meeting May 12th

Men's Group for Caregivers

Meets Monthly. Next meeting May 21st

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>

Province Wide, Live "Musical Memories" Singalong with ""

Thursday April 30th at 2:00 pm



Link to Join Us on Zoom:

<https://zoom.us/j/636463918>

Glenn is a seasoned musician with his acoustic stylings, enjoyed by audiences worldwide. He will bring an energy filled, upbeat show featuring some country classics, Classic Beatles Tunes, Buddy Holly, Everly Brothers and others. Be sure not to miss this lovely hand clapping, toe tapping and sing a long program!

ACTIVITY CORNER

Things to do at home

Ice Cream in a Bag:

<https://www.food.com/recipe/homemade-ice-cream-in-a-bag-34257>

Make your home a science lab with fun activities that both kids and adults will enjoy:

<https://www.rigb.org/ExpeRimental>

Garfield Comics:

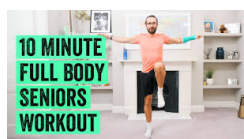
<https://garfield.com/comic/2018/08/17>

Dilbert comics: <http://dilbert.com>

Card Games:

<https://www.considerable.com/entertainment/card-games/card-games/>

10 Minute Workout!



Are you looking for a short workout that will give you the energy boost you may need? Check out this series of 10-minute workouts by The Body Coach. Specifically designed for seniors, these videos will take you through quick, but effective, full body workouts. Get started [here!](#)

Come Sing with Us! Join Certified Music

Therapist, David Macintosh from [Miya Music Therapy](#), every Monday from 2:00 pm – 3:00 pm for 8-weeks of Online Music Therapy! Music therapy supports health and wellbeing through the purposeful use of music and the therapeutic relationship. Sessions will consist of singing, movement to music, breathing, discussion, and reflection. We can't wait to share the joy of music with you. Sessions begin Monday, May 4 until June 29. Click [here](#) to register!

Travel Destination of the Week: The Netherlands, Beyond Amsterdam with Rick Steves: <https://youtu.be/imjq5yQzNil>



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:

**Share your Favorite Artist
(painter or musicians, etc)**

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

MENS PEER GROUP

(The Group that meets at Waterford)

Tuesday April 28th at 9:00 am

<https://zoom.us/j/934218179?pwd=Y05VM05uOUdlZTJsOXBVaGhNeWJtZz09>

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



Louis Armstrong

Trumpeter, Louis Daniel Armstrong, nicknamed "Satchmo", "Satch", and "Pops", was an American trumpeter, composer, vocalist, and actor who was among the most influential figures in jazz. His career spanned five decades, from the 1920s to the 1960s, and different eras in the history of jazz. In 2017, he was inducted into the Rhythm & Blues Hall of Fame.

Link for his greatest hits:

<https://youtu.be/h8NBVQUExTc>