

March 30/ 2020

Alzheimer Society of KFL&A, Forget Me Not Newsletter

Alzheimer Society of KFL&A * 400 Elliot Ave, Unit #4 * K7K 6M9 * 613-544-3078



ALZHEIMER SOCIETY OF KFL&A STAFF DIRECTORY

**Vicki Poffley,
Executive Director, X207**

**Kim Parkinson
Administrative Assistant, X201**

**Danielle Weir,
First Link Navigator, X 206**

**Wendy Harris,
Education and Client Care
Coordinator X 203**

**Jan White,
Client Care Coordinator X 200**

**Mari Vepsalainen,
Program Coordinator, Kingston X 209**

**Lesley Kimble,
Fundraising Coordinator X 204**

**Lisa Prest,
Client Care and Programs
Coordinator, Napanee X 208**

**Pam Lemke,
Education, Client Care and Programs,
Sharbot Lake and Northbrook, X 701**

Hello Everyone

As we continue to work through these uncertain times, we hope that the new services we are striving to deliver are of benefit to you. We are certainly open to suggestions and welcome your input. Please be assured we are here to continue to support you in any way we can.

Our team continues to do our part in flattening the curve. We are following the recommendations as prescribed by the provincial, federal government and public health; therefore, the office remains closed. We hope that you have had the opportunity to enjoy our first newsletter which will arrive in your inbox weekly. These opportunities will continue to be provided as well new opportunities will be added.

In our new era of social distancing it may be some time before you are into the office so with that in mind I would like to take the opportunity to say goodbye to Candice McMullen, Candice has been a valued team member for the past six years with the Alzheimer Society and we will certainly miss her as she embarks on the next chapter of her career. We wish Candice much success in her new role and are looking forward to continuing to work with you to provide services and support to those living or caring for someone with dementia.

We would also like to welcome Wendy Harris and Lisa Prest. They have taken a leap of faith in an uncertain time and joined our team and we are grateful to have them aboard.

Wendy joins our team in the role of Education and Client Services Coordinator she has spent most of her career supporting seniors most recently 10 years' in Long Term Care managing the Recreation Dept, she has also spent time as an instructor at Fanshawe College. With her passion for seniors and education Wendy is the perfect fit for her new role and we can't wait to see where she takes it.

Lisa joins our team in the role of Client Services and Program Coordinator in our Napanee office. Lisa has spent her entire career in healthcare as an RPN in a variety of roles. Lisa is passionate about supporting those we serve, and I know she will do great things in Napanee.

Kindest Regards,

Vicki

STAYING CONNECTED



Another week of staying at home is upon us. We know that isolation to reduce the spread also means 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...

Right now, we are using Zoom-it is free for you 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.

7 Steps of Handwashing with Hand Sanitizer

Step 1

Squeeze a small amount of sanitiser gel/soap over left palm and dip all fingers of right hand into left palm, and vice versa



Step 2

Palm to palm



Step 3

Right palm over left dorsum and left palm over right dorsum



Step 4

Palm to palm, fingers interlaced



Step 5

Backs of fingers to opposing palms with fingers interlocked



Step 6

Rotational rubbing of right thumb clasped in left palm and vice versa



Step 7

Rotational rubbing of right wrist and vice versa. Rinse and dry thoroughly.



IN THE COMMUNITY

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 DURING COVID-19

<https://globalnews.ca/news/6707378/kingston-doing-good-staying-connected-covid-19-coronavirus/>

**STRENGTH
DOESN'T COME
FROM WHAT YOU CAN DO.**

IT COMES FROM

**OVERCOMING
THE THINGS YOU ONCE THOUGHT
YOU COULDN'T.**

RIKKI ROGERS

CAREGIVERS CORNER



From Jan White,

Client Services Coordinator

We are continuing to experience spread of the COVID – 19 virus at alarming rates. We must continue to stay at home, difficult as it is. However, the government is making it easier by closing all non-essential businesses.

Remember your job as caregiver makes you more vulnerable. Your immune system is compromised so you must practice self-distancing to be safe. The most difficult situation for many is not being able to visit their spouse/parent in long term care. I would suggest that you enlist the help of staff at the facility to each day show your person your picture and identify you. That will remind them of who you are every day!

To any of you who own a pet, we want you to know that for supplies many of our local stores are delivering or doing curbside pick up. We are in this together so let's stay connected either by phone, email, text or joining in to one of our virtual programs.

Last week we enjoyed our first ever virtual zoom Caregivers Café meeting and it was a wonderful success! We had several folks zooming for the first time and it was so amazing to see faces and feel connected! technology it truly amazing. We do hope to have more folks join us as we learn this new way of connecting.

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>

VIRTUAL CAREGIVER'S CAFÉ



Join us Virtually for our
Weekly Caregiver Café
On Tuesday afternoons from
1:30 – 2:30

Once you have downloaded Zoom, simply
click on the link below and you will be
connected!

Link:

<https://zoom.us/j/318632765?pwd=eXp2Y2lpWFhhZlIFd09OZmpDMFo5Zz09>

(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)

Friendly Fridays at the Chit Chat

Going Live on Friday's email Noreen if you
would like to join
noreenpeters@cogeco.ca

COMING SOON:

Virtual "Companions on a Journey"

Live "Musical Memories" Singalong with
Roger James, Thursday April 2nd at 2:00
Entertainer, Music and Comedy, Guitar, Banjo,
Piano, Bodhran (Irish drum) Ballad Harp, Vocals



More than 6000 appearances in 84 cities, In concert he
has opened for: Joe Cocker, Tommy James and the
Shondells, J.J. Cale, the Kingston Trio, Valdy, Murray
McLaughlin and recently toured with CBC
writer/performer Nancy White and CCMA award winner
Wendell Ferguson.

Link to Join Us on Zoom:

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

ACTIVITY CORNER

Things to do at home

Colouring Pages - Print your own colouring pages from this website:

<https://www.justcolor.net/>

Crafts with everyday items:

<https://www.youtube.com/watch?v=1fnAqecd6G4>

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>

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

Online Crosswords:

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

Online Mindfulness-Based Stress Reduction (MBSR) - free courses by a fully certified MBSR instructor by the University of Massachusetts Medical School:

<https://palousemindfulness.com/>

Tchaikovsky: The Nutcracker - Watch the famous ballet in two acts, from the Mariinsky Theatre in St Petersburg: <https://youtu.be/xtLoaMfinbU>

Chairfit with Eric Savva (Variety Ontario):

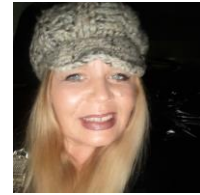
https://youtu.be/_phlfh0xU6k

Travel Destination of the Week

Join Rick Steve's as he travels the Scotland Highlands <https://youtu.be/DDiq5C34KL4>



YOU ARE WELCOME TO JOIN OUR "CIRCLE OF FRIENDS" GROUP VIRTUAL MEETING WITH MARI



We will be meeting Virtually on
Wednesdays at 1:30

Mari will be running it like a regular group with A time to mix, mingle and chat and then feature a series of chair exercises and musical singalong. We hosted our first one last week and it was such fun. We hope to see you there!

**Once you have downloaded Zoom
Simply click on the link below and you will be
connected!**

Link:

<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

ARTIST OF THE WEEK:



Elvis Aaron Presley, also known simply as Elvis, was an American singer and actor. Regarded as one of the most significant cultural icons of the 20th century, he is often referred to as the "King of Rock and Roll" or simply "The King".

Link for his greatest hits:

<https://youtu.be/18A61ByjT24>