

**March 23/ 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**

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Hello Everyone

We are certainly in unprecedented times, but the good news is that we are in this together. We, at the Alzheimer Society, want to reassure you that we continue to be here to support you.

For the next few weeks, we will be sending out a weekly newsletter with news and updates from our teams on modified programming, self-care tips, suggestions for online recreation activities as well as a virtual caregiver café and programs led by our program coordinator. We want to stay connected with you and this communication, we hope, will help you stay connected to us, too.

In effort to do our part and flatten the curve our office remains closed until April 6th at which time we will re-evaluate the situation based on information from the Ministry, KFLA Public Health and our Local Health Integration Network (Ontario Health).

Please know that during this time our phone lines remain open. If you need to reach our client services staff, or have questions about programs and services, please call 613-544-3078 leave a message for the staff person you are wanting to reach, and your call will be returned as quickly as possible

This newsletter will be delivered to your inbox weekly during this time. In it we will offer updates and some inspiration and opportunities to sign up for virtual support groups, programs and activities. We welcome any feedback that you may have to make our next issue of our weekly "Forget Me Not" Newsletter even Better.

Kindest Regards,  
Vicki

## STAYING CONNECTED



We know that during this time we are social distancing and staying home to help flatten the curve and reduce the spread of the COVID-19 virus. But with that isolation to reduce the spread that 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 be looking at using some Virtual platforms to bring us together!

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 a Zoom instruction sheet attached to the Newsletter email and will post the instructions on our website and Facebook page.

### SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

**What does Social Distancing mean?**

This means making changes in your everyday routines in order to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings.
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

**Here's how you can practice social distancing:**

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- shop or take public transportation during off peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family if possible.
- use food delivery services or online shopping
- exercise at home or outside
- work from home

**Remember to:**

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often

**If you're concerned you may have COVID-19:**

- separate yourself from others as soon as you have symptoms
- if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- call ahead to a health care provider if you are ill and seeking medical attention

**FOR MORE INFORMATION:**

[canada.ca/coronavirus](https://canada.ca/coronavirus) 1-833-784-4397

Public Health Agency of Canada / Agence de la santé publique du Canada

Canada

## IN THE COMMUNITY

### FOOD AND RETAIL SERVICES IN KINGSTON

The link below provides a comprehensive list of restaurants and retail businesses in the City of Kingston who are offering take out/delivery and /or special hours for seniors, etc. They are broken into sections of the city – Downtown, East End and West End.

[www.visitkingston.ca/plan/food-and-retail-services-available-during-covid19/](http://www.visitkingston.ca/plan/food-and-retail-services-available-during-covid19/)

### KFL&A PUBLIC HEALTH

[www.govserv.org/CA/Kingston/210581042291876/KFL&A-Public-Health](http://www.govserv.org/CA/Kingston/210581042291876/KFL&A-Public-Health)

### CITY OF KINGSTON UPDATES

[www.cityofkingston.ca](http://www.cityofkingston.ca)

### SOUTH EAST LOCAL HEALTH INTEGRATION NETWORK (LHIN)

[www.southeastlhin.on.ca](http://www.southeastlhin.on.ca)

“The greatest discovery of all time is that a person can change his future by merely changing his attitude.”

Oprah Winfrey

fitzwillafuerte.co

## CAREGIVERS CORNER



From Jan White,

### Client Services Coordinator

Dr. Theresa Tam, Canada's Chief Public Health Officer, said that the country's "window to flatten the curve of the epidemic is narrow". This means we have only a short time to slow down the spread of the corona virus. The only responsible way to go about this is to practice self-distancing. So how do we do this?

Spend time with your family, friends, and colleagues by phone, FaceTime, Zoom or skype. When you are feeling the need for a special treat, order in dinner from a special restaurant such as "Days on Front", we have attached a link to all community services in our Community Section of this newsletter.

Several churches are live streaming their services so that you can meet your spiritual needs. Listen to music or watch a movie with a big bowl of popcorn. Try to implement some fresh air daily if you can. Set a daily routine and schedule.

Don't stay glued to news that makes you anxious or distressed: The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Seek information mainly to take practical steps to protect yourself and loved ones. Seek information updates at specific times during the day once or twice.

Perhaps take some time for some reminiscing with family photos and sorting through photo books or boxes, perhaps you have been waiting for the right opportunity to put together a scrapbook.

Do remember that we are here, just a phone call away and in this newsletter, and have a lot of resources that you can access.

## VIRTUAL CAREGIVER'S CAFÉ



Join us Virtually for our  
Weekly Caregiver Café  
On Tuesday afternoons at  
1:30

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

### Link:

<https://zoom.us/j/318632765?pwd=eXp2Y2lpWFhhZlFkd09OZmpDMFo5Zz09>

(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))





## ACTIVITY CORNER

### THINGS TO DO AT HOME

Visit a Museum from your Armchair! 22 ways to leave home without actually leaving the couch, from virtual zoo exhibits to museum gallery tours

[www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3](http://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3)

Broadway Movies you can view for free for 7 days!  
[www.broadwayhd.com/](http://www.broadwayhd.com/)

CBC Television is offering Movie Night in Canada, in place of Hockey Night in Canada. On Saturdays at 7 you can see back to back movies on your own TV, right from the comfort of your living room. March 21 you can see Mr. Hockey: The Gordie Howe Story at 7pm, and Goalie, 9pm, the story of Terry Sawchuk.

**City of Kingston Recreation Facilities and other notices:** Stay up-to-date with the City's COVID-19 precautions, facility closures etc visit:  
[www.cityofkingston.ca/Resident/COVID-19](http://www.cityofkingston.ca/Resident/COVID-19)

**Did you have tickets for an upcoming Grand Theatre performance?** Check out the up-to-date info and date changes on all their productions here:  
[www.kingstongrand.ca/visit/covid-19](http://www.kingstongrand.ca/visit/covid-19)

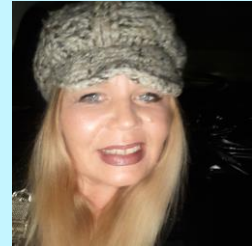
**Exercise From Home:** 30 minute Senior Workout Routines, Standing and Seated  
<https://youtu.be/ASXGYu7IFxE>

**Crafters Corner, Fun Ideas for Crafters:**  
10 best crafts for adults to make  
<https://youtu.be/Klxf4H1VC9M>

**Armchair Travel, This Weeks Feature:**  
Watch the top 50 most amazing places in the world.  
[https://youtu.be/nXG-VZpLW\\_c](https://youtu.be/nXG-VZpLW_c)



## 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. The virtual program will also include  
some trivia and funny jokes and stories.  
**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](mailto:education@alzking.com))

### ARTIST OF THE WEEK:



Norma Deloris Egstrom, known professionally as Peggy Lee, was an American jazz and popular music singer, songwriter, composer, and actress, over a career spanning six decades. From her beginning as a vocalist on local radio to singing with Benny Goodman's big band, Lee created a sophisticated persona, writing music for films, acting, and recording conceptual record albums combining poetry and music. Click below to hear her greatest hits.

<https://youtu.be/ieW1WDaXE7c>