

Alzheimer Society of KFL&A Forget Me Not Newsletter

Alzheimer Society of KFL&A * 400 Elliott Ave, Unit #4 * K7K 6M9 * 613-544-3078 * **May 18**



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Just over two weeks to go until the online IG Wealth Management Walk for Alzheimer's and we are just over 1/3 of the way to our overall goal! Whether you are a past participant or new to the event, it's easy to register, participate, or even donate to the cause!



Just choose your location – the Kingston walk www.alzgiving.ca/kingstonwalk, or the Napanee walk (Lennox and Addington), www.alzgiving.ca/napaneewalk, register, and then decide how you will participate on May 31. Challenge your friends and family to join you or sponsor you! Is your usual walk team all over the map? That's okay! They can still register as part of the team and participate in their own yards or neighbourhood in whatever city they live in! For instance, Team Ken's Kin is a group of siblings who usually meet in Napanee every year so they can walk together. This year, they have still formed Team Ken's Kin online, but they are walking in Toronto, Napanee, Kingston, London, Ottawa, Picton and other locations!

To see how one family is participating in the online walk, [click on this link](#) and watch Abby and Lainey as they show you how they are supporting the Alzheimer Society in their own yard! Can you create a fun activity for your kids or grandkids on May 31st? If so, please do and then don't hesitate to tell us about it on social media! Or send us a picture or video of the family taking part!

Seeds of Hope If ever there was a time for HOPE and positive thinking, its right now! When you register for the IG Wealth Management Walk for Alzheimers, you can request a package of Forget Me Not seeds, so that you can plant a garden of hope – a symbol for everyone living with dementia in our community. Once you have registered, just email us at fundraising@alzking.com, and we will send you out a package of seeds in the mail, or, we can arrange for you to pick them up at our office.

Would you like to wear a Walk t-shirt on May 31? If you are a registered walker with \$50 or more in pledges, we will happily give you a Walk shirt to wear on May 31! Just email us at fundraising@alzking.com and we'll make sure you get one, as long as supplies last. (Note, our smallest size is medium.)



We are now 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 virtual “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 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.

Zoom 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.

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>

KINGTON 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/>



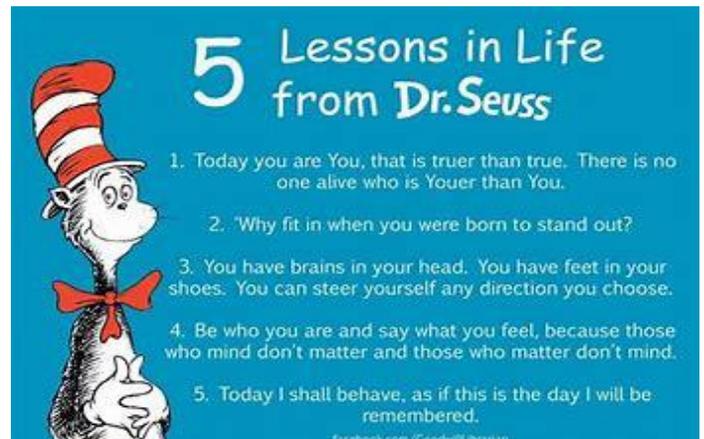
https://ottawa.ctvnews.ca/mobile/a-friendly-voice-is-available-for-seniors-alone-and-wanting-to-chat-to-someone-1.4869843#_gus&_gucid=&_gup=Facebook&_gsc=mzae9VQ

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.



CAREGIVERS CORNER – with Wendy

I recently participated in a webinar through the Ontario Caregivers Organization with Dr. Nasreen Khatri entitled **Out of Touch--Caregiving in the time of COVID-19**. It will be available on their website in the next week or so and I highly recommend taking the 45 minutes to watch if you can. They also have some great resources, and a 24/7 helpline.

A few key messages I wanted to share:

1. **Lower your expectations of yourself.** Don't expect every day to be your best. Give yourself permission to make mistakes.
2. **Taking care of yourself is selfless.** You can only be a good caregiver if you feel well and rested. We always put on our oxygen mask first before we care for anyone else. Even spending 5 minutes for you: listen to music, go for a walk, or have a good cup of coffee or a nice glass of wine. You can only be a good caregiver if you feel well and rested yourself. Think about putting your mask on before helping others...it's important!
3. **Move.** Stretch, do yoga, go for a walk, just move as much as you can each day.
4. **Practice Gratitude.** As Jan mentioned, taking time each day to think about one thing that gives you joy is important any day, but during these times, we need to take even 5 minutes to focus on something positive. If you can find something to look forward to-even better!
5. **Talk about it with someone.** We have virtual support groups and 1:1 phone calls; call a friend; or attend one of the caregiver groups through the OCO...talking about it makes you realize that we are all in this together and your feelings ARE valid-anger, sadness, grief, fear-and all of us are feeling some of those.
6. **Good sleep is likely getting harder.** We are in a time of sleeping with one eye open due to the way stress affects our testosterone and cortisol-this puts us into a "flight or fight" state. This also causes more stress and lack of patience. Now go back to the previous points and read them again-they will all help your sleep too.

If you're caring for someone and you need support or have care questions, call the 24/7 Ontario Caregiver Helpline: 1-833-416-2273 or use the live chat Mon-Fri from 7am-9 pm at www.ontariocaregiver.ca

CAREGIVER HELPLINE
1-833-416-2273

ontariocaregiver.ca



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=eXp2Y2lpWFhhZlIFd09OZmpDMFo5Zz09>

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

Men's Group for Caregivers

Meets Monthly. Next meeting May 21st

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

Caring in Facility

Meets Monthly, Next Meeting June 6th @10am

<https://us02web.zoom.us/j/91798593174?pwd=Q3FPT3g0WjZ2NzU2SzdPSjQ0WU1nUT09>

Caregivers Evening Chat

Meets Monthly, Next meeting June 12th

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



This is a new addition to our Newsletter. Each week we will post a caregiver question and welcome any of your feedback and we will post the answers here the following week.

This week's Question:

"The person I am caring for likes to pack, unpack, rearrange and move things about in the home. Then when he tries to find something, and can't he becomes suspicious and distrustful, thinking someone is stealing his things, mostly the distrust is with family members. Do you have any tips that would help me with this situation?"

Please Email your tips and helpful hints to Pam Lemke at
plemke@alzking.com

ACTIVITY CORNER

Things to do at home

Colouring Pages - Print your own colouring pages from this website: <https://www.iustcolor.net/>

Crafts with everyday items:

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

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

From ASO: Online Program – Art Series: In this ‘Painting What I See’ online arts series, participants will explore thematic collections of photographs as a source of inspiration for their individual painting projects. Each week, facilitator Kathleen Downie will provide participants with a set of images (using a Power Point slideshow) that we will discuss and analyze together. Participants will use available materials at hand such as pencils, pastels, paints, paper, cardboard, string, ribbon, buttons, findings, tape and glue. **When:** Thursdays from May 21 to June 4, 1:00 PM to 2:00 PM. This series is appropriate for learners at all levels. To register, click [here](#).

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: Rick Steve’s “Rome ”: https://youtu.be/E_eKW03SC5w

ARTIST OF THE WEEK



Francis Albert Sinatra was an American singer, actor and producer and one of the most popular and influential musical artists of the 20th century. more than 150 million records worldwide

Link for his greatest Hits:

<https://youtu.be/q3RYIUqDkb8>

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 most memorable trip

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

MEN’S PEER GROUP

(The Group that meets at Waterford)

Tuesday May 19th at 9:00 am

<https://zoom.us/j/934218179?pwd=Y05VM05uOUdBTSJlOXBVaGhNeWJtZz09>

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>

Province Wide, Live “Musical Memories” Singalong with “Michael K Myers”

Thursday May 21st at 2:00 pm



Michael K. Myers has been making his living singing and performing in the Kingston area for most of his life. Be it as a soloist or a member of various bands and duos Michael strives to provide an enjoyable and engaging musical experience. His repertoire ranges from the 30s up to the 50s and early 60s eras of popular music. Songs that are the soundtrack of folks’ lives.

Link to Join Us on Zoom:

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