

# Alzheimer Society of KFL&A Forget-Me-Not Newsletter

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



## ALZHEIMER SOCIETY OF KFL&A STAFF DIRECTORY

Vicki Poffley,  
Executive Director, x 207  
[vpoffley@alzking.com](mailto:vpoffley@alzking.com)

Kim Parkinson  
Administrative Assistant, x 201  
[reception@alzking.com](mailto:reception@alzking.com)

Danielle Weir,  
First Link Care Navigator, x 206  
[dweir@alzking.com](mailto:dweir@alzking.com)

Lisa Prest,  
First Link Care Coordinator, x 210  
[lprest@alzking.com](mailto:lprest@alzking.com)

Pam Lemke,  
Education, Client Care and Programs,  
Sharbot Lake and Northbrook, x 701  
[plemke@alzking.com](mailto:plemke@alzking.com)

Wendy Harris,  
Education Coordinator, x 203  
[education@alzking.com](mailto:education@alzking.com)

Mari Vepsalainen,  
Program Coordinator, Kingston x 209  
[programs@alzking.com](mailto:programs@alzking.com)

Lesley Kimble,  
Fundraising Coordinator, x 204  
[fundraising@alzking.com](mailto:fundraising@alzking.com)

**NOTE:** Here is the link to the proposed online portal for the COVID 19 Vaccine Roll out: [COVID-19 vaccine appointment in Ontario to launch March 15 | CBC News](#)

Hello Readers!

With each day that passes, we are getting closer to spring. I think we can all agree that it can't come soon enough! Inside this issue you will learn of some of our upcoming events and programs and sessions. Please remember that we are fully online and continuing to also reach out to clients by telephone. If you need to reach us or would like further information about any of our programs, please call 613-544-3078 and either leave a voicemail in the general mailbox or enter the extension of the staff member you would like to reach. Messages are checked daily and your call will be returned promptly. Also, if you are a new reader, our calendar and newsletter have links to all programs and our staff directory can be found on this page.

In this time, we have been so happy to be able to duplicate online some of our in-person programs and groups. Our monthly movie session has been a hit and we have opened it up to our friends in Sarnia and Toronto. In March, our Feature will be *Homeward Bound II*. If you would like to join us and pick up a movie basket, please call the office to register and we will let you know when the baskets are ready for pick up! Also, for a second movie option this month, check out the info about the movie, **The Cuban**, in this newsletter. It's said to be an inspiring movie and is also a fundraiser for the Society!

In March, we will also be offering another "Make and Take" project. This next session features Michaela from *Into the Woods Signs Kingston*, who will be running a sign making workshop. We are offering this as a complimentary activity thanks to a grant from the United Way. The kits will be available for pick up and we will then join on ZOOM to do the project virtually on Friday March 26<sup>th</sup> at 5:00 pm. Please call the office to register by March 10<sup>th</sup>, so that Michaela is able to get the kits ordered in time and then also to ensure drop off at the Society and ready for you to pick up. This is a great independent or two-person project. More information in the poster attached. Or contact Mari Vepsalainen, Program Coordinator at x209, [programs@alzking.com](mailto:programs@alzking.com).

### In this issue:

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## CAREGIVERS CORNER

Sue's 5 learnings after caring for her mother

By: Sue Hansard

**Lesson 1. Outings: New wisdom: Don't avoid new experiences but be less ambitious and plan carefully. Always have a backup plan. Keep a sense of humour.**

In the early stages of Mom's dementia, I sometimes took her out for day trips. Using local transport helped to keep connected her with the past. Our day trip was going really well, until I decided to amble around the market. Every time I veered towards a stall, she huffed and gave me a 'black look', but all that dissipated when I mentioned coffee and a cake in a little tea shop! Mum really loved going to coffee shops. In her later years, even the sparse and basic A cafe was 'beautiful' to Mom. But my favourite trip was to a tea room. Mom loved it. The only anxiety was how to 'visit the ladies' with a sweet little old lady that might wander off while I was still in the cubicle. I am so grateful to the countless strangers who kindly 'watched' her for me on our day trips out!

**Lesson 2: Singing New wisdom: Singing releases endorphins and brings joy. Never worry about what other people think. Keep a sense of humour:** Hymns, old songs, musicals, nursery rhymes - anything with a rhythm is food for the soul. Singing is good for the brain. It reconnects us with emotions and memories. It surprised us that even as Mom's short-term memory declined, even when she no longer knew who I was, even when she had lost her words, she could sing along to songs if given the slightest prompt. And in tune. One of our last outings together was a trip to the Grand Theatre, to see South Pacific. Within minutes of settling into our seats, she wanted to go home. I could feel a sense of panic rising as our row filled with people and the lights dimmed. I needn't have worried. As soon as the orchestra played their first few bars, her face lit up. She sang every song... out loud. I prepared myself with a stock reply if those nearby complained, but no one did. I wouldn't have stopped her because for those two hours she was transformed.

**Lesson 3: Reading and reciting New wisdom:** Just because someone seems to have lost their memory or word recall, does not mean they can't surprise and amaze you with what they can remember! Never lose your sense of awe and wonderment. Mom never lost her love of reading and she read illustrated children's books avidly. Once, having heard the latest favourite story for the tenth time, I idly read out the first line in a newspaper article I was reading. 'I wandered lonely as a cloud...' 'That floats on high o'er vales and hills,' Mom responded. She then recited the entire Wordsworth poem, with beautiful intonation and emphasis. I tried another, 'Earth has not anything to show more fair...' 'Dull would he be of soul who could pass by', she continued, with a softer voice and now in her stride, again recited the entire poem word for word, with expression and reverence that I suspect she had been taught at school perhaps 70 years ago. I have never forgotten that day, either.

**Lesson 4: Life skills New wisdom: Never assume that because someone can no longer do household tasks independently, they are incapable of doing them.** Mom was always very house-proud: vacuuming, polishing, dusting, ironing. These 'chores' shaped her day. As Alzheimer's took hold, there were times when she would either sit and stare vacantly or anxiously follow us around. I gave her a duster one day and she contentedly started to dust the bookshelf, not quite so carefully as previously, but it occupied her until she asked, 'What else are you going to MAKE me do?' And so my virtuous bubble was burst! Another time, I was baking, which was something Mom had taught each of her three children. When I asked if she wanted to help, Mom looked blank, staring at the scales and the flour and clearly not understanding. But she carefully decanted the ingredients and copied me to combine and knead the dough. The rolling pin and biscuit cutters puzzled her, but once in her hands, she rolled the dough deftly and enjoyed cutting out the shapes. Later, as we dunked our biscuits into a hot cup of tea, she was surprised and amazed to be told that she had made them!

**Lesson 5: Exercise and play New wisdom: Never assume that someone with dementia who appears 'frozen', uncommunicative, detached, will be unable to join in exercise and play. Never underestimate the power of fun!** As Mom's dementia progressed, I started to research the condition. I gained a diploma in Dementia Care, I watched videos by Teepa Snow, whose positivity and 'hand under hand technique' proved so useful. I observed 'Move it or lose it' with founder, Julie Robinson, and found her seated exercise program inspiring. I was beginning to understand the condition more, but that did nothing to alleviate the sense of helplessness, frustration and sorrow that this progressive disease causes carer's to feel. One afternoon helping out while my sister was at work, I discovered that Mom still had excellent hand-eye coordination. It had already been a long day; too wet to go out for a walk, and I'd heard the same story too many times. Mom, in a slightly truculent mood, became agitated while I was having a telephone conversation and started banging on a table. Sitting too far away to reach her I threw a small soft teddy over to her. With lightning reflexes, she caught it and threw it back! She had a cheeky glint in her eye and was waiting for my return throw. Her mood now transformed. We often played seated throw-and-catch after that, using soft toys, soft balls, bean bags. She was amazingly fast and superbly accurate. It used to fascinate me how her mood and demeanor would change.

### NEED TO CHAT?



[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](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)

## ACTIVITY CORNER



**Minds in Motion Exercise Program weekly x5: Join Mari and Vanessa for a 45-minute exercise session some trivia to follow.** We will be featuring Sarnia Volunteer Instructor Yvonne on Mondays, Tuesdays and Thursdays at 10:00 am and NEW afternoon sessions on Tuesdays and Wednesdays at 3:00—Zoom Link: [Click here to join](#)

### This Month's Movie Feature:

**FRIDAY ZOOM  
MATINEE MOVIE**

Please register for our fun ONLINE event!

Register with Reception at 613-544-3078

<http://us02web.zoom.us/j/87833674941?pwd=a2dt0khJ0HJ0clZnTmUvNkpnNDIKUT09>

Friday March 19th at 1:30pm via ZOOM

*Société Alzheimer Society*

**Complimentary Sign Making Workshop**

with Michaela from Into the Woods

All items for sign will be provided but please wear old clothing or apron the night of the project. Cover your table with newspaper as there will be paint involved. You may also need an old credit card and tweezers to move your stencil around.

Friday March 26th 5pm via ZOOM (link on calendar)

Sign Up Required! Contact Office at 613-544-3078 to RSVP by March 10th  
Kits to be picked up at Office!



*Société Alzheimer Society*

## “CIRCLE OF FRIENDS” GROUP



Join us on Wednesdays at 1:30, for a fun time of socializing, travel, trivia and more

[Click here to join](#)

March 3<sup>rd</sup> – The Best of Dr. Seuss  
March 10<sup>th</sup> – Caterpillars and Butterflies  
March 17<sup>th</sup> – St. Patrick's Day  
March 24<sup>th</sup> – Spring Has Sprung  
March 31<sup>st</sup> – Springtime in Paris

### LADIES PEER GROUP

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Wed. Mornings at 9:00 am  
(for ladies with early onset)

[Click here to join](#)

### MEN'S PEER GROUP

Tuesday Mornings at 8:30 am

[Click here to join](#)

If you have any questions about the Groups, please feel free to contact Mari Vepsalainen, program coordinator, [programs@alzking.com](mailto:programs@alzking.com) or 613-544-3078 x209

## Province Wide, Live “Musical Memories” Singalong Thursdays at 2:00 pm



Thursday March 4th Featuring:  
Roger James

Thursday March 11<sup>th</sup> Featuring:  
Lisa and Arnie Shaw

Link to Join Us on Zoom:  
[Click here to join](#)





We want to ensure you remain connected to us and as this pandemic continues into another wave, we cannot safely offer in person group sessions yet therefore we will continue to use phone calls and Zoom for our support and client groups.

Have you tried zooming? If not, are you someone who is unsure of new technology? Reach out to

us and we are happy to chat over the phone to work on getting you connected.

To participate fully in the Zoom groups, you will need a computer, tablet or smart phone that has a camera and an internet connection, **however if you only have a phone, you can still call into the groups.** Just contact us to get the phone number for the group you would like to join. Please note that you will often be in the virtual “waiting room”; you just sit back and relax, and we’ll do the rest.

**Want to book an appointment to talk to an Alzheimer Society staff member?** We are available for you outside of group times to help you through these difficult times by lending an ear and offering suggestions where needed. Just contact us via email or at the office and we will be happy to schedule a time to chat either on Zoom, FaceTime, Skype or over the phone. Phone numbers and staff emails are listed on the front page of the newsletter.

**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 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.

## From the Education Desk!

Join us on Thursday, March 25 at 12:30pm for a discussion with the Local Health Integration Network (LHIN). Join Joanne Browne, Manager of Home & Community Care with the South East Local Health Integration Network (LHIN), to learn more about the services they offer and how to access them.

This will be an informal discussion with plenty of time to ask questions, but we will touch on:

- What services are available
- How to access services in the community
- LTC application process

There is no cost for this session, but please register in advance:

[CLICK HERE TO REGISTER](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

**STAY TUNED FOR APRIL WHEN WE HOPE TO OFFER A CONSENT AND CAPACITY INFORMATIONAL WEBINAR!**

### Care Partners for someone living with dementia (Unpaid care givers)

We are excited to be able to offer another U-First! For Care Partners workshop. Please note that in order to successfully complete the course, you must attend all sessions in that Workshop (6 hours total).

Feedback from the first session has been positive!

**DAYTIME:** Friday, April 9, 16 & 23: 10:00am-12:00pm  
[REGISTER HERE FOR DAYTIME WORKSHOP \(3 sessions\)](#)

## I want to hear from YOU!

My goal is to provide the education that YOU need. Please take a moment to either email me with any suggestions or complete this survey:

[www.surveymonkey.com/r/KFLAED](http://www.surveymonkey.com/r/KFLAED)

*Please contact Wendy at [education@alzking.com](mailto:education@alzking.com) or call 613-544-3078, ext.: 203 if you have a suggestion for a speaker or topic you would like to know more about.*

## PROGRAMS & GROUPS FOR CAREGIVERS



### WEEKLY CAREGIVER CAFÉ

Tues afternoons 1:30

[Click here to join](#)

### FRIENDLY FRIDAYS AT THE CHIT CHAT

Live, email Noreen if you would like to join  
[noreenpeters@cogeco.ca](mailto:noreenpeters@cogeco.ca)

### CAREGIVERS EVENING CHAT Tuesday, March 9th, at 7:00 pm

[Click here to join](#)

### SUPPORT GROUP FOR MALE CAREGIVERS

Pre-COVID the Men's Group met in person on the third Thursday of each month, but presently the meetings are virtual on Zoom. The purpose of the Group has not changed. Men who are primary caregivers of a much-loved partner or parent with dementia get together to learn how their new experiences are not frighteningly unique, and to apply the experiences of others to individual personal situations.

So, you could say, the Men's Group creates a space where guys can feel comfortable.  
*(a special thank you to the two volunteers who facilitate this group-Ron & Ken, who both do a great job)*

Next meeting Thursday, March 18 at 10:00am

[Click here to join](#)



## PROGRAMS & GROUPS FOR CAREGIVERS

### CARE IN THE FACILITY

Join us monthly on the first Wednesday of every month at 10:00am for a support group for those with loved ones in care homes.

[Click here to join](#)

**Don't forget to check out the Education section of the newsletter for upcoming sessions for Care Givers!**

Some videos that may interest you:

Advance Care Planning

<https://vimeo.com/264664748>

Confirming your Substitute Decision Maker in Ontario

<https://vimeo.com/264664303>

I'm a Substitute Decision Maker – Now What?


<https://vimeo.com/264662819>

Understanding Consent and Capacity in Ontario.

<https://vimeo.com/265398323>

### FREE DANCE CLASSES for ALL SENIORS!

AS FEATURED ON **Global NEWS**



**JOIN US 7 days a WEEK**

**11 AM EST**

DWP is proud to offer **FREE live dance classes on Zoom for ALL seniors, seven days a week.**

Dancing is a great form of exercise that provides cognitive, physical and emotional benefits.

Dance with us to stay **connected and engaged** while making new friends along the way!

This 20 minute class is designed to be safe, fun, and beneficial for ALL seniors.

All levels of mobility and ability are welcome.

No dance experience required!

CLASSES ARE MADE POSSIBLE THANKS TO THE GENEROSITY OF:

DANCING WITH PARKINSONS, Canada, Rotary, United Way

FREE REGISTRATION AT [WWW.DANCINGWITHPARKINSONS.COM](http://WWW.DANCINGWITHPARKINSONS.COM)