

Shared by **Old Friends Club**

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## *Caregiver Connector*

**\*\* SPECIAL EDITION \*\***

**May 2020: as we continue to shelter-in-place and discover new depths within ourselves, let us remember to work to stay connected and centered.**

**Following are a few resources to help with that challenging endeavor.**

**Please share with those you know who are affected by Alzheimer's or other dementia.**

Field of sunflowers



## From The Comfort Of Your Own Home...

### **SAM: Virtual Exhibits, Discussions, Activities**

The Seattle Art Museum has regular postings about exhibits, art discussions, at-home activities, and more!

[Get your art on here](#)



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## Free Fitness Classes

Seattle Parks and Recs are offering a range of free fitness classes on their YouTube channel. Aimed at the 50+ crowd, dance, train, and tai-chi your way to health and clarity.

[Get your move on here](#)



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## May Online Events

The Alzheimer's Foundation is stepping up to bat with a slew of online and virtual offerings and education. Check back daily as the calendar fills up with new classes often. "Disco Funk Chair Fitness" and "Virtual Dog Therapy"? Sign us up!

[Get your sign up on here](#)



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## Literary Minded

Many libraries are beefing up their online catalogue and even better news - sign up is super easy! Plus, sites like the Seattle Public Library offer workshops and virtual events for adults.

[Get your digital read on here](#)

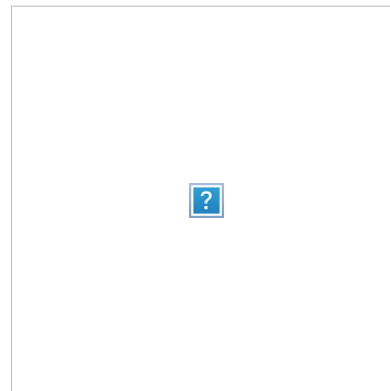


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## Webinars

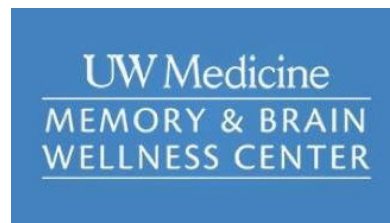
Alzheimer's Association has a plethora of online classes and webinars coming up - from financial planning to communication strategies, register today and learn from home.

[Get your education on here](#)



## Stay Connected and Chat

The University of Washington is offering a selection of free virtual coffee chats, forums, and talks so you can stay connected with others. For more information, contact their program manager Marigrace Becker at [mbecker1@uw.edu](mailto:mbecker1@uw.edu) or (206) 744-2017.



[Get your social on here](#)

## Alzheimer's Association Resources

["Live" Education presentations](#) - maintained and updated information about live education events that will be held via interactive webinar. Also [online education](#) for any time of day.

[Support Groups](#) - most of the support groups have moved to a telephonic format. People can contact facilitators directly to learn how specific groups will be held. There are also Chapter-wide [telephone support groups](#) where you can call-in from any region.

[List of updated resources](#): the blog post summarizes what is currently being done to support people locally and at a larger level.

**A note from the organization:** *We continue to offer care consultation and can connect folks to resources - services such as sliding scale in-home respite, caregiver counseling, and housekeeping, are still available resources in King county through Washington Family Caregiver Support Program [WA FCSP](#).*

The Alzheimer's Association wants you to know [you are not alone](#). They offer [information and tips](#) for caregiving for someone with dementia during the COVID-19 pandemic and quarantine as well as virtual support groups.

## 24/7 Helpline: 1-800-272-3900

Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

## Momentia Classes & Events Now Virtual

Momentia Seattle is not letting this lock-down slow them down - they are offering a few of their programs (and new additions) online and virtually. Read below for a selection and [click here for the full lineup](#).

Each month, registered horticultural therapist, Laura Rumpf, is bringing a new virtual nature walk and activity to the community. The May experience is a forest walk at Seward Park followed by a demonstration of a pine cone nesting bundle for birds.

### A forested path



Gentle Zumba is a seated exercise optional dance party designed for low-impact fun! Anyone can join this virtual class that will be held online using Zoom and require an internet connection to attend. This memory loss inclusive class is led by instructor Penny Fuller. Please e-mail [arielb@phinneycenter.org](mailto:arielb@phinneycenter.org) to register, or for questions about how to access this Greenwood Senior Center virtual class. Mondays, 11am - 12pm. \$3 per session.

### Gentle Zumba!

## Online Class Special

### How to Be a Friend to Someone with Dementia

Wednesday, May 27th, 1:15pm - 2:45pm

A dementia diagnosis leaves us with a lot of questions. What do you say to someone who is diagnosed with Alzheimer's or another dementia? How do you

communicate with someone who can no longer carry on a conversation? This workshop will answer those questions and more while clarifying what dementia is, and is not. Understanding how different types of dementia progress will help you better support the person living with dementia and their family.



[Register online](#) or call Ask KCLS at 425-462-9600 **before 10am on May 27**. Check your email for the Zoom link on the day of the event.

First time using Zoom? Log on at 1:00 to check your connection.

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### *Resources for Families Coping with Memory Loss*

\*\* As WA state residents are now ordered to stay at home and all non-essential businesses are closed, meetings around the area have been put on hold for a date TBD. \*\*

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Do you know of any virtual groups or activities we should highlight? Please contact us below...

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OLD FRIENDS  


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*Old Friends Club offers social activities and friendship  
 for people living with memory loss,  
 and respite and support for family caregivers.*

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