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Brought to you by:



Caregiver Connector

SPECIAL REMOTE EDITION: March 2021

Singing, Calligraphy, Train Rides!
Read on to learn more about upcoming events!

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

Do you know of any virtual groups or activities we should highlight?

Contact Us

Stay at Home Highlights



Social Distancing Sing-Alongs

1st and 3rd Thursdays, 1-2 PM

Come sing along with us! Join All Present choir director Elena Louise Richmond for a fun afternoon of standards and favorites sung online via Zoom. A song sheet will be

emailed upon registration. Donations appreciated to support this ongoing event.

For registration and info:
ArielB@phinneycenter.org

For a full calendar of senior events and activities at the Phinney Center, [click here](#).



Virtual First Ladies Night: Calligraphy at the White House

Monday, March 22, 2021

3:00-4:00PM PDT

Join National First Ladies' Library for a virtual First Ladies Night program to meet a former White House calligrapher, hear behind-the-scenes stories, and get a virtual demonstration.

Learn more and register for *free* here



Ride the Rails - NW Railway Museum

Join the NW Railway Museum on Saturdays for a socially-distanced, scenic train ride through the upper Snoqualmie Valley and Thursdays-Sundays for a visit to the Train Shed Exhibit Hall. Tickets must be purchased in advance.

[Learn more here.](#)

Elderwise MiniWise

Perhaps you or someone you know would benefit from joining a group like MiniWise. We are a small group that meets on Monday mornings at 11 am for an hour of conversation, laughter, support, movement, and community.



Try our Unique Online Community in 2021!
Meetings are on every Monday



Perhaps you or someone you know would benefit from joining a group like MiniWise. We are a small group that meets on Monday mornings at 11 am for an hour of conversation, laughter, support, movement and community.

Elderwise MiniWise is Unique:

- Person living with dementia attends **with** their care partner- spouse, child, friend, or caregiver
- Find support with others who share a similar situation
- Learn the Elderwise Way through modeling
- Recapture the joy of the relationship
- Share in deep and/or joyful conversations
- Live in the moment
- Stretch and breathe together

Please join us to see if this group is for you.
Nancy Lang (nancy@elderwise.org) can answer your questions.
Donations gladly accepted but not required.

Email nancy@elderwise.org with questions.



Seattle Parks and Recreation

The virtual February **Garden Discovery Walk** is available! Join horticultural therapist Peach Jack to enjoy a calm, mindful walk through the Kubota Garden: a landscape in South Seattle that blends Japanese garden concepts with native Northwest plants. To enable subtitles, click the "CC" option on the video bar. Be inspired to create a tissue paper landscape in the second video.

[Kubota Garden: Virtual Garden Discovery Walk \(Part 1\)](#)

[Kubota Garden: Virtual Garden Discovery Walk \(Part 2\) - Art Project](#)



Art on the Mind: Ten Years of Creative Aging

Since 2010, the Frye has been at the forefront of museum programming for people living with dementia and care partners. Featuring artwork from program participants, *Art on the Mind: Ten Years of Creative Aging* illustrates the success of arts

engagement in bringing joy, respect, and dignity to people living with dementia while destigmatizing the disease.

The Frye hosted a virtual opening for *Art on the Mind: Ten Years of Creative Aging* on November 19. [Check out the recording here.](#)



UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Virtual Coffee Chat

Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Build connections and offer support and encouragement. Participate online or by phone, with a free application called "Zoom." Facilitated by program manager Marigrace Becker. Join for just one session, or multiple. Space is limited; [sign up](#) by the day before.

10 - 11 a.m. every Tuesday

Virtual Gathering Place

An Early Stage Memory Loss Enrichment Program

The **Gathering Place** is a weekly enrichment program for people with Mild Cognitive Impairment (MCI) or Early Stage Memory Loss (ESML).

The four pillars of our program:

- Cognitive stimulation
- Cultural enrichment
- Physical movement
- Social engagement



Tuesdays • 1 - 3 p.m. Online • \$20

The pandemic has limited access to activities in the community. It's important to maintain your strengths and stay motivated during this isolating period. Schedule a pre-registration phone call with Carin Mack, MSW, at 206-230-0166 or socialwkr@comcast.net. First session is free. Scholarships available.

Greenwood Senior Center
525 N 85th St, Seattle
www.phinneycenter.org/gsc



Greenwood Senior Center "Virtual Gathering Place": An Early Stage memory Loss Enrichment Program

Tuesdays 1-3 PM Online - \$20

Schedule a pre-registration meeting with Carin Mack, socialwkr@comcast.net or call (206)230-0166.

The logo for zinnia tv, with 'zinnia' in a bold, lowercase sans-serif font and 'tv' in a smaller, lowercase sans-serif font, all in white.

Improving quality of life for people living
with dementia and their care partners

Watch Now >

Additional Support

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

March 15, 10-11:30 a.m. | [REGISTER](#)

March 31, 3-4:30 p.m. | [REGISTER](#)

Dementia Conversations

March 1, 2-3:30 p.m. | [REGISTER](#)

March 24, 1-1:45 p.m. | [REGISTER](#)

Effective Communication Strategies

March 17, 9-10:30 a.m. | [REGISTER](#)

March 25, 3-4:30 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body

March 2, 3-4:30 p.m. | [REGISTER](#)

March 10, 11-11:45 a.m. | [REGISTER](#)

Living with Alzheimer's:

For Caregivers-Late Stage (Part 2)

March 4, 1-2:30 p.m. | [REGISTER](#)

Living with Alzheimer's: Younger Onset

March 30, 11 a.m.-12:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

March 9, 10-11:30 a.m. | [REGISTER](#)

March 17, 1-1:45 p.m. | [REGISTER](#)

Información para entender la enfermedad de Alzheimer y la demencia

11 de Marzo, 3-4:30 p.m. | [REGISTRARSE](#)

Understanding and Responding to Dementia-Related Behavior

March 22, 1-2:30 p.m. | [REGISTER](#)

March 31, 3-4:30 p.m. | [REGISTER](#)

All sessions here are listed in Pacific Standard Time, online listings may be different; please note time zone.

TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800.272.3900 OR
VISIT US ONLINE AT
[ALZWA.ORG/EDUCATION](https://www.alzwa.org/education)

alzheimer's  association®

For course descriptions and a full list of available webinars and Association events, please visit us online at [alzwa.org/education](https://www.alzwa.org/education)

Wellness Wednesdays

March 2021

The Alzheimer's Association and UW Memory and Brain Wellness Center are pleased to offer Wellness Wednesdays, a free weekly webinar series for people with memory loss and their families. Join us online and enjoy dynamic speakers exploring topics and resources to help you thrive on your memory loss journey.

Memory Strategies for Daily Life with Michelle Kim, PhD

Wednesday, March 3, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

Memory loss can certainly be frustrating, but there are strategies that can help. Join UW Memory and Brain Wellness Center neuropsychologist Michelle Kim, PhD to learn tips for everyday life — like remembering where you put your keys, recalling names and keeping your schedule organized. Leave with some practical ideas you can use right away.

On Friendship: Companionship Along the Dementia Journey with Janelle S. Taylor, PhD

Wednesday, March 10, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

Our friends can be a powerful source of connection, joy and support. When dementia is in the mix, friendship can be even more valuable, yet can also be hard to maintain. And with a year of social distancing, friendship may be even more tenuous. Join Dr. Janelle Taylor to explore friendship in the midst of dementia — what it means to us, what it can look like, and how to strengthen our bonds with friends new and old.

Understanding Alzheimer's and Dementia with Milene Browlow, PhD

Wednesday, March 17, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

Alzheimer's disease is not a normal part of aging. Join us to learn about: the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

Dementia Conversations with Milene Browlow, PhD

Wednesday, March 24, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.



UW Medicine
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WELLNESS CENTER

Learn more and register at alzwa.org/wellness
or call 1.800.272.3900.



**Help with Alzheimer's
is within your reach.**

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

Alzheimer's Association

COVID Listen Line
(206) 529-3890

Monday-Friday
8:30 a.m. - 4:30 p.m.

COMMUNITY LIVING CONNECTIONS

— Seattle & King County —

Are you facing aging or disability issues?

Community Living Connections can connect you with the right kind of help, when and where you need it. Older adults, adults with disabilities, caregivers, family members, and professionals can call us to get objective, confidential information about community resources and service options.

Have a question? Call us toll-free at 1-844-348-5464.

<https://www.communitylivingconnections.org/>



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

Questions? Contact us today

425-681-9776

welcome@oldfriendsclub.org

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Old Friends Club
POBox 2472
Kirkland, WA 98083

