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# Caregiver Connector

December 2022 Edition

*Resources for Alzheimer's & Dementia Caregivers*

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## OFC News:

**I need the break.  
Caregiving can be very  
stressful and difficult. We  
need more respite programs!**



OLD FRIENDS  
CLUB

"Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver." **Check out the Alzheimer's Association's informational page on respite care [here](#).**

**Your gift makes a difference: There's still time left to give in 2022.** Will you make a gift today to help caregivers find the respite they so desperately need? *We accept PayPal, Venmo, and mail-in checks.*



Want to help make a difference while you shop in the Amazon app, at no extra cost to you? Simply follow the instructions below to select "Old Friends Club" as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Old Friends Club" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

[Quick link.](#)

Yes, I'd like to make a gift!

***/// Keep scrolling for caregiver resources \***

## Community Activities, Events & Support

# ESML Line Dancing



**Thursdays**  
**\*starting Dec. 1\***  
**11:30-noon**  
**GSC • \$5**

**A dance class for people with early-stage memory loss.** Dance to Classic Rock, Latin, and Contemporary music in a supportive environment. Great for anyone who enjoys moving to music!

**Register: 206-297-0875**

**Greenwood Senior Center**  
525 N 85th St. Seattle, WA

**Mask & Vaccine**  
**are Required**



# ESML Art Hour

**NEW!**



**Wed. Dec. 14,  
Jan. 11 & Feb. 1  
10:30-11:30 a.m.  
Free • GSC**

The process of making art is good for the brain. So is socializing.

Join us for art-making and good company. No experience required!

**REGISTER: 206-297-0875**

**Greenwood Senior Center**  
525 N 85th St. Seattle, WA

**Mask & Vaccine  
are Required**



**All Present Song Circle,  
Greenwood Senior Center**

1st & 3rd Thursdays, 1-2 pm.  
Online. Donations appreciated.

Listen to some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us. We especially encourage care partners to be part of the experience.

Register:

[kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org)

[View additional memory loss programs at Greenwood Senior Center here.](#)

[View More Seattle Resources](#)



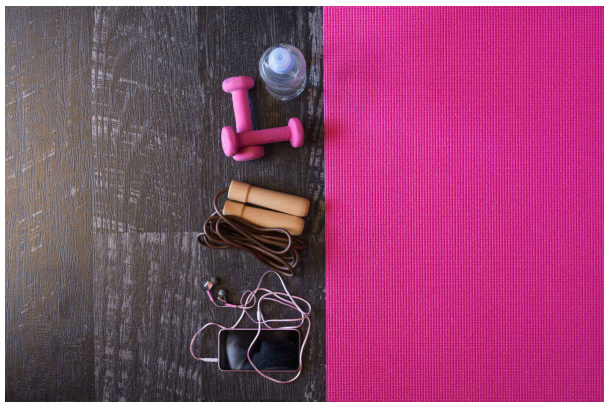
### **Dementia Friends in Washington State Officially Launches at MBWC:**

The UW Medicine Memory and Brain Wellness Center is proud to lead the Dementia Friends program in Washington State on behalf of the Dementia Action Collaborative.

Dementia Friends is a public awareness anti-stigma program that trains individuals on how to give an hour-long educational talk to their community about what is dementia and how to help their neighbors, friends, and family members with dementia. Everyone can make a difference for people touched by dementia.

Visit the new website and learn more!

View More Eastside and King Co. Resources



**Free Weekly Yoga for LGBT+ Adults 60+ (Virtual)**

Come join the weekly group of LGBT adults 60+ for Yoga classes.

Bring a yoga or non-slip mat and wear loose comfortable clothing.

Pre-Registration is required. See contact information below.

**Pre-Registration Contact:** Nellis Kim

[Nellis.Kim@piercecountywa.gov](mailto:Nellis.Kim@piercecountywa.gov)

Phone: [253.798.3807](tel:253.798.3807)

**When:** Every Thursday

**Time:** 4:15 p.m.

**Location:** Virtual

**Cost:** FREE

[Learn more about Tacoma Older LGBT here.](#)

View More Pierce County Resources

B'H



Chabad of SnoCo invites you to an

# GIANT MENORAH LIGHTING



**SUNDAY**  
**18<sup>th</sup>**  
**DEC**  
**4:00pm**

**CHOCOLATE GELT**  
**KLEZ KATZ KLEZMER BAND**  
**LIVE!**  
**BALLOON TWISTING**  
**DOUGHNUTS AND MORE..**

**FREE ADMISSION**



**For more info:**  
[JewishSnohomish.com](http://JewishSnohomish.com)

Sponsorship opportunities:  
Bronze \$360 Silver \$540 Gold \$1008







## Early-Onset Alzheimer's Memory Cafe in Edmonds

Join us at the Edmonds Waterfront Center for coffee and informal conversation with your peers.

**When:** 2nd Tuesday of each month

**Time:** 2:00 - 3:30pm

**Where:** Edmonds Waterfront Center  
220 Railroad Ave, Edmonds, WA 98020

**Who:** Persons diagnosed with Early-Onset (or Younger-Onset) Alzheimer's or other dementia

**What:** At a Memory Cafe, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed cafe setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and nonjudgmental

**Contact:** Call ahead!

- Noreen Beyer, Facilitator 425.275.2662
- Kirk Vande Brake, Facilitator, 206.402.7816

**Cost:** Free! Coffee is available for purchase.



800.272.3900 | alz.org®

**Still Valley Center: Free Music  
Fridays! 10:45 AM, Free to the  
Public.**

Come join the fun as we offer live



entertainment for the seniors and their guests to enjoy in the Main Hall. Below is the list for the coming Fridays' entertainment.

December 16th – Gold Rush

December 30th – Rick Cooper

Want to stay for lunch? Delicious Lunch Only \$4, (*Under 60: \$8*)

[Learn more here.](#)

[View More Snohomish County Resources](#)



**June 8th 2022**

12:30pm  
Secret Cove Lunch and activity  
209 T Ave, Anacortes, WA 98221

**July 13th 2022**

12:30pm-2:30pm  
Activity Float Cap Sante Marina  
Bring a sack lunch and enjoy the float on the water (Meet at office)

**August 18th 2022**

4:00pm  
Picnic Lunch at Washington Park  
Sponsored by Kiwanis- Food provided. Please join us.

**September 14th 2022**

1:00 pm crossing and return at 2:30 pm  
Guemes Ferry and Ice Cream

**October 12th 2022**

12:30pm-2:30pm  
Pumpkin Painting and Lunch  
Secret Cove  
209 T Ave, Anacortes WA 98221

**November 9th 2022**

11:00-2:00pm  
Bring a sack lunch and watch a movie at the Anacortes Public Library  
1220 10th Street, Anacortes, WA 98221

**December 14th 2022**

12:30pm-2:30pm  
Holiday Party at Secret Cove  
209 T Ave, Anacortes WA 98221

Questions or RSVP:  
360.399.3235  
DSM@lighthousememorycare.net

**Mount Vernon Senior Center  
Improv Group**

December 18, 2-4 PM



Improv is a fun way to play as an adult! **NO ACTING OR PERFORMING!** Improv helps with creativity, spontaneity, and collaborative skills. Taught by Jeff Smith and Margo Cunningham  
Donations welcome.

[Check out other events happening in December at the Mount Vernon Senior Center here.](#)

[View More Skagit Co Resources](#)



**Cyber-Seniors**  
provides **FREE**  
technology support  
and training for senior  
citizens.

**Cyber-Seniors Webinar - No-bake  
Marvelous Desserts class**

**Dec 15:** Chocolate Peanut Butter,  
No bake cookies

(Cookies make great holiday gifts!)

[Register here to join in on the fun.](#)

**6 Tips to Have A Better Holiday Season When  
Dementia Is Involved**



*Strategies for creating joy, purpose, and meaning for you and the person in your care during the holiday season.*

[Read the article here.](#)

[View More Virtual Resources](#)

**Are you or a loved one living with memory loss or dementia?**

The Dementia Action Collaborative wants to hear from you!

Take our brief online survey:  
[www.surveymonkey.com/r/TF6L6PL](http://www.surveymonkey.com/r/TF6L6PL)

Dementia Action Collaborative  
 Washington State

The DAC is a group of public-private organizations and partners that is updating the Washington State Plan to address Alzheimer’s Disease and Other Dementias. The DAC is inviting you to complete a brief online survey to help understand your experiences and critical issues/needs related to dementia care and services.

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Your participation in this survey is voluntary. Your name and the responses you provide are confidential. The survey is relatively brief and will likely take no more than 15 minutes. If you know someone else who should receive the survey, feel free to pass it on. **Responses are due January 2nd, 2023.**

The survey can be found here - top paragraph under "Announcements" -Take the survey.

[View Additional Caregiver Resources Here >>>](#)



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

[www.olderfriendsclub.org](http://www.olderfriendsclub.org)

Questions? Contact us today:

(425)681-9776

[welcome@olderfriendsclub.org](mailto:welcome@olderfriendsclub.org)

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