

Shared by **Old Friends Club**

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## *Caregiver Connector*

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

**April 2020: during this difficult time of distance and social struggle, we can still rely each other through remote and virtual channels. Read on for resources to connect and support:**

**We have a listing of virtual activities, tips for caregivers, and more.**

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

Field of sunflowers



## ANNOUNCEMENT

A note from Old Friends Club Founder and Executive Director Karen Koenig

Stay informed, but not immersed. Have you noticed the beauty that is springing up around us? Take time to sit in the warm sunshine, breathe fresh air, find buds peeping out of their twigs, pause and listen to the busyness of the birds, watch squirrels searching for another stash of seeds they know they left *somewhere*.

The world is resilient, and so are we.

Second, keep your distance, but stay in touch. As we nestle into our own homes, we don't have to be isolated. Pick up the phone and check in with friends and family. Take advantage of technology that lets us connect face-to-face from a distance. If you've never bothered to learn how (like me) maybe now is the time.

Don't be alone. We're in this together.

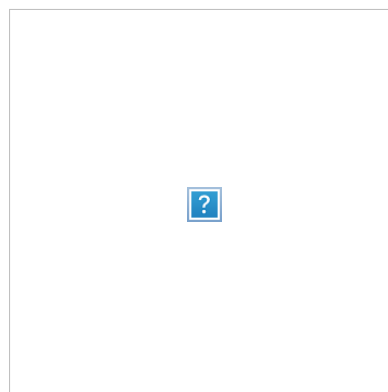
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## From The Comfort Of Your Own Home...

### Live Stream: UW Cherry Blossoms

The university is discouraging visitors, but you can still take in the glory of the cherry blossoms. Click on the link below for a live stream view.

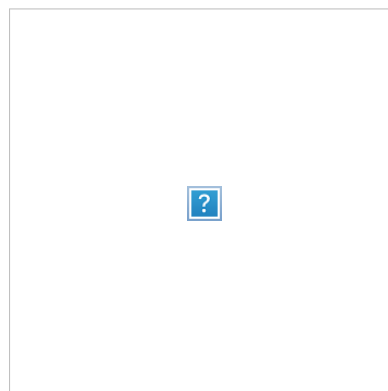
[Live stream Cherry Blossoms here](#)



### Virtual Tour: Boeing

Boeing utilizes top technology to give you a truly inside glimpse into their Renton factory. Take a 360 degree walk around, view informational videos, and learn about different projects.

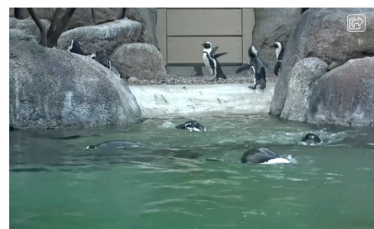
[Take the Boeing Tour here](#)



### Live Cam: San Diego Zoo

Baboons, and penguins, and polar bears, oh my! Forget your troubles with the fun volunteer-guided live cameras at San Diego's zoo while the animals haven't a care in the world!

[See the Live Cams here](#)



AFRICAN PENGUINS...  
AND FRIENDS

## Virtual Programs: AFA

Alzheimer's Foundation of America has a number of virtual classes and programs coming up. Be sure to check out the Art Series and classes, Dance and Rhythm classes, and Mindful Meditation, and more!

[See a calendar of events here](#) and participate via their [Facebook Page](#)



## Live Stream: Lahaina Harbor

Feel the warm breeze and take in the soothing waves in Maui.

[Live stream Lahaina Harbor here](#)



## Online Education: Care Partner Support

A series of five, 90-minute sessions featuring Teepa Snow videos using a virtual meeting room for teachers and students to interact. \$50 fee and must have access to computer/mobile device with microphone and camera, as well as internet and email.

[More information and signup here](#)



## But Wait... There's More!

Always wanted to go the British Museum? The Guggenheim? [Visit these 12 museums from around the world](#) with their online virtual tours!

[Go on safari!](#)

[Panda Cam!](#)

Travel the World! [South America](#), [Europe](#), [North America](#), [Asia](#), [Africa](#)

[Live Jelly Cam!](#) From Monterey Bay Aquarium

Dreaming of volcanoes in Hawaii? The Carlsbad Caverns in New Mexico? [These 5 National Parks are open virtually](#) for you to effortlessly explore the natural world.

## Tips for Caregivers

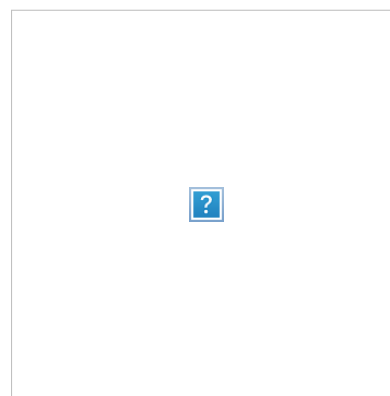
### **STAY ACTIVE**

Stick to routines that you enjoy. Routine helps to feel like everything is not as topsy-turvy. If you can, add in some exercise and movement into your day, as often as 3 minutes every hour, or even a break midday can be helpful.

[Bring some creativity into your life:](#) TimeSlips offers online tools, articles, and videos for projects, inspiration, and exploration, even if you think you're not creative.

### **STAY CENTERED**

With everything that is going on outside, it may be time to recenter your inside. [The Chopra Center](#) says meditation during this crisis is of [immeasurable value](#). Check it out: they offers a number of [free, online, guided meditations](#). Do them yourself or with your family.



### **STAY CONNECTED**

Sheltering in place doesn't have to mean alone: there are a number of online, active groups to lend support and ideas to caregivers. Here are just a few:

[Facebook Dementia/Alzheimers Family Caregiver Support](#)

[Contact your local ALS Group](#) for any information they can provide.

The **AFA Alzheimer's Foundation of America** offers a national toll-free helpline: 866-232-8484 where no question is too big or small. Connect with licensed social workers via or [online chat](#) (click the white and blue icon bottom right).

The **Alzheimer's Association** has a 24/7 helpline at 800-272-36900, [live chat online, or via online form](#).

### **STAY INFORMED**

The **AFA Alzheimer's Foundation of America** also has [Coronavirus Prevention Tips for Family Caregivers](#) and offers a national toll-free helpline: 866-232-8484 where no question is too big or small. Connect with licensed social workers via or [online](#)

[chat](#) (click the white and blue icon bottom right).

**Teepa Snow** offers a number of articles, videos, and suggestions for support and services. [Check her out here.](#)

### **STAY ENGAGED**

The **AFA Alzheimer's Foundation of America** has ideas for home therapeutic activities for individuals living with Alzheimer's Disease. [Read the tips and list here.](#)

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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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[Donate](#)

*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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