

To ensure delivery to your inbox, please add [welcome@oldfriendsclub.org](mailto:welcome@oldfriendsclub.org) to your address book.

Brought to you by:



# Caregiver Connector

January 2022 Edition



## A Note from OFC's Founder

Dear Friends of Old Friends Club,

We've all been hibernating through this long Covid winter and are ready to begin expanding in brighter days. We at Old Friends Club are starting 2022 with renewed hope with a thriving Club in Carnation and plans to start more Clubs when Covid eases its grip. Old Friends Club was also included in the King County interim budget with some funds to use specifically for raising the funds we need to continue.

What we need now is a bigger voice and more visibility. Once people hear about Old Friends Club, they are quick to understand its value to families and the community. You can help!

[Donate](#), tell your friends, call your legislators, inform your faith community – just keep making noise about OFC.

The Old Friends Club mission is worth getting loud about and supporting!

Together we can make sure people affected by dementia are seen and respected, included in the community, and to have the resources they need to live well.

*-Karen Koenig*

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## **Let's kick-start the new year with some engaging activities!**

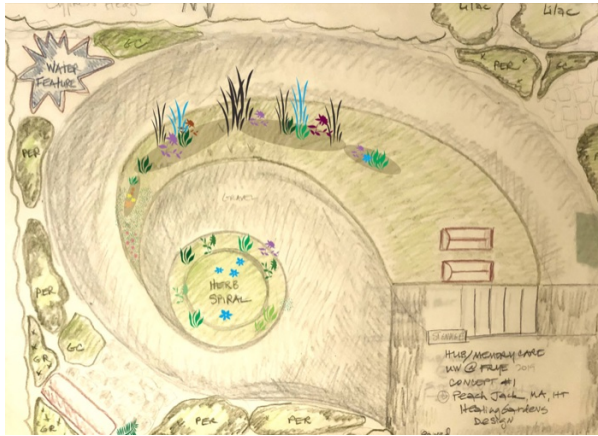
New MiniWise and ArtWise dates, A Memory Garden, Art Appreciation, Tony  
Bennett special, and more!

**Please share this newsletter 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](#)

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## A Memory Garden is Growing

Inspired by the continuing interest in nature and garden experiences in our community, the Memory and Brain Wellness Center is creating a memory garden for people living with dementia. This garden will be located at the Memory Hub, located beside the Frye Art Museum. The botanical garden is uniquely designed to enhance the lives of people living with dementia, as well as provide a relaxing, restorative space for all. The garden will serve as spot for drop-in gardening, relaxation, and nature-based activities, such as horticultural therapy.

The garden design process is ongoing and incorporates feedback from community members living with memory loss and care partners, as well as lessons learned from the Garden Discovery Walks program of the MBWC/Seattle Parks and Recreation and a visit to our friends at the Portland Memory Garden.

[Read more about how to get involved here.](#)

**2nd & 4th Thursdays  
1-2 p.m. Online**




### ESML ART APPRECIATION GROUP

Alisa Tirado Strayer, MSW, MPH, leads a guided discussion and viewing of classic and contemporary art in a relaxed, supportive setting. Suitable for people with Mild Cognitive Impairment & Early Stage Memory Loss.

Register: [alisas@phinneycenter.org](mailto:alisas@phinneycenter.org)




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See other events at the Greenwood Senior Center [here](#).



**Despite his Alzheimer's, Tony Bennett prepares to perform with Lady Gaga [13:23]**

*The 95-year-old singer is gearing up for two more shows at Radio City Music Hall, though he's grappling with Alzheimer's. Anderson Cooper was there as he prepared.*

[Watch here.](#)



**Silver Kite Community Arts – Singalong Storytelling**

January 14, 10:30-11:30 AM

Some stories are so great they have to be sung.

These "story songs" may inspire us, take us on adventures, celebrate a moment or share something silly and unlikely, but fun to "tell".

Join us for an hour of sharing our stories with a tuneful lilt.

Facilitated by Bobbi Kidder

What to bring:

your rhythm shakers, maracas, or a bag of beans to make noise

[More information available here.](#)

**GenPride's Digital Programming to Stay in Touch.**



Your Senior Resource for LGBTQIA+ Aging  
www.genprideseattle.org

Check out GenPride's website for a variety of virtual programming. All you need is a Zoom account to participate!

[Explore here.](#)



**SouthEast  
Seattle  
Senior  
Center**

**Vibrant Diverse Caring**

### **SouthEast Seattle Senior Center Ukulele Group**

*January 7, 2022 2:00 pm – 4:00 pm*

*Fridays, 2:00pm - 4:00pm*

**Location:** Social Hall

**Cost:** Complimentary. Donations welcomed.

This is a warm, friendly and welcoming group who would be delighted if you join them. They play and sing a wide variety of music.

[Learn more here and view other SEESSC events.](#)

### **MiniWise - Elderwise**

*Every Monday from 11-12*

Please join Elderwise for our supported conversation group, MiniWise, and see how the Elderwise philosophy of Spirit-Centered Care continues to benefit adults with dementia and their families while we are physically apart. Share in deep and joyful connection while exploring a new topic each week and engaging in gentle exercise. Adults with



Join our unique online community!

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There is no cost to attend, but donations are gladly accepted. For more information, please contact Lindsay Waltner at [lindsay@elderwise.org](mailto:lindsay@elderwise.org).

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### ArtWise

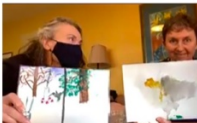
The next six-week series starts January 5<sup>th</sup>

We are now offering ArtWise for free!



Please join Elderwise for the next six-week series of ArtWise Zoom gatherings. Each week, ArtWise facilitators invite you to explore a new theme using watercolor, mandalas, and collage. Enjoy creating art and connecting with a welcoming community. Adults with dementia are invited to participate with a support person. There is no cost to attend, but donations are gladly accepted. Art supply kits can be provided for a one-time supply fee. We meet on Wednesdays from 2:30-3:30pm.

To register or for more information, please contact Lindsay Waltner at [lindsay@elderwise.org](mailto:lindsay@elderwise.org).



"Our participation in ArtWise has added tremendous value to our time of sequestration. The extended community created through these guided experiences has encouraged us, uplifted our spirits, and provided structure and focus to our days. The complete acceptance and genuine caring expressed within the group create bonds that have allowed participants to share freely—their art and their feelings."

- Elderwise Participant and Family Caregiver

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# MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.

**WHEN:** Monday and Wednesday mornings

**WHERE:** Woodland Park Zoo, Seattle

**COST:** Free! Zoo entry and parking passes are provided to attendees.

## CONTACT TO LEARN MORE AND REGISTER:

Karen Thompson, Manager of Community Support  
206.529.3875 | [kcthompson@alz.org](mailto:kcthompson@alz.org)

Presented by:



# Additional Support



## Why is Gratitude Important?

In an article recently published by Harvard University – studies have shown that both feeling and expressing gratitude can be directly associated with increased levels of happiness, positive emotions, remembrance of good experiences, resilience in adversity, and strong relationships.

Gratitude is often easy to express, great to receive, and can truly benefit relationships – especially those that may be shifting or stressed due to difficult conversations, new challenges, and changed dynamics.

[Read the article here.](#)

The graphic for "Building Better Caregivers" features a logo on the left consisting of a stylized house shape with an orange top and a grey bottom. To the right of the logo, the text "BUILDING BETTER CAREGIVERS®" is displayed in orange and grey. Below this, a paragraph describes an online workshop: "Online workshop with 6 weekly self-paced lessons, facilitator guidance, group support and access to an alumni community for program graduates." At the bottom, there is a blue button with white text that says "Find Out if You Qualify". The background of the graphic is a blurred American flag.

## VA Caregiver Support

Building Better Caregivers® (BBC) is an online program to help Caregivers of Veterans with dementia, memory problems, post-traumatic stress disorder, a serious brain injury or any other serious injury or illness. The Caregiver must meet criteria and be willing to participate in the Caregiver support program in either the Program of Comprehensive Assistance (PCAFC) or Program of General Caregiver Support Services (PGCSS) programs.

[Learn more here.](#)

## Paying for Care

Many older adults and caregivers





worry about the cost of medical care. These expenses can use up a significant part of monthly income, even for families who thought they had saved enough.

How people pay for long-term care—whether delivered at home or in a hospital, assisted living facility, or nursing home - depends on their financial situation and the kinds of services they use.

[Read more here.](#)

UW Medicine  
 MEMORY & BRAIN  
 WELLNESS CENTER

### Memory Loss: A Guide to Next Steps

UW Memory and Brain Wellness Center

Thursday, January 13, 2:00pm

Have you recently been diagnosed with mild cognitive impairment or dementia? In this online intro session, get your questions answered by an expert panel and go home with a copy of our [Living with Memory Loss handbook](#).

[Register here.](#)

### Daily Care Plan

Daily routines can be helpful for both you -- the caregiver -- and the person living with Alzheimer's. A planned day allows you to spend less time trying to figure out what to do, and more time on activities that provide meaning and enjoyment.

[Learn more here.](#)



**alzheimer's  
association®**



**Advocacy Day - Alzheimer's Association**

*Mark your calendars for Advocacy Day - February 9, 2022.*

"Please join us for our 2022 Advocacy Day where we ask elected officials to support Alzheimer's Association legislative priorities. All meetings to be held online or by phone using the Zoom platform.

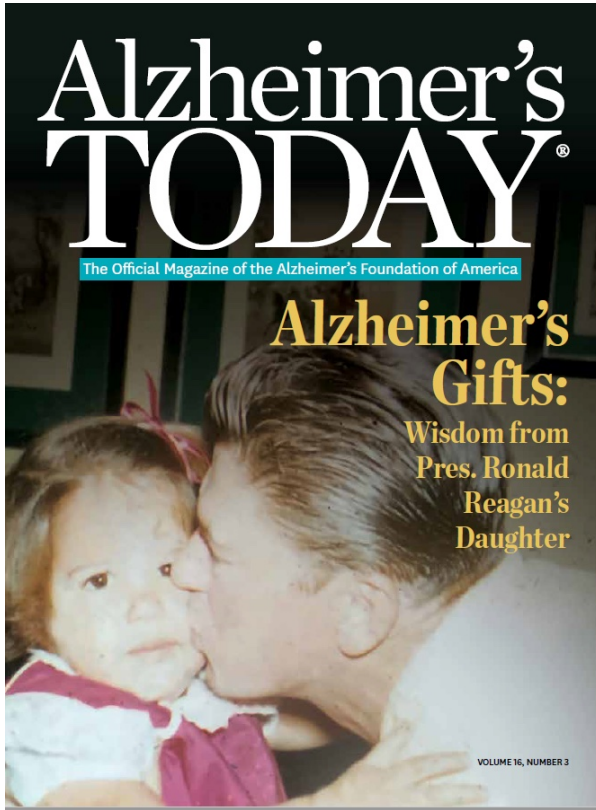
[More information available here.](#)

**Alzheimer's Today: New Issue**

**The Official Magazine of the Alzheimer's Foundation of America**

Alzheimer's Gifts: Wisdom from President Ronald Reagan's Daughter

*Alzheimer's TODAY is AFA's magazine for caregivers of individuals living with Alzheimer's*



*disease and related illnesses. Each issue provides helpful information from professionals and family caregivers, personal stories from people who have been affected by Alzheimer's and tips on health and wellness.*

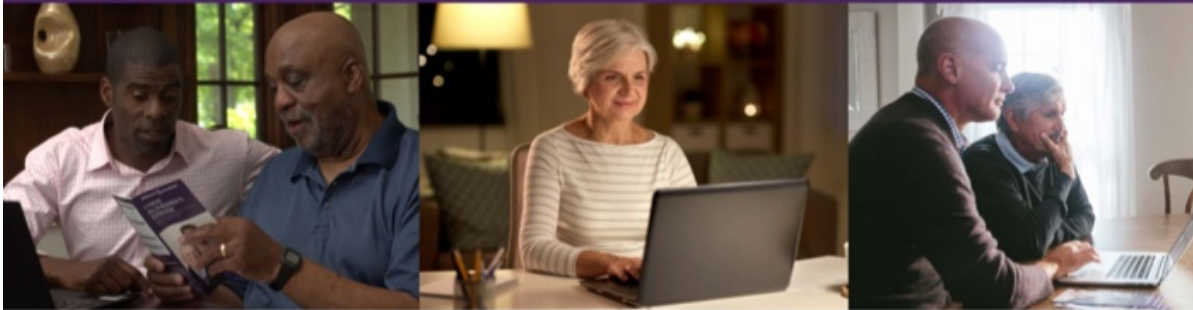
[Subscribe here.](#)

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# REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



**10 Warning Signs of Alzheimer's**  
January 10, 12-1:30 p.m. | [REGISTER](#)  
January 25, 1-2:30 p.m. | [REGISTER](#)

**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**  
January 20, 1-2:30 p.m. | [REGISTER](#)

**Effective Communication Strategies**  
January 6, 12-1 p.m. | [REGISTER](#)  
January 27, 11 a.m.-12:30 p.m. | [REGISTER](#)

**Healthy Living for Your Brain and Body: Tips from the Latest Research**  
January 4, 12-1 p.m. | [REGISTER](#)

**Legal and Financial Planning for Alzheimer's Disease**  
Part 1: January 20, 4-5 p.m. | [REGISTER](#)  
Part 2: January 27, 4-5 p.m. | [REGISTER](#)

**Living with Alzheimer's: For Younger-Onset Alzheimer's**  
January 11, 12-1:30 p.m. | [REGISTER](#)

**Understanding Alzheimer's and Dementia**  
January 12, 10-11:30 a.m. | [REGISTER](#)  
January 12, 11 a.m.-12 p.m. | [REGISTER](#)  
January 19, 12-1 p.m. | [REGISTER](#)

**Understanding and Responding to Dementia-Related Behavior**  
January 31, 2-3:30 p.m. | [REGISTER](#)

**When Living at Home is No Longer an Option**  
January 25, 4-5 p.m. | [REGISTER](#)

*All sessions here are listed in Pacific 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://alzwa.org/education)



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

# sage

## Advocacy & Services for LGBT Elders

# We refuse to be invisible®

"We're a national advocacy and services organization that's been looking out for LGBT elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBT people."

[Find support and learn more here.](#)



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

**AFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

**866-232-8484**  
**www.alzfdn.org**

### AFA Helpline Hours Extended

If Alzheimer's is in your life, help is within your reach. AFA's National Toll-Free Helpline is open seven days a week and staffed entirely by licensed social workers specifically trained in dementia care. The Helpline is accessible by phone, web chat, and text message to assist callers with topics such as:

- Signs and symptoms of dementia-related illnesses
- What to do if you or a loved one have recently been diagnosed with a dementia-related illnesses

- How to speak with someone about memory problems
- Caring for a family member with a dementia-related illness
- Building a care team and support network
- Self-care for caregivers
- Finding local caregiving support services
- Handling behavioral changes
- Navigating communication among family members
- Brain health and wellness information

No question is too big or small.

***The AFA Helpline is open from 9 am-9 pm ET, seven days a week.  
Connect with a licensed social worker by:***

**Phone: 866-232-8484**

**Text message: 646-586-5283**



### **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/>

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## **Even More Resources**

**This collection of resources is available on our website  
[www.olderfriendsclub.org](http://www.olderfriendsclub.org)**

Ongoing Events and Activities

Caregiver Resources

OFC Newsletter Archive

*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](mailto:welcome@oldfriendsclub.org)

Support OFC with a Gift Today!

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