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Caregiver Connector

SPECIAL REMOTE EDITION: May 2021

Join Us for **Give Big 2021** on May 4th and 5th.

Old Friends Club's mission is to cultivate joy in the lives of adults with dementia and nourish their family caregivers' well-being.

Please consider a [gift](#) to support OFC's mission! Thank you.



OLD FRIENDS CLUB



**This May 4th-5th,
Support Old Friends Club's
Mission!**

Old Friends Club's mission is to cultivate joy in the lives of adults with dementia and nourish their family caregivers' well-being.

www.oldfriendsclub.org

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

Stay at Home Highlights

Music Mends Minds

MMM is offering free online sing-a-long sessions every Monday, Wednesday, & Friday from 1 PM - 2 PM PST that is

available for anyone to join!

<https://www.musicmendsminds.org/covid-19-response>



ESML Art Appreciation Group

2nd & 4th Thursdays
1-2 p.m.
Free

This online program includes viewings of classic and contemporary works of visual art, along with guided discussion, in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment and Early Stage Memory Loss.

PNA Community Support Center
Greenwood Senior Center

To Register: katief@phinneycenter.org

ESML Art Appreciation Groups

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This online program includes viewings of classic and contemporary works of visual art, along with guided discussion, in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment and Early Stage Memory Loss.

For registration and info:
ArielB@phinneycenter.org

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



Close to Home: Stories of Health, Tech and Resilience is a new series of online events, featuring information and resources for older people, caregivers, and their families. In 2021, Close to Home will also be presented in partnership with The Seattle Public Library on the 1st Thursday of every month, at 10:30 a.m. Pacific Time. Presenters are community members, and representatives of government, nonprofits and academic institutions.

Ageing King County

<https://www.agingkingcounty.org/virtual->

events/



Silver Kite Community Arts

Beginning Watercolors

Friday, May 7, 1:30 - 2:30 pm

Senior Social Hour

Wednesday, May 12, 1:30 - 2:30 pm

Silver Kite

<https://www.silverkite.us/online-workshops>



Gardening with Sallie

May 12, 12:30 PM, Online Teal Room

Sign-in is required.

Alzheimer's Foundation of America

<https://alzfdn.org/events/2021-05/>



Z-Improv class - Taproot's Improv Class is now virtual. The first class was such a success it will be held monthly throughout the year. Join the fun from 2:30pm-3:30pm on the second Monday each month through July 2021. (11/9, 12/14, 1/11, 2/8, 3/8, 4/12, 5/10, 6/14 & 7/12).

For more information, contact Pam Nolte at Taproot Theatre, pamn@taproottheatre.org

Additional Support

UW Medicine

MEMORY & BRAIN WELLNESS CENTER

Caregiver Forums (Online or Phone)

Join other family caregivers to discuss caring for a loved one during the ongoing COVID-19 outbreak. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called "Zoom." Facilitated by clinic social worker Karen Clay. Space is limited; sign up by the day before. Join for just one session, or multiple.

10 - 11 a.m. on Mondays

<http://depts.washington.edu/mbwc/events/community-events-programs#calendar>

SPOUSAL MEMORY LOSS SUPPORT GROUPS

Monthly online support groups for spousal caregivers of partners with memory loss.

- **ESML Caregivers:** 3rd Tuesdays • 10:30 a.m.
- **Mid-Stage Caregivers:** 4th Tuesdays • 10:30 a.m.
- **Advanced Dementia Caregivers:** 3rd Wednesdays • 1 p.m.



***All support groups currently meet via Zoom.**



To register, contact **Carin Mack, MSW:**
socialwkr@comcast.net or 206-230-0166

Introducing the new Alzheimers.gov!

Your destination for
dementia information,
resources, and research



Visit www.Alzheimers.gov



FREE LEGAL CLINIC

Seniors (60+) and people living with dementia (any age)
can get help with:

- ✓ Power of Attorney for Finances
- ✓ Power of Attorney for Health Care
- ✓ Health Care Directive ("Living Will")

May 6, 2021 | 9 am - 7 pm
by phone or video chat

Call **206-707-7281** by April 25, 2021.
Give us your contact information and someone
from the **Northwest Justice Project** team will
call you back for screening and scheduling.

More information at www.nwjustice.org/dac.




**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/>

Even More Resources

May 2021 Caregiver Calendar

OFC Ongoing Caregiver Resources



*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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