To ensure delivery to your inbox, please add **karen@oldfriendsclub.org** to your address book.

Brought to you by:



Caregiver Connector

SPECIAL REMOTE EDITION: May 2021

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

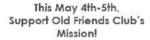
Old Friends Club's mission is to cultivate joy in the lives of adults with dementia and nourish their family caregivers' well-being.

Please consider a gift to support OFC's mission! Thank you.









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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 Groups

2nd and 4th Thursdays, 1-2 PM - 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.

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.

Aging 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

WELLNESS CENTER

Caregiver Forums (Online or Phone)

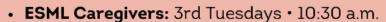
Join other family caregivers to discuss caring for a loved one during the ongoing COVID-19 outbreak. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called "Zoom." Facilitated by clinic social worker 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.



- 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



Visit www.Alzheimers.gov



may 0, 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.







Alzheimer's Association

COVID Listen Line (206) 529-3890

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

COMMUNITY LIVING

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.

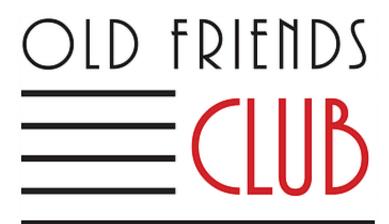
Have a question? Call us toll-free at 1-844-348-5464.

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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