

Shared by **Old Friends Club**

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Brought to you by:



Caregiver Connector

Let's create a community of support to keep families connected and engaged in life, even through the challenges of memory loss.

Let this April's showers start with you: shower others with care, kindness, and patience. Read on for support information and events happening near you.

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



Free & Low-Cost Eastside Happenings for People with Memory Loss and Family Caregivers

More activities and resources are being added on the Eastside. Keep scrolling to see them all!

For a look at what else is happening around King County, check out the **Momentia** and [sign up to receive the quarterly calendar.](#)



Here is a link to the [Momentia Winter 2019 Booklet](#).



"Eastside" - Alzheimer's Cafés

There are several Alzheimer's Cafés throughout Washington. These two are the ones currently available in the greater Seattle's Eastside.

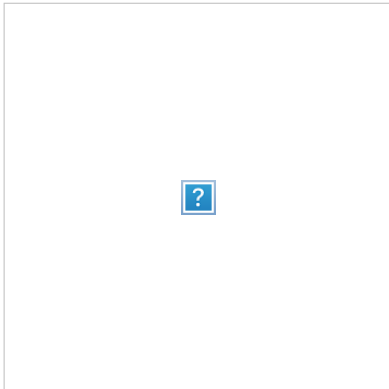
Bellevue - Every 4th Tuesday 3-5 p.m.

Tutta Bella
15600 NE 8th St, Bellevue (Crossroads)

Mercer Island - Every 2nd Wednesday 3-4:30 p.m.

Mo's Pizza

2630 77th Avenue Southeast, Mercer Island



Community Chorus - Bellevue

First Fridays, 10:30 to 11:45 a.m. New singers welcome. Sing for fun -- with piano accompaniment.

North Bellevue Community Center
4063 148th Ave NE, Bellevue



Ballroom Dance Lessons

Every Saturday, **12 to 12:45 p.m. (new time)**

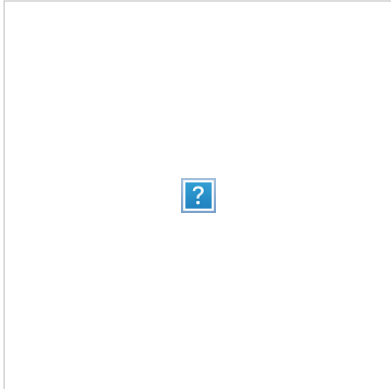
Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue

Sounds of Swing - Bellevue

Tuesdays, 1 to 3 p.m. Come listen to the band rehearse! On 2nd Tuesdays, bring your dancing shoes! \$3 for dancers, free for rehearsals.



North Bellevue Community Center
4063 148th Ave NE, Bellevue



Music Mends Minds - Mercer Island

Third Tuesday, 3 to 4 p.m. A community sing-along, designed to provide seniors with Alzheimer's and other dementias to sing and enjoy music. No tryouts required, and songbooks will be provided. All you need to bring is you and your care partner.

Covenant Shores Fellowship Hall
9150 Fortuna Drive, Mercer Island



Old Friends Club - Multiple Locations

Come see what Old Friends Club is all about. For the person with memory loss, it's an opportunity to stay active and be among friends. For family caregivers, it's a healthy break. Schedule a visit to see for yourself!

Kirkland - Sammamish - Carnation - new: Bellevue

425-681-9776, ext 1 | welcome@oldfriendsclub.org

Be Sure to Catch...

Community Health and Wellness Fair

Sno-Valley Senior Center, 4610 Stephens Avenue,
Carnation, WA 98014

Tuesday, April 2nd, 9:30 a.m. - 2 p.m.

Join us for presentations, booths, and giveaways at our Free Annual Health and Wellness Fair! **Resource tables are open from 10am-noon. Presentations start at 9:30am** and continue through the afternoon. **Attend and receive lunch for free that day!**

[Full Event Schedule](#)



Need Tax Assistance?

TAX Season is here right now!

If you are looking for help, you may want to check out some of these local resources:

- [AARP Tax help at local King County Libraries](#)
- [United Way Tax Help](#)



“Powerful Tools for Caregivers”

FREE Six-week course, Thursdays, April 4 – May 9, 2019, 1:00 – 2:45 p.m.

Bellevue YMCA – 14230 Bel-Red Rd. Free parking.

Preregistration required – limited seating.

Visit: [Overlake Powerful Tools for Caregivers Workshop Registration.](#)

For class questions, email classes@overlakehospital.org or call [425.688.5259](tel:425.688.5259).

A six-week evidence-based program, participants learn how to take better care of themselves while caring for a friend or relative with Alzheimer's, dementia, or other cognitive challenges. Led by trained facilitators, from Westminster Chapel and Bellevue YMCA.

Participants are asked to attend all six classes. Space is limited and pre-registration is required.

Will you need assistance with a loved one while attending this workshop?

If your person meets the eligibility guidelines, [Old Friends Club](#) is providing no-cost care for adults with Alzheimer's or other cognitive challenges, at their Bellevue location, Thurs., Apr. 4 – May 9, 2019, 12 – 3 p.m. (see [class registration site for more information](#))

For questions about [Old Friends Club](#), please contact Susanne Rossi [425.681.9776](tel:425.681.9776) ext. 1 or susanne@oldfriendsclub.org

TECHNOLOGY for Memory and Brain Health

The Gardens at Town Square, 933 111th Ave NE, Bellevue, 98004

Technology has been helping us remember things for a long time. With the explosion of new technologies today, the opportunity to use technology to support independence and brain health continues to expand. From phone-based medication reminders to electronic "tags" that help find lost items, join Dr. Parsey to discover what technology offers for memory aides and overall brain health.

Discovery Conference is your full-day opportunity to immerse yourself in learning, connecting, growing, and Discovery.

Wednesday, April 10th, 2 p.m.

RSVP at 425-688-1900 by April 5th

Complimentary valet parking

Purple pansy flowers



Aegis Living: Ask the Expert

Top Tips for Tough Conversations with Older Loved Ones

Kirkland Library, 308 Kirkland Ave, 98033

Thursday, April 29th, 12-2 p.m.

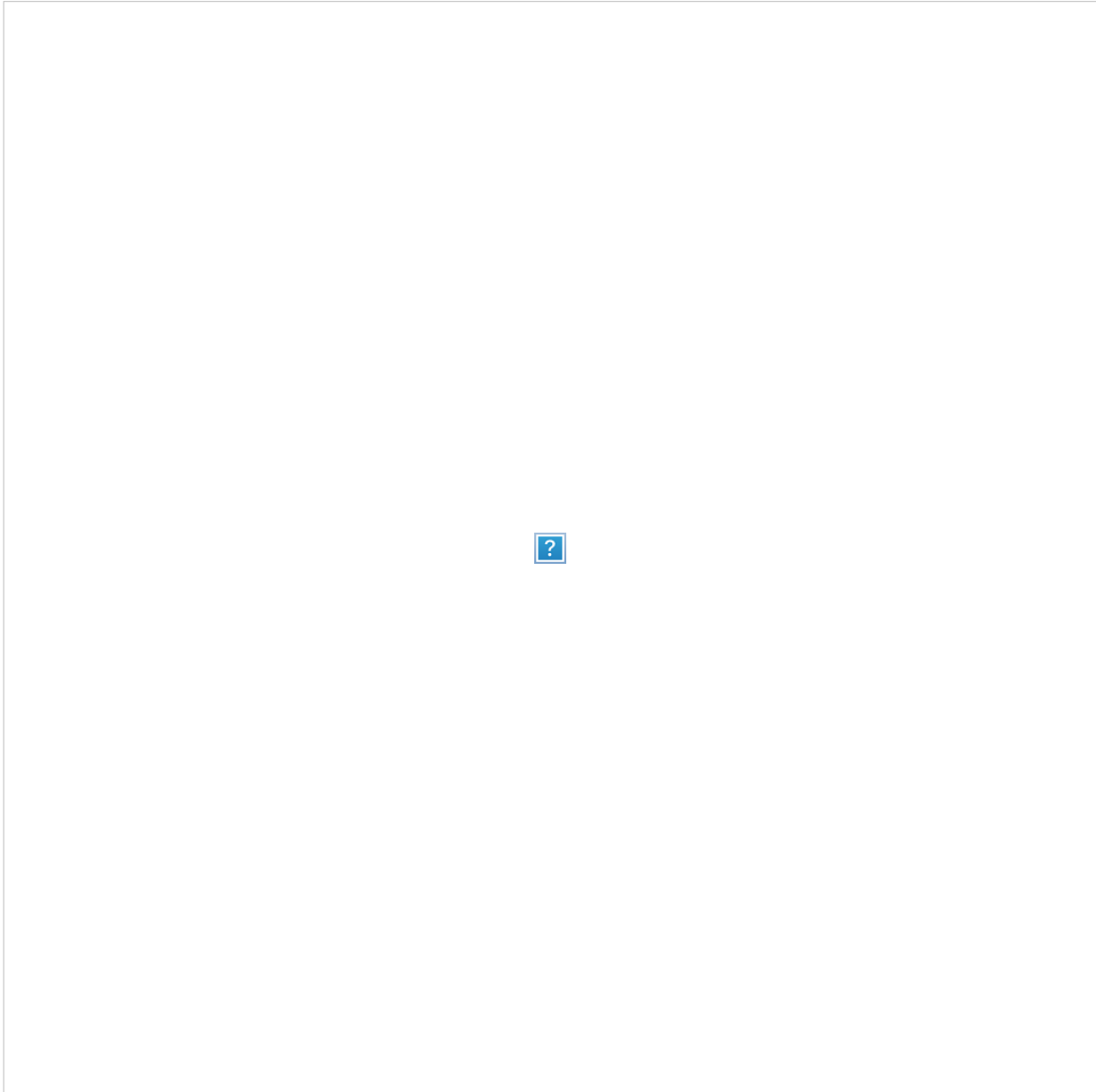
Convincing an aging loved one to retire the keys, hand over finances, downsize to a more manageable home, etc. isn't easy. Mitchell Skidmore, Master of Social Work



intern, will teach you the communication skills to set the right tone and prepare to introduce difficult conversations slowly.

RSVP to 425-823-7272. Box lunches provided.

Mark Your Calendar...



Join *Old Friends Club* and other Organizations and speakers at this not-to-be-missed conference.

Click the image above for more details!

Resources for Families Coping with Memory Loss



Caregiver Support: Eastside Groups

Bothell – Third Tuesday, 1 p.m.

Bellevue – Young-Onset Caregivers For those caring for someone with memory loss diagnosed by age 65. Every Third Monday, 7 p.m.

Bellevue – Third Monday, 3 p.m.

Bellevue – Second Wednesday, 1:30 p.m.

Bellevue - First Thursdays 10:30 a.m., Spanish-Speaking Caregiver Support. Contact Group Facilitator: Claudia Cruz, [425-598-5436](tel:425-598-5436), claudiac@cisc-seattle.org

Carnation – Twice a month on Tuesdays. 1 to 2:30 p.m.

Sno-Valley Senior Center, Carnation, Contact Kelly Fujiwara, [425.333.4125x7](tel:425.333.4125x7), kellyf@soundgenerations.org

Kirkland – Juanita Second Thursday, 7 p.m.

Kirkland – Rose Hill - Third Tuesday, 1 p.m.

Caregiver Support: Seattle Specialty Groups

Seattle – Long Distance Caregivers
Queen Anne- Second Saturday, 10:30 a.m.

Seattle – Bereavement Third Wednesday, 2:30 p.m.

Seattle – For Chinese Speaking Caregivers First Thursday, 10 a.m.

Seattle – Frontotemporal Dementia For Caregivers. Third Saturday, 10:30 am

Seattle – Lewy Body Dementia For caregivers of those with Lewy Body Dementia. Fourth Wednesday, 6:30 p.m.

Seattle LGBT Caregivers – Second Tuesday, 6:30 p.m.

Seattle – Men's Coffee Group For Male Spouses. Third Thursday, 10 a.m.

More Groups Listed Here – alzwa.org

Issaquah - Third Wednesday, 12:30 p.m.

Issaquah - Third Saturday, 10:30 a.m.

Redmond - First Tuesday, 1 p.m.

Renton - Fourth Tuesday, 5 p.m.

Have a group or upcoming event you'd like us to highlight? Please contact us below...



***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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Questions? Contact us today

425-681-9776

www.olderfriendsclub.org/contact-ofc

welcome@olderfriendsclub.org

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