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February 2023 Edition

Resources for Alzheimer's & Dementia Caregivers

News From Old Friends Club

OFC has an UPDATED resources section on our website! We have been working hard on creating a media resource section that includes books, documentaries, lectures/talks, podcasts, and more. You'll also find resources organized by category as well! We will continue to add more resources, so don't forget to check back!

COMMUNITY EVENTS, ACTIVITIES AND RESOURCES

By County

Island County

King County

Pierce County

Skagit County

Snohomish County

Virtual/At Home

Whatcom County

By Resource

Caregiver Forum

More Resources

Support Groups

Transportation

By Media

Books

Documentaries

Lectures/Talks

Newsletter Archive

Other Media

Podcasts

[View the Resources Section Here](#)

You are not alone. We're here for you!

Meet other caregivers *and* chat about topics that are important to you.



Get started today, for free.

www.olderfriendsclub.org/caregiverclub

The Caregiver Club is open and welcoming new caregivers! Come and join the online forum! Please feel free to invite anyone you know who may be interested in receiving additional support in their caregiving journey. *You aren't alone - we're here for you.*

[Join the Forum Here](#)

*/// Keep scrolling for caregiver resources *

Resource Highlights: Community Activities, Events & Support

Visit the [Community Resources](#) page on OFC's website to find a variety of helpful resources. If you know of a resource we should add, please [contact us](#) and we will add it!



Alzheimer's/Dementia Family Caregiver Conference in Lynnwood

March 25, 2023

9:00 am - 4:00 pm

This conference offers tools and encouragement to unpaid family caregivers supporting a loved one with memory loss, Alzheimer's disease, or other forms of dementia. Topics to be covered include emergency planning, difficult conversations, and practical tips for everyday living. Free parking is available on the north side of the building, and the Center is ADA accessible. This is an in-person conference only. Registration required.

Cost: \$10

[More information available here.](#)

Are you new to Dementia and the caregiving journey?

The 36-Hour Day is "A Family Guide to People who Have Alzheimer Disease and Other Dementias."

For 40 years, The 36-Hour Day has been the leading work in the field for caregivers of those with dementia. Written by experts with decades of experience caring for individuals with memory loss, Alzheimer's, and other dementias, the book is widely known for its authoritativeness and

A JOHNS HOPKINS PRESS HEALTH BOOK

The 36-Hour Day

3.5 MILLION COPIES SOLD

7th Edition

A Family Guide
to Caring for People Who
Have Alzheimer Disease
and Other Dementias

Nancy L. Mace, MA
Peter V. Rabins, MD, MPH

compassionate approach to care. Featuring everything from the causes of dementia to managing its early stages to advice on caring for those in the later stages of the disease, it is widely considered to be the most detailed and trusted book available.

[Learn more about the book here.](#)



Sharing is Caring – Caregiver Support Group

Camano Center: 606 Arrowhead Road, Camano Island

Facilitators: Patti Pontikis, Ellyn Thoreen and Cheryl Davis

Contact: Karen Conway kconway@camanocenter.org or [360-387-0222](tel:360-387-0222)

Are you caring for someone with early-stage Alzheimer's or other forms of dementia? This support group meets once a month and is a great way to seek support from those who have the same concerns and challenges related to caregiving for someone with mild cognitive or memory impairment.

Group meets 3rd Wednesday at 11:00 at the Camano Center for an hour. Option to stay and have lunch with the group at the Camano Center starting at noon. Lunch is a "pay what you can" donation.

Class format:

First half hour - caregiver and person with dementia start in the same room.

Second half hour – caregivers are in one room and those with dementia may break-out in another room with group facilitator. Caregivers may come without spouse or partner. Person with dementia needs to come with a caregiver or partner. If you are bringing partner with dementia, the group is geared toward early dementia clients (for example, the person with dementia needs to be able to self-manage toileting and have ability to engage in some verbal conversation).

Garden Discovery Program Spring 2023

Connect with nature and engage with others living with memory loss and friends and family



Location: Maude's Garden

The Memory Hub, 1021 Columbia St. Seattle, WA 98104

April 7, May 5, June 2
10:30 am - 12 pm

- Explore the garden as springtime approaches, engage in nature-inspired projects led by a horticultural therapist, and make social connections in a supportive community.
- A partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center.

The Garden Discovery Program is made possible by support from Family Resource Home Care.

Register in advance through Seattle Parks and Recreation, activity #55360.

A conversation with the Dementia-Friendly Recreation Specialist is required for first-time participants. Please contact Tamara Keefe at tamara.keefe@seattle.gov or 206.615.0100.

Detailed directions and a free parking option will be provided to registered participants.



[Learn more about Maude's Garden at The Memory Hub here.](#)

Dementia-Inclusive WORKSHOP SERIES

Edmonds Center for the Arts' award-winning Dementia-Inclusive Series is a line-up of free, creative, social enrichment programs for people experiencing memory loss, their care partners, families, and friends.

Launched in 2015, the series has been developed collaboratively with the feedback and support of senior services organizations, eldercare and memory care professionals, and arts groups in the Puget Sound region.

ECA is committed to providing a space where community members experiencing memory loss feel welcome and valued; where their creative contributions are celebrated; and where joyful quality time can be spent with families and care partners.

ECA is partnering with SilverKite Community Arts and the University of Washington to perform an evaluation of the Spring 2023 Dementia-Inclusive Workshop Series. Each workshop in the six-week series will be facilitated by a different community partner organization, and each will be evaluated for its effectiveness, both to improve future programming at ECA and to further research in the arts-in-health field.



2023 Dementia-Inclusive Workshop Schedule

SATURDAY MORNINGS | FREE ADMISSION

APRIL 15 **Rock of Ages Sing Along & Music Bingo**
with Life on Music 11:00 AM

APRIL 22 **Re-ignite The Mind with Improv!**
with Taproot Theatre 11:00 AM

APRIL 29 **Storytelling Through Hula**
with SilverKite Community Arts 11:00 AM

MAY 6 **Birds of the Pacific Northwest**
with Ed Catalyst 11:00 AM

MAY 13 **Cascadia Art Museum Art Walk***
*Meet at Cascadia Art Museum 9:30 AM

MAY 20 **Meet Me at the Movies**
with Frye Art Museum 11:00 AM



Learn More & Register by calling our Box Office, or visit us online:

(425) 275-9595
www.EC4ARTS.org



All workshops, except for the Art Walk, take place at Edmonds Center for the Arts in our accessible Gymnasium space. Entry is on the east side of the building on 6th Avenue. A map of the location can be found on our website.

Hazel Miller FOUNDATION
ECA's Dementia-Inclusive Series is presented with generous support from the Hazel Miller Foundation.

EDMONDS CENTER FOR THE ARTS | 410 4TH AVE NORTH, EDMONDS WA 98020

[View More Resources Here](#)



Old Friends Club empowers communities to cultivate joy in the lives of adults with dementia and nourish the wellbeing of family caregivers.

www.olderfriendsclub.org

Support OFC with a Gift Today

We accept PayPal, Venmo, and Mail-In Check.

Other ways too support OFC:

- **King County Giving Program**, Unique Code: 10814 (*For King County employees - please contact your HR department*)
- **Fred Meyer Community Rewards**, ID Number: KM9981 ([Enroll here if you have a Fred Meyer Rewards Card.](#))
- **Forward this newsletter** to someone who may benefit from it
- **Follow OFC on Social Media**- share and like our posts if you enjoy them!



Thank you for your support!

-Questions? Contact us today: (425)681-9776

welcome@olderfriendsclub.org

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-Do you have a resource you'd like to share in our next newsletter or on our website under resources? Email katie@olderfriendsclub.org

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