

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

Brought to you by:



# Caregiver Exchange

SPECIAL REMOTE EDITION: May 2021



***Please Mister Postman look and see (Postman postman)***

***Is there a letter oh yeah in your bag for me?***

*(Who can name that song? [Here's a hint for you...](#))*

Did you know that USPS issued a semipostal stamp that helps raise funds to fight Alzheimer's disease back in 2017?

[Click here for more information and to order your own sheet of 20.](#)

## *Stay at Home Highlights*

*Sing-a-longs, creative arts, social hours, news, ways to get involved, and more!*

Read on to learn more about upcoming events and caregiver support.

Please share 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

## *Old Friends Club is hiring!*



OFC is looking for a **Director of Business Development and Fundraising**.

*Read more about the job description and how to apply here:*

<https://www.olderfriendsclub.org/jobs>

# VIRTUAL SOCIAL HOUR

Presented by the Alzheimer's Association®

**A virtual meeting place for people in early-stage memory loss and their loved ones**



**The Virtual Social Hour is an online webinar that meets the 2nd Thursday of each month at 2 p.m.**

**To register and receive access link, call Julie Hooley at 509.392.8571 or email [jmhooley@alz.org](mailto:jmhooley@alz.org)**

**A smart phone, iPad, or computer or laptop with webcam, microphone and speakers is required**

[alzwa.org](http://alzwa.org)

alzheimer's  association®

UW MEMORY AND BRAIN  
WELLNESS CENTER PRESENTS:



## Creative Arts Series

Join us for a free series of online classes for people living with memory loss, family and friends! 10 - 11 a.m. every other Thursday on Zoom. No prior arts experience necessary; all materials provided.

- 4/1: WATERCOLORING WITH ELDERWISE
- 4/15: IMPROV WITH TAPROOT THEATRE
- 4/29: ART VIEWING AND DISCUSSION WITH  
THE FRYE ART MUSEUM
- 5/13: DANCING WITH CHRIS DAIGRE
- 5/27: READING IS ART WITH PATRICIA  
KLINGLER

Register here by 3/23:  
<https://tinyurl.com/CreativeArtsUW>  
 Space is limited.

Generous underwriting support  
 provided by: Era Living





# Patrick Sings

2nd & 4th Fridays of Each Month

3-4 p.m. online

Join local musician and entertainer Patrick Daugherty as he sings familiar songs from our past. You can sing along or just listen. Audience requests are fine too. Invite friends and family to join in this dementia-friendly program:  
All are welcome!

**Registration & info: [barryfranklin@comcast.net](mailto:barryfranklin@comcast.net)**

No cost. Song sheets will be provided for some songs. Program held via Zoom.



Join "Patrick Sings" songs from the 50's-70's on the 2nd and 4th Fridays of each month!

For registration and info, email [barryfranklin@comcast.net](mailto:barryfranklin@comcast.net)

For a full calendar of senior events at the Phinney Center, such as sing-alongs, support groups, and art appreciation, [click here](#).

## zinnia tv

Improving quality of life for people living with dementia and their care partners

Watch Now >

Looking for more caregiver activities?

Check out our May Caregiver Calendar below!

OFC Caregiver Calendar

## In the News



"New Insights on Preventing Hospitalizations for People Living with Dementia and Diabetes"

*Managing diabetes takes a lot of work for anyone, and older adults living with dementia may have extra difficulties with closely monitoring glucose levels and following prescribed treatments. Caregivers often face challenges in recognizing symptoms of poorly managed diabetes in their loved ones or nursing home residents, which can lead to hospital visits...*

[Read more here.](#)

## Get Involved



**Clinical Trials - [Alzheimers.gov](https://www.alzheimers.gov)**

Consider joining a clinical trial or study in person or online. All types of volunteers are needed - people with dementia or memory problems, caregivers, at-risk individuals, and healthy volunteers.

[Use the search tool here to enter your location to find clinical trials.](#)



## AIM - Alzheimer's Impact Movement

The **Alzheimer's Impact Movement** (AIM) is a separately incorporated advocacy affiliate of the **Alzheimer's Association**. AIM advances and develops policies to overcome **Alzheimer's** disease through increased investment in research, enhanced care and improved support.

[Learn more here.](#)



## Join Team OFC!

Join Old Friend's Club's Walk to End Alzheimer's Team, Team OFC, this year. This event helps raise awareness and funds for Alzheimer's care, support, and research.

Walk Day is September 25, 2021.

[OFC invites you to join our team today!](#)



## Share your Experience as a Caregiver

Researchers at the University of Washington are developing a program to support family (or close friend) caregivers of individuals with Alzheimer's disease or related dementia. **They are interested in speaking with family caregivers that are caring for individuals experiencing behavior issues such as trying to leave the house, arguing, or refusing to bathe or get dressed.**

Research is always voluntary.

### This study might be a good fit for you if you:

- Identify as Hispanic/Latino
- Take care of a family member or close friend diagnosed with Alzheimer's disease or other dementia
- Have a family member or close friend who is experiencing behavior issues

### If you decide to take part in the research study:

- You will need to complete a 10 minute survey and a 1 hour interview by phone or Zoom.
- You will receive **\$45** to thank you for your time and effort

To learn more about the study, please contact Miriana Duran: [mdp19@uw.edu](mailto:mdp19@uw.edu) or 206-221-6206

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*Support for Caregivers*



# REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



#### 10 Warning Signs of Alzheimer's

May 10, 3-4:30 p.m. | [REGISTER](#)  
May 13, 1-2:30 p.m. | [REGISTER](#)

#### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

May 14, 11 a.m.-12:30 p.m. | [REGISTER](#)

#### Effective Communication Strategies

May 17, 3-4:30 p.m. | [REGISTER](#)  
May 26, 10-11:30 a.m. | [REGISTER](#)

#### Healthy Living for Your Brain and Body: Tips from the Latest Research

May 4, 1-2:30 p.m. | [REGISTER](#)

#### Legal and Financial Planning for Alzheimer's Disease

May 11, 9:30 a.m.-12 p.m. | [REGISTER](#)  
May 18, 4-5:30 p.m. | [REGISTER](#)  
Part 1: May 19, 1-1:45 p.m. | [REGISTER](#)  
Part 2: May 26, 1-1:45 p.m. | [REGISTER](#)

#### Living with Alzheimer's: For People with Alzheimer's

Part 1: May 6, 1-3 p.m. | [REGISTER](#)  
Part 2: May 20, 1-3 p.m. | [REGISTER](#)

#### Living with Alzheimer's: For Younger-Onset Alzheimer's

May 27, 1-2:30 p.m. | [REGISTER](#)

#### Understanding Alzheimer's and Dementia

May 3, 1-2:30 p.m. | [REGISTER](#)  
May 19, 2-3:30 p.m. | [REGISTER](#)

#### Understanding and Responding to Dementia-Related Behavior

May 6, 9-10:30 a.m. | [REGISTER](#)  
May 24, 3-4:30 p.m. | [REGISTER](#)

#### When Living at Home is No Longer an Option

May 5, 3-4:30 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)

alzheimer's  association®

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).

## Caregiver Support Groups

Alzheimer's Foundation of America Support Groups:

<https://alzfdn.org/caregiving-resources/2860-2/>

Alzheimer's Association - Washington chapter:

[https://www.alz.org/alzwa/helping\\_you/support\\_groups](https://www.alz.org/alzwa/helping_you/support_groups)

### **DSHS Family Caregiver Support Program**

*The Family Caregiver Support Program provides help and resources for those who provide unpaid care to a senior adult or an adult with a disability.*

Call: (509)766-2568

### **Bereavement and Grief Support Groups**

Providence Health & Services Support Groups

<https://www.providence.org/locations/wa/hospice-and-home-care-of-snohomish-county/grief-support-services>

UW Medicine's List of Support Groups and Books on the Subject:

[https://www.uwmedicine.org/sites/default/files/2018-10/PatientResources\\_BereavementSupportServices.pdf](https://www.uwmedicine.org/sites/default/files/2018-10/PatientResources_BereavementSupportServices.pdf)

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**Get a Free Virtual Memory Screening!**  
 Mondays & Wednesdays  
 10 am to 4 pm (ET)  
 Fridays  
 10 am to 2 pm (ET)  
 Call AFA at 866-232-8484  
 to make an appointment

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**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/>



***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)



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