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

OLD FRIENDS



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.oldfriendsclub.org/jobs

NE A

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

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

alzwa.org

alzheimer's $\ref{eq:second}$ association

UW MEMORY AND BRAIN WELLNESS CENTER PRESENTS:



Greative 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: <u>Era Living</u>

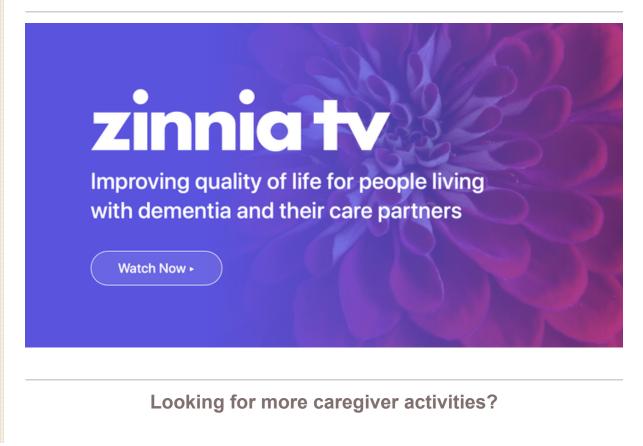




Join "Patrick Sings" songs from the 50's-70's on the 2nd and 4th Fridays of each month!

For registration and info, email barryfranklin@comcast.net

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



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

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.

<u>Use the search tool here to enter</u> 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 or 206-221-6206

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. | <u>REGISTER</u>

Effective Communication Strategies May 17, 3-4:30 p.m. | <u>REGISTER</u> May 26, 10-11:30 a.m. | <u>REGISTER</u>

Healthy Living for Your Brain and Body: Tips from the Latest Research May 4, 1-2:30 p.m. | <u>REGISTER</u>

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. | <u>REGISTER</u> Part 2: May 20, 1-3 p.m. | <u>REGISTER</u> Living with Alzheimer's: For Younger-Onset Alzheimer's May 27, 1-2:30 p.m. | <u>REGISTER</u>

Understanding Alzheimer's and Dementia May 3, 1-2:30 p.m. | <u>REGISTER</u> May 19, 2-3:30 p.m. | <u>REGISTER</u>

Understanding and Responding to Dementia-Related Behavior May 6, 9-10:30 a.m. | <u>REGISTER</u> May 24, 3-4:30 p.m. | <u>REGISTER</u>

When Living at Home is No Longer an Option May 5, 3-4:30 p.m. | <u>REGISTER</u>

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

alzheimer's $\ref{eq:second}$ association

For course descriptions and a full list of available webinars and Association events, please visit us online at <u>alzwa.org/education</u>.

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

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

CAFA

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



Alzheimer's Association

COVID Listen Line (206) 529-3890

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

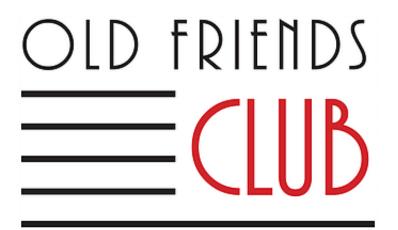
COMMUNITY LIVING CONNECTIONS Seattle & King County

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.

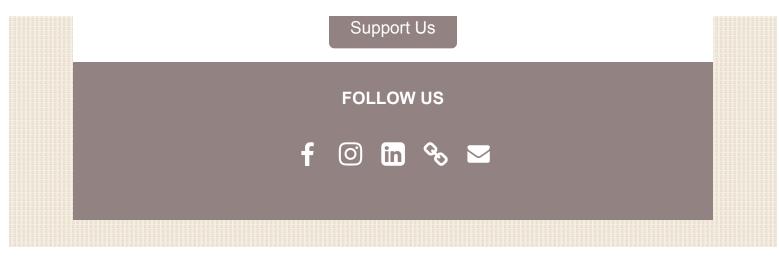
Have a question? Call us toll-free at 1-844-348-5464.

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



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This message was sent to email@example.com from chris@oldfriendsclub.org

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