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Brought to you by:



Caregiver Exchange

February 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

"Listening to the Voices of the Black Community" Forum, Dementia Friends, Dementia-Friendly Portrait Drawing Class, "Out and About Walk", Creating a Dementia-Friendly Home, and more!

OFC News

-Are you or someone you know interested in becoming an Old Friends Club member?

Learn more about OFC by reading about "A Day at the Club" and "Member Benefits" on our website.

We are accepting new members today at our Carnation Club location. Come join our fun group!

[Explore OFC Membership](#)

Celebrating Black History Month



Alzheimer's and Dementia Conversations: Listening to the Voices of the Black Community

Wednesday, February 23 | 1 p.m. CT

alzheimer's  association®



[Register for this forum here.](#)

Black History Month



Jane Edna Hunter

alzheimer's  association®

Jane Edna Hunter was an African-American social worker and attorney who established the Working Girls Association in 1911 to provide education and shelter to women.

Join the Alzheimer's Association in celebrating **#BlackHistoryMonthALZ** (follow the hashtag) and recognizing the accomplishments of individuals from our community, medical pioneers and outstanding Alzheimer's Association champions and volunteers!

Community Activities & Events - Virtual and In-Person

In-Person: Garden Discovery Walks- 2022 Kick-Off Event!

Friday, March 4th, 10:30 AM- Noon

Join a special tour of the garden at



the Memory Hub- the new home base for the Garden Discovery Walks program. Learn what makes this public "memory garden" particularly accessible to people with dementia and their families. Then, spend time planting!

Light refreshments provided. Space limited to 12 participants. Offered by Seattle Parks & Recreation, UW Memory and Brain Wellness Center, with support from Family Resources Home Care.

[Register here.](#)



On Demand: Do you know someone whose life has been impacted by dementia or other cognitive challenges? Then Dementia Services at LCS Northwest is here to help you!

In a one-hour Dementia Friends session, available via Zoom or in person, people will learn about dementia, how to support a person with a dementia and their family, effective communication techniques and more. This is a valuable FREE info session that can also help your staff and organizations you are part of learn about creating a dementia friendly community

Contact us at dementiaservices@lcsnw.org for more information.

Virtual: Cyber Seniors Upcoming Events

Wednesday, February 23, 8:30 AM,



Cyber-Seniors
 provides **FREE**
 technology support
 and training for senior
 citizens.

ET, Exercise Classes with Renee:
Flexibility, Balance & Tone

Thursday, February 24, 5 PM ET,
Trivia Night

Friday, February 25, 11:30 AM ET,
Guided Meditation

[Check out more and events and register for any of these events here.](#)



Seattle Parks and Recreation

Seattle Parks and Recreation

Dementia-Friendly Recreation

Out and About Walk

Friday, February 25, 2022

10:30 AM- 12:30 PM

For people living with memory loss and their care partners.

1.5-2 mile moderately-paced walks in parks and neighborhoods throughout Seattle

Walk will end with a social gathering in a nearby cafe.

Cost: none, other than cafe purchases

For information, screening, and registration, please contact Tamara, tamara.keefe@seattle.gov or

(206)615-0100

Ongoing Activities & Events - Virtual and In-Person



Virtual: MiniWise

Mondays, 11:00 AM

Please join Elderwise for our supported conversation group, MiniWise, and see how the Elderwise philosophy of Spirit-Centered Care continues to benefit adults with dementia and their families while we are physically apart. Share in deep and joyful connection while exploring a new topic each week and engaging in gentle exercise. Adults with dementia are welcome to join with, or without a care partner.

There is no cost to attend, but donations are gladly accepted. For more information, please contact Lindsay Waltner at lindsay@elderwise.org

In-Person and Virtual: LCS Northwest is excited to be bringing FREE sessions of our art making program (Opening Minds through Art) and our music program (Music and Memories) back in person starting in March (virtual sessions available as well)!

The classes run for six weeks and all supplies are provided free of charge. The classes are for people living with dementia or other cognitive challenges like TBI, stroke,



Art can help people living with dementia express their thoughts, memories and emotions.

Art Classes for People Living with Dementia

Opening Minds through Art (OMA) is an intergenerational art program for people with dementia. It is person-centered and founded on the fact that people with dementia are capable of expressing themselves creatively. Research shows that creative expression improves their physical and psychological well-being. The mission of OMA is to build bridges across age and cognitive barriers through art.



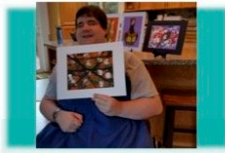
These FREE Art classes run for six weeks on Wednesdays at 2 pm and Thursday at 11 am. Classes are open to residents of Pierce County and surrounding areas

Caregivers who attend art classes may see a glimpse of their loved one enjoying an activity in a way that they are not typically able to with their disease.



Classes are held virtually via Zoom and are FREE! Pre-registration is required and spots are limited.

Contact us today!



What does music do for someone living with dementia? Benefits of Music and Memories:

- Gives them joy
- Focuses on their strengths
- Caregivers connect with their loved one in a fun way
- Allows them to feel connected and gives them a sense of belonging
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life

For more information, please contact:



Phone: 253-272-8433
Email: dementiaservices@lcsnw.org



lcsnw.org

or I/DD and living in Pierce or South King County. Open to those in a private home, independent living or adult family home only at this time.

Please spread the word to your clients, residents, friends and families on our activities and education sessions. And you don't have to choose just one – you can sign up for all three!

Music Memories

Uplifting our spirits and connecting with others through the joyful expression of music and memories.



Introducing Music Classes for People with Dementia

Research shows that music can evoke memories that have been lost to dementia and other cognitive challenges. This program, which includes singing and instruments, allows people living with dementia to make music with others who have similar challenges without the fear of stigma. It also allows caregivers to see their loved one engaging in a fun and creative way outside of their normal caregiving routine.

These FREE Music classes will run for six weeks starting November 30th on Tuesdays with a morning and an afternoon option. Classes are open to residents of Pierce County and surrounding areas

Caregivers who attend music classes may see a glimpse of their loved one recalling and enjoying music in a way that they are not typically able to with their disease.



Classes are held virtually via Zoom and are FREE! Pre-registration is required and spots are limited.

Contact us today!



What does music do for someone living with dementia? Benefits of Music and Memories:

- Gives them joy
- Makes them feel present yet allows them to go back in time
- Evokes memories that have been lost
- Allows them to feel connected and gives them a sense of belonging
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life

Contact us at dementiaservices@lcsnw.org for more information.

For more information, please contact:



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lcsnw.org



Check out Eldergrow's kits -

Farm to Fork Outdoor Kit

and

Five Senses Kit

"We're planting new roots with the Farm-to-Fork Herb Garden & Activity Kit!

Our kits include everything that you need to see your outdoor garden space not only grow, but flourish.

A portion of all proceeds goes to The Alzheimer's Association"

[Learn more here.](#)



Patrick Sings Songs from the 50's - 70's

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

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

Virtual: Patrick Sings

2nd and 4th Fridays of Each Month,
3-4 PM

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 and info:
barryfranklin@comcast.net

[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person

The Washington Pro Bono Council recently launched the **Dementia Legal Planning program, which offers free legal planning to people over 60 who are currently experiencing dementia or who expect to experience dementia.**



Have questions about legal planning for dementia?

The Dementia Legal Planning team can help you proactively plan for the future. We connect you to a volunteer attorney who will help guide you through power of attorney for finances and health care, health care directives, and the dementia directive form with no cost to you.

[Learn more here.](#)

425-780-5589 | www.dementialegalplanning.org



This program is funded, on behalf of the Dementia Action Collaborative, by Aging and Long-Term Support Administration/DSHS.



Virtual: Creating a Dementia-Friendly Home, Part 1

Alzheimer's Foundation of America

Wednesday, February 23, 2022

1:00 PM ET

Presented by:

Linda Mockler, LMSW, M.ED, AFA Social Worker

This presentation will guide caregivers through the process of adapting and modifying a loved one's living space as their illness progresses.

Using AFA's Apartment as a model, we detail modifications in each room, through each stage (early, middle, and late), that will provide safety, comfort, and ease.

Included is an overview of each stage of Alzheimer's disease, technological devices, and suggested therapeutic activities and materials.

[Register here.](#)



Virtual: The Longest Day Kick-Off

Alzheimer's Association

"Thank you for RSVP'ing for this 30 Minute, fast-paced Zoom 'The Longest Day' Kickoff Party! We'll share more about The Longest Day, the mission of the Alzheimer's Association, and how you can make an impact in the fight to End Alzheimer's Disease and ALL other dementias!"

Virtual Participant Kick-Off Party on
Thursday, February 24th at 5:00 pm
PST/4:00 pm AKST

[Register here.](#)

[Learn more about The Longest Day here.](#)

UW Memory and Brain Wellness Center - Introduction to Younger-Onset Alzheimer's

Presented by: Maggie Christofferson

Wednesday, Feb. 23, 2022 | 1-1:45 p.m. PT

When someone under 65 is diagnosed with younger-onset Alzheimer's disease or other dementia, the first reaction is often shock or denial. This doesn't happen to someone so young, does

it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? Join us to get answers to commonly-asked questions. Hear from people directly affected and learn what you need to know, what you need to plan and what you can do to ease the impact throughout the course of the disease.

[Learn more here.](#)

REGISTER TODAY
ONLINE EDUCATIONAL WEBINARS
 Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
 February 2, 3-4 p.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning
 February 4, 9-10:30 a.m. | [REGISTER](#)
 February 16, 3-4 p.m. | [REGISTER](#)

Effective Communication Strategies
 February 16, 10-11:30 a.m. | [REGISTER](#)
 February 24, 12-1 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body: Tips From the Latest Research
 February 17, 1-2 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's
 February 10, 6-7:30 p.m. | [REGISTER](#)
 February 25, 9-11:30 a.m. | [REGISTER](#)

Living with Alzheimer's: For Care Partners
 Early-Stage: Feb. 1, 12-1:30 p.m. | [REGISTER](#)
 Middle-Stage: Feb. 8, 12-1:30 p.m. | [REGISTER](#)
 Late-Stage: Feb. 15, 12-1:30 p.m. | [REGISTER](#)

New Advances in Alzheimer's Treatment/Advancing the Research
 February 23, 11 a.m.-12:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
 February 9, 3-4 p.m. | [REGISTER](#)
 February 10, 1-2:30 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
 February 22, 12-1 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

Virtual: Education Webinars presented by the Alzheimer's Association

Check out this listing of online education webinars for this month.

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

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

-Understanding Alzheimer's and Dementia

...and more.

[Online Educational Webinars](#)

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.

Or visit our website here."

[View More Resources Here](#)



Old Friends Club offers social activities and friendship for people living with memory loss, and respite and support for family caregivers.

www.olderfriendsclub.org

Questions? Contact us today:

(425)681-9776

welcome@olderfriendsclub.org

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