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Brought to you by:



Caregiver Connector

November 2021 Edition



Happy National Family Caregivers Month

***Veterans Resource Fair, African American Caregivers
Forum, A song circle, gratitude dance, stretching class,
and more!***

**Please share this newsletter 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

ONLINE PROGRAM Veterans Resource Fair

For Veterans and their families.

Tuesday, November 9
10:30am-12pm

Presenters include
Sound Generations'
Veterans Caregiver Services,
the award-winning
Everyone for Veterans and more.



Go beyond the VA and gain resources and help for Veterans.
Learn about "hidden gems" in your community-organizations providing hope
and help for Veterans and their families. Discover what they can do for YOU!

Please register at www.kcls.org.

Questions?

*Wendy Pender, Older Adults Program Coordinator, King County Library System
425.369.3285, wgpender@kcls.org*

Are you a Veteran with a story to share?

Everyone For Veterans is collecting stories for its Virtual Veterans Day Town Hall
Wednesday, November 10, 12-1pm.

*For more information or to sign up, contact Jessica Elwell
at Jessicacae@everyoneforveterans.org.*

*Closed captioning is available for online events. Captioning
is auto-generated. Reasonable accommodation for people
with disabilities is available by request for all events. Contact
the library at least seven days before the event if you need
accommodation. Send your request to access@kcls.org.*





African American Caregivers Forum

Legacy of Love ONLINE • FREE

A unique, culturally-focused event that draws family caregivers from throughout the Pacific NW



Additional sponsors welcome.

For info, e-mail
Karen.Winston@seattle.gov.

Celebrating Caregivers: Caregiving Around the Clock

Legacy of Love, the African American Caregivers Forum, is an annual event with a special focus on memory care, presented during National Family Caregivers Month. Professionals and family caregivers will share their challenges and joys in caring for loved ones. Join us!

DATE: Saturday, November 13, 2021

TIME: 12 noon–2 p.m.

JOIN: A few minutes before event time, go to bit.ly/AgeFriendlyLive and click on the blue "Join Event Now" button.

TAKE-AWAYS: Tips for finding humor in everyday situations and celebrating the moments that touch your heart; tips for including loved ones in social activities with friends and family; tips for connecting with other caregivers; tips for getting your affairs in order and preparing for end-of-life; and resources for family caregivers throughout the region.

KEYNOTE: LueRachelle Brim-Atkins, founder and principal consultant of Brim-Donahoe & Associates, who provided dementia care for her mother, is the 2021 keynote speaker.

PANEL: Local caregivers Theresa Gossett, Pammyla Hubbard, and Stephen LaBoo will share stories from their personal caregiving journeys, in a presentation moderated by Margaret Boddie, African American Elders Program.

PRESENTATION: Attorney Stephanie Haslam, Compassionate Legal Care, LLC, will share helpful information on end-of-life planning.

REGISTRATION: Registration is encouraged at SurveyMonkey.com/r/2021LegacyOfLove

CONTINUED EDUCATION: Three CEUs are offered at no charge (NASW). See webpage.

INFO: Auto-captions available in multiple languages. For more information, e-mail Karen.Winston@seattle.gov or visit AgingKingCounty.org/LegacyOfLove.



"Stretching" with Cyber Seniors

Come stretch virtually with other seniors!



November 4, 11, and 18 from 12:00
- 12:30 EDT

[Discover more and register here.](#)



Virtual Garden Discovery Walks

Enjoy a visit to the magical tBUG: The Bellevue Urban Garden! tBUG is a 2.7 acre, volunteer-run farm in the Lake Hills Greenbelt that inspires and educates a diverse community on ways to grow nutritious food. Then, learn how to propagate your own lemon tree! This program, tailored to people living with memory loss and their care partners, is offered by Seattle Parks and Recreation & UW Memory and Brain Wellness Center with support from Family Resource Home Care. Led by horticultural therapist Peach Jack, MA, CC, GRS, HTS and UW MBWC horticulture therapy intern.

Watch the videos below:

[Bellevue Urban Garden, Part 1 \(13:24\)](#)

[Growing Your Own Lemon Tree, Part 2 \(7:14\)](#)

Fall Salmon Walk

Tuesday, November 9th



Seattle Parks and Recreation

10 AM

Carkeek Park

There are many small streams that empty in the Salish Sea that serve as natal streams for returning adult salmon. Pipers Creek is one of those small streams that annually receive chum and Coho salmon which allow us to witness the marvel of spawning behavior up close.

Join us at Carkeek Park on Tuesday, November 9 at 10 am for a wander along Pipers Creek to learn about the connection between salmon, the park and Seattle area students. We'll discuss the history and ecology of the park, and the efforts to restore a salmon population that at one point disappeared.

Learn how the partnership between the Suquamish tribe, WDFW, Seattle Parks, Seattle Public Utilities and Carkeek Watershed Community Action Project is supporting students learning about the return of the salmon. Led by Volunteer Salmon Steward, Dan Hannafious.

[Register here.](#)



Silver Kite Community Arts – Dances of Gratitude

Monday, November 29, 1:30-2:30
PM

So many traditional dances give thanks and praise. This is the perfect way to feel our togetherness and dance our thanks-giving. Along with our

usual array of dancing for fun using all different genres, will incorporate an attitude of gratitude.

Will have both standing and seated dances, but all are adaptable to accommodate for all ability and comfort levels.

Facilitated by Susan Wickett-Ford


[More information available here.](#)

ALL PRESENT SONG CIRCLE

**1st & 3rd Thursdays starting Oct. 21
1 p.m. Online · Free**

Hear some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us for this musical hour. We encourage care partners to join as well.





Greenwood Senior Center

Register: arielb@phinneycenter.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Community Cafés

Active Older Adult (AOA) Community Cafés bring together those who are 55+ to build health in spirit, mind, and body so that we thrive with greater purpose, connection, and well-being.

Each café is a free hour-long Zoom call starting with a large group time of welcome. We explore the day's topic through an engaging presentation to get you thinking and prepared for a 20-minute reflective dialogue in small groups about the subject. Everyone is invited to listen and contribute as they feel comfortable. The large group gathers back the last 5 minutes for a note of encouragement.

AOA Community Cafés are brought to you by the Washington State Alliance of Y's and are free for all. We encourage you to invite your friends and family!

Tuesdays
1:00–2:00pm

See what we have to offer today!



Want to learn more? Visit seattlemca.org/cafe

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Join our unique online community!

MiniWise

Every Monday from 11-12



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.



Join our unique online community!

ArtWise

The next six-week series starts October 27th



Please join Elderwise for the next six-week series of ArtWise Zoom gatherings. Each week, ArtWise facilitators invite you to explore a new theme using watercolor, mandalas, and collage. Enjoy creating art and connecting with a welcoming community. Adults with dementia are invited to participate with a support person. The cost to attend is \$20 a class and art supply kits can be provided for a one-time supply fee. We meet on Wednesdays from 2:30-3:30pm.

To register or for more information, please contact Lindsay Waltner at lindsay@elderwise.org.



"Our participation in ArtWise has added tremendous value to our time of sequestration. The extended community created through these guided experiences has encouraged us, uplifted our spirits, and provided structure and focus to our days. The complete acceptance and genuine caring expressed within the group create bonds that have allowed participants to share freely—their art and their feelings."

- Elderwise Participant and Family Caregiver

Visit Elderwise's website: www.elderwise.org

Additional Support



Maude's Awards:

"Now Available: our new Handbook of Innovations in Alzheimer's Care"

Our second annual *Innovations in Alzheimer's Care* book is an empowering resource for everyone living with Alzheimer's and related dementias, and their care partners. Download your free copy today!"

[Download your copy here.](#)

alzheimer's 
association®

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Wellness Wednesdays:

Memory Loss, Dementia and the Holidays: Planning for a Positive Experience

Presented by: Pamela M. Dean, PhD, ABPP

Wednesday, Nov. 10, 2021 | 1-1:45 p.m. PT | [REGISTER HERE](#)

What does it look like to celebrate the holidays in a dementia-friendly way? Join neuropsychologist, Dr. Pamela M. Dean, for a talk exploring practical tips for the season. Learn how to reduce stress, adjust expectations and incorporate in-person or virtual traditions that work well for the whole family.

Biomarkers of Alzheimer's Disease among Diverse Populations – the Health & Aging Brain Study



CENTER *for*
BRAINHEALTH®
THE UNIVERSITY OF TEXAS AT DALLAS

Thursday, November 4

Time: 12:00 PM Central Time

Dr. O' Bryant is one of the world's leading experts in blood-based biomarkers of Alzheimer's. A major goal of his research is the identification and elimination of health disparities in Alzheimer's disease faced by underserved communities. In this talk, he will cover the most updated data regarding AD biomarkers across these three racial/ethnic groups as well as discuss the implications for novel clinical trials as well as share the data access link as the data is freely available to the global scientific community.

[Register here.](#)

Asian Cohort for Alzheimer's Disease

INVOLVING THE ASIAN COMMUNITY IN RESEARCH

VIRTUAL ALZHEIMER'S CONFERENCE

NOVEMBER 6, 2021
10 AM - 12 PM PST | 1 PM - 3 PM EST

SPEAKERS

- Chris Cate** | San Diego City Councilmember, 6th District
- Marcella Lee** | CBS Channel 8
- William Tseng, MD** | San Diego Mayor's Asian-Pacific Islander (API) Advisory Group
- Lena Huang** | Alzheimer's Association San Diego
- Gilbert Ho, MD** | PCND Neurosciences
- Tiffany Chow, MD** | IQVIA
- Julia Cheng** | Alzheimer's Association San Diego
- Edie Yau** | Alzheimer's Association
- Howard Feldman, MDCM** | UC San Diego

ZOOM INFORMATION

ZOOM LINK:
<https://uhealth.zoom.us/j/85039227594>
PHONE: 669 900 6833 (US)
 204 272 7920 (Canada)
MEETING ID: 850 3922 7594
PASSCODE: 2223

HIGHLIGHTS

1. Overview of Alzheimer's Disease
2. Understanding Clinical Dementia Studies: Fostering Innovation in Alzheimer Disease
3. The Dawn of an Alzheimer's Cohort for Asian Americans
4. Caregiver Perspectives
5. Inclusive Representation in Clinical Trials

IN PARTNERSHIP WITH



FALL SPEAKER SERIES: Healthy Aging and Wellness

North Bellevue Community Center

The North Bellevue Community Center has teamed up with the University of Washington Medicine and VA Puget Sound Health Care System to offer a special **free online Speakers Series via Zoom**. On the second Tuesday of each month we will present remarkable talks featuring local professors and health care professionals who specialize in healthy aging and wellness. Each talk is about 45 minutes with a 15-minute Q&A session. We hope you'll join us for one, two or all three of these talks to discover important information about healthy aging, brain health and wellness. All events are free but pre-registration is required. Each session is designed to be informative and interactive, with a chance to ask your questions live of our presenters.

YOU HAVE TWO OPTIONS TO PARTICIPATE:

Online: Joining online you'll need a computer with internet to participate, and instructions for connecting will be emailed after you register.

In person: We will have a computer connected to a television screen at NBCC.

PRESENTERS:



Dr. Patrick Raue
Healthy Aging
Tuesday, Sept. 14,
1-2 p.m.



Dr. Murray Raskind
Forgetfulness
episodes in later
life...when are they
benign, and when should one
worry about Alzheimer's Disease
Tuesday, Oct. 12, 1-2 p.m.



Dr. Michael Schrift
Alzheimer's Disease
and Dementia/
Medications
Tuesday, Nov. 9, 1-2 p.m.

REGISTRATION:

To sign up for **in-person** contact the NBCC by phone 425-452-7681 or email nbcc@bellevuewa.gov.

FIG-23-1439

3 For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7696 (voice) or email abrugg@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.



REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
November 4, 1-2:30 p.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
November 18, 1-2:30 p.m. | [REGISTER](#)

Effective Communication Strategies
November 2, 1-2:30 p.m. | [REGISTER](#)
November 30, 3-4 p.m. | [REGISTER](#)

Financial Planning for Alzheimer's Disease
November 3, 3-4 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research
November 9, 1-2 p.m. | [REGISTER](#)

Living with Alzheimer's: For Care Partners - Middle-Stage
November 17, 12:30-4:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
November 10, 3-4 p.m. | [REGISTER](#)
November 12, 9:30-11 a.m. | [REGISTER](#)
November 29, 1-2:30 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
November 17, 3-4 p.m. | [REGISTER](#)
November 19, 9-10:30 a.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)



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

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Advocacy & Services for LGBT Elders

We refuse to be invisible®

"We're a national advocacy and services organization that's been looking out for LGBT elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBT people."

[Find support and learn more here.](#)



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

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/>

Even More Resources

OFC Ongoing Caregiver Resources

NEW OFC Newsletter Archive



*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

Support Old Friends Club with a Gift Today!

FOLLOW US







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