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Caregiver Connector

February 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

Please enjoy this packed full of goodness edition:

Black History Month, Advocacy Day, Valentine's Day ideas, Flowers, Book Club, 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.

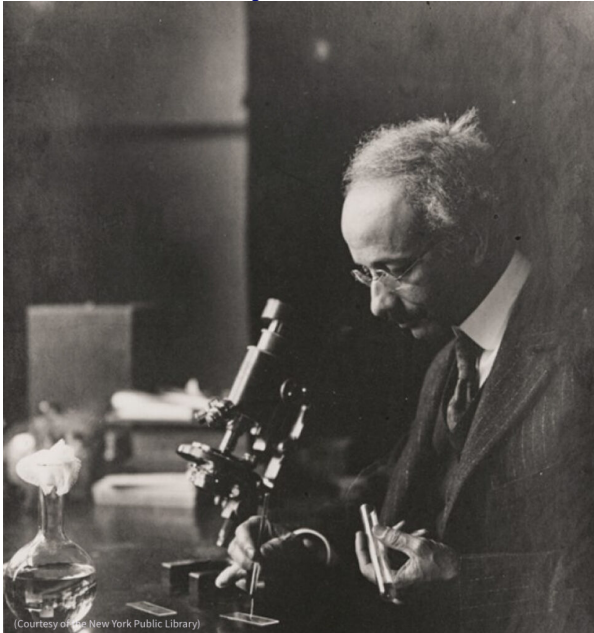
We are accepting new members today at our Carnation Club location. Come join our fun group!

-Join us on our social media every Tuesday to receive a caregiving tip! You can find us on [Facebook](#), [Instagram](#), and [LinkedIn](#). We're also always looking for new tips to share as well. Please email [Katie](#) with caregiving tip ideas. Thank you!

-We are looking for volunteers who have experience with fundraising. If you are interested or know anyone who is, [please send Karen an email!](#)

[Explore OFC Membership](#)

Black History Month



(Courtesy of the New York Public Library)

Dr. Solomon Carter Fuller made two essential discoveries in the early 20th century about Alzheimer's disease, a brain disorder that slowly destroys memory and thinking skills.

He's also believed to be the first African American psychiatrist in the United States.

[Read the article here.](#)

 **Alzheimers.gov**

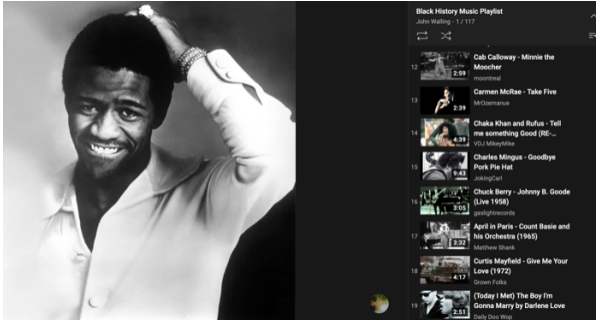
Alzheimers.gov Research Study

Black participants in Alzheimer's disease research studies were 35% less likely to be diagnosed with Alzheimer's and related dementias than white participants, despite national statistics that indicate that Black Americans are overall about twice as likely to have dementia as whites.

The research team, led by the NIA Intramural Research Program, tracked 15 years of data on Black and white study participants from across NIA's network of Alzheimer's Disease Research Centers....

Read more about [this research study](#).

Black History Music Playlist



[102 videos, each video is a different length]

Featuring Al Green, Billie Holiday, Cab Calloway, Carmen McRae, and more!

[Listen here.](#)

Seattle Met

How To Celebrate Black History Month in Seattle

- Readings
- Panel Discussions
- Exhibits

[Check out the Seattle Met article here for more details.](#)

Community Activities & Events - Virtual and In-Person



In-Person: Frank Sinatra Valentine's Dinner Show

A tribute to Frank Sinatra. Great Italian Food will be served!

February 20, 2022, 5:00 PM

St. Thomas More Parish

[Learn more here.](#)

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.](#)



**Southeast
Seattle
Senior
Center**

Vibrant Diverse Caring

Virtual and In-Person: Southeast Seattle Senior Center Book Club

Tuesday, February 8th

1:00 PM-3:00 PM

[Sign-Up Here.](#)

FRYE
ART MUSEUM

Virtual: FRYE Art Museum

here:now Art-making and Discussion Class

Wednesdays, 1-2:30 PM PST

February 2, 9, 16, 23

here:now Artwork Discussions

Select Tuesdays, 1-2 PM PST

February 22, March 29

[Learn more here.](#)

**Virtual: Wellness Wednesdays:
Calming the Monkey Mind: An**



UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Introduction to Mindfulness-Based Stress Reduction

Wednesday, February 9, 2022 at 1:00 PM

Living with memory loss or caregiving can add a layer of stress to daily life. However, there are ways to cope! Join neuropsychologist Dr. Emily Trittschuh to explore strategies for reducing your stress through focused attention on your present-moment experience. Leave with practical strategies for regaining a sense of calm in your life.

[Check out other events as well as register for this event here.](#)



In-Person: Northwest Flower & Garden Festival

February 9-13, 2022

Washington Convention Center

Join us as we celebrate "Greetings from Spring" with over 20 display gardens, more than 90 free seminars and workshops, and thousands of treasures in the garden marketplace.

[Learn more and buy tickets here.](#)

Ongoing Activities & Events - Virtual and In-Person



In-Person: Lake City Momentia Meet-Ups

Laugh, explore, and connect at this inclusive, memory-friendly event for the whole community. We are

rebuilding the group and would love to have you join us for improv, music, movement, and more!

Reach out to Emily at (206)707-1865 or emilyb@soundgenerations.org if interested.

Offered by Seattle Parks and Recreation, Lake City Seniors, and Sea Mar Latino Seniors.



In-Person: Momentia Mondays at SESSC

Mondays, 10:30-11:30 AM

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more!

Offered by Seattle Parks and Recreation and [Southeast Seattle Senior Center \(SESSC\)](#). Please call SESSC to confirm the program details [\(206\)722-0317](tel:2067220317).



Edmonds Center for the Arts

Dementia-Inclusive Series

ECA's Dementia-Inclusive Series is an award-winning arts engagement program designed with accessibility for people with memory loss as a priority. Launched in 2015, the series developed collaboratively with the feedback and support of senior services organizations, memory care professionals, and arts groups in the Puget Sound region. our mission is to create

opportunities for people with memory loss and their care partners to connect and experience joy through the arts.

[Learn more here.](#)

[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person



Virtual: Depression in Older People with Cognitive Impairment

Alzheimer's Foundation of America

Thursday, February 10, 2022

1:00 PM ET

Sometimes older people with cognitive impairment experience depression. This presentation will review how common that is, how professionals and family members can identify depression, and what can be done about it.

Guest speaker: Gregory A. Hinrichsen, PhD, Associate Clinical Professor Department of Geriatrics and Palliative Medicine

Icahn School of Medicine at Mount Sinai

[Register here.](#)

Virtual: HFC CareCon 2022

Friday, February 18, 2022, 12 PM PST



Join us on National Caregivers Day for the second annual CareCon!

CareCon is a FREE, virtual event designed to educate, inspire, and empower Alzheimer's and dementia family caregivers with support, knowledge, and community.

Registration is FREE and closes on February 17!

[Learn more and register here.](#)



Virtual: Alzheimer's Association: Advocacy Day

February 9, 2022

Please join us for our 2022 Advocacy Day, where we ask elected officials to support Alzheimer's Association legislative priorities. All meetings to be held online or by phone using the Zoom platform.

[Sign-up to be an advocate here.](#)

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

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

...and more.

Online Educational Webinars

COMMUNITY LIVING CONNECTIONS

— Seattle & King County —

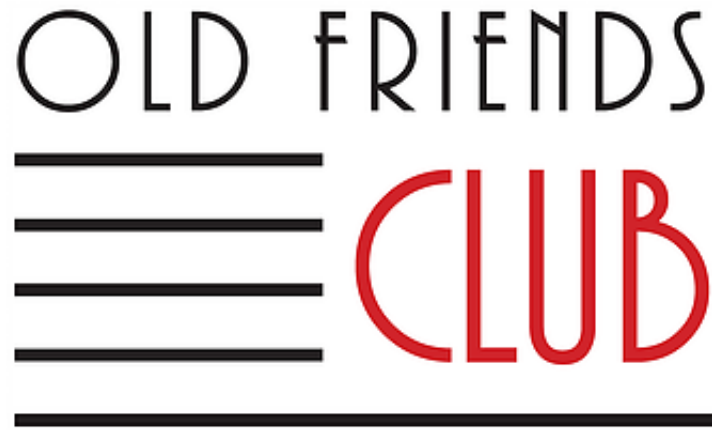
Are you facing aging or disability issues?

"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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