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Caregiver Connector

March 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

In this edition, please find...Garden Discovery Kick-Off Event + the Grand Opening of the NEW Memory Hub, Chair Yoga, a new LGBTQIA+ support group, singing with the Frye Art Museum and more!

Community Activities & Events - Virtual and In-Person



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

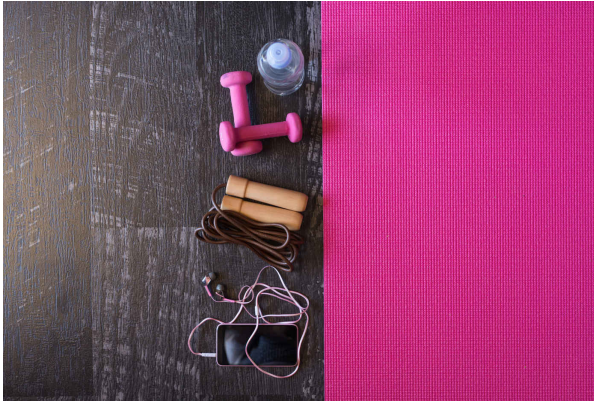
The Memory Hub

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.](#)



Virtual: Chair Yoga with Sheryl: Gratitude

Alzheimer's Foundation of America

March 5, 2:30 PM ET

[Register here.](#)



March 8 International Women's Day

Acknowledge the strong and inspiring women in your life by writing a card, making a phone call, or stopping by for a visit.

[Read about IWD here.](#)



Virtual: Dementia Friendly Poetry

Silver Kite Community Arts

March 21, 1:30 PM- 2:30 PM

Poetry is for everyone! It is an expression of wonder, curiosity, and heart.

In this workshop, you will learn about and write an ode, a fun poetic form that is a great way to get your writing juices flowing! We will read

an ode by Pablo Neruda (famous for his odes!) as an example, use some visual images for inspiration, and then begin to write our own odes.

This workshop welcomes individuals living with Dementia and their caregivers, as well as people of all ages.

No previous experience with poetry or writing is needed.

Facilitated by Julian Bentley Edelman

[Register here.](#)



Virtual: Introduction to Qigong

GenPride

Friday 3/4, 3/11, 3/18

10:30 AM- 11:30 AM

Qigong is a contemplative movement system that is one of the main branches of Chinese Medicine (the others are nutrition, massage, herbs, and acupuncture). There are many variations of Qigong and you've likely seen several of them being practiced in the parks or online.

Come practice Qigong with GenPride!

[Learn more and register here.](#)

Ongoing Activities & Events - Virtual and In-Person



Virtual: Singalong with Carmen Ficarra - Tin Pan Alley Love Songs [12:09]

Frye Art Museum

This series of singalong videos offers a fun selection of popular songs led by Carmen Ficarra, a frequent performer at the Alzheimer's Cafe at the Frye Art Museum. Captions are provided on the screen for those who would like a refresher on the lyrics.

[Watch here.](#)



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.

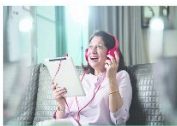
These FREE Music classes will run for six weeks starting November 30th on Tuesdays with a morning and an afternoon option. Classes are open to residents of Pierce County and surrounding areas

● *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.*



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



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

Contact us today!

For more information, please contact:



Phone: 253-272-8433
Email: dementiaservices@lcsnw.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, 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!

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



Virtual: Coffee Chats

UW Memory and Brain Wellness Center

Tuesdays, 10:00 AM - 11:00 AM

Make a cup of coffee or tea and join others living with memory loss or dementia for an informal online social group. Build connections and offer support and encouragement. Participate online or by phone, with a free application called "Zoom." Facilitated by trained volunteers with support from our program manager. Join for just one session, or multiple. Space is limited; [sign up](#) by the day before.

[Sign up here.](#)



MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.

WHEN: Monday and Wednesday mornings
WHERE: Woodland Park Zoo, Seattle
COST: Free! Zoo entry and parking passes are provided to attendees.

CONTACT TO LEARN MORE AND REGISTER:
 Karen Thompson, Manager of Community Support
 206.529.3875 | kcthompson@alz.org



Presented by:



In-Person: Memory Loss Zoo Walk

Woodland Park Zoo

Monday/Wednesday mornings

Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. Registration and screening required by calling the Alzheimer's Association at 206-363-5900.

[Register here.](#)



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.

[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person

You're Invited!
The Memory Hub
TOURS AND GRAND OPENING CELEBRATION
1021 Columbia St, Seattle WA 98104

Come experience the Memory Hub: A place for dementia-friendly community, collaboration, and impact! Operated by the UW Memory and Brain Wellness Center, on the campus of founding partner the Frye Art Museum, this dynamic new space offers a variety of programs and resources for people with memory loss, their families, and all who support a dementia-friendly community. Opening this spring, the Memory Hub will redefine life with memory loss!

Weekly public tours
11-11:45 a.m. Thursdays
January 20 - March 17


Grand Opening Celebration
2-4 p.m. Wednesday
March 23

- Live music
- Refreshments
- Program demonstrations
- Ribbon cutting
- And more!

[Sign up online: www.thememoryhub.org.](http://www.thememoryhub.org)

Activities will follow current COVID-19 guidelines; virtual options available. Space is limited; Registration required.

Questions: Marigrace Becker, mbecker1@uw.edu, 206-744-2190




MEET THE COLLABORATORS

- UW Memory and Brain Wellness Center
- Frye Art Museum
- Alzheimer's Association, Washington State Chapter
- Elderwise
- Full Life Care

WHAT DOES THE MEMORY HUB OFFER?

- Support Groups
- Caregiver Education
- Creative Engagement
- Library & Resource Center
- Art Gallery
- Memory Garden
- Elderwise Adult Day Program
- "Memory Navigator" Care Consultant
- Public Lectures
- Networking & Professional Development Events
- Annual "Reframing Dementia" Conference
- And more!



The Memory Hub

In-Person: The Memory Hub Grand Opening Celebration

March 23, 2:00-4:00 PM

Enjoy live music, light refreshments, program demonstrations and ribbon cutting! Meet the collaborators including UW Memory and Brain Wellness Center, the Frye Art Museum, Alzheimer's Association, Washington State Chapter, Elderwise and Full Life Care. Be the first to tour Maude's Garden, our newly installed memory garden named for the late wife of our founding donor Richard Ferry. For an added bonus, step next door to view the Frye Art Museum's free 'Art on the Mind' Creative Aging exhibit which showcases the artwork of people with dementia and care partners.

[RSVP Here](#)



Dementia Friends

Dementia Friends USA is part of a global movement that is changing the way people think, act, and talk about dementia. Anyone can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!

A Dementia Friend is someone who, through viewing a series of online videos or attending a live interactive session, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.

[Learn more here.](#)



Virtual: Preparing for the Future

Alzheimer's Foundation of America

Thursday, March 10, 2022

1:00 PM ET

In this Care Connection webinar, Matthew Raphan, Esq., elder law attorney, will discuss how we can best prepare for the future.

We will address the many questions that care partners may encounter

such as Medicaid planning, trusts, assets, and rights while residing in facilities.

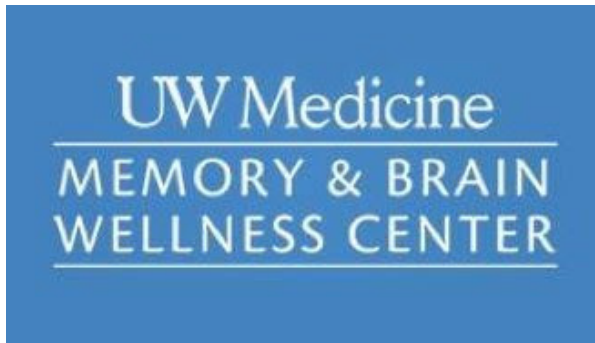
This webinar is an opportunity to dive deep into how we can prepare for the future while caring for someone living with dementia.

Guest speaker:

Matthew S. Raphan, Esq.

Raphan Law Partners, LLP

[Register here.](#)



Virtual: Caregiver Forum

UW Memory and Brain Wellness Center

Mondays 10-11 AM

Join other family caregivers to share feelings and experiences about caring for a loved one with memory loss or dementia. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called "Zoom." Facilitated by trained volunteers with support from our program manager. Space is limited; [sign up](#) by the day before. Join for just one session, or multiple.

10 - 11 a.m. every Monday

[Sign Up Here](#)



Seattle LGBTQIA+ Caregiver Support Group *Currently virtual, but coming soon to GenPride in Seattle!*

Third Tuesday of each month
6:30-8 p.m.

Please contact a facilitator prior to attending:
Lionel Wang
206.854.4776 | lionel.s.wang@gmail.com

Tiffany Suscheck
614.719.9692 | tiffany@suscheck.com

Visit alzwa.org to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, ALZ connected®, at alzconnected.org.



Scan QR code for more opportunities from the Alzheimer's Association®.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for the care partners of people living with dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

In partnership with:



800.272.3900 | alzwa.org

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

- March 2, 10-11 a.m. | [REGISTER](#)
- March 8, 1-2 p.m. | [REGISTER](#)
- March 23, 10-11:30 a.m. | [REGISTER](#)
- March 29, 1-2 p.m. | [REGISTER](#)

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

- March 10, 2-3:30 p.m. | [REGISTER](#)
- March 23, 12-1 p.m. | [REGISTER](#)

Effective Communication Strategies

- March 15, 1-2 p.m. | [REGISTER](#)
- March 28, 1-2:30 p.m. | [REGISTER](#)

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

- March 1, 1-2 p.m. | [REGISTER](#)
- March 17, 2-3 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

- March 9, 10-11 a.m. | [REGISTER](#)
- March 16, 9-10:30 a.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior

- March 4, 10-11:30 a.m. | [REGISTER](#)
- March 22, 1-2 p.m. | [REGISTER](#)

When Living at Home Is No Longer an Option

- March 30, 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

[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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