

Shared by **Old Friends Club**

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Caregiver Connector

**** SPECIAL REMOTE EDITION ****

October 2020: this lovely cooler weather is stirring up some hope and energy. Let us take this time to reflect on how to help ourselves help others.

Following are a few resources, classes, and conferences for caregivers that help with that focus and inspiration.

Please share with those you know who are affected by Alzheimer's or other dementia.

Field of sunflowers



Stay At Home Highlights

Yes...And!

The first was such a success, this class is now held the second Monday of every month. Join others for this ESML Improv class on October 13th, November 10th, December 10th. 2:30-3:30pm. [Contact Pam](#) for more information and visit the [website here](#).



Care Partner Support Series

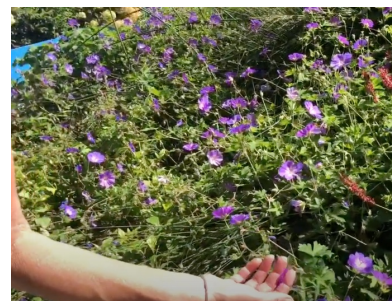
An online 6 class series with video, handouts, facilitation discussion and practical skills training. The Care Partner Support Series will connect you with other caregivers whose spouse or partner is living with dementia. The series uses the 'Positive Approach' to Care curriculum developed by Teepa Snow. The 90-minute classes will be held online through Zoom.

Free! [Register here](#)



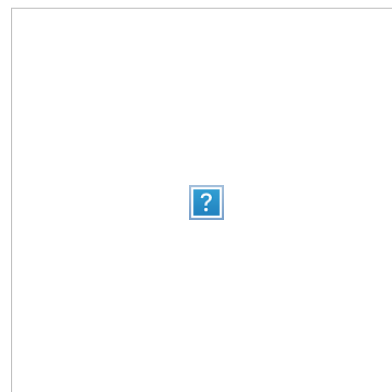
Virtual Sensory Walk

The latest in these virtual walks is so beautiful, you can almost smell the air! Take a refreshing "walk" through of the Seattle Sensory Garden at Woodland Park Zoo.. Be sure to check out the other videos UW has [posted here](#), which include art classes and more!



Exploring Sound

This program, tailored to people living with memory loss and their partners, is offered by Seattle Parks and Recreation & UW Memory and Brain Wellness Center, with support from Family Resource Home Care. Enjoy the beautiful outdoor views while delving into a wide arrange of sounds, instruments, and song. [View here!](#)



Online and Community Resources

The COVID Listen Line

...is a phone reassurance program in Snohomish County for family caregivers supporting a loved one with dementia. Call us to:

- Have a casual and friendly conversation with someone who understands what you're going through.
- Talk about how things are going for you during the pandemic and connect to resources as needed.
- Discuss coping strategies and ways to focus on your health and mental health during this difficult time.

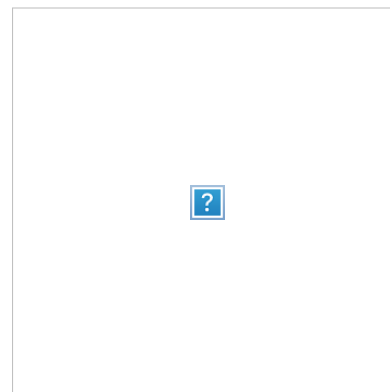


COVID Listen Line
(206) 529-3890

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

Alzheimer's Association Online Educational Webinar

From Caregiving to conversations to planning, and more - the Alzheimer's Association has a full month of online education. [Click here to see all the opportunities.](#)



alzheimer's association covid care flyer



Elderwise MiniWise online community flyer



Do you know of any virtual groups or activities we should highlight? Please contact us below...

OLD FRIENDS CLUB



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

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Questions? Contact us today

425-681-9776

www.oldfriendsclub.org/contact-ofc

welcome@oldfriendsclub.org

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