

Shared by Old Friends Club

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Caregiver Connector

**** SPECIAL REMOTE EDITION ****

June 2020: we continue to charge on into uncomfortable, lonely territory - as those affected by dementia have been forced to do on a different level. Let us find a way to re-focus ourselves, so we may help others.

Following are a few resources to help with that challenging endeavor.

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

Field of sunflowers



Since Most Of Us Are Still At Home...

Online Sing Along/Play Along

Raise your voices and your spirits with friends and neighbors from the safety of your home! Every Monday at 7 pm via Zoom until we can meet in person again. Grab your musical instruments or just gather around with your family and pets and make some music.

[Get your music on here](#)

playing the guitar



Senior Programs

All throughout the month of June, the City of Redmond is providing a fun mix of online classes, connections, and groups to Seniors. Register online at redmond.gov/register or call 425-556-2300

[Check out the virtual offerings here](#)

woman on computer



Wisdom Cafes

"Life gets better, not easier, but better." Wisdom Cafes invite groups of older adults to engage in intentional dialogues led by trained facilitators. Participants engage with others, are motivated to try new things, and are inspired by sharing life experiences.

To register, please contact Katharine from the Issaquah Senior Center, 425.392.2381.

[See the upcoming schedule](#)

group chatting



Art Classes, Book Groups, and More

The King County Library System is offering a ton of fun classes and helpful opportunities online. From art lessons to phone calls to Medicare information sessions, check back regularly as new events are added often.

[Search the KCLS calendar here](#)



Online: Daily Arts Activities by Silver Kite!

Yoga for Caregivers

Wednesdays in June - open to all caregivers, no yoga experience required. Live from a place of mindfulness and heart while learning how to build and maintain your health, resilience, and self-compassion.

[Signup for the Zoom sessions here](#)

Holding hands



Free VR Tours for Senior Residents

HomeAgain VR is offering a free service during the COVID-19 lockdown that provides engagement and companionship to isolated older adults. The growing team of volunteer "tour guides" connect remotely with senior living residents each week to chat with them and guide them through tours of the world. Volunteers read scripts about the stories and history of each destination, while the resident can sit back, relax, and either talk and ask questions, or just listen to the tour. Typically the resident connects with the same volunteer each week, thus building friendships over time.

[More information on the website](#) , call 360-797-5214, or email info@homeagainvr.org

VR Tour Flyer



Reminder: Alzheimer's Association Resources

["Live" Education presentations](#) - maintained and updated information about live education events that will be held via interactive webinar. Also [online education](#) for any time of day.

[Support Groups](#) - most of the support groups have moved to a telephonic format. People can contact facilitators directly to learn how specific groups will be held.

[List of updated resources](#): the blog post summarizes what is currently being done to support people locally and at a larger level.

A note from the organization: *We continue to offer care consultation and can connect folks to resources - services such as sliding scale in-home respite, caregiver*

counseling, and housekeeping, are still available resources in King county through Washington Family Caregiver Support Program [WA FCSP](#).

The Alzheimer's Association wants you to know [you are not alone](#). They offer [information and tips](#) for caregiving for someone with dementia during the COVID-19 pandemic and quarantine as well as virtual support groups. **24/7 Helpline: 1-800-272-3900** Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.



Meditation Group

**Tuesdays
9:30–10 a.m.
Begins on
June 2nd**

Instructor Katie Freeman teaches fundamentals of mindfulness meditation, an evidence-based practice that supports our physical, mental and spiritual health. Each weekly session will include guided group meditations and instructions for simple practices you can use in your day-to-day life. This is a dementia-friendly program, suitable for those with MCI or ESML. **This class is online and will require an internet connection to attend.** Please email arielb@phinneycenter.org for info and registration.

Email arielb@phinneycenter.org for info and to register.

* NEW SUPPORT GROUP *

**For Family Members Whose Loved Ones Reside in a Care Setting
During COVID-19**



Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19

Does your loved one live in a nursing facility? Is it difficult not being able to interact with them as often because of the challenges caused by COVID-19? Join our new six-week support group to process your feelings in a meaningful way during this pandemic.

When: Every Wednesday, starting May 6, 2020
Time: 3:30 p.m. to 4:30 p.m. (EST)

This is a free telephone-based support group

To register:

Contact AFA's National Toll-Free Helpline at 866-232-8484 and speak with one of our licensed social workers.

AFA's National Toll- Free Helpline:
 866-232-8484
www.alzfdn.org

Interested in a Caregiver Support Program?

Read on and visit communitylivingconnections.org

We are Community Living Connections.

We are a network of advocates that supports unpaid caregivers of adults age 18 and older. Unpaid caregivers are spouses, children, family members—even friends and neighbors.

By supporting you, the network enables you to help your loved one remain at home.



We are community-centered.

We provide information in multiple languages, along with culturally-appropriate assistance.

- African American Elders Program**
206-328-5639
- African American Reach and Teach Health Ministry**
206-850-2070
- Alzheimer's Association**
206-363-5500
- CISC**
206-624-5633
- GenPride**
206-393-3400
- India Association of Western Washington**
425-829-5544
- Jewish Family Service**
206-861-8790
- Kin On**
206-652-2330 ext 115
- Korean Women's Association**
253-946-1995
- Neighborhood House**
206-461-4554 ext 3112
- Open Doors for Multicultural Families**
253-216-4479
- Sound Generations**
206-448-3110

Supported by Aging and Disability Services—the Area Agency on Aging for King County

For immediate needs, call:
Crisis Connections | 206-436-2975

For help navigating services, call:
Community Living Connections | 844-348-5464

CALL TOLL-FREE



1-844-348-5464

Are you a caregiver?

Helping our loved ones can be stressful.

We can help.

Do you help an adult with meal preparation, personal care, errands?

Do you schedule or attend doctor's appointments with a loved one?



You are a caregiver.

CommunityLivingConnections.org



How will you help me?

Caregiver advocates interview each caregiver to better understand their current situation. With this information, the advocate can make referrals to appropriate services and connect you to the support you need.

What services are available?

- Free consultations
- Referrals to local support groups, counseling, and other resources
- Training on specific caregiver topics
- Practical information and caregiver suggestions
- Respite care, if you need a break

How much does it cost?

Your questions will be answered at no cost. Some services are offered on a sliding fee scale. Others are free of charge with a service limit.

All calls are free and confidential.

Resources for Families Coping with Memory Loss

** As many WA state residents are still instructed to stay at home and all non-essential businesses are closed, meetings around the area have been put on hold for a date TBD. **

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



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

FOLLOW US



Questions? Contact us today

425-681-9776

www.olderfriendsclub.org/contact-ofc

welcome@olderfriendsclub.org

Manage Your Subscription

This message was sent to email@example.com from chris@olderfriendsclub.org

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