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Brought to you by:



# Caregiver Exchange

December 2021 Edition



*Old Friends Club wishes you and yours a peaceful and joyful holiday season!*

## Still doing your holiday shopping?

Please consider selecting OFC as your AmazonSmile charity!

Want to help make a difference while you shop in the Amazon app, at no extra cost to you? Simply follow the instructions below to select "Old Friends Club" as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Old Friends Club" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

Or, [click here](#).

**Thank you.**



### DAC Caregiver Survey

Washington state's Dementia Action Collaborative (DAC) wants to understand the expectations and experiences of family members of people living with dementia who are seeking, using, or who have used assisted living settings in Washington State that advertise as "Memory Care". If you have this experience, the DAC encourages you to complete a brief online survey. Help us improve the experience of searching for and using such care.

[Complete the survey here.](#)

## Caregiver Exchange Highlights:

# Holiday Singing, Gingerbread Cookies, Moving with Music, 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



### Alzheimer's Research and Prevention Foundation: *Gingerbread Cookies*

Yum! Let's get baking and decorating!

[Get the recipe here.](#)



### Christmas Songs Sing-along with Lyrics (anytime, virtual [43:16])

25 Popular Christmas songs with lyrics to get you in the Christmas mood.

[Sing here!](#)

Seattle Winterfest, the Seattle



## Center

Ongoing until December 31, In-person and virtual events

Winterfest includes:

- entertainment
- ice-sculpting
- winter train and village model

[Learn more here.](#)



## GenPride: Moving with Music

Thursdays, 6 PM

This chair-based class will guide you through a series of gentle movements and stretches to open up your joints, warm-up your muscles, and increase your range of motion. You can also explore dance-based exercises that begin seated and gradually move to standing or chair-assisted standing. Improve your balance and posture while having fun moving to music! No dance experience necessary. All skill levels welcome

[Learn more 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 cafe after the walk! Registration and pre-screening for the program are required.

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**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](mailto:kcthompson@alz.org)



Presented by:



When: Monday and Wednesday mornings

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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 |  
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**SilverKite**  
 Community Arts

## Silver Kite Community Arts – Senior Social Hour

Wednesday, December 22, 10:30  
 AM- 11:30 AM

Seniors, join us for an hour of  
 conversation, play, and  
 connection!

*Facilitated by Bobbi Kidder*

[More information available here.](#)

## ElderWise - MiniWise

### Join Our Unique Online Community!

Every Monday from 11-12

Please join Elderwise for our  
 supported conversation group,  
 MiniWise, and see how the



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](mailto:lindsay@elderwise.org).

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## *Additional Support*



### **Brookdale Foundation: Making the Holidays Fun & Festive for Those with Memory Loss**

"An evening stroll around the block can do wonders for most of us and for elders with memory loss in particular. Waving at a neighbor, seeing decorations and colored lights, and hearing the regular sounds of the neighborhood are fun experiences that ensure that loved ones feel that they are valued members of the community. This article will highlight other such activities that will delight and engage elders and family members throughout the holiday season..."

[Read the article by Kristin Einberger here.](#)

### **NIH: Holiday Hints for Dementia Caregivers**



"Holidays can be meaningful, enriching times for both the person with Alzheimer's disease and his or her family. Maintaining or adapting family rituals and traditions helps all family members feel a sense of belonging and family identity. For a person with Alzheimer's, this link with a familiar past is reassuring."

[Read more here.](#)



**alzheimer's  
association<sup>®</sup>**

### Alzheimer's Association Support Groups

Please see the below PDF for a list of support groups throughout Washington State. PDF includes support group type, dates and times support groups meet, city, facilitator name and phone number, and meeting type (in-person or virtual).

[Support Groups - PDF](#)

**Help with Alzheimer's  
is within your reach.**

**AFA<sup>®</sup>**  
ALZHEIMER'S FOUNDATION OF AMERICA

**866-232-8484**  
**www.alzfdn.org**

# REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



**10 Warning Signs of Alzheimer's**  
December 1, 3-4 p.m. | [REGISTER](#)  
December 16, 1-2 p.m. | [REGISTER](#)

**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**  
December 15, 3-4 p.m. | [REGISTER](#)

**Effective Communication Strategies**  
December 3, 1-2:30 p.m. | [REGISTER](#)  
December 14, 1-2 p.m. | [REGISTER](#)

**Healthy Living for Your Brain and Body: Tips From the Latest Research**  
December 2, 1-2 p.m. | [REGISTER](#)  
December 10, 10-11:30 a.m. | [REGISTER](#)

**Legal and Financial Planning for Alzheimer's**  
December 7, 1-3:30 p.m. | [REGISTER](#)

**Understanding Alzheimer's and Dementia**  
December 7, 1-2:30 p.m. | [REGISTER](#)  
December 13, 1:30-3 p.m. | [REGISTER](#)

**Understanding and Responding to Dementia-Related Behavior**  
December 17, 9-10:30 a.m. | [REGISTER](#)  
December 21, 10-11 a.m. | [REGISTER](#)

**When Living at Home Is No Longer an Option**  
December 8, 3-4 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)

# 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/>

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## *Even More Resources*

Ongoing Events and Activities

Ongoing Caregiver Resources

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](mailto:welcome@oldfriendsclub.org)**

**Support Old Friends Club with a Gift Today!**

**FOLLOW US**

    

**[Manage Your Subscription](#)**

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