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Brought to you by:



Caregiver Exchange

November 2021 Edition



Do you enjoy receiving OFC's caregiver newsletters every month? If so, please consider

supporting OFC with a monetary gift so that we may continue to deliver helpful resources to your inbox.

[Find ways to support us here.](#)

Thank you.

Caregiver Exchange Highlights:

Memory Loss Zoo Walk - It's back!, Art discussion, Building a succulent garden, a Thanksgiving concert, 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](#)

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

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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:



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FRYE
ART MUSEUM

Frye Art Museum - here:now Artwork Discussions

- Tuesday, November 30, 2021
- 1:00 PM 2:00 PM
- To pre-register call 206.432.8265 or email creativeaging@fryemuseum.org

Designed for adults living with dementia and their care partners, here: now is a free arts engagement program that celebrates present moment awareness and new possibilities for creative expression.

Explore art from the comfort of your home in a facilitated, small-group discussion with a museum educator. Artworks from the Frye collection and exhibitions will be featured.

Cost: None

- Note: All here: now programs

will be virtual until further notice.



Alzheimer's Foundation of America - Virtual Community Class: Thanksgiving Concert with The Caravan of Angels

November 25 @ 2:30 pm EST

Join AFA for a Thanksgiving-themed music performance with The Caravan of Angels! The Caravan of Angels Foundation is a nonprofit organization that makes theater more accessible by bringing professional singers out into the community to perform a variety of familiar Broadway and well-known songs. Let's unwind with some music, while enjoying some reminiscence and fun!

This event will take place at the AFA Teal

Room: www.alzfdn.org/afatealroom.

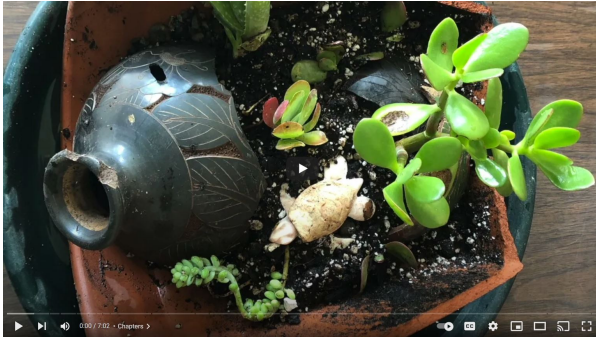


UW Memory and Brain Wellness Center

[Garden Discovery Walk, November 2021 \(Part 1\) Seward Park Audubon Center - YouTube \(23:15\)](#)

Explore the colors and textures of fall in the native landscapes of Seward Park Audubon Center. We are guided by Ed Dominguez, Lead Naturalist.

[Garden Discovery Walk Project, November 2021 \(Part 2\) Building a Succulent Garden - YouTube \(7:01\)](#)



Learn how to create an indoor garden with succulents and easy-to-find materials. Follow along with horticultural therapist Peach Jack.



Silver Kite Community Arts – Dances of Gratitude

Monday, November 29, 1:30-2:30 PM

So many traditional dances give thanks and praise. This is the perfect way to feel our togetherness and dance our thanks-giving. Along with our usual array of dancing for fun using all different genres, will incorporate an attitude of gratitude.

Will have both standing and seated dances, but all are adaptable to accommodate for all ability and comfort levels.

Facilitated by Susan Wickett-Ford

[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



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MiniWise

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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.

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ALL PRESENT SONG CIRCLE

1st & 3rd Thursdays starting Oct. 21
1 p.m. Online • Free

Hear some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us for this musical hour. We encourage care partners to join as well.



Register: arielb@phinneycenter.org



Check out more events at the Greenwood Senior Center [here](#).

Additional Support

CareNextion.org is caregiver friendly because it offers a free,



convenient method of getting help with a wide variety of caregiving tasks. After initially setting up an online care team of family, friends, and neighbors willing to help the care recipient, the primary caregiver – or others – simply enters the need (“Mom needs a ride to her doctor’s appointment at 10 on Friday”).

[Visit the website here.](#)



The Long-Term Care Equality Index (LEI) is a program of SAGE and the Human Rights Campaign Foundation (HRCF). The goal of the LEI is to create a network of LTCCs across the country that are providing a welcoming home for older LGBT people.

As of the release of this initial report, there have been 78 “Commitment to Caring” pledges completed, which is the first step in the LEI and indicates long-term care communities’ intentions to adopt LGBTQ+ inclusive and culturally competent policies and practices. Additionally, there have been 49 self-assessments completed for 184 diverse long-term care communities, with 32 states represented.

[Learn more here.](#)



"Looking Back: A Lesson Learned as a Caregiver for My Wife"

[ALZWA blog - Read the post here.](#)

By: Craig Cottingham

"I now try to share bits of joy and laughter in our conversations. I have gratitude for

whatever recognition seems to appear. I hadn't been able to be in her physical presence for a year because of the pandemic. I accept how she is each day, anywhere on the spectrum.



“Celebrating the Holidays When Caring for a Loved One With Dementia” by Ray Burow, November 21, 2021

“I acknowledge that it’s very difficult to embrace the alterations that occur with dementia, so it seems the only solution is not to embrace them. To clarify, don’t live in denial, but to the best of your ability, move forward in your present situation. Embrace the holidays by limiting the amount of work you do on top of caregiving.”

[Read the article here.](#)

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
November 4, 1-2:30 p.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
November 18, 1-2:30 p.m. | [REGISTER](#)

Effective Communication Strategies
November 2, 1-2:30 p.m. | [REGISTER](#)
November 30, 3-4 p.m. | [REGISTER](#)

Financial Planning for Alzheimer's Disease
November 3, 3-4 p.m. | [REGISTER](#)

**Healthy Living for Your Brain and Body:
Tips from the Latest Research**
November 9, 1-2 p.m. | [REGISTER](#)

**Living with Alzheimer's: For Care Partners
- Middle-Stage**
November 17, 12:30-4:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
November 10, 3-4 p.m. | [REGISTER](#)
November 12, 9:30-11 a.m. | [REGISTER](#)
November 29, 1-2:30 p.m. | [REGISTER](#)

**Understanding and Responding to
Dementia-Related Behavior**
November 17, 3-4 p.m. | [REGISTER](#)
November 19, 9-10:30 a.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)



For course descriptions and a full list of available webinars and Association events, please visit us online at: alzwa.org/education



Get a Free Virtual Memory Screening!

Mondays & Wednesdays
10 am to 4 pm (ET)

Fridays
10 am to 2 pm (ET)

Call AFA at 866-232-8484
to make an appointment

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/>

Even More Resources

OFC Ongoing Caregiver Resources

NEW OFC Newsletter Archive

OLD FRIENDS CLUB

*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

Support Old Friends Club with a Gift Today!

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OLD FRIENDS CLUB
POBox 2472
Kirkland, WA 98083

