

To ensure delivery to your inbox, please add karen@oldfriendsclub.org to your address book.

OFC Caregiver Exchange



Our clubs are germinating beneath the soil, waiting for spring to come! We can't wait to pop up and bloom again for everyone to enjoy!

Check out the following caregiver resources that highlight some interesting data, research, advocacy, and a video that will bring a smile to your face.

To see the full calendar of activities and resources, check out the OFC Caregiver Calendar on our website.

[Old Friends Club Caregiver Calendar](#)

To add your organization's events, please contact Katie:

katie@oldfriendsclub.org

Just for Fun:

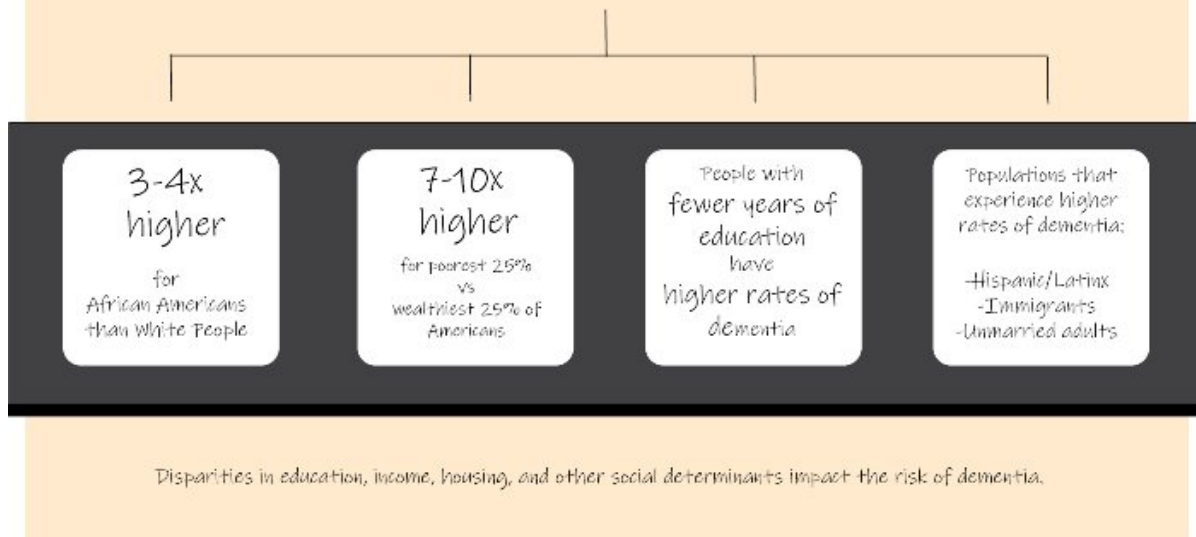
Watching a loved one struggle with dementia is not an easy task, but one New York City storyteller found a way to discover joy and laughter in it. Robert Sherer told a funny story to a live audience about his elderly grandmother.

Sherer was a live-in caretaker for his grandmother while she was going through early-onset dementia.



Sharing the Facts

Rates of Cognitive Limitation Among Americans Aged 55-69



OLD FRIENDS
CLUB
www.oldfriendsclub.org

Sources
U.S. Aging and Dementia Trends, June 2018, PRB.org: <https://www.prb.org/m/ographic-us-aging-and-dementia-trends/>
Eileen M. Crimmins et al., "Educational Differences in the Prevalence of Dementia and Life Expectancy With Dementia in the United States: Changes From 2000 to 2010," *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*73, suppl. 1 (2019): S20-S28.

In the News

Experimental Alzheimer's drug could slow cognitive decline in patients, early results suggest

"The study included 257 patients with early symptomatic Alzheimer's disease; 131 received donanemab, while 126 received a placebo. The researchers found donanemab slowed the decline of cognition and daily function in Alzheimer's patients by 32% after 76 weeks, compared to those who received a placebo."

Read More

What is Mild Cognitive Impairment “MCI”? A local neuropsychologist explains.

We've all had those moments when absentmindedness gets the better of us. We may walk into a room, only to realize we've forgotten what we'd planned to do there. We may forget to turn off the stove or miss an appointment. As we age, we may notice it becomes harder to remember people's names. With public awareness of brain aging and Alzheimer's disease risk growing, it's understandable for adults to wonder whether moments of forgetfulness could be signs of something more serious, such as mild cognitive impairment (MCI). Health care professionals working in the aging field often find themselves faced with questions about this common worry.

[Read More](#)

AIM - Alzheimer's Impact Movement



The Alzheimer's Impact Movement (AIM) is a separately incorporated advocacy affiliate of the Alzheimer's Association. AIM advances and develops policies to overcome Alzheimer's disease through increased investment in research, enhanced care and improved support. Thanks to the support of its members, AIM has driven policymakers to take historic steps to address the Alzheimer's crisis — but much more remains to be done.

[Become an AIM Advocate](#)

Mid-Month Caregiver Resources

A continuation of OFC's *Caregiver Connector* Newsletter

Let's get that body moving!

Follow along with this energizing video "Chair Yoga in an Urban Garden"



[Click here for chair yoga!](#)

SOCIAL DISTANCING SING-ALONGS

1ST & 3RD THURSDAYS: 1 - 2 P.M.

Come sing with us! Join All Present choir director Elena Louise Richmond for a fun afternoon of standards and favorites sung online via Zoom. A song sheet will be emailed upon registration. Donations appreciated to support this ongoing event.



**FOR REGISTRATION & INFO:
ARIELB@PHINNEYCENTER.ORG**



REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

March 15, 10-11:30 a.m. | [REGISTER](#)

March 31, 3-4:30 p.m. | [REGISTER](#)

Dementia Conversations

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

March 24, 1-1:45 p.m. | [REGISTER](#)

Effective Communication Strategies

March 17, 9-10:30 a.m. | [REGISTER](#)

March 25, 3-4:30 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body

March 2, 3-4:30 p.m. | [REGISTER](#)

March 10, 11-11:45 a.m. | [REGISTER](#)

Living with Alzheimer's:

For Caregivers-Late Stage (Part 2)

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

Living with Alzheimer's: Younger Onset

March 30, 11 a.m.-12:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

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

March 17, 1-1:45 p.m. | [REGISTER](#)

Información para entender la enfermedad de Alzheimer y la demencia

11 de Marzo, 3-4:30 p.m. | [REGISTRARSE](#)

Understanding and Responding to Dementia-Related Behavior

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

March 31, 3-4:30 p.m. | [REGISTER](#)

All sessions here are listed in Pacific Standard 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://www.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](https://www.alzwa.org/education)

Wellness Wednesdays

March 2021

The Alzheimer's Association and UW Memory and Brain Wellness Center are pleased to offer Wellness Wednesdays, a free weekly webinar series for people with memory loss and their families. Join us online and enjoy dynamic speakers exploring topics and resources to help you thrive on your memory loss journey.

Memory Strategies for Daily Life with Michelle Kim, PhD

Wednesday, March 3, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

Memory loss can certainly be frustrating, but there are strategies that can help. Join UW Memory and Brain Wellness Center neuropsychologist Michelle Kim, PhD to learn tips for everyday life — like remembering where you put your keys, recalling names and keeping your schedule organized. Leave with some practical ideas you can use right away.

On Friendship: Companionship Along the Dementia Journey with Janelle S. Taylor, PhD

Wednesday, March 10, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

Our friends can be a powerful source of connection, joy and support. When dementia is in the mix, friendship can be even more valuable, yet can also be hard to maintain. And with a year of social distancing, friendship may be even more tenuous. Join Dr. Janelle Taylor to explore friendship in the midst of dementia — what it means to us, what it can look like, and how to strengthen our bonds with friends new and old.

Understanding Alzheimer's and Dementia with Milene Browlow, PhD

Wednesday, March 17, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

Alzheimer's disease is not a normal part of aging. Join us to learn about: the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

Dementia Conversations with Milene Browlow, PhD

Wednesday, March 24, 2021 | 1-1:45 p.m. PST | [REGISTER HERE](#)

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.



UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Learn more and register at alzwa.org/wellness
or call 1.800.272.3900.



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

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

Do you know of any virtual groups or activities we should highlight?

Please let us know! [Email Katie.](#)



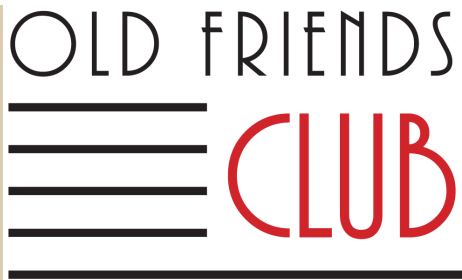
***Old Friends Club offers social activities and friendship
for people living with memory loss,
and respite and support for family caregivers.***

Questions? Call us (425)681-9776, [send us an email](#), or write us:

P.O. Box 2472, Kirkland, WA 98083

Old Friends Club is a 501(c)(3) non-profit, EIN 47-4792158

© Old Friends Club 2020. All Rights Reserved.



Support Old Friends Club

Enjoy what we do? Please consider making a gift to our organization today!
Thank you.

Manage Your Subscription

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

Old Friends Club
POBox 2472
Kirkland, WA 98083

