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Brought to you by:



Caregiver Connector

SPECIAL REMOTE EDITION: December 2020

Below are resources, classes, and conferences for caregivers.

Please share 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](#)



Stay at Home Highlights



KIN Alternative Gift Fair

December 5th, 11:00- 3:00

Get your holiday gift list ready! Join us virtually at Kirkland Interfaith Network's Alternative Gift Fair where you can make a donation in the name of your loved one, a neighbor, a coworker, a hairdresser, or an acquaintance to any of fifteen wonderful local, national, and international non-profit organizations, including Old Friends Club!

[Register here for the event.](https://tinyurl.com/KINFair2020) We hope to see you there!

Creative Aging: Finding Connection and Healing in Art & Nature

December 6th, 2:00 PM

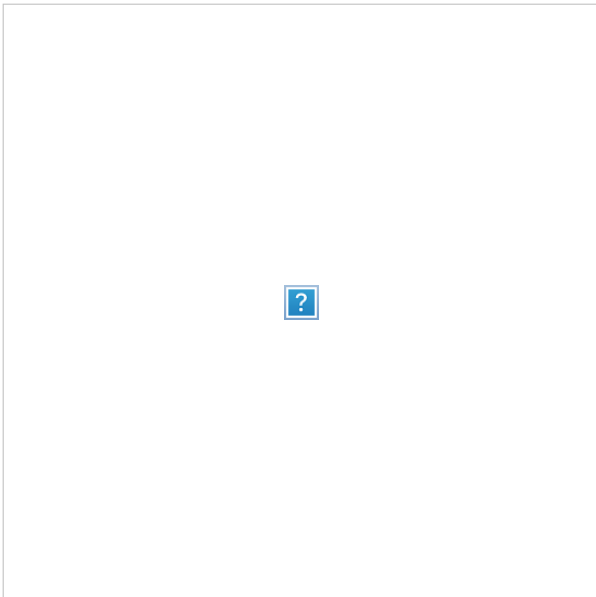
How can art and garden design help us achieve a renewed sense of well-being? How can solutions for those living with memory loss and dementia extend to all of us? How might we all benefit from the tonic of nature, even when we cannot leave our homes?

Join the Frye Art Museum, the UW Memory and Brain Wellness Center, and Microsoft in a gathering focused on the power of present-moment awareness, creativity, and sensory experiences with nature.

[Register here for this virtual event.](#)

Indigenous Speaker Series - Indigenous Aging Resources

The Indigenous Speaker Series features dialogues about Indigenous people's



cultural and traditional lived experiences.

December 9 12:00 pm – Featured Speaker: Rose High Bear

Title: “Your Journey of Transformation”

[Register here.](#)

PLEASE JOIN US FOR

The Best Christmas Pageant Ever

Tuesday, December 15, 2020
6:30 - 8:30 p.m.

The Alzheimer’s Association Washington State Chapter invites you to a special community engagement event. Please join us online for a dramatic reading of a popular holiday play presented by high school theater student volunteers!



The Best Christmas Pageant Ever

Tuesday, December 15

6:30 – 8:30 PM

The Alzheimer’s Association Washington State Chapter invites you to a special community engagement event. Please join us online for a dramatic reading of a popular holiday play presented by high school theater student volunteers!

[Register here.](#)

****NEW****

Find more events like the ones listed above on our new Caregiver Calendar!

NEW: FULL CALENDAR OF EVENTS

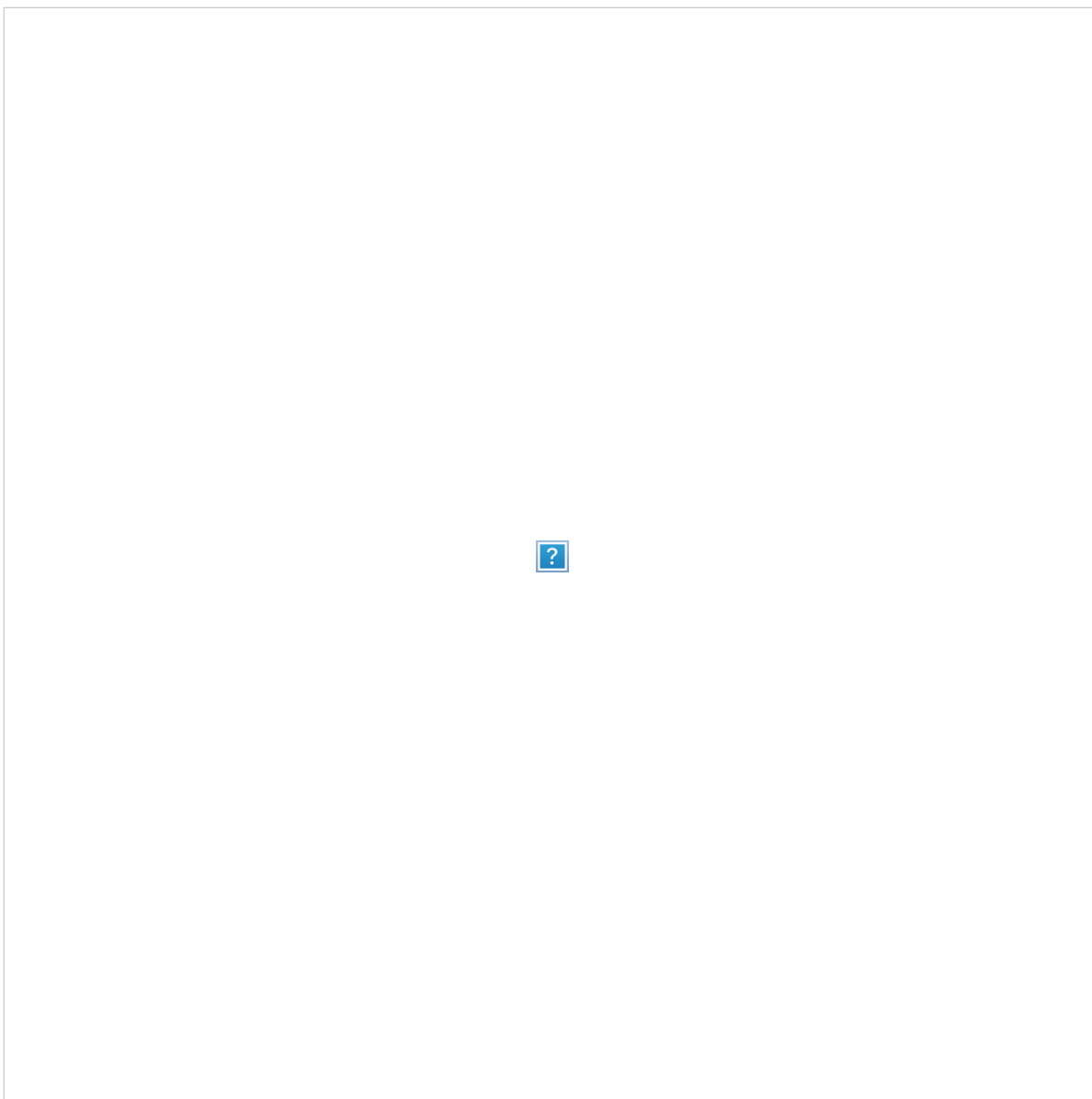
Check out our website to see the master list of events Old Friends Club has compiled!

Includes events from the Alzheimer's Association, the Alzheimer's Foundation of America, UW Brain and Wellness Center, Kirkland Interfaith Network, Music Mends Minds, Elderwise, the Alzheimer's Disease Research Center at UW, Taproot Theatre, and more!

Contact [Katie](#) if you have an event that you would like to add to our calendar.

Online and Community Resources

[Dementia Road Map: A Guide for Family and Care Partners](#)



The Dementia Action Collaborative (DAC), established in 2016, is a statewide group of public-private partners committed to preparing Washington state for the growth of people with dementia. The DAC includes a range of appointed members including people with dementia, family caregivers, legislators, representatives of advocacy groups, the Aging Network, Alzheimer’s organizations, long-term care providers, health care professionals, and governmental agencies, including Aging and Disability Services and several other Area Agencies on Aging.

An important accomplishment in 2018 was the creation of the Dementia Road Map. This Washington state-specific “roadmap” was developed to provide family caregivers with information about Alzheimer’s and dementia, and what to expect over time, to help them plan. The roadmap is available online and in print (available in English and in Spanish).

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

Dec. 8, 1-2:30 p.m. | [REGISTER](#)
Dec. 17, 2:30-4 p.m. | [REGISTER](#)

COVID-19 and Caregiving

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

Dementia Conversations

Dec. 18, 10-11:30 a.m. | [REGISTER](#)

Effective Communication Strategies

Dec. 16, 1-2:30 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body

Dec. 2, 2-3:30 p.m. | [REGISTER](#)
Dec. 9, 10-11:30 a.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's

Dec. 3, 10 a.m.-12:30 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers-Late Stage

Part 1: Dec. 4, 1-2:30 p.m. | [REGISTER](#)
Part 2: Dec. 11, 1-2:30 p.m. | [REGISTER](#)

Meaningful Activities

Dec. 10, 2-3:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

Dec. 7, 1:30-3 p.m. | [REGISTER](#)
Dec. 15, 3-4:30 p.m. | [REGISTER](#)

Understanding & Responding to Dementia-Related Behavior

Dec. 11, 2-3:30 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option

Dec. 3, 2-3:30 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://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



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

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

Alzheimer's Association

COVID Listen Line
(206) 529-3890

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

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

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