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Caregiver Connector: Fundraiser Edition

September 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

September 1st kicked off OFC's "Help a Caregiver" fundraiser! Learn more and see how you can contribute to and support our biggest fundraiser of the year by clicking on the image below:

Help a Caregiver Catch a Break



Old Friends Club Fundraiser
September 1, 2022- October 31, 2022

www.olderfriendsclub.org/helpacaregiver



Support this important cause by making a tax-deductible gift today. Visit www.olderfriendsclub.org/helpacaregiver. We accept Venmo, PayPal, and mailed in checks. Unable to give a monetary gift? Help spread the word by sharing the website on social media channels and with your networks.

[Donate Here](#)

In other OFC News...

-People are *jumping* at the chance to be a part of the club and what it offers. OFC has hired a new Activity Director for our Sammamish Club location that is officially opening on September 14! Welcome Karen Ross! [Learn about Karen here.](#)

Curious about opening a club in your community? The need is high. [Learn](#)

[more here](#) o! contact Karen Koenig karen@oldfriendsclub.org

-OFC also recently filled the Affiliate Development position. Welcome, Katie Spears! [Learn about Katie here.](#)

-OFC turns 7 on September 15th! 7 years of laughter, new friends, and getting through challenges *together*. *Share your memories and photos with us by emailing katie@oldfriendsclub.org*

**/// Keep scrolling for more caregiver resources **

Community Activities, Events & Support

Update: OFC has made a few changes to our list of activities and events that we share on here to include more options in surrounding areas. You will now find organized resources for King County - Seattle and the Eastside, Snohomish County, Pierce County, virtual options, and general caregiver support. There is a button below each highlighted resource that will take you to additional helpful resources on our website.

These resources are growing, so we hope to have even more to share soon. If you would like us to share your event or know of an event that would be useful to list, email Katie - katie@oldfriendsclub.org



The Memory Hub

A Place for Dementia-Friendly Community, Collaboration, and Impact

Alzheimer's Care, The Memory Hub

Tuesday, September 13, 2022 at 2:30pm

Join the Frye Art Museum and the UW Memory and Brain Wellness Center for an uplifting time of social connection! A unique opportunity for people living with dementia, their care partners, family, and friends to enjoy companionship, live music, and fun in a relaxed environment. (Registration Required)

[Learn more and register here.](#)

[View More Seattle Resources](#)



Garden Walk at Bellevue Botanical Garden for People with Dementia and Their Partners

Wednesday, Sept. 7 | 1-3 p.m.

Garden walk followed by a rock painting activity.

This is a FREE program, pre-registration is required.

Pre-register online or by phone.

This program is for people living with dementia and their partners. In cooperation with Momentia and Silver Kites, The North Bellevue Community Center is excited to invite you to Gardens and Art at Bellevue Botanical Gardens. This fun, safe, social program will include a docent-led garden walk followed by an art project with an experienced instructor. People with all levels of mobility and cognition are welcome.

425-452-7681

register.bellevuewa.gov



Veterans, Seniors & Human Services Levy



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-4337 (voice) or email sforti@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

Information
 정보 सूचना 情報 資料
 425-452-6800
 సమాచారం Thông Tin
 Información معلومات
 اطلاعات Информација
 PK5-223-7208

[View More Eastside Resources](#)

In-Person: First Responder's



BBQ, Snohomish Senior Center

September 7 at noon

Check out the Snohomish Senior Center's calendar for the month of September for a bunch of events, such as:

[View the calendar here.](#)

[View More Snohomish County Resources](#)



Lutheran Community Services Northwest: Opening Minds Through Art (OMA)

We pair people with dementia and other cognitive challenges with trained volunteers to create works of art in this six week program. An art show with all participants is held on the last day of each session. OMA gives people living with dementia the opportunity to freely express themselves artistically and:

To learn more about OMA, please call 253-272-8433 or email us at dementiaservices@lcsnw.org

[View More Pierce County Resources](#)



GenPride Yoga and Stretching

Mondays- 11 AM - Noon

Wednesdays- 3:30 - 4:30 PM

Fridays 3:30 - 4:30 PM

[Register for Yoga here.](#)

Find a class or support here.

View More Virtual Resources



Have questions about legal planning for dementia?

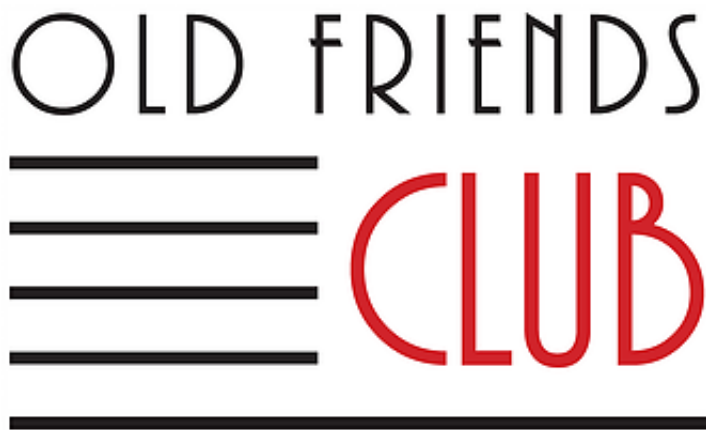
The Dementia Legal Planning team can help you proactively plan for the future. We connect you to a volunteer attorney who will help guide you through power of attorney for finances and health care, health care directives, and the dementia directive form with no cost to you.

📞 425-780-5589 | 🌐 www.dementialegalplanning.org



This program is funded, on behalf of the Dementia Action Collaborative, by Aging and Long-Term Support Administration/DSHS.

[View More Resources Here >>>](#)



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

www.oldfriendsclub.org

Questions? Contact us today:

(425)681-9776

welcome@oldfriendsclub.org

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