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OLD FRIENDS CLUB *Caregiver Exchange*

April 2023 Edition

News From Old Friends Club

An Announcement:
Old Friends Club has merged with
Dementia Support NW!



[Learn more about the merger here](#)

Sign up below to receive *Dementia Support NW's* newsletter - arriving mid-month going forward (in place of the *Caregiver Exchange*). *Scroll to the bottom of the homepage for the sign-up field.*

Yes, I want to receive DSNW's Newsletter- Sign me up!

The *Caregiver Connector* will still be coming to your inboxes at the start of each month.

Caregiver Club Virtual Forum April 2023 Topic: *Get Moving!*



Mark your calendars

Date: April 25, 2023

Time: 5:00 PM

Join OFC and other caregivers as we share ideas and tips to get someone who is reluctant to exercise to be more active.



Mark your calendars! The first ever Caregiver Club virtual forum topic is coming. Join OFC and other caregivers on **April 25 at 5:00 pm online** to

discuss tips and other ideas to get someone who is reluctant to exercise to be more active.

- This is an informal opportunity to chat with other caregivers around a theme.
- This event will take place in the OFC online forum and is free to all. Forum registration takes just a moment!
- This forum will take place as a "chat room".
- If you are unable to attend, the chat room will be available to view by anyone after the forum has ended.
- Visit the forum here: <https://www.olderfriendsclub.org/caregiverclub>
- For help accessing the forum and signing up/logging in, [watch OFC's help video](#) or [read the transcript here](#).

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

Resource Highlights: Community Activities, Events & Support



Seattle
Parks and Recreation

Limited space remains in Dementia-Friendly Recreation's **Art in the Park** program, **beginning Wednesday, 4/26!** This Spring opportunity includes a group exploration of the Seattle Japanese Garden at the Washington Park Arboretum, followed by an open-ended, guided painting experience and an opportunity to connect with others living with memory loss and care partners. No art experience necessary and no cost to attend!

Meets four Wednesdays: 4/26, 5/10, 5/24 , 6/7 10:00 a.m. to 12:00 p.m.

[View registration and program details.](#)

A partnership between Seattle Parks and Recreation, Elderwise, and the Seattle Japanese Garden with support from

To participate, register now or contact tamara.keefe@seattle.gov.

Join Our Next Talk! Dementia Friendly Seattle

SPEAKERS:



Sandy Sabersky
Co-founder of Elderwise



Marigrace Becker
Director of The Memory Hub

Sponsored by  Dementia Friends Washington

4/28 at 7:30 PM, Town Hall Seattle | At the end of this month, Sandy Sabersky and Marigrace Becker will provide resources and meaningful connections for people with dementia as well as a way for care partners to grow. [Learn more here.](#)



HOPE Dementia Support &
The Goff Team of Keller Williams Realty
Present



Community HEALTH & RESOURCE FAIR

Free Drawing
&
Giveaways

Reiki Sessions

Blood Pressure
Screening

Saturday,
April 29, 2023

at Keller-Williams
2211 E Mill Plain Blvd
Vancouver, WA
10:00am - 4:00pm
FREE

Come to our Community Health &
Resource Fair, gather information,
have great conversations, and enter
a free drawing for gift baskets.



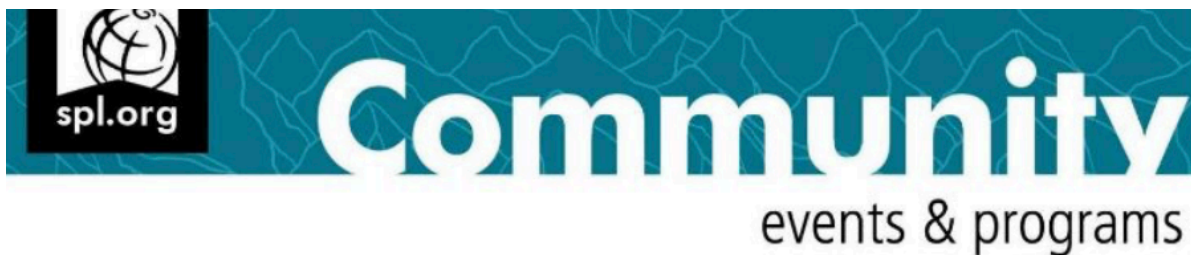
Sheriff Auxiliary



For more information: (360) 513-5754 or alwaysHOPEinfo@gmail.com

4/29, Saturday. 10:00 am- 4:00 pm. Community Health & Resource Fair |
For more information, call (360)513-5754 or email
alwaysHOPEinfo@gmail.com





Seattle Reads Gallery Tour and Talk

**Thursday, May 4
4:30-6:00 pm**

**Frye Art Museum
704 Terry Avenue**



Join a facilitated gallery tour of the aquatic works in *Flying Woman: The Painting of Katherine Bradford* at the Frye Art Museum, then take a short walk next door to The Memory Hub and participate in a moderated book discussion of *The Swimmers*, by Julie Otsuka. Featured Seattle Reads 2023 selection, Otsuka's novel is about mothers, daughters, and what is lost and what remains when memory fades. Snacks and drinks provided. Masks required when not eating/drinking. Limited free parking available; parking instructions will be sent to attendees.

Free, Registration required at [spl.org/calendar](https://www.spl.org/calendar)

Presented by the Frye Art Museum Creative Aging Programs; The Memory Hub, UW Memory and Brain Wellness Center; and Seattle Public Library.

FRYE
Art Museum

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Installation view of *Flying Woman: The Paintings of Katherine Bradford*, Frye Art Museum, Seattle, February 4–May 14, 2023. Photo: Jueqian Fang

www.spl.org | 206-386-4636

5/4, 4:30-6:00 pm | Seattle Reads Gallery Tour and Talk - [Register here.](#)



Dementia Friendly Recreation

Meets the 2nd Monday of Every Month at 11 a.m.
North Bellevue Community Center

- April 10:** Patrick Daugherty - Singer
- May 8:** Painting activity
- June 12:** Nancy Stewart - Singer
- July 10:** Painting activity
- Aug. 14:** Patrick Daugherty - Singer
- Sept. 11:** Painting activity
- Oct. 9:** Nancy Stewart - Singer
- Nov. 13:** Painting activity
- Dec. 11:** Patrick Sings - Singer

Nancy Stewart: a professional musician since she was fifteen, and after touring with a national band doing lead guitar and vocals for ten years, she left her nightclub days behind to sing locally.

Patrick Daugherty Sings: Patrick sings familiar songs from our past. You can sing along or just listen. Audience requests are also welcome!

Painting: A different painting activity every other month to enjoy and let your creativity flow!



Veterans, Seniors & Human Services Levy

The funds for this event are covered under a levy intended for those individuals aged 55 or older. This program receives funding from the King County Veterans, Seniors, and Human Services.

PKS-23-7778



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7681 (voice) or email nbcc@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.



5/8, 11 am (next date) | Dementia Friendly Recreation, North Bellevue Community Center. [Contact information available here.](#)

IDD & Dementia Dialogue

an afternoon of resources and connection

PRESENTED BY:

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

QUESTIONS:

Marigrace Becker
206-543-2440
mbecker1@uw.edu

Register by May 5th:
<https://tinyurl.com/IDDandDementia>



Saturday, May 13th | 1:30p.m. - 4p.m.
a free event

Join us for an afternoon of connection, meaningful engagement, and resources for people with intellectual/developmental disabilities who have dementia, alongside family and professional caregivers.

The event will include two sessions offered simultaneously: one is an educational program tailored to caregivers and the other will include engagement activities tailored to the persons with dementia.

In person at the Memory Hub: 1021 Columbia St, Seattle

5/13, 1:30-4:00pm | IDD & Dementia Dialogue: An afternoon of resources and connection - [Register here.](#)



LEARN FROM HOME!

An engaging program for seniors, caregivers and activity directors for conversations and interactions. Enjoy with a warm drink.



JOIN THE CLASS CLUB here! →

Email - Earthsoup2@gmail.com

Website - <https://charliesylvetsky.wixsite.com/earthsoup>

or Phone – 206-909-0838

The Coffee Class: An engaging program for seniors, caregivers, and activity directors for conversations and interactions. Enjoy with a warm drink. [Learn more here.](#)



Washington Talking Book & Braille Library

A program of the Washington State Library

Free Audiobooks from the Washington Talking Book & Braille Library

Do you or your loved one struggle with reading the newspaper because the print is too small? Are you missing your favorite books or authors because you can't focus for long periods of time? Is it hard to hold a book or turn pages because of hand tremors or arthritis? The Washington Talking Book & Braille Library (WTBBL) can keep you reading with free audiobooks.

If you are unable to read standard print because of a condition like glaucoma, macular degeneration, dementia, diabetes, stroke, Parkinson's, or multiple sclerosis, the Washington Talking Book & Braille Library (WTBBL) offers free audiobooks by mail or mobile app. WTBBL is a statewide library service for anyone unable to read standard print. Library patrons can borrow an easy-to-use audio player, accessories including headphones and a remote control and get books free through the mail or listen any time on a smartphone or tablet.

The library collection includes over 200,000 titles and readers' advisors are available by phone weekdays from 8:30 a.m. to 5 p.m. WTBBL can also pick books for you when you tell us what authors and types of books you like to read. You can change the number of books you get, or your author or subject preferences anytime by calling or writing the library. Borrowers can receive an audio catalog of the newest books six times a year and can place specific requests using the order form or by phone.

Return your books postage-free and the library will automatically send more for you to enjoy. Getting books from WTBBL is a great way to stay entertained, informed, and connected with your community. For more information or an application for service, please visit wtbbl.org or call [800-542-0866](tel:800-542-0866).

Caregivers of Persons Living with Lewy Body Dementia are Required for the Research Study

Are you a caregiver of a person living with Lewy Body Dementia?

Help us! We aim to learn more about our innovative digital support intervention to support caregivers in their daily tasks.

Eligibility:

Family Caregivers age 18+ providing care to persons living with Lewy Body Dementia.

Research Study:

Two remote study visits are about 90 minutes each eight weeks apart.

Brief weekly participation in online activities over eight weeks

Compensations:

You can receive up to \$250 for participation.

Want to learn more:

Contact our team: vocale@uw.edu

Visit our website: <https://sites.uw.edu/vocale>



Are you a caregiver of a person living with Lewy body Dementia?

Contact the team: vocale@uw.edu

Visit the website: <https://sites.uw.edu/vocale>

Visit the [Community Resources](#) page on OFC's website to discover more caregiver resources.

[View More Resources Here](#)



Old Friends Club empowers communities to cultivate joy in the lives of adults with dementia and nourish the wellbeing of family caregivers.

www.olderfriendsclub.org

[Support OFC with a Gift Today](#)

We accept PayPal, Venmo, and Mail-In Check.



Thank you for your support!

-Questions? Contact us today: (425)681-9776

welcome@olderfriendsclub.org

-For past issues of OFC's newsletters, [please visit our archive.](#)

-Was this newsletter forwarded to you? [Subscribe here](#) to be on our list (we promise we won't spam you or share your information).

-Do you have a resource you'd like to share in our next newsletter or on our website under resources?
Email katie@olderfriendsclub.org

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