

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

Brought to you by:



Caregiver Connector

October 2021 Edition



The air is becoming crisp and the leaves

are changing colors...Happy Autumn!

OFC Update: Are you a King County employee or know someone who is?

Old Friends Club is now a part of the King County Employee Giving Program. Please consider supporting Old Friends Club through this program. Our unique code is **10814**.

Thank you.



King County Employee Giving Program

Please consider supporting
Old Friends Club by
using our unique code:

10814





Hispanic Heritage Month continues!

Check out this month's "Stay-At-Home" highlights

below...

**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](#)



MEXAM NW FESTIVAL 2021

PRESENTED BY
 DELTA

 AEROMEXICO

Calendar

<p>Sep 13 KEXP Collaboration Sep 13 - Oct 15 Stay tuned for more information!</p> <p>Sep 14 Conoce a tu Comunidad Facebook Premiere 6:00 PM</p> <p>Sep 15 "El Grito" Concert Nordic Museum 6:30 PM</p> <p>Sep 16 Lila Downs ¡Viva México! Facebook Premiere 6:00 PM</p> <p>Sep 17 Poetry Workshop with poet laureate Juan Felipe Herrera Studio Lazo 5:00 - 7:00 PM</p> <p>Sep 18 Fiestas Patrias Sea Mar Facebook Live 12:00 PM</p> <p style="padding-left: 20px;">Poetry reading by Juan Felipe Herrera ArtXchange Gallery 1:00 - 3:00 PM</p> <p>Sep 19 Fiestas Patrias Sea Mar SeaMar Community Health Centers 12 - 5PM</p> <p>Sep 19 Washington State Fair Fiestas Patrias 6:00 - 9:00 PM</p>	<p>Sep 22 Noches de Trivia Mexicana Zoom/Quizziz 6:00 PM</p> <p>Sep 25 B-Town Fiesta Downtown Burien 10:00 AM - 10:00 PM</p> <p>Sep 29 Noches de Trivia Mexicana Zoom/Quizziz 6:00 PM</p> <p>Sep 30 Ballet de Amalia Hernández Facebook Premiere 6:00 PM</p> <p>Oct 6 Noches de Trivia Mexicana Zoom/Quizziz 6:00 PM</p> <p>Oct 7 Migrant Student Talk with Artist Marilyn Montúfar Facebook Live 6:00 PM</p> <p>Oct 6 & 13 Classical and Latin American music concerts Good Shepherd Chapel 7:00 PM</p> <p>Oct 9 Conversation with Alejandro Grajal Director of Woodland Zoo Park Facebook Live/Zoom 2 PM</p> <p>Oct 13 Noches de Trivia Mexicana Zoom/Quizziz 6:00 PM</p>
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PLEASE NOTE THAT DUE COVID, THESE EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION.



















October 2021 Dates for MEXAM NW 2021:

MEXAM NW 2021 is a multi-event, multi-venue festival aimed at showcasing contemporary Mexican and Mexican-American culture.

Curated by the consulate of Mexico in Seattle with the support of local partners as well as community members who in a joint effort come together to celebrate Mexico and its relationship with the US.

[Learn more here](#)



Hispanic Heritage Month with Author Silvia Moreno-Garcia/El Mes de Herencia: Hispana Silvia Moreno-García

[REGISTER/Regístrate](#)

8:30PM
Online event

For adults and teens.

Join a discussion with **Silvia Moreno-Garcia**, author of *Mexican Gothic*. KCLS Librarian José García will moderate.

Mexican Gothic and other books by Silvia Moreno-Garcia are available for purchase from [Third Place Books](#).

Sponsored by the King County Library System Foundation and is part of the Author Voices series.

Para adultos y adolescentes.

Únase a una discusión con **Silvia Moreno-García**. José García, Bibliotecario de KCLS, moderará

El libro *Mexican Gothic* y otros libros por Silvia Moreno García estarán a la venta en la librería [Third Place Books](#).

Este evento es patrocinado por la Fundación del Sistema de Bibliotecas de King County y es parte de la serie *Author Voices* (La

Voz del Autor).



The Sea Mar Museum of Chicano/a/Latino/a Culture, celebrating the rich history of Chicano/as and Latino/as in Washington state.

The first of its kind in the Pacific Northwest, the Sea Mar Museum of Chicano/a/Latino/a Culture showcases the history of Chicano/as and Latino/as from post war immigration to present time.

[Plan your visit and learn more here.](#)

More Events And Activities:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Community Cafés

Active Older Adult (AOA) Community Cafés bring together those who are 55+ to build health in spirit, mind, and body so that we thrive with greater purpose, connection, and well-being.

Each café is a free hour-long Zoom call starting with a large group time of welcome. We explore the day's topic through an engaging presentation to get you thinking and prepared for a 20-minute reflective dialogue in small groups about the subject. Everyone is invited to listen and contribute as they feel comfortable. The large group gathers back the last 5 minutes for a note of encouragement.

AOA Community Cafés are brought to you by the Washington State Alliance of Y's and are free for all. We encourage you to invite your friends and family!

Tuesdays
1:00–2:00pm

See what we have to offer today!



Want to learn more? Visit seattlemca.org/cafe

UW Medicine Memory and Brain Wellness Center

Wellness Wednesdays: Mood Boosters: Helpful Strategies to

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UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Support Your Mental Health

Wed, October 06, 1:00pm

We all feel down from time to time, but what can we do about it? Join us as we hear from George Dicks, geriatric mental health specialist from Harborview Medical Center, on how to support your mental health. In this session, we will explore practical mental health strategies that can lift your spirits and help you thrive. Presented by: George Dicks

[Learn more here.](#)



TAPROOT THEATRE
COMPANY

TapRoot Theatre Z-Improv Class

October 11, 2021

2:30 PM - 3:30 PM

“Improv is all about saying, YES, to whatever happens IN THE MOMENT in creative play. Taproot’s trained improv teachers lead our memory loss classes, and students excel in this creative setting, utilizing multiple areas of memory that still function well. The end result is a feeling of success and accomplishment in a class filled with laughter and social connection.” – Pam Nolte, Taproot Theatre Co-founder and Teaching Artist

To join in on the fun, email Pam:
pamn@taproottheatre.org

Silver Kite Community Arts – Autumn Dances

Monday October 25, 1:30-2:30 PM

Join us for Fall ritual dances, Harvest dances, and spooky dances!



Along with our usual array of dancing for fun using all different genres, we will have a little fun being inspired by autumn music and movement traditions from around the world.

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.](#)



Try our Unique Online Community!
Meetings are every Monday



Perhaps you or someone you know would benefit from joining a group like MiniWise. We are a small group that meets on Monday mornings at 11 am for an hour of conversation, laughter, support, movement and community.

Elderwise MiniWise is Unique:

- Person living with dementia attends **with** their care partner- spouse, child, friend, or caregiver
- Find support with others who share a similar situation
- Learn the Elderwise Way through modeling
- Recapture the joy of the relationship
- Share in deep and/or joyful conversations
- Live in the moment
- Stretch and breathe together

Please join us to see if this group is for you.
Nancy Lang (nancy@elderwise.org) can answer your questions.
Donations gladly accepted but not required.

ElderWise - MiniWise

Perhaps you or someone you know would benefit from joining a group like MiniWise. We are a small group that meets on Monday mornings at 11 am for an hour of conversation, laughter, support, movement and community.

[Email Nancy for more information.](#)

www.elderwise.org



"Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

The Puget Sound region is home to a variety of dementia-friendly

opportunities offered by a growing number of community members and organizations."

[Find more events + Learn more about Momentia here](#)

Additional Support



**Care Connection Webinar:
Guardianship & Conservatorship:
Frequently Asked Questions &
Answers**

Alzheimer's Foundation of America

October 14 @ 1:00 pm EDT

[Learn more here.](#)



Technology for Early Dementia Diagnosis

"Wearable sleep monitoring technology to improve diagnosis of Lewy Body Dementia and Alzheimer's"

By Genevieve Wanucha

Read the article [here](#).



The North Bellevue Community Center has teamed up with the University of Washington Medicine and VA Puget Sound Health Care System to offer a special **free online Speakers Series via Zoom**. On the second Tuesday of each month we will present remarkable talks featuring local professors and health care professionals who specialize in healthy aging and wellness. Each talk is about 45 minutes with a 15-minute Q&A session. We hope you'll join us for one, two or all three of these talks to discover important information about healthy aging, brain health and wellness. All events are free but pre-registration is required. Each session is designed to be informative and interactive, with a chance to ask your questions live of our presenters.

YOU HAVE TWO OPTIONS TO PARTICIPATE:

Online: Joining online you'll need a computer with internet to participate, and instructions for connecting will be emailed after you register.

In person: We will have a computer connected to a television screen at NBCC.

PRESENTERS:



Dr. Patrick Raue
Healthy Aging
Tuesday, Sept. 14,
1-2 p.m.



Dr. Murray Raskind
Forgetfulness
episodes in later
life...when are they
benign, and when should one
worry about Alzheimer's Disease
Tuesday, Oct. 12, 1-2 p.m.



Dr. Michael Schrift
Alzheimer's Disease
and Dementia/
Medications
Tuesday, Nov. 9, 1-2 p.m.

REGISTRATION:

To sign up for **in-person** contact the NBCC by phone 425-452-7681 or email nbcc@bellevuewa.gov.

PHS-21-4393



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7696 (voice) or email abrags@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.





PROFESSIONAL DEVELOPMENT
WORKSHOP

**ARTS ACTIVITY
PROGRAM IDEAS FOR
OLDER ADULTS**

OCTOBER 13, 2021
10:30 - 11:30 AM PDT
ONLINE



**CEUS
AVAILABLE**

**\$45
REGISTRATION
FEE**

TO REGISTER:

[WWW.SILVERKITE.US
/TRAINING](http://WWW.SILVERKITE.US/TRAINING)

INFO@SILVERKITE.US

360-218-4884

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Research has shown that creative engagement is beneficial for people of any age. The arts play a crucial role in helping us keep active, promote joy, and engage in play throughout our lifetimes.

During this workshop we'll explore ways to structure and facilitate a successful arts program for older adults and engage in some arts activities that can be used in your community, library, or other organization.

CEUs available through LeadingAge Washington

Facilitated by Jen Kulik, Ph.D, Founder and CEO, SilverKite Community Arts

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
October 1, 11 a.m.-12:30 p.m. | [REGISTER](#)
October 5, 3-4 p.m. | [REGISTER](#)
October 28, 1-2 p.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
October 7, 3-4 p.m. | [REGISTER](#)

Effective Communication Strategies
October 13, 1-2:30 p.m. | [REGISTER](#)
October 20, 3-4 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research
October 11, 12-1 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's
October 5, 9-11:30 a.m. | [REGISTER](#)

Living with Alzheimer's: For Younger-Onset Alzheimer's
October 19, 12-1 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
October 7, 12-1 p.m. | [REGISTER](#)
October 27, 9:30-11 a.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
October 13, 3-4 p.m. | [REGISTER](#)
October 21, 9:30-11 a.m. | [REGISTER](#)

When Living at Home is No Longer an Option
October 26, 3-4 p.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

POST ME!

Complimentary

JOIN US!

2021 SEPTEMBER – DECEMBER CALENDAR



Coffee Time

Coffee, Networking, and Resources for Elder Care Providers

SASH is hosting a hybrid Coffee Time schedule for Fall. Join our "In Person Coffee Time" in both South King and N. Seattle / Snohomish. Other Coffee Times will continue to be held via Zoom.

N. SEATTLE / SNOHOMISH

3rd Friday / Mo. 9:00 to 10:30 a.m.
Sep 17** | Oct 15* | Nov 19* | Dec 17*
* In Person Coffee Time

Contact coffeetime@sashservices.com | (206) 939-0350
**Edmonds City Park | *MBK Mountlake Terrace Plaza

SEATTLE / EASTSIDE

2nd Tuesday / Mo. 9:00 to 10:30 a.m.
Sep 14 | Oct 12 | Nov 9 | Dec 14
Via Zoom

Contact coffeetime@sashservices.com | (206) 939-0350
for the Zoom link for this meeting!

SOUTH KING COUNTY

2nd Friday / Mo. 9:00 to 10:30 a.m.
Sep 10* | Oct 8* | Nov 12* | Dec 10*

*In Person Coffee Time | Hosted by Andrea Clibborn
Contact andrea@sashrealty.com | (206) 949-6661
Held at SASH Office Building, 1st Floor Conference Room

TACOMA / PUYALLUP

1st Wednesday / Mo. 9:00 to 10:30 a.m.
Sep 1 | Oct 6 | Nov 3 | Dec 1
Via Zoom

Contact coffeetime@sashservices.com | (206) 939-0350
for the Zoom link for this meeting!

SKAGIT / WHATCOM ISLAND / SAN JUAN

4th Tuesday / Mo. 9:00 to 10:30 a.m.
Sep 28 | Oct 26 | Nov 23 | Dec 28
Hosted by Lynn Jenssen via Zoom

Contact lynn@sashrealty.com | (360) 298-6569
for the Zoom link for this meeting!

Want an email reminder to your
favorite Coffee Time? Send us an email
at coffeetime@sashservices.com.



Senior
Home Sale
Services





Español

Si te han diagnosticado con Alzheimer o otra demencia, no estas solas.

sage

Advocacy &
Services for
LGBT Elders

We refuse to be invisible®

"We're a national advocacy and services organization that's been looking out for LGBT elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBT people."

[Find support and learn more here.](#)



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!

FOLLOW US

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OLD FRIENDS CLUB

POBox 2472
Kirkland, WA 98083

