

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

Brought to you by:



Caregiver Connector

SPECIAL REMOTE EDITION: July 2021



"Fun and Safe 4th of July Activities for People with Alzheimer's Disease"

Ideas include songs to listen and sing along to, decorations, and more.

[Read more here!](#)

A Walk in the Park, Disco-Funk Dancing, a tour of the Vatican, and more!

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](#)

Stay at Home + Adventure Out Highlights

A Walk in the Park for people living with Alzheimer's disease and other dementias

Janice King, author of Eastside Seattle Walks will lead a gently-paced walk at Confluence Park, 595 Rainier Boulevard N, Issaquah.

Date: July 10th

Time: 10:30-11:30 am

Meeting place: the Picnic Shelter

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Date: July 10th

Time: 10:30-11:30 am

Meeting place: the Picnic Shelter

Park Amenities include:

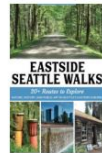
- Benches
- Creek
- Natural Open Space
- Picnic Tables
- Restrooms
- Gravel and Dirt Paths

Who should attend?

- People with memory loss/ dementia accompanied by family or friend.
- People who can walk on uneven ground without assistance
- Sorry, this is not a walker/cane friendly walk

Bring a snack and drink, weather appropriate clothes, comfortable shoes and a big old smile!

To register please contact Allyson Schrier, allysonvs@msn.com or 425-358-1009



Seattle Parks and Recreation - Lifelong Recreation

"Managing Pests Sustainably" Webinar

Join experts from Seattle Parks and Recreation, Tilth Alliance, and NW Center for Alternatives to Pesticides for this free webinar on Integrated Pest Management. Learn how to apply sustainable pest management strategies in the yard and garden.

[Watch here.](#)

Virtual Community Class:

Disco-Funk Chair Fitness

Tuesday, July 13



11:30 AM

Low-impact chair fitness class

Learn more and join this activity in the AFA's Teal Room. Registration required.



Itching to Travel? Tour the Vatican Online.

Enjoy a 3-D tour of the Sistine Chapel, Raphael's rooms, and more!

[Let the tour begin! Click here.](#)



Washington Talking Book and Braille Library

Wed, July 21, 11:00 am

Poet Laureate Rena Priest

The new Washington Poet Laureate, Rena Priest, will join us in an online event to discuss her works Patriarchy Blues, Subliminal Sublime, and more. Register in advance for this zoom webinar. After registering, you will receive a confirmation email containing information about joining the webinar

[Register and Learn More Here.](#)



The Frye Museum: Mindfulness Meditation: Gratitude

Mindfulness Meditation: Gratitude

Present-moment awareness is essential to experience and appreciate any work of art—and during this uncertain time, the practice of mindfulness meditation can offer a sense of calm amidst stress and ongoing change. The Frye Art Museum is offering virtual Mindfulness Meditation sessions while we are unable to offer in-person programming.

This Gratitude practice is approximately 9 minutes and is available in video and audio-only format

[Meditate Here.](#)



For the Car Enthusiasts:

"Exotic Cars at Redmond Town Center"

Exotics at Redmond Town Center is a weekly gathering of exotic cars, drawing in owners and spectators together for the mutual enjoyment of all things car-related.

- Hours are 9-11 am, weather permitting.

[Learn more here.](#)

Join OFC's *Walk to End Alzheimer's* Team and help us fundraise!

ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.



We're walking in 2021 — and we invite you to join us.

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser to fight the disease. Each year, participants in more than 600 communities across the country come together to raise funds and awareness for Alzheimer's care, support and research.

We're moving forward with plans to host Walk to End Alzheimer's in person this fall. Your health and safety remain our top priorities as we make decisions about event details, and we will continue to offer options to participate online and in your neighborhood.

Families facing Alzheimer's and all other dementia need us now more than ever — and with your support, we can continue to be there for them. Visit alzwa.org/walk to learn more about the many ways you can join the fight.

Eastside Walk to End Alzheimer's
Redmond, WA
Saturday, September 25, 2021



Walk Date: September 25, 2021

Virtual Fundraising Idea:

Puzzles

Invite your virtual community to assemble puzzles. Ask participants to post photos, share the number of pieces they're working with and make a donation. Set a puzzle piece goal, post updates and encourage donations.

For more ideas, contact Katie at Old Friends Club!



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

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Email Nancy for more information.

www.elderwise.org

Patrick Sings

2nd & 4th Fridays of Each Month

3-4 p.m. online

Join local musician and entertainer Patrick Daugherty as he sings familiar songs from our past. You can sing along or just listen. Audience requests are fine too. Invite friends and family to join in this dementia-friendly program:

All are welcome!

Registration & info: barryfranklin@comcast.net

No cost. Song sheets will be provided for some songs. Program held via Zoom.



[Check out more fun events at the Phinney Center here.](#)

Additional Support



Free worksheets to organize your questions, family, and medical history, and information when talking with your doctor. The forms can be downloaded, printed, and copied.

[Talking With Your Doctor Worksheets | National Institute on Aging \(nih.gov\)](#)

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Wellness Wednesdays: Practicing Self Compassion

Wed, July 07, 1:00 PM

We're used to offering compassion to others, but what about ourselves? In this talk, learn how the practice of mindful self-compassion can enhance your emotional well-being

and build resilience. Discover how to approach your difficult thoughts and feelings with curiosity, openness and kindness. Presented by: Nancy Isenberg, MD

[Learn more here.](#)



Sound Generations is the largest provider of comprehensive services for aging adults and their loved ones in King County. We connect older adults and disabled persons to vital resources in their communities by providing food security, transportation, health and wellness, and assistance services.

[Check out their services here.](#)

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

Get a Free Virtual Memory Screening!

Mondays & Wednesdays
10 am to 4 pm (ET)

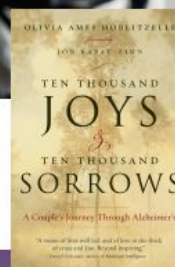
Fridays
10 am to 2 pm (ET)

Call AFA at 866-232-8484
to make an appointment

The advertisement features a dark blue background with a glowing, futuristic brain graphic on the right side. The text is white and yellow, providing clear information about the screening service.



Dementia Caregiver Book Club *Virtual*



Presented by
Alzheimer's Association
Washington State and Northern Idaho

Second Thursday of each month
2 - 3:30 p.m.

Contact Jane Pimentel at
Alzbookclub@gmail.com for more
information.

Visit alzwa.org to learn more about other
caregiver programs and resources. To further
extend your network of support, visit our
online community, ALZ connected®, at
alzconnected.org.

Join us as we read the book
"Ten Thousand Joys & Ten
Thousand Sorrows: A Couple's
Journey Through Alzheimer's" by
Olivia Ames Hoblitzelle

Hosted by Jane Pimentel, PhD, and Dawn
Keig, PhD, the group will meet once per
month for up to one year to discuss the
author's journey and your own
experiences along the way.

This virtual-only group is open to current
caregivers of people living with Alzheimer's
or other dementias. The group is limited to
10 caregivers only.

Group attendees will need to have access
their own copy of the book and be
comfortable with using Zoom.

800.272.3900 | alz.org

REGISTER TODAY

ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

July 6, 1-2:30 p.m. | [REGISTER](#)
 July 28, 12-1:30 p.m. | [REGISTER](#)

COVID-19 and Caregiving

July 20, 11 a.m.-12 p.m. | [REGISTER](#)

Effective Communication Strategies

July 22, 10-11:30 a.m. | [REGISTER](#)
 July 22, 12-1 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research

July 13, 1-2 p.m. | [REGISTER](#)
 July 27, 4-5 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers—Middle-Stage

July 9, 10 a.m.-2 p.m. | [REGISTER](#)

Living with Alzheimer's: For Younger-Onset Alzheimer's

PART 1: July 21, 1-1:45 p.m. | [REGISTER](#)
 PART 2: July 28, 1-1:45 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

July 8, 3-4 p.m. | [REGISTER](#)
 July 14, 11 a.m.-12:30 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior

July 15, 12-1 p.m. | [REGISTER](#)
 July 19, 2-3:30 p.m. | [REGISTER](#)
 July 28, 12-1 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)

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.

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

July 2021 Caregiver Calendar

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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Kirkland, WA 98083

