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OLD FRIENDS
CLUB

Caregiver Exchange

September 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

OFC News:

In 7 years, OFC has given hundreds of people a break from caregiving and the isolation of dementia. There are now two Clubs serving 20 people with dementia and their families. With current interest, and sufficient funding, two Clubs could be six Clubs by spring of next year.

See where this is going? To help people *you* know – your mom or dad, your sister and her husband, your friend's aunt and uncle – whoever they are and *wherever they are*. Who do *you* know that needs a break?

This is a grassroots effort. **YOU** are the roots, and this won't survive without you.

Plant a seed – your financial gift makes a difference!

Donate Here

Spread the word – Share this with others who could help (even better, add a personal note!) Forward this email or share our posts on social media (see below).

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With hope and gratitude,

Karen Koenig, Founder

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

Mailed checks can be sent to the following address:

Old Friends Club

P.O. BOX 2472

Kirkland, WA. 98083

Volunteers Needed

Have fun at our clubs and make a difference in the lives of individuals living with dementia and their family caregivers.

Share Your Talents

Bring your talent/interest/skills to the clubs.

Share your Time

5 hours, once a week at the Clubs

Support Group Facilitators

Faciliate OFC's caregiver support group.

Sign up to volunteer today! Visit:
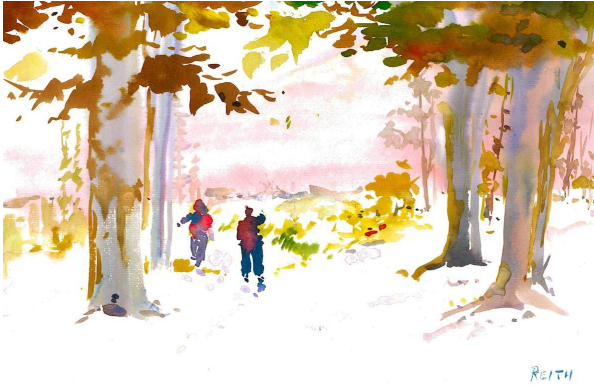**www.oldfriendsclub.org/volunteer**

OLD FRIENDS CLUB

Sign up to Volunteer

OFC is looking for affiliates who would like to open a club in their community. If you are interested in learning more about our affiliate program, contact Karen:

Email Karen

*/// Keep scrolling for more caregiver resources *

Community Activities, Events & Support

"Frame of Mind" Art Exhibit at The Memory Hub

Visit in-person or view the virtual gallery.

The paintings on display were created by participants in the Elderwise Day Program, which provides art and social engagement for adults living with memory loss. Using a wet-on-wet watercolor technique, Elderwise participants find freedom to play with color and explore new ways to express the essence of who they are. We hope that these paintings will help remind us that we are whole regardless of physical or cognitive changes and that we can continue to experience joy and beauty throughout our lives.

Learn more about the exhibit here.

Paining by Laurel Wise entitled "Walk in the Woods"

View More Seattle Resources

North Bellevue Community Center- Coffee and Coloring

Fridays, 9 AM- 11 AM

"Join us every Friday at the North Bellevue Community Center for a relaxing morning of coloring pictures, drinking coffee and socializing. We will provide coloring pages from books that are designed especially for adults as well as colored pencils, crayons and markers will be provided. Coffee, water, and tea will also be provided. Feel free to bring your own favorite

coloring and supplies as well. Don't like to color? That's okay! Have a cup of coffee, chat a little and enjoy a stress free time. Pre-registration is required."

Learn more and register here.

View More Eastside and King Co. Resources

Pierce County Support Groups

Several options for different Alzheimer's support groups in Pierce County.

View support group options in Pierce County here.

View More Pierce County Resources

Carl Gipson Senior Center

Gipson Green Thumb (Gardening Club)

Thursdays 10:30-11:30 AM

View more activities at the senior center here.

View More Snohomish County Resources

momentia walking group

Organized by Anacortes Kiwanis and Lighthouse Memory Care

When: Monday and Wednesday

Time: 10:00am

Where: Guemes Channel Trailhead
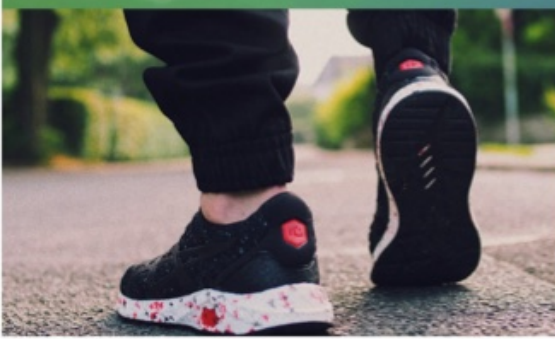
Who: All are welcome!

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

Questions? Contact Kati 360-399-3235 DSM@lighthousememorycare.net

View More Skagit Co Resources

Patrick Sings *Songs from the 50's – 70's*

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.

View More Virtual Resources

The Memory Hub
A Place for Dementia-Friendly Community, Collaboration, and Impact

The Memory Hub: Presentation- *Staying Safe Online: Password Management and Internet Safety for Older Adults and People with Memory Loss*

Tuesday, September 27, 1:00-2:30 PM

Learn more and register here.

View Additional Caregiver 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

Support OFC with a Gift Today

GREATNONPROFITS.ORG

Old Friends Club Reviews and Ratings | Kirkland, WA | Donate, Volunteer, Review | GreatNonprofits

If you love our work then tell the world! You have an opportunity to help us make even more of a difference in our community.

GreatNonprofits-a review site like TripAdvisor-is honoring highly reviewed nonprofits with their . Won't you help us raise visibility for our work by posting a review of your experience with us? All reviews will be visible to potential donors and volunteers. It's easy and only takes 3 minutes!

Go to https://greatnonprofits.org/org/old-friends-club to get started!

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OLD FRIENDS CLUB
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Kirkland, WA 98083