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Caregiver Connector

July 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

Old Friends Club News:

There is a hearty list of people eagerly waiting for a Sammamish Old Friends Club. We still need to find two key pieces to get it up and running:

We need your help! We're looking for:

- **A place to meet.** It might be a faith community, business, community center, or other accessible space. If you have a contact, please introduce us over email at karen@oldfriendsclub.org
- **An Activity Director.** Know someone with dementia care experience who can lead a group that helps isolated people find joy and belonging? Introduce them too! It's a rewarding, purposeful job.

Open an OFC in your Community



**Give the caregivers
in your community
a break!**

Become an affiliate
today.

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[Learn More about Opening a Club Here](#)

Tip Tuesday

June 2022 Theme:
Hygiene

Tips for Alzheimer's and
Dementia Caregivers

Tips from a longterm care facility worker:



- Offer a shower to the person living with dementia first thing in the morning. It's usually easier to perform hygiene earlier in the day, especially if the person sun-downs.
- Offer manicures as a way to clean and cut nails (unless diabetic)
- Use activities, like family and friend visits, as a reason to get dressed and brush hair

OLD FRIENDS
CLUB

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Tip Tuesday

In case you missed out on June's caregiving tips, you can check them out on a [recent blog post here](#). The theme last month was "hygiene".

These tips are for Alzheimer's and Dementia Caregivers. These tips are posted every week on OFC's social media channels - [Facebook](#), [Instagram](#), and [LinkedIn](#) and are then shared on OFC's blog.

The Tip Tuesday theme for July is "redirecting". Do you have any tips you'd like to share? [Email Katie](#).



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Happy 4th of July!

Check out this post for tips for celebrating the day-

"10 tips on celebrating the 4th of July With a Loved One With Dementia"

/// Keep Scrolling for Caregiver Resources ///

Community Activities & Events - Virtual and In-Person



ALL PRESENT SONG CIRCLE
1st & 3rd Thursdays · 1 p.m. Online

Hear some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us for this musical hour. We encourage care partners to join as well.

Register: alisas@phinneycenter.org

 PNA
Community Begins Here
Greenwood Senior Center

Virtual: All Present- A Song Circle

A chorus for people with memory loss and community members who love to sing. Song sheets will be provided.

**1st & 3rd Thursdays. 1-2pm.
Donations appreciated**

Register: alisas@phinneycenter.org

Find more events at the Greenwood Senior Center [here](#).



Virtual: Taproot Theatre Company

Re-ignite the mind with improvisation or imagination. Join the fun from 2:30 p.m. to 3:30 p.m. on the second Monday each month.

Upcoming dates: 7/12

Contact Pam Nolte at Taproot Theatre, pamn@taproottheatre.org, for more information.

In-Person: Out and About Walk,



Seattle Parks and Recreation

Seattle Parks and Recreation

Invigorate body, brain and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths, mostly level with occasional hills. As public safety allows, the walk will end with a social gathering in a nearby cafe.

Cost: None, other than cafe purchases.

For information, screening and registration, please contact Tamara, Seattle Parks and Recreation's Dementia-Friendly Recreation Specialist:
tamara.keefe@seattle.gov or
 206.615.0100.



The Memory Hub

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

Virtual: Virtual Coffee Chats for Persons with Memory Loss/Dementia - The Memory Hub

10 - 11 a.m. on Tuesdays

Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Build connections and offer support and encouragement. Participate online or by phone, with a free application called "Zoom." Facilitated by program manager Marigrace Becker. Join for just one session, or multiple. Space is limited; [sign up](#) by the day before.

MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.

WHEN: Monday and Wednesday mornings

WHERE: Woodland Park Zoo, Seattle

COST: Free! Zoo entry and parking passes are provided to attendees.

CONTACT TO LEARN MORE AND REGISTER:

Karen Thompson, Manager of Community Support
206.529.3875 | kcthompson@alz.org



Presented by:



[View More Ongoing Events & Activities Here](#)

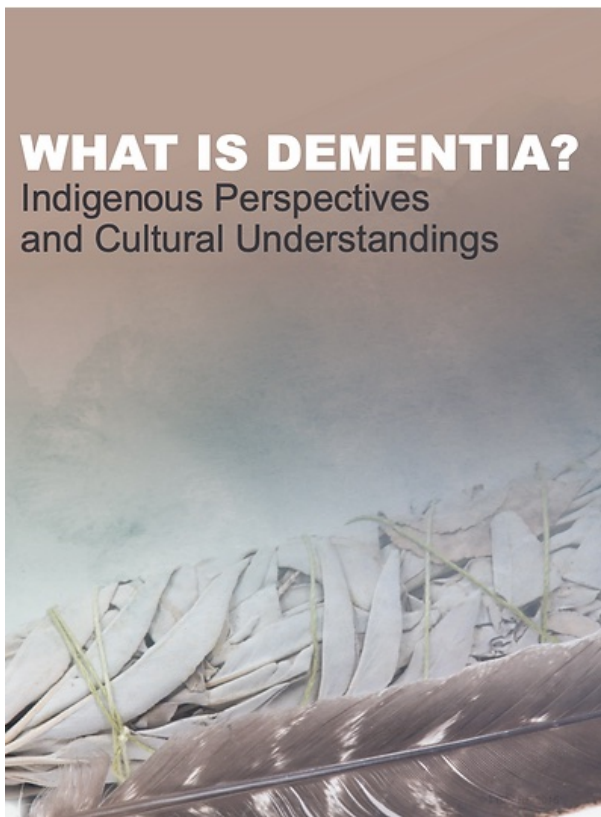
Community Education & Support - Virtual and In-Person



Informational: UW ADRC and Partnerships of Native Health @ Washington Statue University-

"On this website, you will find caregiving resources and information for Native Americans and Alaska Natives, as well as Natives Care materials and presentations for clinic providers and community representatives working with Native communities."

[Discover more here.](#)



Informational: I-CAARE - Indigenous Cognition & Aging Awareness Research Exchange

The team at I-CAARE has been developing culturally safe factsheets with Indigenous people living with memory loss and their caregivers since 2014, based on a need identified in an earlier project, *Perceptions of Alzheimer's disease and related dementias among Aboriginal people in Ontario.*

[Check out the factsheets here.](#)

Informational: Alzheimer's Foundation of America:

Dementia and Driving

"Some individuals in the early stages of



dementia are able to successfully operate a vehicle; however, as the disease progresses, individuals are at increased risk for accidents.

The ability to safely operate a vehicle and adhere to traffic laws takes hundreds of micro-steps and decisions. What problems should caregivers watch out for when they have concerns about a loved one driving? How can you start the difficult “driving conversation”

[Read more here.](#)



Virtual + Online: Alzheimer's Association Caregiver Support groups:

- [Lynnwood Caregiver Support Group](#)
- [Kent Caregiver Support Group](#)
- [Seattle Younger Onset Dementia Caregiver Support Group](#)
- [Redmond Caregiver Support Group](#)
- [Seattle Green lake Caregiver Support group](#)

[Search for other caregiver support groups here.](#)



Informational: National Council of Dementia Minds

The National Council of Dementia Minds (NCDM) is a not-for-profit organization led by persons living with dementia whose vision is to transform the worldview of living with a Neurocognitive Disorder (NCD).

[Learn more here.](#)

[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.olderfriendsclub.org

Questions? Contact us today:

(425)681-9776

welcome@olderfriendsclub.org

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