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# Caregiver Exchange

January 2023 Edition

*Resources for Alzheimer's & Dementia Caregivers*

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## News From Old Friends Club

-**The Caregiver Club**, OFC's first online forum, was launched recently. We are excited to share this space and invite anyone interested in connecting with other caregivers to join. It's free and sign-up is simple. *We kindly ask for your patience as we gather people into the forum.*

# *The Caregiver Club* *Online Chat Space*

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Join OFC's new, free online community forum to connect with other caregivers, share resources, and more!

*To get started, visit:*

[www.olderfriendsclub.org/caregiverclub](http://www.olderfriendsclub.org/caregiverclub)



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# Respite Everywhere! That's OFC's vision

We need you: Support those living with dementia and their caregivers in your community by becoming an OFC affiliate

*Learn more:*

[www.olderfriendsclub.org/affiliate](http://www.olderfriendsclub.org/affiliate)

Email Katie Spears with questions:

[kspears@olderfriendsclub.org](mailto:kspears@olderfriendsclub.org)



## **DAC Survey: Please consider taking!**

**Are you, or a family member, living with memory loss or dementia?**

If so, the [Dementia Action Collaborative](#) (DAC) wants to hear from you! The DAC is a group of public-private organizations and partners that is updating the Washington State Plan to Address

Alzheimer’s Disease and Other Dementias. The DAC is inviting you to complete a brief online survey to help understand your experiences and critical issues/needs related to dementia care and services.

Your participation in this survey is voluntary. Your name and the responses you provide are confidential. The survey is relatively brief and will likely take no more than 15 minutes.

*Take the survey here (we unfortunately can't include the Survey Monkey link on here due to Spam issues with the platform we use, so please find the link to the Survey Monkey in the first paragraph in this link - thank you!)*

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

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## [Community Activities, Events & Support](#)

Visit the [Community Resources](#) page on OFC's website to find a variety of helpful resources. If you know of a resource we should add, please [contact us](#) and we will add it!

### COMMUNITY EVENTS, ACTIVITIES AND RESOURCES

<a href="#">Virtual/At Home</a>	<a href="#">King County</a>	<a href="#">Island County</a>
<a href="#">Pierce County</a>	<a href="#">Snohomish County</a>	<a href="#">Whatcom County</a>
<a href="#">Skagit County</a>	<a href="#">Transportation</a>	<a href="#">Additional Resources</a>

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## [Resource Highlights](#)



### The Memory Hub Library

The Memory Hub's Library and Resource room is stocked with a wide array of books and educational materials on living with memory loss and on caregiving.

[Learn more and peruse the library's catalog here.](#)

[View More King County Resources](#)

**Lutheran Community Services Northwest**  
**Opening Minds *through* Art (OMA)**  
**and**  
**Music & Memories**

**FREE** programs designed for people with dementia, traumatic brain injuries, and other cognitive challenges.

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**Opening Minds through Art (OMA) and Music and Memories (MM) are intergenerational programs for people with dementia that are aimed at promoting their social engagement, autonomy, and dignity through failure free, abstract art and music.**

***In-person classes:***

**Tacoma - St. Mark's Lutheran Church by the Narrows**

Tuesdays: OMA 10:15-11:15 am  
MM 11:30 am-12:15 pm

**Edgewood - Mountain View Community Center**

Wednesdays: MM noon-12:45 pm  
OMA 1-2 pm



***Online classes:***

Tuesdays: MM 10-11 am  
Thursdays: OMA 11 am-12:00 pm or 2-3 pm

All classes are **FREE!**  
Preregistration is required.

**For more information contact:**

**Phone:** 253-272-8433

**Email:** [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.org)  
[lcsnw.org](http://lcsnw.org)



[View More Pierce County Resources](#)



**Minor Home Repair - Homage**

Maintaining a healthy and safe home is a difficult task, especially on a fixed income. Minor Home Repair assists low- and moderate-income older and disabled homeowners by providing health and safety related repairs that they cannot perform due to lack of funds and/or inability to physically perform the repairs themselves. The purpose is to enable people to remain in their homes as long as possible.

[Learn more here.](#)

**[In Person] Save the Date for a fun evening: Lynnwood Artists Reception**



March 8, 2023

5:30-7:30 PM

Come enjoy an evening with local Lynnwood artists, light refreshments, and vote for your favorite art.

[Details can be found here.](#)

[View More Snohomish County Resources](#)



**[In person] Caregiver Support Groups** This class is offered through **Skagit Adult Day Care** Program and takes place on the second and fourth Wednesday of each month from 1:30-3:00 PM..

*All welcome- Free to attend*

[More details available here.](#)

[View More Skagit County Resources](#)



**DEMENTIA SUPPORT**  
*Northwest*

**Dementia Support Northwest**

- Support Services
- Education and Outreach
- Project Lifesaver

[Visit the website here.](#)

[View More Whatcom County Resources](#)

**[Virtual] Cyber Seniors:**



Cyber-Seniors provides **FREE** technology support and training for senior citizens.

## "CyberSecurity 101"

This webinar will introduce and acquaint you with the most important practices for keeping you safe online. Items to be discussed:

- How to protect different devices (phones, tablets and computers)
- How to protect your personal information online
- Tools for optimizing your online safety and privacy

[Register here.](#)



## [Virtual] Test your Dementia Knowledge, Teepa Snow - Positive Approach to Care

Dementia is an umbrella term- it covers A LOT of things. At this point, we know there are over 120 different types, causes, and forms that are under the umbrella of dementia.

[Learn more about dementia basics and take the quiz here.](#)

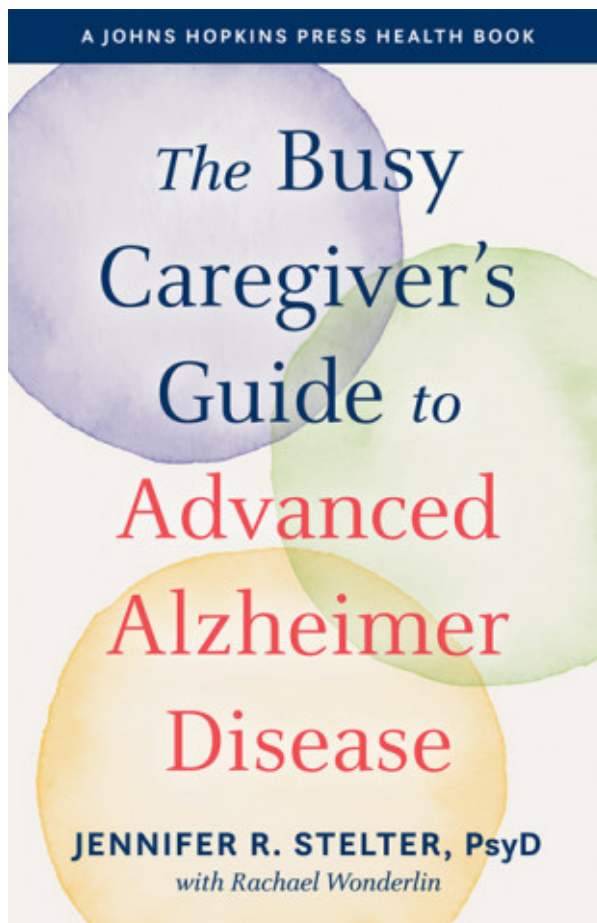
[View More Virtual Resources](#)

## Book: "The Busy Caregivers Guide to Advanced Alzheimer's disease" by Jennifer R. Stelter

Johns Hopkins University Press

*Caring for someone living with advanced Alzheimer disease is a*





*challenge. It can make you feel like you're on a hamster wheel—running in circles, trying the same things over and over with no effect on your loved one. You may also find it difficult to connect with your loved one and to understand what those living with Alzheimer disease are going through. In *The Busy Caregiver's Guide to Advanced Alzheimer Disease*, Dr. Jennifer Stelter, a psychologist working in memory care, shares a new model designed to help caregivers understand, cope with, and handle some of the most challenging behaviors associated with the disease while encouraging and reinforcing independence and quality of life for their loved ones. Her *Dementia Connection Model*, which is based on current scientific research, will aid you in forging a positive bond with your loved one with less frustration. Win-win!*

[More information available here](#)

*OFC does not endorse this product.*

[View Additional Caregiver 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](http://www.olderfriendsclub.org)

Support OFC with a Gift Today

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

**Other ways too support OFC:**

- **King County Giving Program**, Unique Code: 10814 (*For King County employees - please contact your HR department*)
- **Fred Meyer Community Rewards**, ID Number: KM9981 ([Enroll here if you have a Fred Meyer Rewards Card.](#))
- **Amazon Smile** - Consider making OFC your charity of choice. ([Sign up here.](#))- *this option will be ending February 20, 2023*
- **Forward this newsletter** to someone who may benefit from it
- **Follow OFC on Social Media**- share and like our posts if you enjoy them!



*Thank you for your support!*

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

[welcome@oldfriendsclub.org](mailto:welcome@oldfriendsclub.org)

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

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-Do you have a resource you'd like to share in our next newsletter or on our website under resources?  
Email [katie@oldfriendsclub.org](mailto:katie@oldfriendsclub.org)

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