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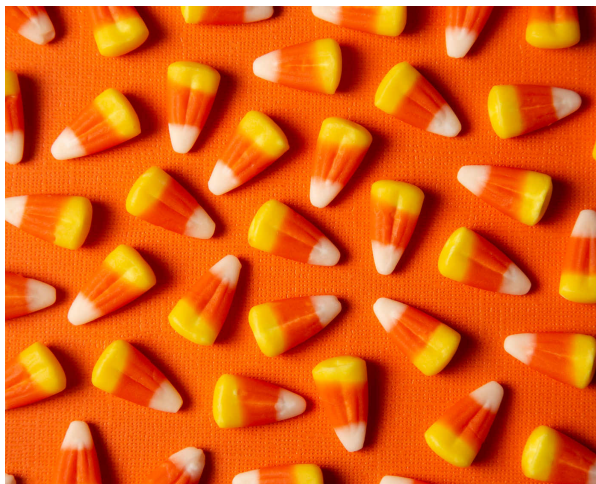


# Caregiver Connector

November 2022 Edition

*Resources for Alzheimer's & Dementia Caregivers*

## OFC News



**OFC Sammamish has been having a great time lately!** Check out two recent blog posts on OFC's website to see what the members have been up to...

[Halloween games and crafts](#)

[October highlights \(Octoberfest, Autumn harvest, Diwali\)](#)

### **Meet the new OFC Sammamish Program Assistant**

Join OFC in welcoming Kelli, the new program assistant at OFC Sammamish! We are excited to have her as a member of our team. Learn more about Kelli's



background and interests on our website.

[View Kelli's bio here.](#)

## 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**  
Facilitate OFC's caregiver support group.

Sign up to volunteer today! Visit:  
[www.olderfriendsclub.org/volunteer](http://www.olderfriendsclub.org/volunteer)



**We're hiring and are also looking for volunteers!**

We hiring for a Director of Development. Interested or know anyone who might be?

[Read the job description and apply here.](#)

[Sign up to volunteer here.](#)

**Fundraiser Update: There's still time to donate! We need you.**

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

**Be a friend.  
Change a life.**  
Make a gift today.



**“Help a Caregiver Catch a Break” Fundraiser**  
Learn more by visiting [www.oldfriendsclub.org/helpacaregiver](http://www.oldfriendsclub.org/helpacaregiver)

[Donate Here](#)

networks.

Mailed checks can be sent to the following address:

Old Friends Club

P.O. BOX 2472

Kirkland, WA. 98083

**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, the information can be found below:

[Learn more about the affiliate program](#)

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

## Community Activities, Events & Support

### Memory Loss: A Guide to Next Steps

11/10/22 from 2:00-3:15 PM

*Virtual*

A free one-time introductory class for people diagnoses with mild cognitive impairment or dementia and their families.

To register, call Marigrace Becker at [\(206\)744-2190](tel:2067442190) or email

mbecker1@uw.edu



## MEMORY LOSS: A GUIDE TO NEXT STEPS

A free one-time introductory class for people diagnosed with mild cognitive impairment or dementia and their families.

2 - 3:15 p.m. on the 2nd Thursday of the month:

7/14, 8/11\*, 9/8, 10/13\*, 11/10, 12/8

\*August and October sessions are **in person** at the Memory Hub, 1021 Columbia St. Seattle.

Other sessions are **virtual** using Zoom (online or by phone).

Space is limited. Register 2 days in advance.  
Contact Marigrace Becker at 206-744-2190.  
mbecker1@uw.edu or scan QR Code to the right:



[View More Seattle Resources](#)



### Auburn Veteran's Parade

Saturday, November 5

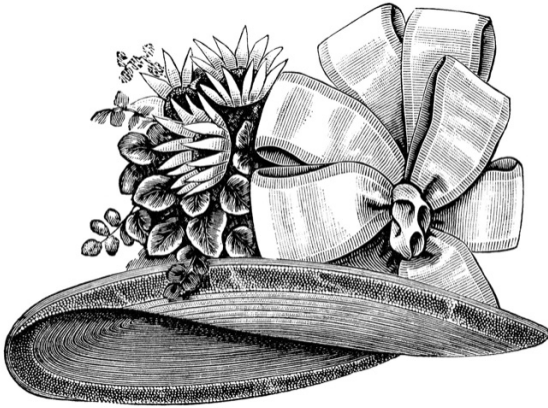
11:00 AM

Main Street in Auburn

One of the largest Veterans Parades west of the Mississippi! The 57th annual Veterans Parade proceeds west on Main Street from E Street SE to A Street NW. This year's event will commence at 11:00 AM sharp with a flyover from a C-17 Globemaster III by the 446th Airlift Wing from McChord Air Force Base.

[Learn more here.](#)

[View More Eastside and King Co. Resources](#)



### Save the Date: Vintage Hat Show!

Hats are historical — some are even hysterical. Enjoy an entertaining presentation and demonstration of more than 100 years of hats. We'll play a reindeer game, make a simmering holiday sachet and enjoy refreshments. All attendees are encouraged to wear a hat! Call 253-697-7385 to RSVP for one of the three offered shows. Space is limited to 20.

**Date:** Friday, December 2 • **Time:** 10:30am-noon **Location:** Lighthouse Senior Activity Center

**Date:** Friday, December 9 • **Time:** 1-2:30pm **Location:** Celebrate Seniority

**Date:** Tuesday, December 13 • **Time:** 10:30am-noon **Location:** Beacon Senior Activity Center

[View More Pierce County Resources](#)



### Stilly Valley Senior Center

#### Coffee and Conversations (in person)

Tuesdays, 9 AM, Main Hall

[Check out this activity as well as other activities at this senior center here.](#)

View More Snohomish County Resources



Skagit Adult Day Program

A supervised daytime program where adults with special cognitive needs, such as Alzheimer's or dementias, can participate in a supportive group setting with friends and support.

[Learn more here.](#)

View More Skagit Co Resources



Alzheimer's Foundation of America: Music and Performances (Vimeo, watch anytime)

All music virtual programs featured at the AFA's Teal Room: The Caravan of Angels; Anthony Ferrara; Maya Goldman; Orpheus Reflections; Ariel Weissberger; Avi Diamond; Hearts Need Art; Lily Bowers; Monique and Stephen; Shana; Sing-Along with AFA; Steve; Lianne and Luke; Sarah; Suzanne Dressier; Drew Laney

[Listen here.](#)

View More Virtual Resources

African American Caregivers Forum: Legacy of Love

Date: Saturday, November 12

**African American Caregivers Forum**  
*Legacy of Love* ONLINE • FREE

A unique, culturally-focused event that draws family caregivers from throughout the Pacific NW

**AARP Washington**  
**Black Joy Matters for Caregiver Health**

Legacy of Love, the African American Caregivers Forum, is an annual event with a special focus on memory care, presented during National Family Caregivers Month. Professionals and family caregivers will share their challenges and joys in caring for loved ones. #CaregivingHappens—to all of us! Join us!

**DATE & TIME:** Saturday, November 12, 2022 | 12 noon–2 p.m.

**PRE-REGISTRATION:** Register in advance to receive event updates and followup information. To sign up, visit [survey.monkey.com/1/2022AACaregiverForum](https://survey.monkey.com/1/2022AACaregiverForum).

**JOIN:** At event time, go to [bit.ly/AgeFriendlyLive](https://bit.ly/AgeFriendlyLive) and click on "Join Event Now."

**TAKE-AWAYS:** Tips for joyful activities, doing your best despite burnout, finding respite, prioritizing self-care, managing stress, finding humor in everyday situations, connecting with other caregivers, the importance of mentorship and social support, and accessing available community resources.

**KEYNOTE:** Dr. Raina Croff, Assistant Professor of Neurology at Oregon Health & Science University, will present "Black Joy Matters for Caregiver Health." Learn about joyful activities that improve health as we age and the joy of walking and talking for brain health.

**PANEL:** Local caregivers—Helen Sawyer, Minister Wilhelmina Daniel, and Michelle Williams—will share stories from their personal caregiving journeys, with moderator Sharon Sobers-Outlaw.

**PRESENTATION:** Catherine Cordova, Chaplain, Evergreen Hospice Services, will talk about reframing the dying process for a healthy outlook and demystifying conversations about hospice and end of life.

**CONTINUED EDUCATION:** Three CEUs are offered at no charge (NASW). See webpage.

**INFO:** Auto-captions available in multiple languages. For more information, e-mail [Karen.Winston@seattle.gov](mailto:Karen.Winston@seattle.gov) or visit [AgingKingCounty.org/LegacyOfLove](https://AgingKingCounty.org/LegacyOfLove).

Additional sponsors welcome. For info, e-mail [Karen.Winston@seattle.gov](mailto:Karen.Winston@seattle.gov).

**Time:** 12 noon–2 p.m.

**Place:** Online event (free)

**Pre-Registration:** Register in advance to receive event updates and followup information.

Tune in to the 2022 forum include tips for:

- Joyful activities
- Doing your best despite burnout
- Finding respite, prioritizing self-care, and managing stress
- Finding humor in everyday situations
- Connecting with other caregivers
- Mentorship and social support
- Accessing available community resources

[Learn more 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.olderfriendsclub.org](http://www.olderfriendsclub.org)

Questions? Contact us today:

(425)681-9776

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

Support OFC with a Gift Today



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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 2021 Top-Rated Awards. 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!

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



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