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Caregiver Connector

SPECIAL REMOTE EDITION: November 2020

Below are resources, classes, and conferences for caregivers.

Please share 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](#)

This month we recognize
National Family Caregivers Month

and

National Alzheimer's Disease Awareness Month

Honor a Caregiver Here



Join our unique community!
Starting a new 6-week art series on November 11th!



ArtWise

Please join Elderwise for the next series of weekly hour-long Zoom **ArtWise** gatherings. Each week will feature a different theme. We'll play with projects including watercolor, mandalas and collage while sharing our creations with one another. Each session will be \$20 for both participant and caregiver with a maximum of 7 couples. Art supplies will be provided for a one-time supply fee. We'll meet on six Wednesdays from 3 – 4 pm starting on **Wednesday, November 11th.**

To register or for more information, please contact Nancy Lang at nancy@elderwise.org.



"Our participation in ArtWise has added tremendous value to our time of sequestration. The extended community created through these guided experiences has encouraged us, uplifted our spirits, and provided structure and focus to our days. The gentle wisdom shared by the facilitators and participants alike are pearls we refer back to throughout the week. The complete acceptance and genuine caring expressed within the group create bonds that have allowed participants to share freely--their art and their feelings."
 ArtWise participant and family caregiver

"As a caregiver, it makes me happy to paint and it makes me delighted to see her happy. Makes me cry. I love being part of this group. I'm seeing, being and learning deeper ways to communicate. Painting like this is something I can bring to other clients."
 ArtWise attendee and professional caregiver

[Register or Request More Info](#)

AFA: LIGHT THE WORLD IN TEAL

TAKES PLACE ON NOVEMBER 5TH

Light the World in Teal is an annual program held in November as part of Alzheimer's Awareness Month. People and places around the world "**go teal**" to raise awareness and show support for the millions of people affected by Alzheimer's.

More than 285 sites around the world, from the United States to Australia, have already signed up to help and you can join in too!

[Learn More](#)

Alzheimer's Foundation of America Calendar of Events

Check out the Alzheimer's Foundation of America's Calendar of Events for the month of November to discover virtual activities, community classes, and webinars.

[AFA November Events](#)

Legacy of Love: African American Caregivers Forum

An annual culturally-focused event that draws family caregivers from throughout the Pacific NW.

Including a keynote by Geriatric Mental Health Specialist George Dicks and a panel with local caregivers Lynda Greene (Southeast Seattle Senior Center), Rev. Shirley Poston (Tabernacle Missionary Baptist Church), and Charles Williams, moderated by Wyvonne Ray, discussing "Caregivers:

Loving from the Front Line During a Pandemic."

Saturday, November 14, 2020

12 - 2 p.m.

[Register Here](#)

Seattle Parks and Recreation

November and December Virtual Programs and Social Opportunities for Ages 50+

Morning Joe Virtual Coffee Hour and Fitness Classes

AgeWise TV

*AgeWise TV: Episode 116
10/29/2020*

Enjoy content for older adults including tips on paper weaving, how to make a baked frittata, and gentle chair yoga. Also, short films on Frederick & Nelson and the hidden history behind the Space Needle's design. This video features open captions.

[Nov. + Dec. Virtual Programs Listing](#)

[Agewise TV](#)

Momentia

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

Virtual Programs Offered:

Music, Dance & Theatre

Art, Poetry & Museum Tours

Exercise & Workouts

Videos of Zoos, Parks, Travels & More

Momentia Virtual Programs

Silver Kite

During the COVID-19 pandemic, SilverKite is offering online intergenerational arts workshops, talks, social hours, and performances for the community. By offering these opportunities, we aim to provide stimulating creative engagement opportunities and social connection during this challenging time.

Silver Kite Online Workshops

UW Memory and Brain Wellness Center

Ask About Alzheimer's (Online or Phone):

A new group for students going into grades 6 - 8 who are coping with a loved one with memory loss or dementia. Explore feelings and learn from each other's experience. Group includes a brief overview of dementia and facilitated sharing. Parents or guardians are welcome but not required. Participate online or by phone, with a free application called "Zoom." Every other Wednesday, 4 - 5 p.m. 10/7, 10/21, **11/4, 11/18, 12/2, 12/16.**

Virtual Garden Walks: Visiting the Seattle Japanese Garden + Crafting with Autumn Leaves

Ask About Alzheimer's Sign-Up

Virtual Garden Walks



Alzwa.org November Webinars

Resources for Help & Support

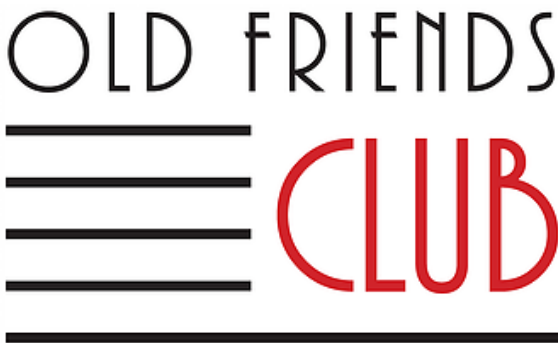
Alzheimer's Association Help and Support Resources

Alzheimer's Foundation of America Support Groups

Sound Generations Caregiver Support

***In the News...* "Music Mends Minds: A CNN Hero's mission finds a new need during the Pandemic"**






Read the article



Old Friends Club offers social activities and friendship for people living with memory loss, and respite and support for family caregivers.

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Old Friends Club
POBox 2472
Kirkland, WA 98083

