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Brought to you by:



# Caregiver Connector

SPECIAL REMOTE EDITION: April 2021

## *April Showers bring May Flowers*

"Many of life's greatest things come only to those who wait, and by patiently and happily enduring the clouds and damp of April, you can find yourself more easily able to take in the sights and smells of May. After all, it's easier to love something if you begin with an optimistic outlook."

*-Chaplain (Lt. Col.) Milton Johnson, Garrison Chaplain's Office*

Please share this newsletter 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

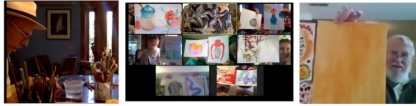
## *Stay at Home Highlights*

### **Elderwise ArtWise**

Please join Elderwise for the next series of weekly hour-long Zoom ArtWise gatherings. Each week will feature a different theme.



Join our unique community!  
Starting a new 6-week art series on April 14th



#### 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 2:30 – 3:30 pm starting on **Wednesday, April 14th, 2021.**

To register or for more information, please contact Nancy Lang at [nancy@elderwise.org](mailto:nancy@elderwise.org).



**Kathryn Russell** joined Elderwise as lead program facilitator almost 2 years ago. With over six years of experience facilitating community arts with those who have memory loss (both one-on-one and in groups) she was a natural fit. As the current year determined a shift to online gatherings, Kathryn will be co-facilitating ArtWise — an art class incorporating Elderwise tradition and art practices.



**Lindsay Waltner** has been an Elderwise facilitator since 2017. She has a background in studio art and developed her program facilitation skills as a volunteer before joining the staff as a lead facilitator. She finds joy in seeing participants explore new ways to express themselves through painting. Lindsay is excited to continue to foster artistic expression and build connections with our online art program ArtWise.

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To register or for more information, please contact Nancy Lang at [nancy@elderwise.org](mailto:nancy@elderwise.org)

**SOCIAL DISTANCING SING-ALONGS**  
**1ST & 3RD THURSDAYS: 1 - 2 P.M.**

Come sing with us! Join All Present choir director Elena Louise Richmond for a fun afternoon of standards and favorites sung online via Zoom. A song sheet will be emailed upon registration. Donations appreciated to support this ongoing event.

**FOR REGISTRATION & INFO:**  
[ARIELB@PHINNEYCENTER.ORG](mailto:ARIELB@PHINNEYCENTER.ORG)

## Social Distancing Sing-Alongs

1st and 3rd Thursdays, 1-2 PM

Come sing along with us! Join All Present choir director Elena Louise Richmond for a fun afternoon of standards and favorites sung online via Zoom. A song sheet will be emailed upon registration. Donations appreciated to support this ongoing event.

For registration and info:  
[ArielB@phinneycenter.org](mailto:ArielB@phinneycenter.org)

For a full calendar of senior events and activities at the Phinney Center, [click here](#).

**UW Medicine**  
**MEMORY & BRAIN**  
**WELLNESS CENTER**

## Virtual Coffee Chat

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.

10 - 11 a.m. every Tuesday



### Silver Kite Community Arts + KCLS

Check out [OFC's Caregiver Calendar](#) for April 2021 to see all of the events for the month. Events include Bollywood Dance Rock Painting, Songwriting, and more!



**Eldergrow™** offers residents a therapeutic connection to nature through innovative gardening products & services. Our programs bring nature inside 12 months a year, improving life for our growing community of older adults living in residential and nursing care.

Residents engage in meaningful ways with the Eldergrow garden: **physically, socially, cognitively, creatively, and spiritually.**

[Check out Eldergrow's programs here.](#)

## *Additional Support*



## FREE LEGAL CLINIC

Seniors (60+) and people living with dementia (any age) can get help with:

- ✓ Power of Attorney for Finances
- ✓ Power of Attorney for Health Care
- ✓ Health Care Directive ("Living Will")

May 6, 2021 | 9 am - 7 pm  
by phone or video chat

Call **206-707-7281** by April 25, 2021.  
Give us your contact information and someone from the **Northwest Justice Project** team will call you back for screening and scheduling.

More information at [www.nwjustice.org/dac](http://www.nwjustice.org/dac).



# REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



**10 Warning Signs of Alzheimer's**  
April 14, 10-11:30 a.m. | [REGISTER](#)  
April 22, 3-4:30 p.m. | [REGISTER](#)

**10 Señales de Advertencia de la Enfermedad de Alzheimer Virtual**  
7 de Abril, 5-6:30 p.m. | [REGISTRARSE](#)

**Dementia Conversations**  
April 12, 12-1:30 p.m. | [REGISTER](#)

**Effective Communication Strategies**  
April 7, 3-4:30 p.m. | [REGISTER](#)  
April 26, 2-3:30 p.m. | [REGISTER](#)

**Healthy Living for Your Brain and Body**  
April 7, 1-2 p.m. | [REGISTER](#)  
April 14, 3-4:30 p.m. | [REGISTER](#)  
April 22, 1-2:30 p.m. | [REGISTER](#)  
April 28, 1-2:30 p.m. | [REGISTER](#)

**Understanding Alzheimer's and Dementia**  
April 1, 3-4:30 p.m. | [REGISTER](#)  
April 5, 11 a.m.-12:30 p.m. | [REGISTER](#)  
April 20, 10-11:30 a.m. | [REGISTER](#)

**Understanding and Responding to Dementia-Related Behavior**  
April 23, 11 a.m.-12:30 p.m. | [REGISTER](#)  
April 28, 3-4:30 p.m. | [REGISTER](#)

*All sessions here are listed in Pacific Time, online listings may be different; please note time zone.*

TO LEARN MORE OR TO REGISTER,  
PLEASE CALL 800.272.3900 OR VISIT US  
ONLINE AT [ALZWA.ORG/EDUCATION](https://alzwa.org/education).

alzheimer's  association®

For course descriptions and a full list of available webinars and Association events, please visit us online at [alzwa.org/education](https://alzwa.org/education)



Does someone you care about  
**have memory loss?**

**This FREE program for LGBTQ+ adults can help!**

**CALL 1-888-655-6646**

- Nine coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your home.
- Compensation for completing five phone interviews.

**Contact us today**

Call 1-888-655-6646, email [ageIDEA@uw.edu](mailto:ageIDEA@uw.edu) or visit [ageIDEA.org](http://ageIDEA.org).

**Aging with Pride: IDEA**  
 IDEA = Innovations in Dementia Empowerment and Action

**W** SCHOOL OF SOCIAL WORK  
 UNIVERSITY of WASHINGTON





## Share your Experience as a Caregiver

Researchers at the University of Washington are developing a program to support family (or close friend) caregivers of individuals with Alzheimer's disease or related dementia. **They are interested in speaking with family caregivers that are caring for individuals experiencing behavior issues such as trying to leave the house, arguing, or refusing to bathe or get dressed.**

Research is always voluntary.

### This study might be a good fit for you if you:

- Identify as Hispanic/Latino
- Take care of a family member or close friend diagnosed with Alzheimer's disease or other dementia
- Have a family member or close friend who is experiencing behavior issues

### If you decide to take part in the research study:

- You will need to complete a 10 minute survey and a 1 hour interview by phone or Zoom.
- You will receive **\$45** to thank you for your time and effort

**To learn more about the study, please contact Miriana Duran: [mdp19@uw.edu](mailto:mdp19@uw.edu) or 206-221-6206**



**Help with Alzheimer's  
is within your reach.**

**AFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

**866-232-8484**  
**www.alzfdn.org**

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**Alzheimer's Association**

**COVID Listen Line**  
**(206) 529-3890**

**Monday-Friday**  
**8:30 a.m. - 4:30 p.m.**



# COMMUNITY LIVING CONNECTIONS

— Seattle & King County —

## Are you facing aging or disability issues?

Community Living Connections can connect you with the right kind of help, when and where you need it. Older adults, adults with disabilities, caregivers, family members, and professionals can call us to get objective, confidential information about community resources and service options.

Have a question? Call us toll-free at 1-844-348-5464.

<https://www.communitylivingconnections.org/>

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## *Even More Resources*

OFC Ongoing Caregiver Resources

April 2021 OFC Caregiver Calendar



*Old Friends Club offers social activities and friendship*

*for people living with memory loss,  
and respite and support for family caregivers.*

**Questions? Contact us today**

425-681-9776

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

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