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Caregiver Exchange

June 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

OFC News:

- Coming soon, OFC Sammamish YMCA! There is currently a waitlist, but if you're interested in being added to the list, [please email Karen](#).
- OFC Carnation added an extra day each week to make room for new friends. The Club now runs on Mondays, Tuesdays, and Thursdays.



- Please enjoy a list of caregiver resources below for the LGBTQIA+ community!
- While you're at it, envision a LGTBQIA+ Club! What would that look like to you? Where would it be? Ideas? Contact Karen to share your thoughts- karen@oldfriendsclub.org

Are you wondering what a day looks like at an OFC Club? [Read more here to find out.](#)

Interested in opening your own OFC? [Here is some helpful information to get started.](#)

For more details about club locations, please visit OFC's location's page [here.](#)



Seattle LGBTQIA+ Caregiver Support Group *Currently virtual, but coming soon to GenPride in Seattle!*

Third Tuesday of each month
6:30-8 p.m.

Please contact a facilitator prior to attending:
Lionel Wang
206.854.4776 | lionel.s.wang@gmail.com

Tiffany Suscheck
614.719.9692 | tiffany@suscheck.com

Visit alzwa.org to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, ALZ connected®, at alzconnected.org.



Scan QR code for more opportunities from the Alzheimer's Association®.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for the care partners of people living with dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

In partnership with:



800.272.3900 | alzwa.org

Looking for a Seattle LGBTQIA+ Caregiver Support Group? This one happens on the third Tuesday of each month from 6:30-8 PM. Please contact either of the facilitators to learn more and attend.

Lionel Wang

Email lionel.s.wang@gmail.com or call (206)854-4776

Tiffany Suscheck

Email tiffany@suscheck.com or (614)719-9692
Search for additional support groups [here](#).



ISSUES BRIEF:
LGBT AND DEMENTIA

alzheimer's association

sage | Advocacy & Services for LGBT Elders
We refuse to be invisible

Please check out this 18-page Issues Brief on LGBT and Dementia, created by the Alzheimer's Association and Sage.

[Read the 18 page PDF here.](#)



Visit GenPride to find virtual and in person activities, pride place, community events, resources, and more!

[Visit the website here.](#)



We refuse to be invisible®

We're a national advocacy and services organization that's been looking out for LGBTQ+ elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBTQ+ people.

Visit their website here.

Keep scrolling for more caregiver resources...

Community Activities & Events - Virtual and In-Person

Seattle's Central District: Walk & Remember!



Photo credit: OHSU/Kristyua Wentz-Graff

Participate in SHARP: Sharing History through Active Reminiscence and Photo-Imagery

First Orientation & Kick-Off

An in-person event at the
Central Area Senior Center at
500 30th Ave S, Seattle 98144
Wednesday, June 22, 2022
3:30–5:00 p.m.

RSVPs:

E-mail Anthony Cryer at
anthonyc@casrcenter.org

- RSVP by June 13 to walk in July.
- RSVP by July 11 to walk in August.
- RSVP by August 8 to walk in September



Questions? E-mail
anthonyc@casrcenter.org
or call 206-726-4926.

Participate in SHARP Seattle, a culturally engaging walking and brain health program that aims to improve cognitive health among older African Americans with ties to Seattle's Central District.

You may be eligible to participate if you are:

- At least 55 years old
- African American
- Living in (or have lived) in Seattle's Central District
- Experiencing (or not) mild memory loss
- In good general health
- Able to walk one mile

Participation will include neighborhood walks three times per week for four (4) weeks and engaging in small-group discussions about memories of living and working in the Central District.

Funding provided by the Neighborhood Matching Fund, Seattle Department of Neighborhoods, City of Seattle.

Sponsors include:

- Aging and Disability Services, Seattle Human Services
- Alzheimer's Association, Washington State Chapter
- Black Heritage Society of Washington State
- Central Area Senior Center
- de Tornay Center for Healthy Aging, UW School of Nursing
- Memory and Brain Wellness Center, UW Medicine
- Oregon Health & Science University
- Seattle Parks & Recreation

In Person: Seattle Parks & Recreation

Participate in SHARP Seattle, a culturally engaging walking and brain health program that aims to improve cognitive health among older African Americans with ties to Seattle's Central District.

RSVP: Email Anthony Cryer at anthonyc@casrcenter.org or call (206)726-4926



Virtual: Coffee Chats for Persons Living with Memory Loss/Dementia

The Memory Hub

Tuesdays, 10:00 AM - 11:00 AM

[Learn more and register here.](#)

In Person: Memory Cafe at the Federal Way Library

11:00 AM – 12:00 PM

July 1, 2022

[Federal Way](#)

[Event location: Federal Way](#)

Join the fun! Come for social activities and strengthen memory through games, movement, songs and sharing stories.

Please register. Walk-ins are welcome as space allows.

In-person event. Social distancing and masks are encouraged.

[Learn more here.](#)



[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person

Alzheimer's Foundation of America Fireside Chat

Health Disparities for Veterans: A



free educational and informational web series

June 23, 10:00-10:30 PT

Presenter: Peter Bailey, PhD

"Veterans may be at a higher risk for developing a dementia-related illness later in life, based on their military experiences. This episode will discuss factors that can increase a veteran's risk for dementia, the impact of Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and depression on brain health, potential impediments to diagnosis and care for veterans, and ways to breakdown these barriers."

[Learn more and register here.](#)



Free Publication

Caring for a Person with Alzheimer's disease: Your Easy to Use Guide from The National Institute on Aging

Available editions:

Spanish

PDF

Paper copy

[Get the publication here.](#)

Today's Caregiver:



"Father's Day" by Gary Barg

"According to the Caregiver Action Network, "The male/female ratio involved in caregiving has changed dramatically. Caregiving used to be considered a women's issue based on data that showed 75 percent of "family" care was provided by women. The survey shows a much more even split: 56 percent female, 44 percent male.""

[Read more here.](#)



Have questions about legal planning for dementia?

The Dementia Legal Planning team can help you proactively plan for the future. We connect you to a volunteer attorney who will help guide you through power of attorney for finances and health care, health care directives, and the dementia directive form with no cost to you.

📞 425-780-5589 | 🌐 www.dementialegalplanning.org



This program is funded, on behalf of the Dementia Action Collaborative, by Aging and Long-Term Support Administration/DSHS.

[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:

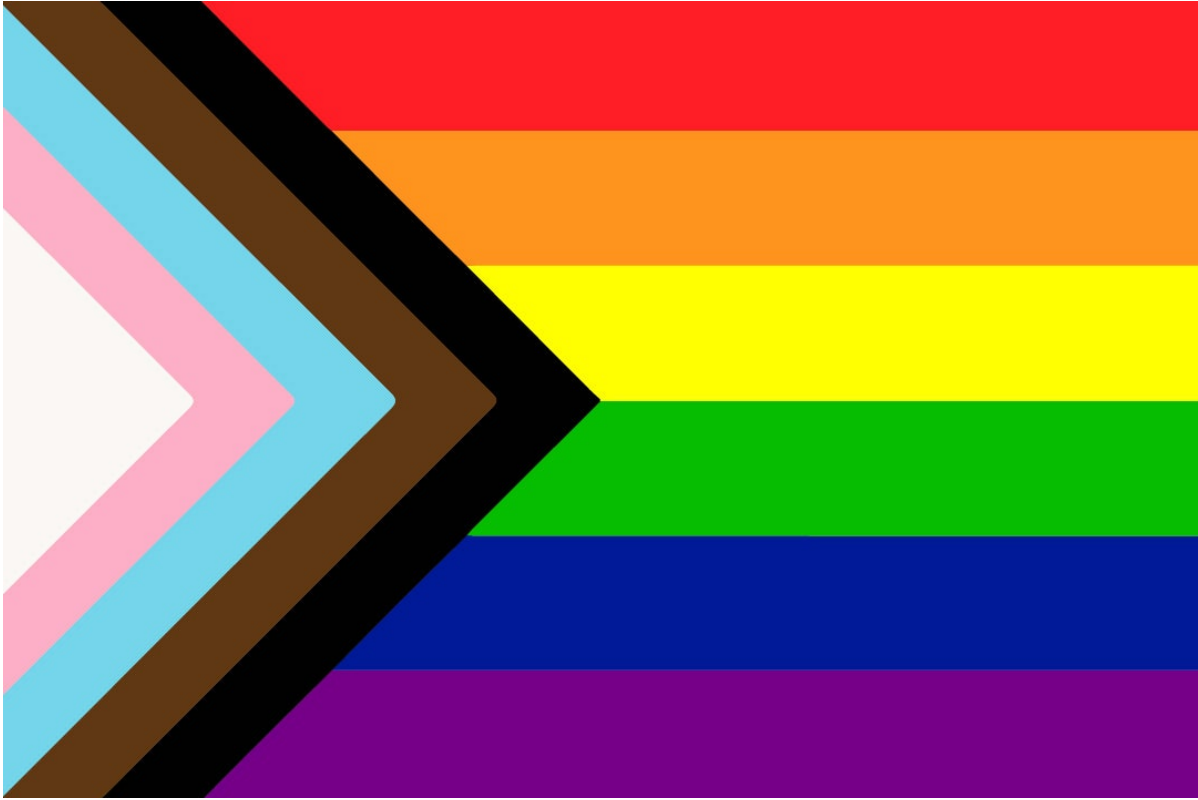
(425)681-9776

welcome@olderfriendsclub.org

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