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Caregiver Exchange

January 2022 Edition

Resources for Alzheimer's & Dementia Caregivers



January 17, 2022 - Martin Luther King Jr. Day

Check out Dr. Martin Luther King Jr. Speeches and Sermons on YouTube for a compilation of 38 different speeches and sermons.

[Watch and listen here.](#)

OFC News

-Are you or someone you know interested in becoming an Old Friends Club member?

Learn more about OFC by reading about "A Day at the Club" and "Member Benefits" on our website.

We are accepting new members today at our Carnation Club location. Come join our fun group!

-We've switched our newsletter up a bit! Please explore and don't forget to check out the buttons at the end of each section that will take you to an additional list on our website of excellent activities, events, and resources from a variety of organizations! We have so much information we want to share, and will continue to update these sections with even more resources.

-Join us on our social media every Tuesday to receive a caregiving tip! You can find us on [Facebook](#), [Instagram](#), and [LinkedIn](#). We're also always looking for new tips to share as well. Please email [Katie](#) with caregiving tip ideas. Thank you!

-We are looking for volunteers who have experience with fundraising. If you are interested or know anyone who is, [please send Karen an email!](#)

[Explore OFC Membership](#)

Community Activities & Events - Virtual and In-Person



Virtual: GenPride- Strength & Balance

Every Thursday, 3:45 PM- 4:25 PM

Join us for this 40-minute movement-based class that integrates full-body strength, balance, and core-strengthening exercises.

Exercises will focus on strengthening the major muscle groups of the body in vertical and horizontal positions for strength and challenging our static and dynamic balance.

In this virtually-taught class, we will use our own body weight using a chair for balance for support and a mat to aid various core strengthening exercises.

[Register here.](#)



Art can help people living with dementia express their thoughts, memories and emotions.

Art Classes for People Living with Dementia

Opening Minds through Art (OMA) is an intergenerational art program for people with dementia. It is person-centered and founded on the fact that people with dementia are capable of expressing themselves creatively. Research shows that creative expression improves their physical and psychological well-being. The mission of OMA is to build bridges across age and cognitive barriers through art.



What does music do for someone living with dementia? Benefits of Music and Memories:

- Gives them joy
- Focuses on their strengths
- Caregivers connect with their loved one in a fun way
- **Allows them to feel connected and gives them a sense of belonging**
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life

These FREE Art classes run for six weeks on Wednesdays at 2 pm and Thursday at 11 am. Classes are open to residents of Pierce County and surrounding areas

Caregivers who attend art classes may see a glimpse of their loved one enjoying an activity in a way that they are not typically able to with their disease.



Classes are held virtually via Zoom and are FREE! Pre-registration is required and spots are limited.

Contact us today!

For more information, please contact:



Phone: 253-272-8433
Email: dementiaservices@lcsnw.org



LUTHERAN
Community Services
NORTHWEST

lcsnw.org

Virtual: Opening Minds through Art

Art Classes for People Living with Dementia

Lutheran Community Services Northwest

Wednesdays 2:00 PM- 3:00 PM

Thursdays 11:00 AM-12:00 PM

Classes start in February

The classes run for six weeks and all supplies are provided free of charge. The classes are for people living with dementia or other cognitive challenges like TBI, stroke, or I/DD and living in Pierce or South King County. **Open to those in a private home, independent living or adult family home only at this time.**

[Register here.](#)

Virtual: Music and Memories

Music classes for people with

**Music
Memories**

Uplifting our spirits and connecting with others through the joyful expression of music and memories.



Introducing Music Classes for People with Dementia

Research shows that music can evoke memories that have been lost to dementia and other cognitive challenges. This program, which includes singing and instruments, allows people living with dementia to make music with others who have similar challenges without the fear of stigma. It also allows caregivers to see their loved one engaging in a fun and creative way outside of their normal caregiving routine.

These FREE Music classes will run for six weeks starting November 30th on Tuesdays with a morning and an afternoon option. Classes are open to residents of Pierce County and surrounding areas.

Caregivers who attend music classes may see a glimpse of their loved one recalling and enjoying music in a way that they are not typically able to with their disease.

**What does music do for someone living with dementia?
Benefits of Music and Memories:**

- Gives them joy
- Makes them feel present yet allows them to go back in time
- Evokes memories that have been lost
- Allows them to feel connected and gives them a sense of belonging
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life



Classes are held virtually via Zoom and are FREE! Pre-registration is required and spots are limited.

Contact us today!

For more information, please contact:



Phone: 253-272-8433
Email: dementiaservices@lcsnw.org



lcsnw.org

dementia.

Lutheran Community Services Northwest

Tuesdays 10-11, 11:30-12, or 1-2 PM

Classes start in February

The classes run for six weeks and all supplies are provided free of charge. The classes are for people living with dementia or other cognitive challenges like TBI, stroke, or I/DD and living in Pierce or South King County. **Open to those in a private home, independent living or adult family home only at this time.**

[Register here.](#)



Virtual: Bingo with Creativity Cafe

January 17th, 3:00 PM (Session is held every other Monday, next session will be January 31)

PAC has created various ways to play Bingo that moves your body and exercises your brain. Try something new and different, yet a bit familiar too. Join Teepa Snow and Cheryl Buchholtz for a free session that is open to anyone for Bingo in a creative way and to get connected with others.

[Learn more here.](#)

Virtual: MiniWise

Every Monday from 11:00-12:00

Please join Elderwise for our



Join our unique online community!

MiniWise

Every Monday from 11-12



Please join Elderwise for our supported conversation group, MiniWise, and see how the Elderwise philosophy of Spirit-Centered Care continues to benefit adults with dementia and their families while we are physically apart. Share in deep and joyful connection while exploring a new topic each week and engaging in gentle exercise. Adults with dementia are welcome to join with, or without a care partner.

There is no cost to attend, but donations are gladly accepted. For more information, please contact Lindsay Waltner at lindsay@elderwise.org.

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Live Evening
Piano Bar

Live Evening Piano Bar

Thursday, January 6 &
February 3

7-10 pm

Join local musician Larry Knapp and friends for live piano music at the Senior Center of West Seattle!

In-Person: Live Evening Piano Bar

February 3, 2022

7:00-10:00 PM

Entrance fee: \$5

Join local musician Larry Knapp and friends for live piano music at the Senior Center of West Seattle!

[More details available here.](#)

In-Person: "Actividades En Español Con El Apoyo De Sea Mar Community Health Center's Staff

Sea Mar Activities in Spanish

To resume February 2022

Martes, 9am-2pm



Tuesdays, 9am-2pm

Damos la bienvenida a todos los miembros de la comunidad Latinx para un día completo de actividades divertidas, tiempo social y almuerzo.

We welcome all members of the Sea Mar Community Health Center for a full day of fun activities, socializing and lunch"

[Visit the Senior Center's webpage here for more events and activities.](#)

[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person



Virtual: Alzheimer's Association: Advocacy Day

February 9, 2022

Please join us for our 2022 Advocacy Day, where we ask elected officials to support Alzheimer's Association legislative priorities. All meetings to be held online or by phone using the Zoom platform.

[Sign-up to be an advocate here.](#)

Virtual: Dementia in the Community: Intergenerational Programming Aimed at Engaging Children, Youth and People Living with Dementia (Webinar)

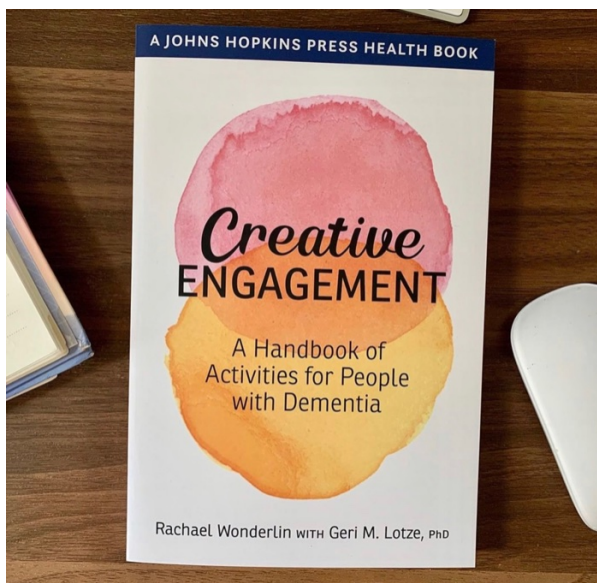


Wednesday, January 19, 12:00 PM-1:00 PM

Dementia in the Community: Intergenerational Programming Aimed at Engaging Children, Youth and People Living with Dementia

In this webinar, ONEgeneration will provide information on the benefits of intergenerational programming, while also addressing the creation of a successful intergenerational model that has integrated children, from infancy to 5 years old, with older adults living with dementia.

[Learn more and register here.](#)



A Johns Hopkins Press Health Book:

"Create Engagement: A Handbook of Activities for People with Dementia"

by Rachel Wonderland with Geri M. Lotze, PHD

An activity book to help caregivers improve the quality of life of people who have dementia.

[Purchase a copy here.](#)

Native Americans and Alzheimer's

One in 5 Native American adults aged 45 and older reports experiencing memory or thinking problems that might be a sign of dementia. Learn what the Alzheimer's Association is doing to address health disparities and provide support for American Indians living with Alzheimer's or other dementias.

[Learn more here.](#)



The Memory Hub

A Place for Dementia-Friendly Community, Collaboration, and Impact

The Memory Hub: A Place for Dementia-Friendly Community, Collaboration and Impact

Resource and Education Days

The UW MBWC offers quarterly events which provide an opportunity for people and their families touch by specific types of dementia to connect, learn and share resources. In 2022, Resource Education Days will be hosted at the Memory Hub or take place online over Zoom.

Stay tuned for dates.

[Visit the website here.](#)

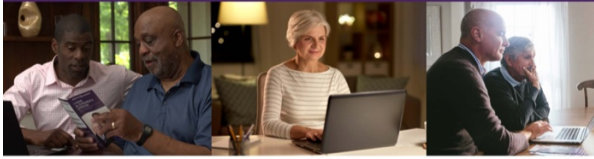
Virtual: Education Webinars presented by the Alzheimer's Association

Check out this listing of online education webinars for this month.

-10 Warning Signs of Alzheimer's

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
January 10, 12-1:30 p.m. | [REGISTER](#)
January 25, 1-2:30 p.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
January 20, 1-2:30 p.m. | [REGISTER](#)

Effective Communication Strategies
January 6, 12-1 p.m. | [REGISTER](#)
January 27, 11 a.m.-12:30 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research
January 4, 12-1 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's Disease
Part 1: January 20, 4-5 p.m. | [REGISTER](#)
Part 2: January 27, 4-5 p.m. | [REGISTER](#)

Living with Alzheimer's: For Younger-Onset Alzheimer's
January 11, 12-1:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
January 12, 10-11:30 a.m. | [REGISTER](#)
January 12, 11 a.m.-12 p.m. | [REGISTER](#)
January 19, 12-1 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
January 31, 2-3:30 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option
January 25, 4-5 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

alzheimer's  association®

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

-Effective Communication Strategies

-When Living at Home is No Longer an Option

...and more.

Online Educational Webinars

COMMUNITY LIVING CONNECTIONS

— Seattle & King County —

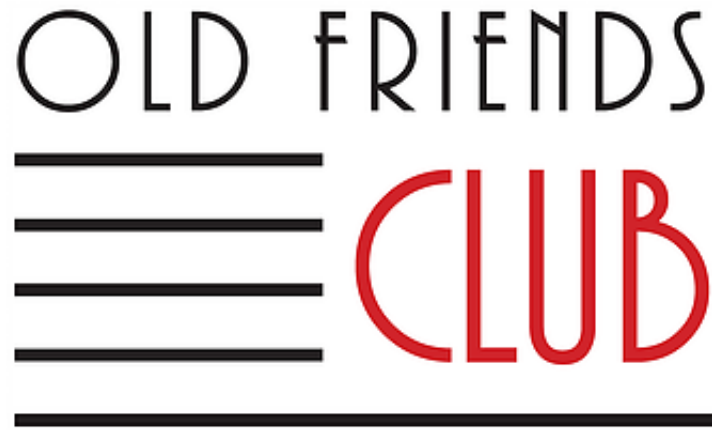
Are you facing aging or disability issues?

"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.

Or visit our website here."

[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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