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Caregiver *Exchange*

May 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

OFC News





Old Friends Club empowers community-based organizations to offer tangible, life-changing support to people living with dementia and those who care for them. The friends and family of those with dementia are, by far, the leading providers of dementia care. So much depends on them, and they need our support.

The Clubs are community-based social respite programs that improve care and caregiver outcomes, and reduce the burden on the broader health care systems.

The need is urgent and reaches every community, so we must too. OFC believes empowering community organizations to start and lead social respite programs for the people they serve is the best way to 1.) quickly expand to meet the massive need for respite, and 2.) serve diverse communities while honoring each culture.

Old Friends Club is a dementia care resource improving on, or perhaps returning to the wholesome roots of, the adult day model. Studies show proven effectiveness and benefits of these programs, including promoting the resilience that caregivers need to continue offering care at home.

Each Club is a place of friendship and belonging for those living with dementia, where they share life together through conversation, music, art, games, exercise, and a meal. While they enjoy the Club, caregivers have reliable respite – practical chunks of time to recharge and tend to other needs.

There is an enormous gap in dementia care. Community organizations want to do more, and providers in the field of aging need real solutions to offer. Old Friends Club is a sustainable, replicable, affordable solution and can be the foundation of a system change.

Join us.

www.oldfriendsclub.org | welcome@oldfriendsclub.org | (425)681-9776

Support OFC with a Gift Today

Give 'em a break! Become a

Give 'em a break!

Alzheimer's and dementia caregivers have an important 24/7 job.
They need a break so they don't burn out.



Be a respite solution for these caregivers in your community by opening an *Old Friends Club*.

Old Friends Club is a 501(c)(3) that offers an affiliate model to build and run day programs for adults living with dementia in your community. While these adults are enjoying time with friends and engaging in meaningful ways, caregivers in turn receive the respite they so desperately need.

The need for dementia day programs and respite is continuing to grow as the number of people living with dementia grows. Over the next 20 years, that number is expected to more than double in Washington state, going from 110,000 to 270,000 individuals.

Most people with dementia live at home and rely on family caregivers for assistance.



Learn more about starting a club by visiting www.oldfriendsclub.org

respite solution for caregivers in your community by opening an Old Friends Club.

Become an Affiliate

Affordable Respite Care

Join "The Club"

- Respite and resources for Alzheimer's and Dementia Caregivers
- Guided activities and friendship for those with Alzheimer's or dementia
- Spaces currently available at OFC's Carnation location



Learn more today. Please visit: www.oldfriendsclub.org



What does a day at Old Friends Club look like? OFC's affordable respite solution has many benefits for the adults who attend as well - friendship, laughter, mental and physical exercise, and more.

Our Carnation location is accepting new friends!

Explore the Club

Keep scrolling for caregiver resources...

Community Activities & Events - Virtual and In-Person



The Memory Hub

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

Virtual: Coffee Chats

The Memory Hub

Tuesdays, 10:00 AM- 11:00 AM

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.

[Sign up here.](#)



Virtual: Strength and Balance

GenPRIDE

Every Tuesday, 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.](#)

Garden Discovery Walks Spring 2022

Savor the season and explore a therapeutic memory garden with others living with memory loss and friends and family

First Fridays:

April 1

May 6

June 3

10:30 am - 12 pm



Join us in Maude's Garden at the Memory Hub - the new home base for the Garden Discovery Walks program! Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" particularly accessible to people living with dementia and their families in this 3-part series. No cost to attend. A partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center with support from Family Resource Home Care.

Location:

The Memory Hub, 1021 Columbia St. Seattle, WA 98104

Pre-registration required by March 25:

Tamara Keefe, (206) 615-0100, tamara.keefe@seattle.gov



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 activity, 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.



Virtual Session - April 19 - May 24 (6 weeks)

Tuesdays 10-11 am - Includes ukulele instruction for those who are able to participate at a higher level

Virtual Session - April 19 - May 24 (6 weeks)

Tuesdays 10:30-11 am - Joins into the ukulele group for 30 minutes of music for those who are more cognitively challenged or just not interested in learning an instrument. Will include hand instruments and movement.

In Person Session - April 26 - May 31 (6 weeks)

Tuesdays 11:30 am - 12 pm - at St. Mark's Lutheran Church by the Narrows: 6730 N 17th St, Tacoma, 98406

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 or in person and are FREE! Pre-registration is required and spots are limited.

[Register here](#) for all classes

For more information, please contact:



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



lcsnw.org

Virtual: Save the dates

ONLINE PROGRAMS Pioneers in Aging Lunch 'n Learn

Mondays in May

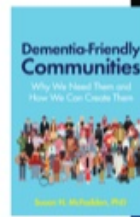
We are living in a time of reframing aging from a season of decline to one of deepening our wisdom, sense of community, and sharing our gifts. Listen and learn from these pioneers in aging about navigating the joys and challenges of later life!

Please register at 1.kcls.org/3NyqfdK or call your local library



Susan McFadden **Dementia-Friendly Communities: Why We Need Them and How We Can Create Them** **Monday, May 16, 12pm**

The fear of dementia looms over aging just as the fear of cancer did years ago. We have the tools to grow beyond that fear! How do we create communities of joy, care and purpose with and for each other regardless of our cognitive abilities?



Ashton Applewhite **This Chair Rocks: A Manifesto Against Ageism** **Monday, May 23, 12pm**

Author and activist Ashton Applewhite describes what ageism is and how it works, and proposes an alternative to all the hand-wringing: Wake up to the messages that frame two-thirds of our lives as decline, cheer up and push back.



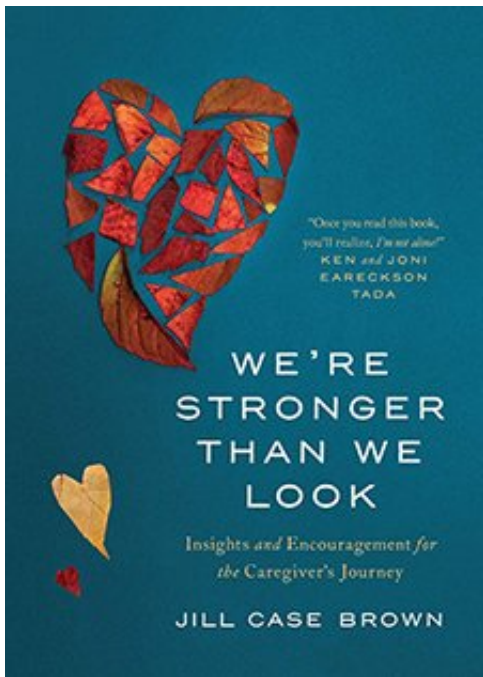
*Reasonable accommodation for people with disabilities is available by request.
Email access@kcls.org at least seven days before the event.
Automated closed captioning is always available for online events.*



[Learn more and register here](#) or call your local library.

[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person



Caregiver, are you overwhelmed? Do you secretly (or not so secretly) have bouts of despair, bitterness, and even hopelessness?

Rich in stories, threaded with humor, and unflinchingly real, *We're Stronger than We Look* is a safe place for you to process the life you've been given, to accept that it's okay not to have it all together, and to be inspired about your caregiving role—even while recognizing the need to take care of yourself as well.

[Buy the book here.](#)

FREE EVENT

SPECIAL EDITION Care Connection Webinar Series



Health Care Advocates & Geriatric Care Managers: How These Professionals May Be Able to Help You



THURSDAY, MAY 19 1 PM – 2 PM EDT

GUEST SPEAKER

Gerda Maissel, MD, BCPA, CPE
*President, My MD Advisor
Board-Certified Patient Advocate*

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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.



ALZHEIMER'S  ASSOCIATION®

Alzheimer's & Dementia Conferences

May 2022

May 18 - Tri-Cities; May 24- Spokane. [Learn more and register here.](#)

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alzheimer's association®



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

In-Person/Virtual: Support Groups - Alzheimer's Association
[Search for additional support groups 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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