

To ensure delivery to your inbox, please add [welcome@oldfriendsclub.org](mailto:welcome@oldfriendsclub.org) to your address book.

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# Caregiver Connector

May 2022 Edition

*Resources for Alzheimer's & Dementia Caregivers*

## Old Friends Club News

### 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](http://www.oldfriendsclub.org)

### Give 'em a Break: Support your community caregivers

Caregivers in the community need our support now more than ever. Learn more about opening an Old Friends Club in your community so family caregivers can take a load off. OFC not only offers friendship and meaningful engagement to those living with dementia, but offers respite for caregivers as well.

[Learn More](#)

## 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](http://www.oldfriendsclub.org)



## The Carnation OFC is looking for new friends!

OFC's Carnation location is looking for new friends to join The Club. Check out our website to learn more about what a day at the club looks like and the benefits of joining. Joan and Carmen would love to see you there!

[Explore The Club](#)

## Community Activities & Events - Virtual and In-Person



**Virtual:** T'ai Chi Chih: Joy through Movement

GenPride

Thursdays, 10:00-11:15 AM

Join our new Spring 2022 series of free, online T'ai Chi Chih® classes for the LGBTQAI+ and gender nonconforming community and their allies.

T'ai Chi Chih is a slow-moving, meditative routine of 19 moves and one pose. Benefits include: reduced stress, increased energy and mental clarity, improved balance, flexibility, and overall well-being. Beginning and continuing students are welcome. The practice can also be done seated in a chair.

Join instructor Linda Robinson  
Thursday mornings for this 7-week  
series.

NOTE: No class on May 12th.

[Register here.](#)

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# 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)

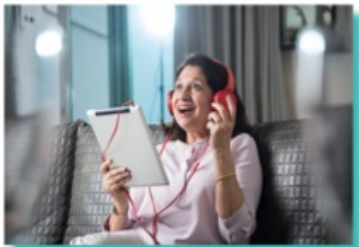
**Tuesdays 10:30-11 am** - Joins into the ukulele group for 30 minutes of music for those who are more cognitively challenged or just not interested in learning an instrument. Will include hand instruments and movement.

### 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](mailto:dementiaservices@lcsnw.org)



[lcsnw.org](http://lcsnw.org)

# 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](http://1.kcls.org/3NyqfdK) or call your local library*



### **Gloria Burgess** **Pass It On!**

**Monday, May 2, 12pm**

As we age, the concept of legacy becomes paramount. What are we leaving behind? Be inspired as Jazz International Founder and CEO teaches lessons her father learned from his own life and from William Faulkner about living a life of passion so that we can *Pass It On!*



### **Maria Kliavkoff** **Healthy Mourning, Happy Loving** **Creating Compassionate Grief Communities** **Monday, May 9, 12pm**

Most of us have never been taught what to do with grief or how to mourn our losses. Shine a light on a topic that has remained buried for too long, sharing clarity in the chaos and hope for the grief journey.



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

# The Gathering Place is Returning IN-PERSON!

Thursdays · 1 - 4 p.m. · \$40\* *\*Some scholarships available*

## Greenwood Senior Center

The Gathering Place is a weekly enrichment program for people with mild cognitive impairment (MCI) and early stage memoryloss (ESML).



**PROGRAM PILLARS:** · Cognitive stimulation · Physical movement  
· Social engagement · Cultural enrichment · Anti-stigma activism

Facilitated by Alisa Tirado Strayer, MSW, MPH. Tuesday sessions will remain online.

To participate, contact Carin Mack, MSW, for an assessment: 206-230-0166 or socialwkr@comcast.net

Greenwood Senior Center  
525 N 85th St.  
Seattle, WA 98103

Mask & Vaccine Required



# 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](mailto:tamara.keefe@seattle.gov)



[View More Ongoing Events & Activities Here](#)

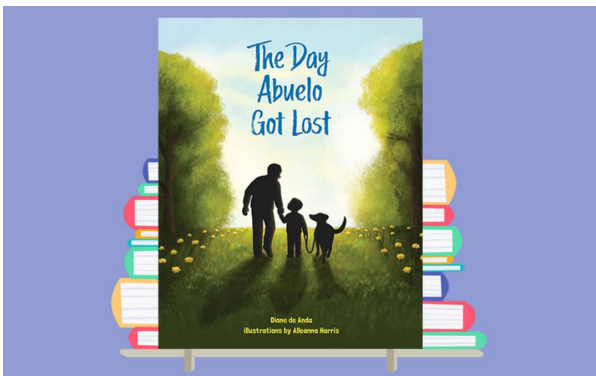
## Community Education & Support - Virtual and In-Person



### "Two Mothers Remembered" by Joann Snow Duncanson

*A poem for Mother's Day*

[Read the poem here.](#)



### "The Day Abuelo Got Lost"

Written by Diane de Anda

Illustrated by Alleanna Harris

"A touching story about a boy and his grandfather who enjoy a special relationship--until Abuelo starts to lose his memory. Instead of building model planes and cooking together, Luis and his father have to search the neighborhood for Abuelo, and Luis and Abuelo have to find new activities to enjoy together."

[Purchase the book here.](#)



### **Virtual: May Care Connections- Mindfulness and Self-Care**

***Alzheimer's Foundation of America***

May 12, 10:00 - 11:00 AM PT

Join Cindy Bautista-Thomas, PhD, LCSW, RYT, social work educator, mindfulness facilitator, executive and transformational trainer, for a 1-hour Care Connection on mindfulness and self-care.



Leave this webinar with skills for incorporating mindfulness into your daily routine.

[Learn more and register here.](#)



**Virtual: Dementia Training for Family Caregivers** is an online course designed to be taken at your own pace, through reading and watching videos. This no-cost course includes five, hour-long modules. You also meet weekly with a facilitator who provides individualized coaching. The course follows the Evidence-Based STAR-Full Life curriculum developed for use by Full Life Care. This course will give you:

- Essential information about dementia
- Strategies to help with challenging situations
- Knowledge about setting realistic expectations
- Training in effective communication
- Activities to enjoy together
- Tips to help facilitate meaningful movement

For more information, please contact Tegenu Negi at [Tegenun@FullLifecare.org](mailto:Tegenun@FullLifecare.org).



HAVE QUESTIONS ABOUT  
**LEGAL PLANNING  
FOR DEMENTIA?**



**THE DEMENTIA LEGAL PLANNING TEAM CAN  
HELP YOU MAKE PLANS FOR THE FUTURE**

**How does it work?**

- Connect with us – by phone or online
- We match you with a volunteer attorney to guide you
- You complete Powers of Attorney for finances and health care, health care directives, and the dementia directive form
- No cost to you

**READY TO  
GET STARTED?**

 **425-780-5589**

 [www.dementia  
legalplanning.org](http://www.dementialegalplanning.org)



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

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# PARTNERING WITH YOUR HEALTHCARE PROVIDER

A Resource for People Living with Memory Problems and Their Care Partners

## WHO WE ARE

The [Dementia Action Collaborative \(DAC\)](#), the [Dementia and Palliative Education Network \(DPEN\)](#), in partnership with the [Alzheimer's Association](#) and the [University of Washington School of Nursing](#)

## WHAT'S THE PURPOSE?

- Understand how to form a working partnership with healthcare providers
- Organize, streamline tasks, and communicate about the care needs of the person living with dementia
- Reduce chances of avoidable care transitions

## WHAT'S INCLUDED

- Easy-to-navigate narrated presentation
- Video scenario demonstrations
- Care, medication, and appointment log sheets



## LEARN MORE



## SHARE

with family care partners!

[DPEN.NURSING.UW.EDU/RESOURCES/PARTNERING-WITH-YOUR-HEALTHCARE-PROVIDER/](https://dpen.nursing.uw.edu/resources/partnering-with-your-healthcare-provider/)

[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](http://www.olderfriendsclub.org)

**Questions? Contact us today:**

(425)681-9776

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

**Support OFC with a Gift Today**

*For past issues of OFC's newsletters, please [go here](#).*

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