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Brought to you by:



Caregiver Exchange

Happy Pride!

SPECIAL REMOTE EDITION: June 2021



**Have you checked out the Alzheimer's Foundation of America's
*The Apartment - A Guide to Creating a Dementia-Friendly Home?***

"AFA created The Apartment—a model studio residence built in AFA's New York City headquarters—to showcase ways that practical design and technology can greatly increase the quality of life for someone living with dementia and help family care partners protect their loved ones' safety."

[Check out the virtual tour of The Apartment and download a copy of the guide here.](#)

Stay at Home + Adventure Outside of Home Highlights

Mark your calendar for "A Walk in the Park", Art, Garden Discovery Walks, Singing, and more!

Read on to learn more about upcoming events and caregiver support.

Please share 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



June is Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month! Join Age-Friendly Seattle for a special 90-minute Civic Coffee Hour on how the City of Seattle engages with LGBTQ community on 6/17 at 10:30 am.

[Click here for details.](#)



Advocacy & Services for LGBTQ Elders

We refuse to be invisible®

"We're a national advocacy and services organization that's been looking out for LGBT elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a

fulfilling future for all LGBT people."

[Learn more here.](#)

[Learn more about LGBTQ Community Resources here.](#)



GenPride empowers older LGBTQ+ adults to live with pride and dignity by promoting, connecting and developing innovative programs and services that enhance belonging and support, eliminate discrimination, and honor the lives of older members of our community.

[Learn more here.](#)



Garden Discovery Walk, June 2021 - Seattle Parks and Recreation

- [Part 1: Oregon Coast Forest and Beach Walk](#)
- [Part 2: Project: Mandala Table Decoration](#)

Please join Elderwise for the next series of weekly hour-long Zoom ArtWise gatherings on Wednesdays from 2:30-3:30 pm.

Each session will be \$20 for both participant and caregiver. Art supplies provided for a one-time supply fee.

Visit [Elderwise's website](#) for more information about this program and additional programming.

Contact [Nancy Lang](#) to register or for more information -



nancy@elderwise.org

Join our unique community!
A 6-week art series starts on June 2nd



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, June 2nd**.

To register or for more information, please contact Nancy Lang at nancy@elderwise.org.



"Our participation in ArtWise has added tremendous value to our time of sequestration. The extended community created through these guided experiences has encouraged us, uplifted our spirits, and provided structure and focus to our days. The gentle wisdom shared by the facilitators and participants alike are pearls we refer back to throughout the week. The complete acceptance and genuine caring expressed within the group create bonds that have allowed participants to share freely--their art and their feelings."
 ArtWise participant and family caregiver

"As a caregiver, it makes me happy to paint and it makes me delighted to see her happy. Makes me cry. I love being part of this group. I'm seeing, being and learning deeper ways to communicate. Painting like this is something I can bring to other clients."
 ArtWise attendee and professional caregiver

A Walk in the Park for people living with Alzheimer's disease and other dementias

Janice King, author of Eastside Seattle Walks will lead a gently-paced walk at Confluence Park, 595 Rainier Boulevard N, in Issaquah



Date: July 10th
Time: 10:30-11:30 am
Meeting place: the Picnic Shelter

Park Amenities include:

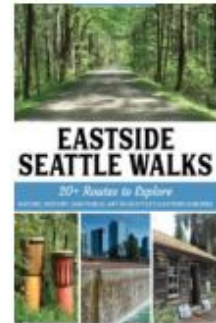
Who should attend?

- Benches
- Creek
- Natural Open Space
- Picnic Tables
- Restrooms
- Gravel and Dirt Paths

- People with memory loss/ dementia accompanied by family or friend.
- People who can walk on uneven ground without assistance
- Sorry, this is not a walker/cane friendly walk

Bring a snack and drink, weather appropriate clothes, comfortable shoes and a big old smile!

To register please contact Allyson Schrier,
allysonv@msn.com or 425-358-1009



MEMORY LOSS CAFÉ

**3rd Mondays of Each Month
starting Apr. 19
1:15 - 2 p.m. on Zoom. Free**

- **A virtual café for people with memory loss and their care partners. Bring your beverage of choice and enjoy a chance to socialize, listen to music, and have fun!**



**Register:
katief@phinneycenter.org**



Patrick Sings

2nd & 4th Fridays of Each Month

3-4 p.m. online

Join local musician and entertainer Patrick Daugherty as he sings familiar songs from our past. You can sing along or just listen. Audience requests are fine too. Invite friends and family to join in this dementia-friendly program:

All are welcome!

Registration & info: barryfranklin@comcast.net

No cost. Song sheets will be provided for some songs. Program held via Zoom.



- Join in on the 3rd Monday of each month at 1:15 pm for a virtual cafe! This is a free event for people with memory loss and their care partners. **For registration and info, email katief@phinneycenter.org**
- Join "Patrick Sings" songs from the 50's-70's on the 2nd and 4th Fridays of each month! **For registration and info, email barryfranklin@comcast.net**

For a full calendar of senior events at the Phinney Center, such as sing-alongs, support groups, and art appreciation, [click here](#).

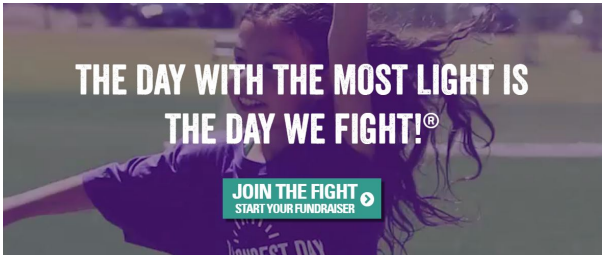
Looking for more caregiver activities?

Check out our June Caregiver Calendar below!

[OFC Caregiver Calendar](#)

Get Involved

Join the fight with the Alzheimer's



Association, *The Longest Day*.

[Learn more here.](#)



Join Team OFC!

Join Old Friend's Club's Walk to End Alzheimer's Team, Team OFC, this year. This event helps raise awareness and funds for Alzheimer's care, support, and research.

Walk Day is September 25, 2021.

[OFC invites you to join our team today!](#)

Support for Caregivers

REGISTER TODAY

ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
June 2, 3-4:30 p.m. | [REGISTER](#)

Advancing the Science: The Latest in Alzheimer's and Dementia Research
June 17, 10-11:30 a.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
June 18, 1-2:30 p.m. | [REGISTER](#)

Effective Communication Strategies
June 23, 9:30-11 a.m. | [REGISTER](#)
June 23, 3-4:30 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's Disease
Part 1: June 1, 10-11:30 a.m. | [REGISTER](#)
Part 2: June 8, 10-11:30 a.m. | [REGISTER](#)

Living with Alzheimer's: For People with Alzheimer's
Part 1: June 16, 1-1:45 p.m. | [REGISTER](#)
Part 2: June 23, 1-1:45 p.m. | [REGISTER](#)

Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer
June 7, 4-5:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
June 14, 10-11:30 a.m. | [REGISTER](#)
June 16, 3-4:30 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
June 8, 9-10:30 a.m. | [REGISTER](#)
June 30, 3-4:30 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option
June 9, 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://www.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://www.alzwa.org/education).



Get a Free Virtual Memory Screening!
Mondays & Wednesdays
10 am to 4 pm (ET)
Fridays
10 am to 2 pm (ET)
Call AFA at 866-232-8484
to make an appointment



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



ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

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/>

OLD FRIENDS CLUB

*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

Support Us

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