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Caregiver Connector

April 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

Old Friends Club News

-Give 'em a Break!

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](#)

-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



In-Person: here:now Artwork Discussions

Frye Art Museum

April 26, 2022, 1:00 - 2:00 PM

Explore art from the comfort of your home in a facilitated, small-group discussion with a museum educator. Artworks from the Frye collection and exhibitions will be featured.

Monthly Artwork Discussions 2022

[Register here.](#)

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



Ongoing Activities & Events - Virtual and In-Person



In person: Momentia Mondays

Monday, April 4, 2022

10:30 AM - 11:30 AM

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more!

Offered by Seattle Parks and Recreation in partnership with SESSC - SouthEast Seattle Senior Center.

No cost.

[Register here.](#)



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.

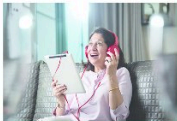
These FREE Music classes will run for six weeks starting November 30th on Tuesdays with a morning and an afternoon option. Classes are open to residents of Pierce County and surrounding areas

● *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



In-Person and Virtual: LCS Northwest is excited to be bringing FREE sessions of our art making program (Opening Minds through Art) and our music program (Music and Memories) back in person starting in March (virtual sessions available as well)!

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.

Please spread the word to your clients, residents, friends and families on our activities and education sessions. And you don't have to choose just one – you can sign up for all three!

Contact us
at dementiaservices@lcsnw.org for
more information.



MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.

WHEN: Monday and Wednesday mornings

WHERE: Woodland Park Zoo, Seattle

COST: Free! Zoo entry and parking passes are provided to attendees.



CONTACT TO LEARN MORE AND REGISTER:

Karen Thompson, Manager of Community Support
206.529.3875 | kcthompson@alz.org

Presented by:



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

Community Education & Support - Virtual and In-Person

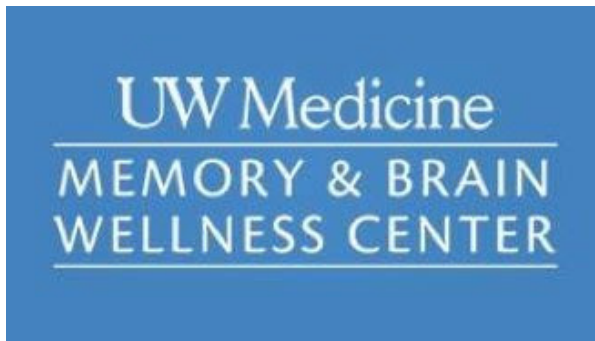


Virtual: Functional Psychology for Peak Brain: Performance and Cognitive Decline

Thursday, April 14 at 1:00 PM ET

Dr. Brant Cortright will talk about common factors that lead to cognitive decline as well as dietary, nutritional, and other physical and psychological factors that bring about radiant brain health.

[Register here.](#)



Virtual: Caregiver Forum

UW Memory & Brain Wellness Center

10 - 11 a.m. every Monday

Join other family caregivers to share feelings and experiences about caring for a loved one with memory loss or dementia. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called Zoom. Facilitated by trained volunteers with support from our program manager. Space is limited; sign up by the day before. Join for just one session, or multiple.

[Register here.](#)

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

[View More Resources Here](#)

OLD FRIENDS CLUB

**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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