

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

Brought to you by:



# Caregiver Connector

December 2021 Edition



***Happy Hanukkah from Old Friends Club!***

Looking for ideas for a dementia-friendly Hanukkah? Check out

Alzheimer's Society: United Against Dementia's post "[6 Ideas for a Dementia Friendly Chanukah](#)".



OFC wants to extend a special "Thank you" to the Kirkland Chamber of Commerce for their continued support!

*Find in this edition...*

*Virtual Holiday Concert, Zoo Walks, Improv, Singing, even MORE singing, Mayor's Council, and more!*

Please share this newsletter 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



# Virtual Holiday Concert

Sat. Dec. 18 • 2 - 3 p.m. Online • Free

Join Elena Louise Richmond and the ALL PRESENT Song Circle for a warm and musical hour of holiday favorites and special guest solos. Wear your Santa hats and holiday sweaters!

 Register: [alisas@phinneycenter.org](mailto:alisas@phinneycenter.org)



### Taproot Theatre - Early Stage Memory Loss Classes

Two different classes are being offered via Zoom at this time:

#### Re-Ignite the Mind with Improv

*\*currently being offered as Z-Improv on zoom*

Improv students engage fully in the present moment which makes improv a perfect theatre class for individuals with Early Stage Memory Loss (ESML). There is no memory requirement, just the delight of participating in a creative experience that releases the imagination while giving a sense of accomplishment, self-confidence and social enrichment.

#### Re-Ignite the Mind with Imagination

*\*currently being offered as Z-*

*Imagination on zoom*

This is a lightly guided, slightly slower paced class that uses improv exercises and guided imagination experiences that are designed to rely on and activate long lasting memory that can still be accessed by those with Early to Mid-Stage memory loss.

*Care partners are welcome and encouraged to attend as improv exercises can add a wonderful new dimension to shared daily life.*

[Register and learn more here.](#)



**Aging and Disability Services King County** - Mayor's Council for African American Elders

**Friday, 12/17/2021, 2pm-3pm**

**Venue: Online event**

**Register: Free**

**Contact:** Karen Winston

[Karen.Winston@seattle.gov](mailto:Karen.Winston@seattle.gov)

*The Mayor's Council for African American Elders (MCAAE) meets on the third Friday of every month.*

*While COVID-19 stay-at-home orders are in place, the MCAAE meets online. For online meeting information, contact coordinator [Karen Winston](#) at Aging and Disability Services.*

**Zinnia TV: Older Oldies Sing-Along**

[pre-recorded, 12:23]



Enjoy a fun sing-along on Zinnia TV, with songs "Hail, Hail, the Gang's all here!", "Home, Home on the Range", "I'll be Loving You, Always", and more!

[Sing-along here.](#)



## Silver Kite Community Arts – Sing-a-long Stories

Saturday, December 13, 1:30-2:30

Some stories are so great they have to be sung.

These "story songs" may inspire us, take us on adventures, celebrate a moment or share something silly and unlikely, but fun to "tell"

Join us for an hour of sharing our stories with a tuneful lilt.

Facilitated by [Bobbi Kidder](#)

What to bring:

Rhythm Shakers, Maracas, or a bag of beans to make noise

[More information available here.](#)



# 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](mailto:kcthompson@alz.org)



Presented by:





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

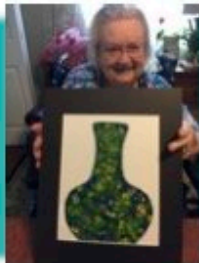
## Art Classes for People Living with Dementia

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.



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!**



**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

**For more information, please contact:**



**Phone: 253-272-8433**

**Email: [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.org)**



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



# 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.

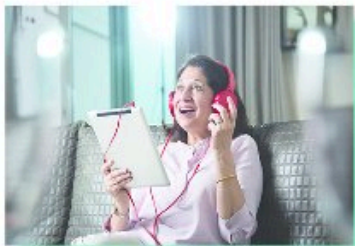
These FREE Music classes will run for six weeks starting November 30th on Tuesdays with a morning and an afternoon option. Classes are open to residents of Pierce County and surrounding areas

*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](mailto:dementiaservices@lcsnw.org)



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





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](mailto:lindsay@elderwise.org).

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Visit Elderwise's website: [www.elderwise.org](http://www.elderwise.org)

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## *Additional Support*

**"Dementia, Covid-19, and the Holidays"**



## *UW Memory and Brain Wellness Center*

By Pamela M. Dean, PhD, ABPP  
and Madeleine Werhane, PhD, MPH

"The holidays can be a joyous, yet stressful time under typical circumstances. With the COVID-19 pandemic, this holiday season presents new challenges, especially for those who have a loved one living with cognitive impairment or dementia. While holiday activities may look very different this year, it is important to find creative ways to engage meaningfully with each other, whether that may be through virtual gatherings or the trusted old telephone. Below we discuss some special considerations to help adapt these strategies this holiday season to effectively connect with our loved ones living with cognitive impairment or dementia. "

[Read the rest of the post here.](#)



## **"Indigenous perspectives on dementia and dementia-friendly communities"**

*UW Memory and Brain Wellness Center*

"A dementia-friendly community is one in which people with memory loss and their loved ones are respected and included and can participate confidently in community life. One panel at the Memory and Brain Wellness Center's [Collaborating for a Dementia-Friendly Washington: Expanding Possibilities Conference](#) on September 14 explored Indigenous perspectives on dementia and dementia-friendly

communities.

Panel moderator Ka`imi Sinclair, PhD, MPH (Western Cherokee), Associate Professor and Co-Director, WSU Institute for Research and Education to Advance Community Health, opened by first paying respect to our Coast Salish elders and welcoming three panelists who have decades of experience working in the field of Indigenous aging. They discussed the questions: How is memory loss or dementia perceived or viewed among Indigenous people in general, in your experience? How are older Indigenous adults living with dementia woven into their communities, or not? What would an Indigenous dementia-friendly community look like? Have you seen any examples?"

[Read takeaways from the panel here.](#)

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# REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



**10 Warning Signs of Alzheimer's**  
December 1, 3-4 p.m. | [REGISTER](#)  
December 16, 1-2 p.m. | [REGISTER](#)

**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**  
December 15, 3-4 p.m. | [REGISTER](#)

**Effective Communication Strategies**  
December 3, 1-2:30 p.m. | [REGISTER](#)  
December 14, 1-2 p.m. | [REGISTER](#)

**Healthy Living for Your Brain and Body: Tips From the Latest Research**  
December 2, 1-2 p.m. | [REGISTER](#)  
December 10, 10-11:30 a.m. | [REGISTER](#)

**Legal and Financial Planning for Alzheimer's**  
December 7, 1-3:30 p.m. | [REGISTER](#)

**Understanding Alzheimer's and Dementia**  
December 7, 1-2:30 p.m. | [REGISTER](#)  
December 13, 1:30-3 p.m. | [REGISTER](#)

**Understanding and Responding to Dementia-Related Behavior**  
December 17, 9-10:30 a.m. | [REGISTER](#)  
December 21, 10-11 a.m. | [REGISTER](#)

**When Living at Home Is No Longer an Option**  
December 8, 3-4 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)



# Staying Connected

**A SMALL GROUP SEMINAR FOR PEOPLE WITH EARLY STAGE MEMORY LOSS AND A CARE PARTNER. HELD IN 4 SESSIONS**

Classes held monthly

**Virtual meetings** (must have a computer or iPad with Internet, a camera and audio).  
Details available at registration.

Pre Registration Required, call

1-855-567-0252

A care partner may be a family member, partner, or friend and they must live with or be able to be physically present with each other during the classes.



How do you cope with the daily challenges of memory loss?

How do you stay engaged with things you love to do?

What is the importance of activity, family and social relationships in maintaining your quality of life?

How can your mood affect your memory, and what can you do to improve it?

For More Information or to Register Call: Aging and Disability Resource Center

1-855-567-0252



# sage

## Advocacy & Services for LGBT 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."

[Find support and learn more here.](#)



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

**AFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

**866-232-8484**  
**www.alzfdn.org**

#### AFA Helpline Hours Extended

If Alzheimer's is in your life, help is within your reach. AFA's National Toll-Free Helpline is open seven days a week and staffed entirely by licensed social workers specifically trained in dementia care. The Helpline is accessible by phone, web chat, and text message to assist callers with topics such as:

- Signs and symptoms of dementia-related illnesses
- What to do if you or a loved one have recently been diagnosed with a dementia-related illnesses

- How to speak with someone about memory problems
- Caring for a family member with a dementia-related illness
- Building a care team and support network
- Self-care for caregivers
- Finding local caregiving support services
- Handling behavioral changes
- Navigating communication among family members
- Brain health and wellness information

No question is too big or small.

***The AFA Helpline is open from 9 am-9 pm ET, seven days a week.  
Connect with a licensed social worker by:***

**Phone: 866-232-8484**

**Text message: 646-586-5283**

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# 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/>

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## *Even More Resources*

**OFC Ongoing Caregiver Resources**

OFC Newsletter Archive



*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](mailto:welcome@oldfriendsclub.org)

Support Old Friends Club with a Gift Today!

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This message was sent to **email@example.com** from **welcome@oldfriendsclub.org**

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Kirkland, WA 98083

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