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# Caregiver Exchange

November 2022 Edition

*Resources for Alzheimer's & Dementia CaregiversEx*

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# November is Family Caregivers Month

This month, we recognize the hard work, dedication, and unconditional love that family caregivers in our communities give on a daily basis.

Old Friends Club is here for you, caregivers! With respite through the Clubs, informative newsletters, regional resources listed on our website, and so much more - we are here to support you throughout your caregiving journey.

***/// Keep scrolling for caregiver resources \***

## **Community Activities, Events & Support**

**Garden Discovery Program - Fall**

**Garden Discovery Program**  
Fall 2022

*Connect with nature and engage in horticultural therapy activities with others living with memory loss and friends and family*



**First Fridays:**  
10/7, 11/4, 12/2  
10:30 am - 12 pm

**Location: Maude's Garden**  
The Memory Hub, 1021 Columbia St. Seattle, WA 98104

- Explore a garden in the glory of autumn, engage in nature-inspired crafts projects led by a horticultural therapist, and make social connections in a supportive community.
- A 3-part series: first Fridays in October, November, and December. No cost to attend.
- A partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center.

*The Garden Discovery Program is made possible by support from Family Resource Home Care.*

Pre-register for activity #50903 with Seattle Parks and Recreation by 10/3.  
A conversation with the dementia-friendly recreation specialist is required for first-time participants. Please contact Tamara Keefe at [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) or 206.399.4655



## 2022, Maude's Garden @ The Memory Hub

Next program: 12/2, 10:30 AM- 12 PM

Connect with nature and engage in horticultural therapy activities with others living with memory loss and friends and family.

[Lean more here.](#)

[View More Seattle Resources](#)

**All Present Holiday Sing-Along Jamboree**

**Sun. Dec. 4 • 1-3 p.m.**  
**GSC • Free**

Join the GSC memory loss community, Elena Louise Richmond, the ALL PRESENT Song Circle, and the OK Chorale for a warm session of musical holiday favorites. Bring your holiday spirit, and wear your Santa hats, elf tights, and ugly sweaters!

**RSVP: 206-297-0875**



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

**Mask & Vaccine are Required**



## Save the Date: All Present Holiday Sing-Along Jamboree, Greenwood Senior Center

Sunday, December 4, 1-3 PM

Greenwood Senior Center

RSVP [\(206\)297-0875](tel:2062970875)

[View additional memory loss programs at Greenwood Senior Center here.](#)



[View More Eastside and King Co. Resources](#)



### Opening Minds Through Art

"We pair people with dementia and other cognitive challenges with trained volunteers to create works of art in this six week program. An art show with all participants is held on the last day of each session."

### Music and Memories

"Music and Memories supports people living with dementia and their care partners to engage creatively and joyfully in musical activities. Participants will sing, play instruments and move to the music with a goal of improving quality of life and increasing social interaction. It will also give them a sense of empowerment, increasing their self-worth, confidence and identity."

[Check out these two programs put on by Lutheran Community Services Northwest and register for them here.](#)

[View More Pierce County Resources](#)

### Memory Cafes

*Enjoy a "dementia-friendly" outing with your loved one. .*

### IHOP

16518 Twin Lakes Ave. | Marysville,



WA 98271

2:00 – 4:00 PM, 2nd Monday of each month

For more information, please call Moe Pocha at 425.355.1313 or

Email [glendap@fulllifecare.org](mailto:glendap@fulllifecare.org)

[Find other memory cafes in Washington here.](#)

[View More Snohomish County Resources](#)



### Project Lifesaver Program

Through the generous donation of the Nelson family, the Burlington Police Department is the first agency in Skagit County to employ the Project Lifesaver Care Trac System.

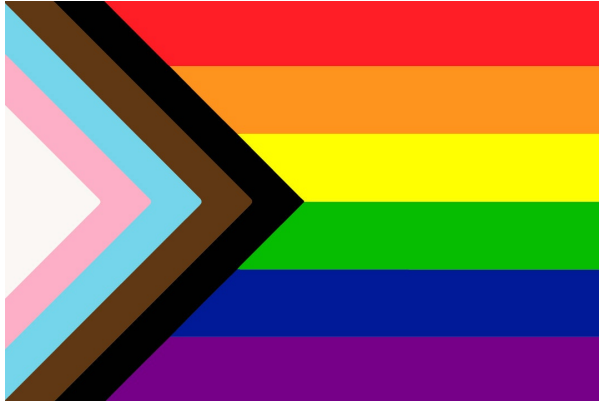
*Project Lifesaver is designed to provide a safety net for our most vulnerable citizens while at the same time providing their families with peace of mind...When a client wanders away the caregiver makes a call to 9-1-1 who dispatches an officer equipped with a monitor to locate the location of the radio signal.*

[Learn more here.](#)

[View More Skagit Co Resources](#)

**Seattle LGBTQIA+ Alzheimer's \*  
Dementia Caregiver Support  
Group- GenPride**





The group is for those who are unpaid or family caregivers for someone who is living with dementia.

A free, online support group.

Third Tuesday of each month

6:30-8 p.m.

To register or learn more, contact:

- Lionel Wang 206.854.4700 | [lionel.s.wang@gmail.com](mailto:lionel.s.wang@gmail.com)
- Tiffany Suscheck 614.719.9692 | [tiffany@suscheck.com](mailto:tiffany@suscheck.com)

[View More Virtual Resources](#)

**momentia walking group**  
Organized by Anacortes Kiwanis and Lighthouse Memory Care

**When:** Monday and Wednesday  
**Time:** 10:00am  
**Where:** Guemes Channel Trailhead  
**Who:** All are welcome!

Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

**Questions? Contact Kati**  
360-399-3235  
[DSM@lighthousememorycare.net](mailto:DSM@lighthousememorycare.net)

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[View Additional Caregiver 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](http://www.olderfriendsclub.org)

**Questions? Contact us today:**

(425)681-9776

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

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