

Shared by Old Friends Club

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Caregiver Connector

**** SPECIAL REMOTE EDITION ****

July 2020: as our surroundings begin to open, we can also focus on opening our minds, our habits, and our expectations.

Following are a few resources for caregivers during an already challenging time.

Please share with those you know who are affected by Alzheimer's or other dementia.

Field of sunflowers



Stay At Home Escapes

Garden Delights

Each month, registered horticultural therapist Laura Rumpf is bringing a new virtual nature walk and activity to the community. Take a walk through the arboretum to explore rhododendrons and azaleas, follow along with a flower arranging tutorial, and more.



[Garden Walk](#), [Flower Arrangement Tutorial](#), [UW Medicine YouTube Channel](#)

Sing Alongs and More

The Frye Art Museum has weekly additions to their [YouTube channel](#), such as meditations, sculpture and art activities, and a [Singalong with Carmen Ficarra](#), a frequent performer at the Alzheimer's Cafe at the Frye.



Momentia Seattle

The Momentia Seattle website is up to date with current virtual programs and engagement opportunities!

Visit momentiaseattle.org for Virtual Improv with [Taproot Theatre](#), Meditation, Zumba, and a Sing-Along with [Greenwood Senior Center](#), and more!

Momentia logo



Art Classes, Book Groups, and More

The King County Library System is offering a ton of fun classes and helpful opportunities online. From art lessons to phone calls to Medicare information sessions, check back regularly as new events are added often.



[Search the KCLS calendar here](#)

Public Health and Community Resources

Alzheimer's Association

The Alzheimer's Association wants you to know [you are not alone](#). They offer [information and tips](#) for caregiving for someone with dementia during the COVID-19 pandemic and quarantine as well as virtual support groups. **24/7 Helpline: 1-800-272-3900** Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

COVID-19 Community Resources

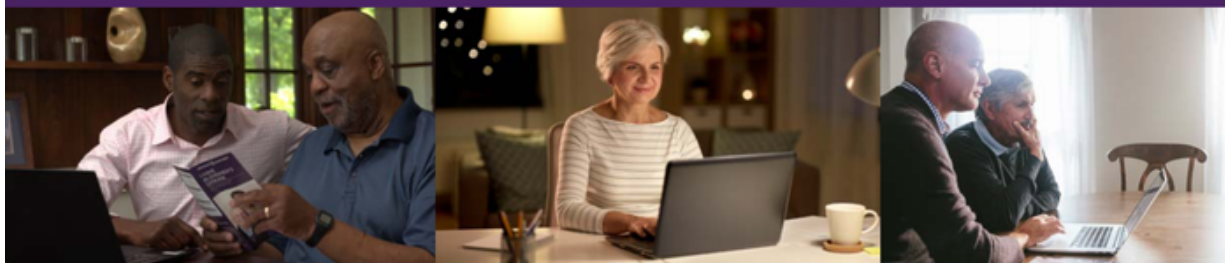
A [regularly updated list](#) of City of Seattle programs and services that may be helpful for residents significantly impacted by the COVID-19 pandemic. This page contains information and web links for City of Seattle, King County, Washington State, federal, and community programs and services that help residents significantly impacted by the COVID-19 pandemic. **Some of these programs and services are available to everyone regardless of where they live.**

Public Health - Seattle & King County

Current [information, resources, and public health orders](#) for Seattle and King County.

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

July 8, 1-2:30 p.m. | [REGISTER](#) July 29, 1-2:30 p.m. | [REGISTER](#)

COVID-19 and Caregiving

July 7, 11 a.m.-12:30 p.m. | [REGISTER](#)

Effective Communication Strategies

Living with Alzheimer's for Care Partners: Late Stage

July 28, 11 a.m.-1:30 p.m. | [REGISTER](#)

Meaningful Activities: Making the Most of Your Interactions with a Person with Dementia

July 16, 9-10:30 a.m. | [REGISTER](#) July 27, 3-4:30 p.m. | [REGISTER](#)

Environmental Changes that Make a Difference

July 17, 11 a.m.-1:00 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body

July 22, 2-3:30 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's Disease

July 15, 11 a.m.-1:30 p.m. | [REGISTER](#)

Living with Alzheimer's for Care Partners: Early Stage

Part 1: July 2, 11 a.m.-1:30 p.m. | [REGISTER](#)

Part 2: July 9, 11 a.m.-1:30 p.m. | [REGISTER](#)

July 21, 11 a.m.-12:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

July 1, 2:30-4 p.m. | [REGISTER](#) July 20, 10-11:30 a.m. | [REGISTER](#)

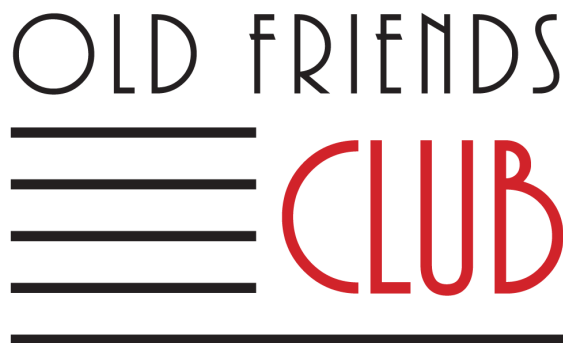
Understanding and Responding to Dementia Related Behavior

July 23, 2-3:30 p.m. | [REGISTER](#)

All sessions are listed in Pacific Daylight Time.

TO LEARN MORE OR TO REGISTER, PLEASE CALL 1.800.272.3900 OR VISIT US ONLINE AT ALZWA.ORG/EDUCATION

Do you know of any virtual groups or activities we should highlight? Please contact us below...



Old Friends Club offers social activities and friendship for people living with memory loss, and respite and support for family caregivers.

FOLLOW US



Questions? Contact us today

425-681-9776

www.olderfriendsclub.org/contact-ofc

welcome@olderfriendsclub.org

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