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Brought to you by:



# Caregiver Connector

**SPECIAL REMOTE EDITION: January 2020**

**Below are resources, classes, and conferences for caregivers.**

**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](#)

*Welcome 2021*

*Old Friends Club wishes you  
a happy and healthy new year.*

[NEW! FULL CALENDAR OF EVENTS \[Click to view\]](#)

## *Stay at Home Highlights*

**Alzheimer's Foundation of America  
Calendar of Virtual Events**



Check out the AFA's [calendar of events](#) for this month - there are all sorts of engaging things to do, including Yoga, Barre, Art, Storytelling, and more!



## Seattle Symphony Live

Experience the sights and sounds of live Seattle Symphony performances in high-definition video and high-fidelity streaming audio from the comfort of your living room or on the go!

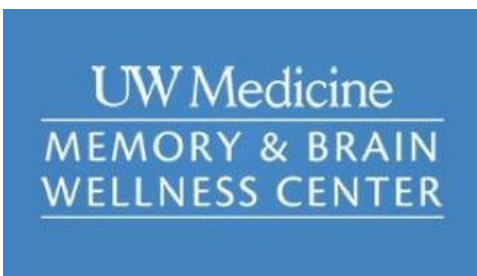
[Learn more here.](#)



**Singing Heart-to-Heart** is currently offering free sing-alongs.

To exercise those vocal chords, follow the link below:

<https://www.singinghearttoheart.com/free-sing-along-videos>



## Virtual Coffee Chat

Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Build connections and offer support and encouragement. Participate online or by phone, with a free application called "Zoom." Facilitated by program manager Marigrace Becker. Join for just one session, or multiple. Space is limited; [sign up](#) by the day before.

**10 - 11 a.m. every Tuesday: January 5, 12,**

19, 26



## Frye From Home

Attention art lovers! Check out the virtual opportunities, such as guided art tours online, offered by the Frye Art Museum.

[Learn more here.](#)

 A flyer for the ESML Art Appreciation Group. It features a central illustration of people in a gallery setting. Text on the left includes "WED. JAN. 6", "1 - 2 P.M.", "FREE ONLINE", and the PNA logo. The main title is "ESML ART APPRECIATION GROUP". Below the illustration, there is a paragraph of text: "OUR FAVORITE MUSEUMS MAY BE CLOSED, BUT WE CAN STILL ENJOY GREAT ART TOGETHER! THIS ONE-HOUR PROGRAM WILL INCLUDE VIEWINGS OF CLASSIC AND CONTEMPORARY WORKS OF VISUAL ART ALONG WITH GUIDED DISCUSSION, ALL IN A RELAXED, SUPPORTIVE SETTING. SUITABLE FOR FOLKS WITH MILD COGNITIVE IMPAIRMENT AND EARLY STAGE MEMORY LOSS." At the bottom, it says "To Register: [katief@phinneycenter.org](mailto:katief@phinneycenter.org)".

## ESML Art Appreciation Group

Wednesday, January 6

1-2 PM

Our favorite museums may be closed, but we can still enjoy great art together. This one-hour program will include viewings of classic and contemporary works of visual art along with guided discussion. All in a relaxed, supportive setting. Suitable for folks with mild cognitive impairment and early stage memory loss.

To Register: [katief@phinneycenter.org](mailto:katief@phinneycenter.org)

## Virtual Gathering Place

An Early Stage Memory Loss Enrichment Program

The **Gathering Place** is a weekly enrichment program for people with Mild Cognitive Impairment (MCI) or Early Stage Memory Loss (ESML).

The four pillars of our program:

- Cognitive stimulation
- Cultural enrichment
- Physical movement
- Social engagement



Tuesdays • 1 - 3 p.m. Online • \$20

The pandemic has limited access to activities in the community. It's important to maintain your strengths and stay motivated during this isolating period. Schedule a pre-registration phone call with Carin Mack, MSW, at 206-230-0166 or [socialwkr@comcast.net](mailto:socialwkr@comcast.net). First session is free. Scholarships available.

Greenwood Senior Center  
525 N 85th St, Seattle  
[www.phinneycenter.org/gsc](http://www.phinneycenter.org/gsc)



## Greenwood Senior Center "Virtual Gathering Place": An Early Stage memory Loss Enrichment Program

Tuesdays 1-3 PM Online - \$20

Schedule a pre-registration meeting with Carin Mack, [socialwkr@comcast.net](mailto:socialwkr@comcast.net) or call (206)230-0166.

# Additional Support

**Old Friends Club Members, Families, Friends + Caregivers:**

Join us for **WA Poison Control Educational Presentations in 2021**

**Medication Management: A Training for Caregivers of Older Adults**

Thursday, January 28, 1:30 - 2:30pm

Caring for a loved one involves providing support in innumerable aspects of their life. Join the Washington Poison Center for a presentation designed to simplify one such aspect: managing medications. Learn about common sources of medication errors, receive tools to assess medication management, and leave with strategies to improve and increase success in managing medications.

**Opioid Prescriptions: Keeping Yourself & Your Loved Ones Safe**

Wednesday, February 10, 5:30 - 6:30pm

With an annual death toll of 70,000, the opioid epidemic remains a constant public health concern. Substance overdose has become the leading cause of death in both Washington and the larger United States. As alarming as this is, we do have the tools to combat this epidemic and save lives. Join the Washington Poison Center as we explore the origins of the epidemic, an overview of various opiates and opioids, considerations for older adults with opioid use, and ways to prevent and reduce harm from substance use.



Open to the general public  
Register via our website [www.oldfriendsclub.org](http://www.oldfriendsclub.org)

**OFC** invites you to join our educational series with **WA Poison Control**. There are two upcoming events:

## Medication Management: A Training for Caregivers of Older Adults

January 28, 1:30 - 2:30pm

[Register Here.](#)

## Opioid Prescriptions: Keeping Yourself & Your Loved Ones Safe

February 10, 5:30 - 6:30pm

[Register Here.](#)

## Seattle - LGBTQ Caregiver Support Group

For Caregivers of Those with Memory Loss  
Starting January 2021

A safe place for unpaid family caregivers, their family and friends to:

- Exchange practical information on caregiving problems & possible solutions
- Talk through challenges & ways of coping
- Share feelings, needs & concerns

**3rd Thursday of the month**  
6:30 pm to 8:00 pm



**Join from anywhere!**  
Support group currently meeting via Zoom

**Contact Group Facilitator:**  
Michael Underhill  
(206) 393-7594

All of our support groups are facilitated by Chapter trained individuals.

alzheimer's association

Alzheimer's Association Washington State Chapter  
19031 33rd Ave. W, Suite 301, Lynnwood, WA 98037 | 206.394.7597 | www.alzwa.org

## Seattle LGBTQ Caregivers Support Group

Alzheimer's Association

**6:30-8:00 PM, Every 3rd Thursday of the month**

[Learn more and Register Here](#)

## Lo Básico

La enfermedad de Alzheimer no es una parte normal del envejecimiento. Si usted o alguien que usted conoce está afectado por la enfermedad de Alzheimer o la demencia, es el momento de



conocer los hechos. Este programa proporciona información sobre detección, causas y factores de riesgo, las etapas de la enfermedad, el tratamiento y mucho más.

Jan. 14, 4-5:30 p.m.

**REGISTER TODAY**  
ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®

<p><b>10 Warning Signs of Alzheimer's</b> Jan. 20, 10-11:30 a.m.   <a href="#">REGISTER</a></p> <p><b>Dementia Conversations</b> Jan. 22, 1-2:30 p.m.   <a href="#">REGISTER</a></p> <p><b>Effective Communication Strategies</b> Jan. 12, 12-1:30 p.m.   <a href="#">REGISTER</a></p> <p><b>Healthy Living for Your Brain and Body</b> Jan. 5, 1-2:30 p.m.   <a href="#">REGISTER</a> Jan. 26, 2:30-4 p.m.   <a href="#">REGISTER</a></p> <p><b>Introduction to Alzheimer's</b> Jan. 7, 10-11:30 p.m.   <a href="#">REGISTER</a></p> <p><b>Legal and Financial Planning for Alzheimer's</b> Jan. 27, 4:30-6 p.m.   <a href="#">REGISTER</a></p> <p><b>Living with Alzheimer's: For Caregivers-Early Stage</b> Part 1: Jan. 11, 12-2 p.m.   <a href="#">REGISTER</a> Part 2: Jan. 18, 12-2 p.m.   <a href="#">REGISTER</a></p>	<p><b>Lo Básico</b> Jan. 14, 4-5:30 p.m.   <a href="#">REGISTER</a></p> <p><b>Understanding Alzheimer's and Dementia</b> Jan. 6, 3-4:30 p.m.   <a href="#">REGISTER</a> Jan. 13, 3-4:30 p.m.   <a href="#">REGISTER</a></p> <p><b>Understanding &amp; Responding to Dementia-Related Behavior</b> Jan. 29, 9-10:30 a.m.   <a href="#">REGISTER</a></p> <p><b>When Living at Home is No Longer an Option</b> Jan. 28, 1-2:30 p.m.   <a href="#">REGISTER</a></p> <p><small>All sessions here are listed in Pacific Standard Time, online listings may be different, please note time zone.</small></p>
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**TO LEARN MORE OR TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT [ALZWA.ORG/EDUCATION](https://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://alzwa.org/education).

## Alzheimer's Association -

### Additional Virtual Community Education Webinars

10 Warning Signs of Dementia, Dementia Conversations, Effective Communication Strategies, Legal and Financial Planning for Alzheimer', and more!

[Click here to learn more and register.](#)



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

**AFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

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

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**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/>

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***Find more events like the ones listed above on our new  
Caregiver Calendar!***

**NEW! FULL CALENDAR OF EVENTS [Click to view]**

**Check out our website to see the master list of events Old Friends Club has compiled!**

*Includes events from the Alzheimer's Association, the Alzheimer's Foundation of America, UW Brain and Wellness Center, Kirkland Interfaith Network, Music Mends Minds, Elderwise, the Alzheimer's Disease Research Center at UW, Taproot Theatre, and more!*

*Contact [Katie](#) if you have an event that you would like to add to our calendar.*

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# 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](mailto:welcome@oldfriendsclub.org)

Support Us

## FOLLOW US



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POBox 2472  
Kirkland, WA 98083

