

Shared by **Old Friends Club**

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

Brought to you by:



## *Caregiver Connector*

**\*\* SPECIAL REMOTE EDITION \*\***

**September 2020: as we step into Fall, we are looking for new ways to connect with others and ourselves.**

**Following are a few resources, classes, and conferences for caregivers that present hope, peace, and some guidance.**

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

Field of sunflowers



## Stay At Home Highlights

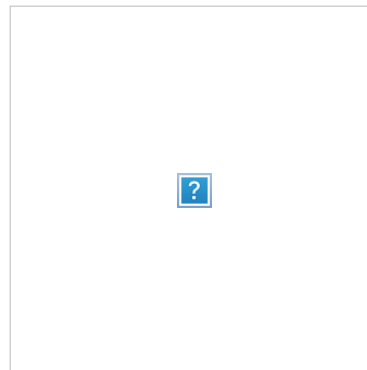
### **The Gathering Place Online**

The Gathering Place is a weekly virtual enrichment program for people with mild cognitive impairment (MCI) or early stage memory loss (ESML).

Tuesdays, 1-3 p.m. Starting September 15, \$20/session,

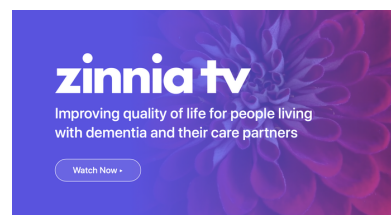
scholarships available.

For more info contact Carin Mack, MSW, at 206-230-0166 or [socialwkr@comcast.net](mailto:socialwkr@comcast.net).



## Zinnia TV

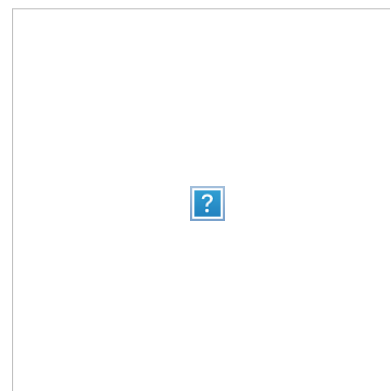
Even the most dedicated care partners rely on TV at times to occupy the person living with dementia. But programming created for healthy brains can trigger distress for a person who is no longer able to track a plot, tell fiction from reality, or track rapidly moving images and sounds. Zinnia's content channels feature familiar faces, subjects, and sounds to help people feel engaged and connected.



Read more about the [site here](#), or dive right in to their [content](#).

## Discovery Walks - Rainier Beach and Farm

Head outdoors with the latest discovery walks including one at Rainier Beach and Farm and a new virtual walk for the beginning of September. Then be sure to check out the other videos UW has [posted here](#), which include art classes and more!



## Coffee Chats

Make a cup of coffee or tea, and come together for an informal social time with others living with memory loss or dementia. Share how you're coping in the midst of COVID-19, and reflect on a different theme each

week. Participate online or by phone with Zoom. Facilitated by program manager Marigrace Becker.

Join for just one session, or multiple. Space is limited; [sign up](#) by the day before. Free.

10 - 11 a.m. Tuesdays: September 1, 8, 15, 22, 29

### Online Program Flyer



## Recent Diagnosis?

Do you know someone who has been recently diagnosed with mild cognitive impairment or dementia? Get your questions answered by an expert panel including peer mentors who share strategies for living well with memory loss, and a medical provider from the UW Memory & Brain Wellness Center. You'll leave feeling encouraged and more confident for the road ahead.

Free; offered online or by phone via Zoom.

2 - 3:15pm, 9/10 or 10/8. [View flyer.](#)

[Register](#) two days in advance.

### GAPS Flyer



## Online and Community Resources

### Outdoor Thoughts, by the Brookdale National Group Respite Program

Kristin Einberger reminds us of why it's important to get outdoors, or how to bring it into our lives. [Read on](#) for encouraging thoughts and ideas.

The University of Washington's Carolyn Parsey, PhD also has an article on [The Importance of Nature in Times of Social Distancing](#) with recommendations on virtual options.

### Seascape



## Alzheimer's Foundation of America

1 AFA's Helpline info as well as virtual programming. JPEG is attached. The Helpline is a free and confidential helpline manned by trained social workers in dementia. The individual can call in and even text. This is available in 90 languages!! We also have our virtual support groups also available.



2 Several virtual programs available on their events calendar: <https://alzfdn.org/event/>

3 And just for August: The Educating America Tour will be held virtually on August 20th. This FREE Conference covers a myriad of topics from caregiving, elder law, and the latest in research surrounding Alzheimer's. You may find the Agenda and to register: <https://alzfdn.org/event/educating-america-tour-wisconsin/>

## Dementia Alliance International

[DAI peer to peer support groups](#) are run by people with dementia, for people with dementia, and are a meeting place for people diagnosed with all dementias including Alzheimer's disease and any other type of dementia.

## \* VIRTUAL CONFERENCE \*

### Collaborating for a Dementia-Friendly Washington: Inspiring Change

A 2-day virtual conference promoting the growth of dementia-friendly communities in our state. **Tuesday & Wednesday, September 29-30, 2020, 9 a.m. – 12 p.m.**

Online using zoom

**[REGISTRATION NOW OPEN](#)**

Questions: Contact conference coordinator Marigrace Becker, [mbecker1@uw.edu](mailto:mbecker1@uw.edu), 206-744-2190

## Dementia Friendly WA Conference 2020 Flyer



Elderwise logo



**Join our unique community!**  
**Starting a new 6-week art series on September 23rd**



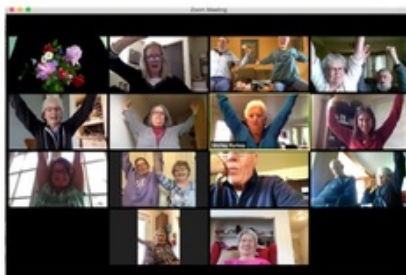
## ArtWise

Please join Elderwise for the next series of weekly hour-long Zoom **ArtWise** gatherings. Each week will feature a different theme. We'll play with projects including watercolor, mandalas and collage while sharing our creations with one another. Each session will be \$20 for both participant and caregiver with a maximum of 7 couples. Art supplies will be provided for a one-time supply fee. We'll meet on six Wednesdays from 3 – 4 pm starting on Wednesday, September 23rd.

To register or for more information, please contact Nancy Lang at [nancy@elderwise.org](mailto:nancy@elderwise.org).

## Join our unique ongoing Zoom community!

First Visit Free for New Participants



### MiniWise

Expand your circle of friends by joining [Elderwise](#) for an ongoing series of weekly hour-long Zoom MiniWise gatherings. We warmly welcome all to forge meaningful connections as we sip our coffee or tea and take part in discussions surrounding a weekly theme—like your favorite decade or car.

We'll also share stories, move our bodies, and most importantly, relish one another's company. Gatherings will take place on Mondays from 11am – noon.

People living with memory loss and their care partners are invited to participate. Each session is \$20 and will be led by 2 trained facilitators. There is a maximum of 7 couples.

To register or for more information, please contact Nancy Lang at [nancy@elderwise.org](mailto:nancy@elderwise.org).

---

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

---

OLD FRIENDS  
 CLUB

[Donate](#)

*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](http://www.olderfriendsclub.org/contact-ofc)

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

**Manage Your Subscription**

This message was sent to **email@example.com** from **chris@olderfriendsclub.org**

Old Friends Club  
POBox 2472  
Kirkland, WA 98083

