

To ensure delivery to your inbox, please add welcome@oldfriendsclub.org to your address book.



March 2023 Edition

Resources for Alzheimer's & Dementia Caregivers

News From Old Friends Club

Open an Old Friends Club in Your Community

Become an Old Friends Club Affiliate today



Here are some reasons why you might consider becoming an Old Friends Club affiliate:

- 1. Make a difference in the lives of people with dementia and their family caregivers:** Become an Old Friends Club affiliate and serve your community with a dementia day program. Improve the lives of people with dementia with socialization and activities, and provide family caregivers with the respite they urgently need.
- 2. Expand your network:** As an affiliate, you can connect with other professionals in the dementia care field, including caregivers, healthcare providers, and researchers. This can help you expand your network and potentially lead to new opportunities.
- 3. Access to resources and training:** Old Friends Club offers resources and training for affiliates to help provide the best care possible to people with dementia. This includes access to educational materials, online courses, and workshops.
- 4. Build your reputation:** Becoming an affiliate of a reputable dementia day program can help build your reputation as a professional in the dementia care field, a solution to help a growing population, and hope for family caregivers and those living with dementia.

Email welcome@oldfriendsclub.org or call (425)681-9776

Visit www.oldfriendsclub.org for more information



*There is an **urgent need** for an affiliate in the Sammamish/Issaquah area.*

[Learn more about the Affiliate Program Here](#)

Contact OFC

Download the Flyer Here

*/// Keep scrolling for caregiver resources *

A graphic with a dark teal background and a light green border. The text "Expanded Resources Section" is written in a white, cursive font.

Expanded Resources Section

Resource Highlights: Community Activities, Events & Support

Visit the [Community Resources](#) page on OFC's website to find a variety of helpful caregiver resources. If you know of a resource we should add, please [contact us](#) and we will add it!



Changing the way people think, act and talk about dementia.



Dementia Friends Washington is working to increase awareness and community support for people with dementia and their caregivers.



WHY THIS MATTERS

- Majority of people living with dementia live in the community interacting with the public everyday
- Prevalence of dementia is growing in Washington state: 120,000 people live with dementia and 297,000 care for someone living with dementia



Join the Movement of Dementia Friends Washington

- Anyone can become a **Dementia Friend** by attending a free informational session.
- Increase your understanding, challenge stigma, connect to local resources, and engage in community support.



CONNECT WITH US

ATTEND AN UPCOMING SESSION

DATE **Tuesday, March 21**

TIME **10-11 am - sign up at link below:**

forms.office.com/r/LswAt8eDqn

CONTACT mbecker1@uw.edu



ALZHEIMER'S ASSOCIATION

Journey

Dementia Family Caregiver Conference

Saturday, March 25 | 9 a.m. - 4 p.m.
Lynnwood Convention Center

The Alzheimer's Association Washington State Chapter invites you to join us for the 2023 Journey Conference for dementia family caregivers.

This conference offers tools and encouragement to unpaid family caregivers supporting a loved one with memory loss, Alzheimer's disease, or other forms of dementia. Topics to be covered include emergency planning, difficult conversations, and practical tips for everyday living.

KEYNOTE ADDRESS



Carolyn Birrell, Author

Walking with Fay: My Mother's Uncharted Path Into Dementia

Carolyn Birrell retired to Bonners Ferry, ID, after spending 20 years in Atlanta, GA, working for the American Cancer Society and then as a real estate agent. Soon after her move, she relocated her aging mother to be near her and spent the next eight years caring for her while learning "all things dementia."

What began as a written collection of her mother's difficult behaviors during dementia's earliest stages quickly turned into a comprehensive book that she continued to update until the inevitable end of her mother's disease.



Scan to Register

REGISTER TODAY

alzwa.org/conferences | 1.800.272.3900 | Scan the QR code
 Registration cost: \$10

*Limited scholarships available. Inquire to the email below for more information.

Questions? Contact us at:

Journeyfamilycaregiverconf@alz.org | 425.654.0947

ALZHEIMER'S ASSOCIATION

¿CUIDA USTED DE UNA PERSONA CON ALZHEIMER O DEMENCIA?



Conecte con otros cuidadores, aprenda a planear para emergencias, y obtenga sugerencias prácticas para la vida diaria.



MARZO 25
9AM - 4PM
Centro de Convenciones de Lynnwood
Cuota de registro \$10



Para registrarse:
Local: 206 529 3892 con Maria Anakotta
o al 1 800 272 3900

Alzheimer's/Dementia Family Caregiver Conference in Lynnwood

March 25, 2023

9:00 am - 4:00 pm

This conference offers tools and encouragement to unpaid family caregivers supporting a loved one with memory loss, Alzheimer's disease, or other forms of dementia. Topics to be covered include emergency planning, difficult conversations, and practical tips for everyday living. Free parking is available on the north side of the building, and the Center is ADA accessible. This is an in-person conference only. Registration required.

Cost: \$10

[Learn more about this event here.](#)

[Register for this event here.](#)



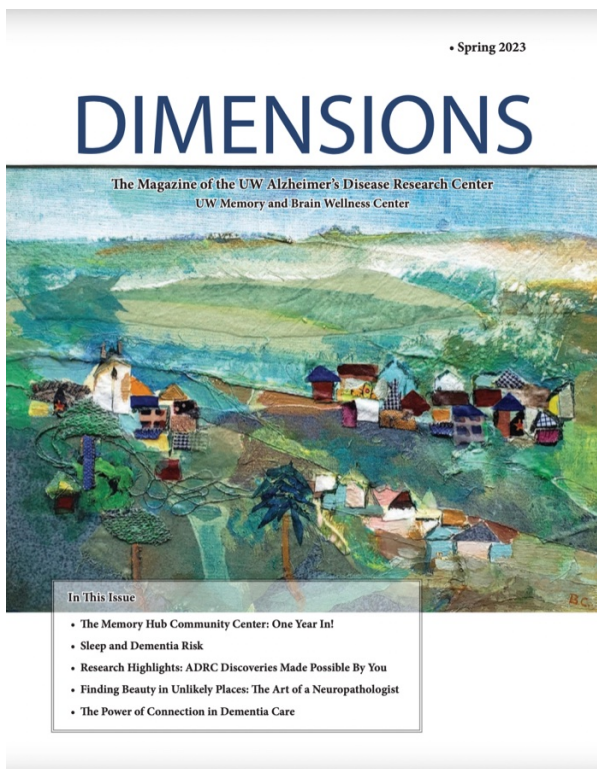
Jay Allen - Conquering pain and loss through Music, Love, and Advocacy

Alzheimer's Speaks Radio Host, Lori La Bey talks with Jay Allen. Jay is known for his appearance on *The Voice* and for his song about dementia that went viral, "Blank Stares." The song was written to honor his mother who passed from Alzheimer's. The song went viral, reaching over 500 million views on Facebook, and showcased Jay's talent and dedication to raising awareness for the Alzheimer's Association. As a result of his advocacy efforts, he has been involved with several international events, including the Rita Hayworth Gala, which has raised over \$100 million for the Alzheimer's Association and has received numerous accolades, including The Caregiver Award from the National Alzheimer's Association.

Jay is set to hit country radio with new music in 2023. He is also friends with our good friend Kevin Dill, who was recently on *Alzheimer's Speaks* Radio talking about his life, and the symptoms he deals with, living with Lewy Body Dementia.

[Watch here \[55:52\]](#)

Dimensions: The Magazine of the



UW Alzheimer's disease Research Center, *UW Memory and Brain Wellness Center*

In this issue:

- The Memory Hub Community Center: One Year In!
- Sleep and Dementia risk
- Research Highlights: ADRC Discoveries Made Possible By You
- Finding Beauty in Unlikely Places: The Art of a Neuropathologist
- The Power of Connection in Dementia Care

[Check out the Spring 2023 issue here.](#)



Alzheimer's Caregiving Network: Dealing with Dementia Workshops

- Four hour workshops (in-person and virtual)
- Paired with the comprehensive Dealing with Dementia guidebook, a 350-page detailed workbook designed to help caregivers
- Participation in the Dealing with Dementia workshop is proven to increase dementia knowledge and confidence in the caregiver's ability to provide care
- Attendees who complete the workshop will receive a copy of the Dealing with Dementia workbook

[Check out dates and locations for upcoming workshops here.](#)



"Elderwise is pleased to offer our first online caregiving course, ***Elderwise Spirit-Centered Care®: An Overview for Caregivers***. It is approved for CEU credits from DSHS and NCCAP. The course may take 45-60 minutes to complete. You are welcome to go at your own pace and return to a section as often as you like for one year after registering for the course. Choose which one is right for you: For CEU credit, General viewing, Student/low-income, or Organization annual subscription.

For more information: [Elderwise Caregiving Course](#)

After opening our doors in February, 2022 as part of the Memory Hub and returning to extended hours this past summer, Elderwise is now excited to add an extra day. Our adult day program is now open Tuesdays, Wednesdays and Thursdays from 10am until 2pm.

For more information: [Elderwise Adult Day Program.](#)



Podcast: "The Caring Generation" on Spotify- check out episodes "How to Keep Elderly Parents Healthy and Independent" and "How to Deal with Dementia in a Parent."

[Check out the podcast here.](#)



Article: "Where to turn if a loved one was just diagnosed with Alzheimer's disease" by Ray

Burow, Alzheimer's News Today

Every three seconds, someone around the world develops dementia, and in the time it takes to count 65 Mississippis, someone in the United States develops Alzheimer's disease. As the BrightFocus Foundation notes, approximately 6.5 million adults 65 and older are currently living with Alzheimer's in the U.S. Each year, 16 million Americans provide unpaid care for people with dementia.

[Read the article here.](#)



Are you looking for a Caregiver Support Group?
 We have many all over western Washington, both in-person and virtual

Email us at info@AlzWA.org

Visit our [website](#)

Call our office at 206.363.5500

County/City	Support Group Types Available
North Puget Sound Counties	
Clallam Jefferson San Juan Island Skagit Snohomish Whatcom	<ul style="list-style-type: none"> Caregivers
King County Cities	
Auburn Bellevue Burien Issaquah Kent Kirkland Redmond Renton Seattle Vashon	<ul style="list-style-type: none"> Caregivers Adult Children Caring for a Parent Adult Children Caring for a Parent with Younger Onset Caregivers of People with Younger Onset Frontotemporal Degeneration Caregivers Lewy Body Dementia Caregivers LGBTQIA+ Caregivers Long Distance Caregivers Coffee Group for Men Caring for Their Wives
South Puget Sound Counties	
Cowlitz Grays Harbor Kitsap Pierce Thurston	<ul style="list-style-type: none"> Caregivers Adult Children Caring for a Parent
Virtual Only	
Bereavement Healthcare Professionals	For dementia caregivers grieving the loss of their loved one For Healthcare Professionals who are also caregivers

WWW.ALZ.ORG

800.272.3900

[View More Resources Here](#)



Old Friends Club empowers communities to cultivate joy in the lives of adults with dementia and nourish the wellbeing of family caregivers.

www.olderfriendsclub.org

Support OFC with a Gift Today

We accept PayPal, Venmo, and Mail-In Check.

Other ways to support OFC:

- **King County Giving Program**, Unique Code: 10814 (*For King County employees - please contact your HR department*)
- **Fred Meyer Community Rewards**, ID Number: KM9981 ([Enroll here if you have a Fred Meyer Rewards Card.](#))
- **Forward this newsletter** to someone who may benefit from it
- **Follow OFC on Social Media**- share and like our posts if you enjoy them!



Thank you for your support!

-Questions? Contact us today: (425)681-9776

welcome@olderfriendsclub.org

-For past issues of OFC's newsletters, [please visit our archive.](#)

-Was this newsletter forwarded to you? [Subscribe here](#) to be on our list (we promise we won't spam you or share your information).

-Do you have a resource you'd like to share in our next newsletter or on our website under resources? Email katie@olderfriendsclub.org

Connect with Old Friends Club



Manage Your Subscription

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

OLD FRIENDS CLUB
POBox 2472
Kirkland, WA 98083

