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Caregiver Connector

August 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

Good News from OFC!

The Tolt Congregational United Church of Christ (Tolt UCC) has been hosting the Carnation Old Friends Club since it began in 2015. We are excited to announce that, as of August 1, Tolt UCC is making the Carnation Club its own in partnership with Old Friends Club.

Why is this good?

The Clubs improve lives through social engagement for those with dementia and respite for caregivers – and the need for these programs is in every community. By empowering other organizations to lead social respite programs for the people in their community, Old Friends Club can focus on building more partnerships to meet the massive need for respite. Tolt UCC is forging a path for others to follow.

We are grateful to the congregation of Tolt UCC for their compassionate support of their community.

If you, or an organization you know, would like to learn more about how to start a social respite program to serve your community, please contact Karen Koenig at [425-681-9776](tel:425-681-9776) or karen@oldfriendsclub.org.

Email Karen

Learn more about the need, vision, sustainability, and growth for the Old Friends Club affiliate program here:

<https://www.olderfriendsclub.org/affiliate>

**/// Keep scrolling for more caregiver resources **

Community Activities & Events - Virtual and In-Person

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Seattle's Central District: Walk & Remember!



Photo credit: OHSU/Kristyua Wentz-Graff

Participate in SHARP: Sharing History through Active Reminiscence and Photo-Imagery

First Orientation & Kick-Off

An in-person event at the
Central Area Senior Center at
500 30th Ave S, Seattle 98144
Wednesday, June 22, 2022
3:30–5:00 p.m.

RSVPs:

E-mail Anthony Cryer at
anthonyc@casrcenter.org

- RSVP by June 13 to walk in July.
- RSVP by July 11 to walk in August.
- RSVP by August 8 to walk in September



Questions? E-mail
anthonyc@casrcenter.org
or call 206-726-4926.

Participate in SHARP Seattle, a culturally engaging walking and brain health program that aims to improve cognitive health among older African Americans with ties to Seattle's Central District.

You may be eligible to participate if you are:

- At least 55 years old
- African American
- Living in (or have lived) in Seattle's Central District
- Experiencing (or not) mild memory loss
- In good general health
- Able to walk one mile

Participation will include neighborhood walks three times per week for four (4) weeks and engaging in small-group discussions about memories of living and working in the Central District.

Funding provided by the Neighborhood Matching Fund, Seattle Department of Neighborhoods, City of Seattle.

Sponsors include:

- Aging and Disability Services, Seattle Human Services
- Alzheimer's Association, Washington State Chapter
- Black Heritage Society of Washington State
- Central Area Senior Center
- de Tornyay Center for Healthy Aging, UW School of Nursing
- Memory and Brain Wellness Center, UW Medicine
- Oregon Health & Science University
- Seattle Parks & Recreation

In Person: Seattle Parks & Recreation

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RSVP: Email Anthony Cryer at anthonyc@casrcenter.org or call (206)726-4926



Virtual: Alzheimer's Foundation of America Pre-Recorded Music & Performances

All music virtual programs featured at the AFA's Teal Room: The Caravan of Angels; Anthony Ferrara; Maya Goldman; Orpheus Reflections; Ariel Weissberger; Avi Diamond; Hearts Need Art; Lily Bowers; Monique & Stephen; Shana; Sing-Along with AFA; Steve; Lianne & Luke; Sara; Suzanne Dressier; Drew Laney

[Watch here.](#)



Virtual: GenPride- Strength and Balance

Every Tuesday 3:45 PM- 4:25 PM

Join GenPride for this 40-minute movement-based class that integrates full-body strength, balance, and core-strengthening exercises.

Exercises will focus on strengthening the major muscle groups of the body in vertical and horizontal positions for strength and challenging our static and dynamic balance.

In this virtually-taught class, we will use our own body weight using a chair for balance for support and a mat to aid various core strengthening exercises.

[Register here.](#)



**Virtual: Momentia Mondays -
SouthEast Seattle Senior Center**

Mondays, 10:30 AM - 11:45 AM

A weekly event for community members experiencing memory problems to connect, share resources, and enjoy fun and creative opportunities! Please contact SESSC Social Worker, Jaime Clark if you are interested in joining this group.

sesscinfo@sessc.org

(206) 722-0317

For other calendar events, please visit SESSC's online calendar.

MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.

WHEN: Monday and Wednesday mornings

WHERE: Woodland Park Zoo, Seattle

COST: Free! Zoo entry and parking passes are provided to attendees.

CONTACT TO LEARN MORE AND REGISTER:

Karen Thompson, Manager of Community Support
206.529.3875 | kcthompson@alz.org



Presented by:



Seattle
Parks & Recreation



[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person



"Trans-Inclusivity in Alzheimer's Care with the Human Right Campaign" Blog Post - Alzheimer's Association

"For a lot of older transgender people, they may have not had the time, space or language to come out until much later in their lives. We must treat them with the dignity they deserve."

[Read the post here](#)



Alzheimer's Association Support Groups

[Use this search tool to find a support group that fits your needs.](#)



"Dementia and the Importance of Objects" -Hands on Dementia:Joining Hands, Heart, and Mind

"What may look like a simple object to us, might have a very important meaning to someone who has dementia. In Naomi Feil's [Validation Method](#), we recognize that objects may be symbols and that a person's behavior may be understood better if we can be aware of an object's importance."

[Read the post here.](#)



**In Person: Seattle Storm -
Alzheimer's Awareness Night**

August 3, 2022 @ 7:00 PM

[Learn more and get tickets here.](#)

[View More Resources Here](#)



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

www.oldfriendsclub.org

Questions? Contact us today:

(425)681-9776

welcome@oldfriendsclub.org

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