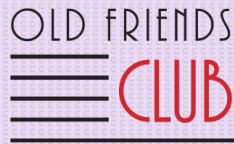


To ensure delivery to your inbox, please add karen@oldfriendsclub.org to your address book.

Brought to you by:



Caregiver Connector

SPECIAL REMOTE EDITION: June 2021



Watercolors, dancing, singing, and more!

This edition of the *Caregiver Connector* is sure to get your

imagination flowing and your feet tapping!

Please share this newsletter 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

OFC is going purple for the month! June is *Alzheimer's and Brain Awareness Month*

Spread awareness and inspire action this month.

Get Involved

Stay at Home Highlights



Virtual Community Class:

Music with *Hearts Need Art*

June 2, 11:30 AM

Enjoy some favorites from Hearts Need Art's Musicians-in-Residence as they perform some popular tunes:

"Fly Me to the Moon", "Over the Rainbow", "Sweet Caroline" and more!

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



**Join our unique community!
A 6-week art series starts on June 2nd**



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 2:30 – 3:30 pm starting on **Wednesday, June 2nd.**

To register or for more information, please contact Nancy Lang at nancy@elderwise.org.



" Our participation in ArtWise has added tremendous value to our time of sequestration. The extended community created through these guided experiences has encouraged us, uplifted our spirits, and provided structure and focus to our days. The gentle wisdom shared by the facilitators and participants alike are pearls we refer back to throughout the week. The complete acceptance and genuine caring expressed within the group create bonds that have allowed participants to share freely--their art and their feelings."
ArtWise participant and family caregiver



"As a caregiver, it makes me happy to paint and it makes me delighted to see her happy. Makes me cry. I love being part of this group. I'm seeing, being and learning deeper ways to communicate. Painting like this is something I can bring to other clients."
ArtWise attendee and professional caregiver



Seattle Parks and Recreation Lifelong Recreation

Sign up for some fun activities like *Chair Strength and Tone*, Tuesdays 1:00 PM or *Virtual drop-in Bridge* on Fridays from



Seattle Parks and Recreation

1:00-4:00 PM.

To sign up for either of these classes or browse the catalog, [click here.](#)



Seattle Parks & Recreation Lifelong Program: Soul Line Dance

Seattle Parks & Recreation instructor Suzanne Simmons leads you through a class of Soul Line Dancing. Learn new dance patterns to all kinds of music while getting some exercise and having fun.

[Get dancing here!](#)



Taproot's "Z-Improv" Class

June 14, 2:30 PM-3:30 PM

Virtual Improv Class

Contact Pam Nolte at Taproot Theatre pamn@taproottheatre.org for more information



Dementia Friendly Watercolors

Friday, June 18, 10:30-11:30 AM

\$10

During this workshop, we'll explore basic watercolor techniques by exploring color and color mixing and creating an original painting of your own.

[Click here to register.](#)



Sophie Taeuber-Arp Online Exhibit

Artist and Designer (1889-1943)

MoMA, The Museum of Modern Art

[View this exhibit online here.](#)



Missing the beach and sunshine?

Check out this live web came of Lahaina Harbor and Breakwall.

[Enjoy the view here.](#)



**Try our Unique Online Community!
Meetings are every Monday**



Perhaps you or someone you know would benefit from joining a group like MiniWise. We are a small group that meets on Monday mornings at 11 am for an hour of conversation, laughter, support, movement and community.

Elderwise MiniWise is Unique:

- Person living with dementia attends **with** their care partner- spouse, child, friend, or caregiver
- Find support with others who share a similar situation
- Learn the Elderwise Way through modeling
- Recapture the joy of the relationship
- Share in deep and/or joyful conversations
- Live in the moment
- Stretch and breathe together

Please join us to see if this group is for you.
Nancy Lang (nancy@elderwise.org) can answer your questions.
Donations gladly accepted but not required.

Patrick Sings

2nd & 4th Fridays of Each Month

3-4 p.m. online

Join local musician and entertainer Patrick Daugherty as he sings familiar songs from our past. You can sing along or just listen. Audience requests are fine too. Invite friends and family to join in this dementia-friendly program:

All are welcome!

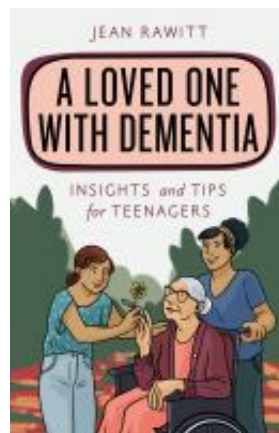
Registration & info: barryfranklin@comcast.net

No cost. Song sheets will be provided for some songs. Program held via Zoom.



[Check out more fun events at the Phinney Center here.](#)

Additional Support



Check out this book for teens -

"A Loved One With Dementia: Insights and Tips for Teenagers" by Jean Rawitt

[A Loved One With Dementia \(Book\) | King County Library System | BiblioCommons](#)



[Seattle Public Library Foundation](#)

"The Power of Planning: Taking Control of Your Own Aging Journey" [57:08] is an educational seminar presented by The Seattle Public Library Foundation and King County Library System Foundation. Learn how to navigate the health, legal, and financial challenges that arise as we age with a Certified Care Manager and Elder Law Attorney

[*Watch the video here.*](#)

Digital Navigators



Digital Navigators are here to help you learn basic computer and internet skills and help you find low-cost Internet access and a computer if necessary. Meet with one of our library staff members online or by phone to get help using technology. Individual ½ hr appointments are now available on Tuesdays and Wednesdays.

Schedule by [clicking here](#) or phone Ask KCLS at (800) 462-9600 to make an appointment.



CAREGIVER WELLNESS: SPRING GARDEN INSPIRATIONS



Join UW MBWC for free online caregiver wellness activities this Spring, led by horticulture therapist intern Peach Jack! Relax and enjoy working with simple plant materials gathered from your yard or a local park.

3RD THURSDAYS | 2 – 3 PM | BY ZOOM

APRIL 15: PLANT SHARING & SKETCHING

Gather 3 favorite plants to share and to draw

MAY 20: NATURE MANDALAS

Arrange found plant materials into an artful design

JUNE 17: SEED PLANTING

Grow your own small indoor tree from a seed!

Join for one or more sessions.

Space is limited; register 2 days in advance:

www.tinyurl.com/SpringCaregiverWellness

Questions: Marigrace Becker, 206-744-2190,
mbecker1@uw.edu



REGISTER TODAY

ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
June 2, 3-4:30 p.m. | [REGISTER](#)

Advancing the Science: The Latest in Alzheimer's and Dementia Research
June 17, 10-11:30 a.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
June 18, 1-2:30 p.m. | [REGISTER](#)

Effective Communication Strategies
June 23, 9:30-11 a.m. | [REGISTER](#)
June 23, 3-4:30 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's Disease
Part 1: June 1, 10-11:30 a.m. | [REGISTER](#)
Part 2: June 8, 10-11:30 a.m. | [REGISTER](#)

Living with Alzheimer's: For People with Alzheimer's
Part 1: June 16, 1-1:45 p.m. | [REGISTER](#)
Part 2: June 23, 1-1:45 p.m. | [REGISTER](#)

Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer
June 7, 4-5:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
June 14, 10-11:30 a.m. | [REGISTER](#)
June 16, 3-4:30 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
June 8, 9-10:30 a.m. | [REGISTER](#)
June 30, 3-4:30 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option
June 9, 3-4:30 p.m. | [REGISTER](#)

All sessions here are listed in Pacific Time, online listings may be different; please note time zone.

TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800.272.3900 OR
VISIT US ONLINE AT:
[ALZWA.ORG/EDUCATION](https://www.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://www.alzwa.org/education).

UW Medicine

MEMORY & BRAIN WELLNESS CENTER

Upcoming Community Programs:

June 9, 4:00 PM

Ask about Alzheimer's (online or phone) Grades 6-8

June 10, 2:00 pm

Memory Loss: A Guide to Next Steps

[Learn more about these programs as well as other programs here.](#)





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

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

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/>

Even More Resources

June 2021 Caregiver Calendar

OFC Ongoing Caregiver Resources

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

[Support Us](#)

FOLLOW US

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