

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

OFC Caregiver Exchange



Our clubs have been enjoying some extra zzz's lately, but we are still here for you!

Check out the following activities and caregiver resources that are sure to bring some joy to your day!

To see the full calendar of activities and resources, check out the OFC Caregiver Calendar on our website.

[Old Friends Club Caregiver Calendar](#)

To add your organization's events, please contact Katie:

katie@oldfriendsclub.org

Just for Fun:

Seattle Sites and Seattleites in the snow this past weekend!

Check out this video for some relaxing snow footage:



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY®
THE 2021 BLACK HISTORY MONTH VIRTUAL FESTIVAL
 CELEBRATING THE 95TH ANNUAL BLACK HISTORY THEME
The Black Family: Representation, Identity, and Diversity

<p>Monday, February 1, 2021, 6:00 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC Announcement of the Black History theme and Introduction of ASALH's Inaugural Virtual Black History Month Festival</p>	<p>Wednesday, February 10, 2021, 1:30 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC Presentation of the Inaugural ASALH Book Prize</p>
<p>Wednesday, February 3, 2021, 5:00 p.m. - 6:00 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC A Celebration of African American Life and History: Trailblazer featuring an Author Talk with Mae Jemison</p>	<p>Wednesday, February 24, 2021, 6:30 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC Diving with a Purpose: Recovering and Reexamining Our Roots</p>
<p>Saturday, February 6, 2021, 12:00 p.m. - 2:00 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC From the Continent to the Americas: Foodways, Culture and Traditions in the African American Family</p>	<p>Sunday, February 28, 2021, 12:00 p.m. - 2:00 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC Prince George's County Truth Branch and Maple Springs Baptist Church Cultural Education Experience Ministry (CEEM) host a joint ASALH Branch program featuring Charlene Dukes on the Black Family and Education</p>
<p>Sunday, February 7, 2021, 4:00 p.m. - 6:00 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC Manhattan Branch, Panel Discussion "How African American Families Have Been Portrayed in the Media"</p>	<p>Sunday, February 28, 2021, 7:00 p.m. EST FREE COMMUNITY EVENT - OPEN TO PUBLIC ASALH and PBS Books Present: A Conversation with Ngugi Wa Thiong'o, Sundiata Cha-Jua, and Nubia Kai</p>

In partnership with the 105 Voices of History, the Festival will feature music from the Black experience performed by choirs from Historically Black Colleges and Universities (HBCUs). The performance of "Lift Every Voice and Sing" by HBCU students and choirs will also be aired during the Festival.

Marquee Event
Saturday, February 20, 2021, 1:00 p.m. - 3:00 p.m. EST
 (TICKETED EVENT: \$50.00, \$125.00, \$150.00)

Finding Our Roots in African American History
 A Conversation with Henry Louis Gates, Jr. and Evelyn Brooks Higginbotham




Henry Louis Gates, Jr. Evelyn Brooks Higginbotham

Acclaimed for his scholarship, his documentary films about African, Afro-Latina, and African American History, and his popular television series, "Finding Your Roots," Henry Louis Gates, Jr., has brought fascinating African American family stories to the wider public. The Black History Month Festival in 2021 is proud to feature a conversation between ASALH's national president Evelyn Brooks Higginbotham and Henry Louis Gates, Jr., who will share his thoughts and motivations in popularizing Black History through the heritage of African American families and communities and their search for roots. Joe Madison, legendary voice in radio, and a recognized human and civil rights activist will serve as the host for this event. Rev. William H. Lassar IV, Pastor of the historic Metropolitan A.M.E. Church in Washington, DC will offer the traditional invocation on behalf of the new Festival.

THESE PROGRAMS WILL BE SHOWN ON ASALHTV WWW.YOUTUBE.COM/ASALHTV
 ASALH BRANCHES WILL HOST VIRTUAL PROGRAMS THROUGHOUT THE MONTH. THESE EVENTS CAN BE FOUND AT ASALH.ORG/BRANCH-EVENTS
 WWW.ASALH.ORG/FESTIVAL | 202-238-5910 | #ASALH #ASALHFAMILY #ASALHFESTIVAL

ASALH

The Association for the Study of African American Life and History invites you to attend "The 2021 Black History Month Virtual Festival".

Check out their website to learn more about the different events going on!

ASALH Virtual Festival



King County Library System: Live and Recorded Events

King County Library System's YouTube page has a wide range of live and recorded events available at any time.

Check out the playlist "Librarians in Cars" with King County Librarians for some fun!

[Librarians in Cars Video Playlist](#)



Elderwise Miniwise + Artwise

Miniwise is a small group that meets virtually on Mondays at 11:00 am for an hour of conversation, laughter, movement, community, and support.

Artwise is a group that meets on virtually on Wednesdays from 3-4 pm. There is a different art theme each week.

[Miniwise + Artwise Details](#)



Earth Soup Education

Earth Soup Education provides a variety of engaging activities, including recipes, music, history, and more!

This weekly class works great for activity directors, teachers, caregivers, anyone interested in learning.

Check out the sample PowerPoint presentation on our website! If unable

to view, there is an option to download the PPT as well.

Access PowerPoint
Presentation



AFA Daily Virtual Programs

*Now located in the AFA's "Teal Room" (Note: login required)

The Alzheimer's Foundation of America daily virtual programming includes music, art, dance/movement, fitness, gardening, virtual tours.

AFA Daily Virtual Programs in
The Teal Room

ESML ART APPRECIATION GROUP

2ND & 4TH THURSDAYS THROUGH MARCH 25. 1 - 2 P.M.

PNA
Piedmont-Norfolk Area
Greenwood Senior Center

OUR FAVORITE MUSEUMS MAY BE CLOSED, BUT WE CAN STILL ENJOY GREAT ART TOGETHER! THIS FREE ONLINE 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

Phinney Center ESML Art Appreciation Group

Our favorite museums may be closed, but we can still enjoy great art together! This free online 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.

Phinney Center ESML Art
Appreciation Group Info



Z-Improv Class

Early stage memory loss classes through Zoom Improv "Z-Improv" are available through the Taproot Theatre Company.

These classes are held virtually on the second Monday of every month (until July 2021). Sign up today to have some fun and socialization!

[Z-Improv Class Details](#)

Mid-Month Caregiver Resources

A continuation of OFC's *Caregiver Connector* Newsletter

Don't forget to check [OFC's Caregiver Calendar](#) and [OFC'S Ongoing Events and Resources](#) for more.

Grief in the Time of Covid-19

Fri. Feb. 19. 11 - 12:30 p.m. Free. Online

The COVID-19 pandemic has impacted everyone's life in countless ways: social isolation, loss of daily routine, fear of the future, and, for many, loss due to death. It is important during this time to acknowledge these losses and to find healthy ways to manage our individual and collective grief.

Join Wendi. J. Sargent (LMHC) of Providence Hospice of Seattle's Grief Support Services for a presentation and discussion about grief during COVID-19, which will provide some tangible strategies for coping in this challenging time.

RSVP: arielb@phinneycenter.org



REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

Feb. 17, 10-11:30 a.m. | [REGISTER](#)

Feb. 22, 3-4:30 p.m. | [REGISTER](#)

Advancing the Science: The Latest in Research

Feb. 4, 10 a.m.-12 p.m. | [REGISTER](#)

COVID-19 and Caregiving

Feb. 9, 3-4:30 p.m. | [REGISTER](#)

Effective Communication Strategies

Feb. 18, 9-10:30 a.m. | [REGISTER](#)

Healthy Living for Your Brain and Body

Feb. 11, 11 a.m.-12:30 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's

Feb. 9, 1-3:30 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers-Late Stage

Part 1: Feb. 25, 12-1:30 p.m. | [REGISTER](#)

Part 2: March 4, 1-2:30 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers-Middle Stage

Feb. 3, 11 a.m.-3 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

Feb. 1, 10-11:30 a.m. | [REGISTER](#)

Feb. 12, 12-1:30 p.m. | [REGISTER](#)

Feb. 16, 3-4:30 p.m. | [REGISTER](#)

Understanding & Responding to Dementia-Related Behavior

Feb. 5, 2-3:30 p.m. | [REGISTER](#)

Feb. 24, 10:30 a.m.-12 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option

Feb. 2, 3-4:30 p.m. | [REGISTER](#)

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

TO LEARN MORE OR TO REGISTER,
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).

Educational Presentations



with WA Poison Center

“Poison Proofing” Older Adult Homes: Stories & Strategies from a Washington Poison Center Pharmacist

March 2, 2:30-3:30 PM

Mix-ups with medications, mishaps with cleaning products, and mistakes with all sorts of household products are common reasons why older adults call the Washington Poison Helpline. Hear about these and other call stories from a pharmacist in Washington’s call center, as well as her top tips for preventing accidents. Bring your questions, and leave with tools to keep you and your loved ones safe!

[Learn more + Register >>](#)



Help with Alzheimer's is within your reach.

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

Do you know of any virtual groups or activities we should highlight?

Please let us know! [Email Katie.](#)



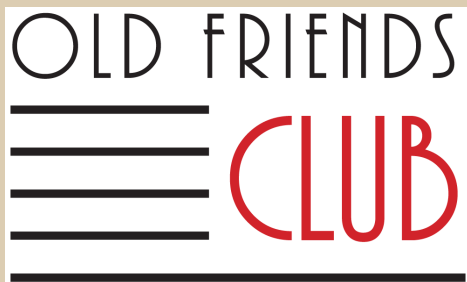
***Old Friends Club offers social activities and friendship
for people living with memory loss,
and respite and support for family caregivers.***

Questions? Call us (425)681-9776, [send us an email](#), or write us:

P.O. Box 2472, Kirkland, WA 98083

Old Friends Club is a 501(c)(3) non-profit, EIN 47-4792158

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Thank you.

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