

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

OLD FRIENDS CLUB *Caregiver Connector*

March 2023 Edition

Resources for Alzheimer's & Dementia Caregivers

News From Old Friends Club



OFC has two new club locations opening next week, March 6! [More details available here.](#) Interested in learning more about opening an OFC in your community? [Reach out to us!](#) We are looking for affiliates and would love to chat and answer any questions you might have.

If you haven't checked it out yet, [OFC has an UPDATED resources section on our website!](#) The resource section has expanded to include media resources such as podcasts, books, and more.

Expanded Resources Section

Resources for Caregivers

Find the Community Resource Section here
<https://www.oldfriendsclub.org/mainresources>



The Caregiver Club
Online Chat Space

**NEW FORUM TOPICS
COMING SOON**

To get started, visit:
www.oldfriendsclub.org/caregiverclub



The Caregiver Club online forum will soon have dates for forum discussion topics- stay tuned!

Would your organization like to lead a discussion topic in our forum?

[Contact us.](#)

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

Resource Highlights: Community Activities, Events & Support

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



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

"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.](#)"



Re-Ignite the Mind with Improv

Returning IN PERSON on March 14 from 12:45 - 1:45 PM at the Greenwood Senior Center

Taproot Theatre's award-winning improv classes for individuals experiencing memory loss began in 2011 and have continued without interruption since then, moving to Zoom classes during the pandemic. Returning to in-person classes is exciting for everyone involved.

[Learn more here.](#)

Powerful Tools for Caregivers

Genuine self-care is crucial for family caregivers caring for loved ones. In this **six-week virtual class** for unpaid family caregivers, participants will learn how to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions and make tough care-giving decisions. Participants will also receive a copy of "The Caregiver Help-book," developed specifically for the class. This free class meets once a week on Tuesdays for six weeks, and participants are asked to attend all classes.

Tuesdays, March 21 - April 25, 2023
10:00 a.m. - 12:00 p.m.

Virtual meetings (must have a computer or iPad with reliable internet, a camera, and audio).

Cost: Free

Facilitators: Brenda Wolsey and Jesica Benitez

Register: Please contact Brenda Wolsey at **(206) 861-8790** or bwolsey@jfsseattle.org.

Advance registration is mandatory and class size is limited.

Please sign up for the class series by **Wednesday, March 15.**



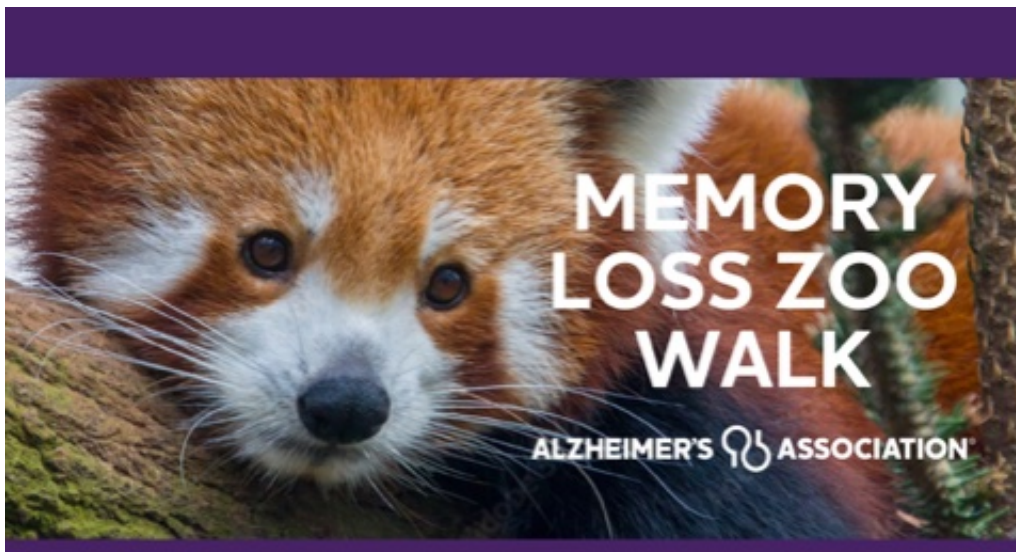
“ After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier ‘us’!”

— past class participant



JEWISH FAMILY SERVICE

jfsseattle.org



MEMORY LOSS ZOO WALK

ALZHEIMER'S ASSOCIATION

The Memory Loss 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.

CONTACT TO LEARN MORE AND REGISTER:

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

WHEN: Monday, Tuesday or Wednesday Mornings

WHERE: Woodland Park Zoo, Seattle

Cost: Free! Zoo entry and parking passes are provided to registered attendees

In partnership with:



DEMENTIA SUPPORT Northwest

Children Caring for Parents with Dementia (Meeting Virtually)

Care relationships between children and their parents living with cognitive decline can bring unique challenges to the caregiving experience. This monthly group seeks to provide additional dedicated space, peer support, and guidance to help navigate the changing power dynamics, find answers to questions about how to provide

caregiving for those that have been sources of guidance themselves throughout the participants lives.

[Find out dates and meeting times by completing this contact form.](#)



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

[More information available here.](#)

[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.



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

