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# *OFC Caregiver Exchange*

**Our clubs remain *closed* due to the pandemic,  
but we're still here for you.**

## *- A Seasonal Message from OFC's Executive Director -*

Can you feel it? The sun is already starting to set a little bit later each day, stretching those minutes of light before dinnertime. The days aren't getting longer just yet, since the sun still lazes a few minutes more each morning. But soon it will find the motivation to get out of bed earlier and we will enjoy more light each day. (I just learned from a gardener friend that the shift to the lengthening winter days isn't symmetrical!)

This has been a rough year, but we can see daylight from the tunnel and have reason to hope! People are now being vaccinated against this thief of a virus, unifying voices are gaining a foothold, and soon the year 2020 will be hindsight. The year brought countless compromises we'll be glad to leave behind, and a number of innovations we can hang onto. But many have suffered enormous losses this year, and we must remember those who need our support, compassion, and patient ear. Among the Old Friends Club family, we mourn the loss of many friends. Our hearts grieve with each family who has endured a death or steep decline of a loved one.

We feel the urgency to bring back the Clubs as soon as we can. This year of isolation has clarified the power the Clubs have to keep people engaged, active, and resilient. We are preparing to reopen in Carnation as soon as we can gather again. And, using the power of community, we will continue opening Clubs to make life better for as many families as we can reach. Please keep rooting for us!

Sincere wishes of good health, peace and joy to you in the coming days and in the new year.

Karen Koenig

Founder and Executive Director

Old Friends Club



**1** Covid-19 and Caregiving  
December 1, 2:30-4 pm PST  
Alzheimer's Association Educational Webinar  
[Register here.](#)

**1** AFA Virtual Community Class: Mindful Meditation with Jackie  
December 1 @ 2:30 pm EST  
Alzheimer's Foundation of America Virtual Event  
This event will be livestreamed on AFA's Facebook page: [www.facebook.com/alzheimersfoundationofamerica](http://www.facebook.com/alzheimersfoundationofamerica)



**2** Healthy Living for Your Brain and Body  
December 2, 2-3:30 PM PST  
Alzheimer's Association Educational Webinar  
[Register here.](#)

**2** Virtual Community Class: Musical Theater with Kristyn  
December 2 @ 2:30 pm EST  
Join Kristyn Pope, Radio City Rockette, Broadway performer, and choreographer, for a fun-filled virtual musical theater & movement class! In this virtual class, you will learn a piece of choreography set to a familiar Broadway hit. This class will be conducted in a standing format, but will include modifications for those who are seated. Singing is optional, but always welcome!  
Alzheimer's Foundation of America Virtual Event  
This event will take place on AFA's Facebook page: [www.facebook.com/alzheimersfoundationofamerica](http://www.facebook.com/alzheimersfoundationofamerica)



- *Caregiver Calendar* -

**Caregiver Resources - Virtual Events**

Old Friends Club has a new website feature: the Caregiver Calendar. Events from a variety of organizations are shared here and are organized by date for your convenience.

[View the Calendar](#)

- *Virtual Volunteer Opportunities* -

**Share your time and talents with OFC**

We have the best volunteers in the world and miss our club volunteers dearly. We've created some **virtual volunteer positions** for anyone who would like to volunteer some of their time and talents with us. Check out our new virtual volunteer positions [here](#).

[Learn More](#)

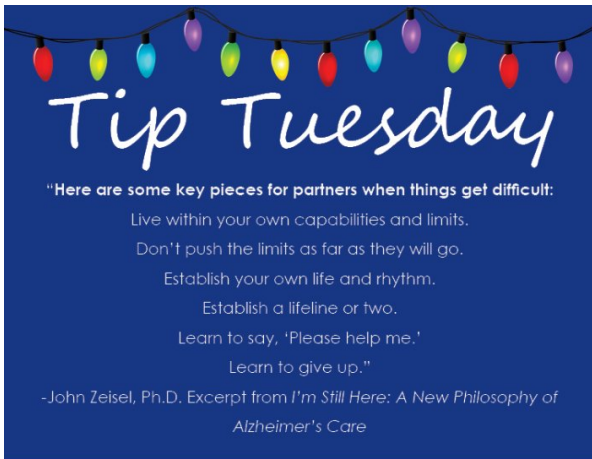
- *Tip Tuesday* -

Every Tuesday, Old Friends Club shares a caregiver tip on social media.

Have a tip you'd like us to share? Email Katie, OFC's Community Outreach Coordinator.

Follow us on social media to see new tips every week.





**Tip Tuesday**

"Here are some key pieces for partners when things get difficult:  
 Live within your own capabilities and limits.  
 Don't push the limits as far as they will go.  
 Establish your own life and rhythm.  
 Establish a lifeline or two.  
 Learn to say, 'Please help me.'  
 Learn to give up."  
 -John Zeisel, Ph.D. Excerpt from *I'm Still Here: A New Philosophy of Alzheimer's Care*

Email a Caregiver Tip



Caregiver Tip 12.15.2020  
 Share your tips with us!  
 Email [katie@oldfriendsclub.org](mailto:katie@oldfriendsclub.org)  
[www.oldfriendsclub.org](http://www.oldfriendsclub.org)



- *Additional Caregiver Resources* -



**GSC Online  
 Holiday  
 Concert**

**Sat. Dec. 19 · 1 p.m.**

**\$10 to attend**  
 (One lucky attendee will win a gift basket)

Join us for a virtual Holiday Concert to benefit the GSC's Memory Loss programs. Elena Richmond will lead us in carols and we have soloists from the community and the OK Chorale.

Registration & payment info:  
[arielb@phinneycenter.org](mailto:arielb@phinneycenter.org)



# zinnia tv

Improving quality of life for people living with dementia and their care partners

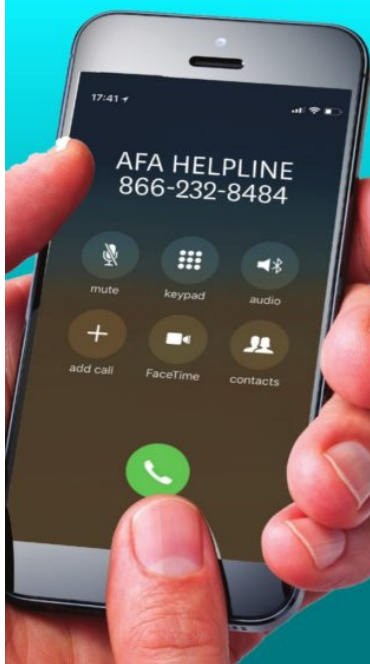
Watch Now >

Help with Alzheimer's is within your reach.



ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484  
[www.alzfdn.org](http://www.alzfdn.org)





### Get a Free Virtual Memory Screening!

Mondays & Wednesdays  
10 am to 4 pm (ET)

Fridays  
10 am to 2 pm (ET)

Call AFA at 866-232-8484  
to make an appointment



alzheimer's  
association®

COVID Listen Line  
**(206) 529-3890**

Monday-Friday  
8:30 a.m. - 4:30 p.m.

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

*Please let us know!*

Make a Gift to Support Old Friends Club

Make a gift to support Old Friends Club's mission of bringing affordable daytime memory care and caregiver respite to our communities



*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

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