

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

Brought to you by:



Caregiver Connector

SPECIAL REMOTE EDITION: February 2021

Opera! Art! Gardening! And more!
Read on to learn more about upcoming events!

Please share 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

NEW! FULL CALENDAR OF EVENTS [Click to view]

Stay at Home Highlights

**Northwest African American Museum
presents "A Night at the Opera:"**



Celebrating Black Voices"

Saturday, February 13

6:30 PM- 8:30 PM

Northwest African American Museum and Seattle Opera present "A Night at the Opera: Celebrating Black Voices".

Join us for an evening of elegance as we enjoy performances from contemporary, Black performers. The featured voices range from soprano to baritone, and the performance pieces highlight and celebrate Black history.

*This event is a live, drive-in event. Please adhere to COVID guidelines.

[Click here to learn more.](#)



Eldergrow's Windowsill Garden

Eldergrow's new Windowsill Garden comes with 3 organic, ready-to-plant herbs, a modern pot & tray set, and craft activities for all to enjoy.

[Click here](#) to learn more about the therapeutic benefits of gardening and order your own windowsill garden kit!!



The Alzheimer's Foundation of America Teal Room

The AFA Teal Room offers daily activity programming online free of charge.

Music, art, dance/movement and chair yoga are just some of the different therapeutic activities offered at the AFA Teal Room.

[Click here](#) to see this month's offerings.



Try our Unique Online Community in 2021!
Meetings are on 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.

Elderwise MiniWise

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.

Email nancy@elderwise.org with questions.

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Virtual Coffee Chat

Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Build connections and offer support and encouragement. Participate online or by phone, with a free application called "Zoom." Facilitated by program manager Marigrace Becker. Join for just one session, or multiple. Space is limited; [sign up](#) by the day before.

10 - 11 a.m. every Tuesday: January 5, 12, 19, 26

Cascadia Art Museum

Self-Love Self-Portrait | Virtual Family Art Workshop

February 27th

Join Cynthia Gahan from Heart Art Healing virtually for a step-by-step self portrait drawing experience you are sure to love!

We will complete a basic pencil outline and add color with your medium of choice.



Throughout the activity you will be invited to add creative writing and drawing elements that symbolize self-love and personal care. At the end of the class we will read *You're Here for a Reason* by Nancy Tillman as a reminder of how very special you are.

[Register and learn more here.](#)

Virtual Gathering Place

An Early Stage Memory Loss Enrichment Program

The **Gathering Place** is a weekly enrichment program for people with Mild Cognitive Impairment (MCI) or Early Stage Memory Loss (ESML).
The four pillars of our program:

- Cognitive stimulation
- Cultural enrichment
- Physical movement
- Social engagement

Tuesdays • 1 - 3 p.m. Online • \$20

The pandemic has limited access to activities in the community. It's important to maintain your strengths and stay motivated during this isolating period. Schedule a pre-registration phone call with Carin Mack, MSW, at 206-230-0166 or socialwkr@comcast.net. First session is free. Scholarships available.

Greenwood Senior Center
525 N 85th St, Seattle
www.phinneycenter.org/gsc

Greenwood Senior Center "Virtual Gathering Place": An Early Stage memory Loss Enrichment Program

Tuesdays 1-3 PM Online - \$20

Schedule a pre-registration meeting with Carin Mack, socialwkr@comcast.net or call (206)230-0166.

Additional Support

On My Shelves: A Librarian's Favorite Books on Dementia and Caregiving

Presented by: Wendy Pender, MLS

Wednesday, Feb. 10, 2021 | 1-1:45 p.m. PST



Looking for some recommended reading on dementia and caregiving? Join Wendy Pender, the Older Adults Program Coordinator for King County Library System (KCLS), as she reviews some of her favorites. Wendy has a passion for supporting families on the memory loss journey. In this talk, she will share a handful of books on this topic that are available at KCLS and other library systems.

Register here.

Join us for a morning of learning as we explore important information on Alzheimer's disease and dementia, the impact on the LGBTQ community, intergenerational experiences, legal and financial resources, and a special breakout for professionals on fostering cultural competency for eldercare professionals. This program meets the requirements for 3.0 CEUs for social workers and licensed professional counselors.

Register today! Call 1.800.272.3900 or visit tinyurl.com/AlzLGBTQ

Alzheimer's Association

LGBT Caregiver Conference - Feb 12th, 2021

Join us for the virtual Caring for Our Own: LGBTQ Caregiver Conference provided in partnership with the Coalition for Aging LGBT and SAGE.

This virtual program will provide important disease information, the impact on LGBTQ people, and available resources.

[Learn more and register here.](#)

Old Friends Club Members, Families, Friends + Caregivers:

Join us for **WA Poison Control** Educational Presentations in 2021

OFC invites you to join our educational series with **WA Poison Control**. Here is our next upcoming event:

Opioid Prescriptions: Keeping Yourself & Your Loved Ones Safe

Wednesday, February 10, 5:30 - 6:30pm

Description: With an annual death toll of 70,000, the opioid epidemic remains a constant public health concern. Substance overdose has become the leading cause of death in both Washington and the larger United States. As alarming as this is, we do have the tools to combat this epidemic and save lives. Join the Washington Poison Center as we explore the origins of the epidemic, an overview of various opiates and opioids, considerations for older adults with opioid use, and ways to prevent and reduce harm from substance use.

Opioid Prescriptions: Keeping Yourself & Your Loved Ones Safe

February 10, 5:30 - 6:30pm

[Register Here.](#)



Open to the general public
Register via our website www.oldfriendsclub.org

Seattle - LGBTQ Caregiver Support Group

For Caregivers of Those with Memory Loss
Starting January 2021

A safe place for unpaid family caregivers,
their family and friends to:

- Exchange practical information on caregiving problems & possible solutions
- Talk through challenges & ways of coping
- Share feelings, needs & concerns

3rd Thursday of the month
6:30 pm to 8:00 pm



Join from anywhere!
Support group currently
meeting via Zoom

Contact Group Facilitator:
Michael Underhill
(206) 393-7594

All of our support groups are facilitated by Chapter trained individuals.

alzheimer's association

Alzheimer's Association Washington State Chapter
Senior Management & Support Office

19031 33rd Ave. W, Suite 301, Lynnwood, WA 98036 | 800.848.7097 | www.alzwa.org

Seattle LGBTQ Caregivers Support Group

Alzheimer's Association

6:30-8:00 PM, Every 3rd Thursday of the month

[Learn more and Register Here](#)



Silverado Dementia Educational Series

a virtual learning opportunity

Join us for a series of informative presentations on a variety of dementia-related topics, designed to further your knowledge and help you provide the best possible care and support for individuals with memory impairments.

Held every Thursday in February, morning and evening sessions are available to accommodate all schedules.

Dementia 101

Thursday, February 4, 2021 | 11:00am and 6:00pm

In this presentation we will:

- Define dementia and its symptoms
- Explain the difference between dementia and Alzheimer's disease
- Discuss the most common forms of dementia and how they differ from each other

Communicating with Someone who is Memory Impaired

Thursday, February 11, 2021 | 11:00am and 6:00pm

In this presentation we will:

- Understand communication challenges with dementia
- Discuss non-verbal communication strategies
- Explain guidelines for improving verbal communication with an individual with memory impairment

Understanding Behaviors Related to Dementia

Thursday, February 18, 2021 | 11:00am and 6:00pm

In this presentation we will:

- Understand ways that dementia affects behavior
- Describe why individuals with memory impairment may behave in certain ways

Virtual Dementia Tour®

Thursday, February 25, 2021 | By appointment only

This powerful, immersive experience will allow the participant to spend a few moments walking in the shoes of someone suffering from dementia. This experience is by appointment only as space will be limited and this will be an in-person activity. In order to adhere to safe, socially distanced guidelines, an appointment will be required and masks will be mandatory. Please call or email to secure your spot!

Click below to reserve a session:

Morning Session

Evening Session

For more information, contact James Morton.

Call (425) 531-9275 or

email james.morton@silverado.com

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://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.

[The Elderwise Way](#)

A Different Approach to Life with Dementia

A conversation with the authors

**Presented in partnership by [King County Library System](#),
[Northwest Center for Creative Aging](#) and [Seattle Public Library](#)**



Sandy Sabersky,
Elderwise visionary
and co-founder,
and fellow author
Ruth Neuwald Falcon
have written a
deeply insightful book
that offers ways to enjoy,
connect with, and support
family members, friends
or neighbors who have
memory loss.

The book encourages attitudes and approaches that provide real opportunities for persons with cognitive change—and those who interact with them—to have deep and meaningful relationships.

1 PM, Thursday, February 25, 2021

<https://bit.ly/3ob4p2a> to register for this free event.

You will be emailed a link no later than two hours before the program start time. If you do not see an email, check your Junk or Spam folder.

Reasonable accommodation for individuals with disabilities is available by request. Please contact leap@spl.org at least seven days before the event to request accommodations.





**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/>

***Find more events like the ones listed above on our new
Caregiver Calendar!***

NEW! FULL CALENDAR OF EVENTS [Click to view]

Check out our website to see the master list of events Old Friends Club has compiled!

Includes events from the Alzheimer's Association, the Alzheimer's Foundation of America, UW Brain and Wellness Center, Kirkland Interfaith Network, Music Mends Minds, Elderwise, the Alzheimer's Disease Research Center at UW, Taproot Theatre, and more!

Contact [Katie](#) if you have an event that you would like to add to our calendar.

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



Manage Your Subscription

This message was sent to email@example.com from chris@oldfriendsclub.org

Old Friends Club
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Kirkland, WA 98083

