

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

Brought to you by:



Caregiver Connector

February 2023 Edition

Resources for Alzheimer's & Dementia Caregivers

Celebrating Black History Month

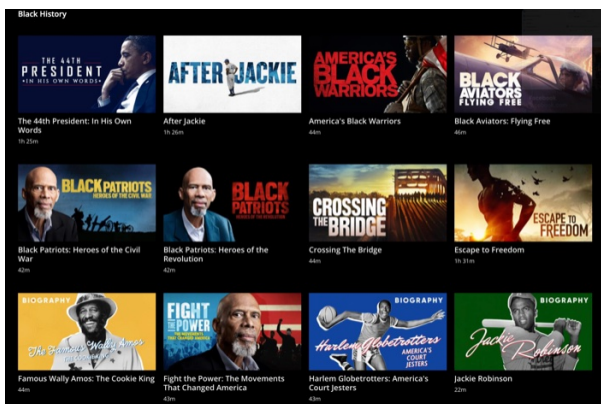


Learn about this year's theme of **Black Resistance** from the **Association for the Study of African American Life and History**:

African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms, and police killings since our arrival upon these shores. These efforts have been to advocate for a dignified self-determined life in a just democratic society in the United States and beyond the United States political jurisdiction...

[Read more here.](#)

Watch Black History Documentaries in the HISTORY vault with the History Channel



- The 44th President
- After Jackie
- America's Black Warriors
- The Famous Wally Amos

...and more.

[View the documentary options here.](#)



[Virtual] Humanities Washington: *Umoja (Unity): Sustaining African Cultural Arts*

Thursday, February 16, 6 – 7 PM

Explore the depth and significance of African culture, from its communal philosophies to its lively song and dance. In this interactive talk—part presentation and part performance—artist **Afua Kouyaté** shares pieces of African culture and folkloric traditions.

[Click here to learn more.](#)



[Virtual and In Person] MOHAI and History Link: *History Café- Paying Tribute to Seattle's Black Landmarks and their Namesakes*

Wednesday, February 15, 6:30 – 8 PM

Historian **Mary Henry** discusses her new book, *Tributes: Black People Whose Names Grace Seattle Sites*. Learn about the lives of the many Black figures whose names are found on street signs, parks, concert halls and more. History Café is produced as a partnership

between **HistoryLink** and **MOHAI**.

Learn more and check out more events with MOHAI here.

News From Old Friends Club

-**The Caregiver Club**, come and join the club! We are still gathering members, but hope to make this a place where caregivers can connect, chat, and share resources. Please feel free to invite anyone you know who may be interested in receiving additional support in their caregiving journey!



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

[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!

COMMUNITY EVENTS, ACTIVITIES AND RESOURCES

Virtual/At Home	King County	Island County
Pierce County	Snohomish County	Whatcom County
Skagit County	Transportation	Additional Resources

[Resource Highlights](#)



COMING SOON

Engaging talks that explore aging, memory, and more

Partnering with the Northwest Center for Creative Aging, Town Hall presents a series about the universal, yet somehow taboo, topic of aging. Join us!

Thursday 2/9, 7:30PM
Priscilla Long with Elayne Vogel
Creating and Aging: How the Arts Help Us Thrive in Old Age

Tuesday 3/28, 7:30PM
Panel Discussion on Seniors and Psychedelics

Friday 4/28, 7:30PM
Sandy Sabersky and Marigrace Becker
A Conversation on Dementia

Tuesday 5/30, 7:30PM
Jennifer Levin with Rebecca Crichton
Grief and Our Connections with Those Who Have Died

LEARN MORE

townhallseattle.org

[In-person and Livestream]
Northwest Center for Creative
Aging Town Hall

Creating and Aging: How the Arts

Vertical text on the left edge of the page, likely a scanning artifact or bleed-through.

Vertical text on the right edge of the page, likely a scanning artifact or bleed-through.



Help Us Thrive in Old Age with Priscilla Long with Elayne Vogel

Thursday 2/9, 7:30PM

Tickets available on a sliding scale - \$5-20

[Learn more here.](#)



Northwest Center for Creative Aging: *Hard Topics with Empathy, Honesty and Connection*

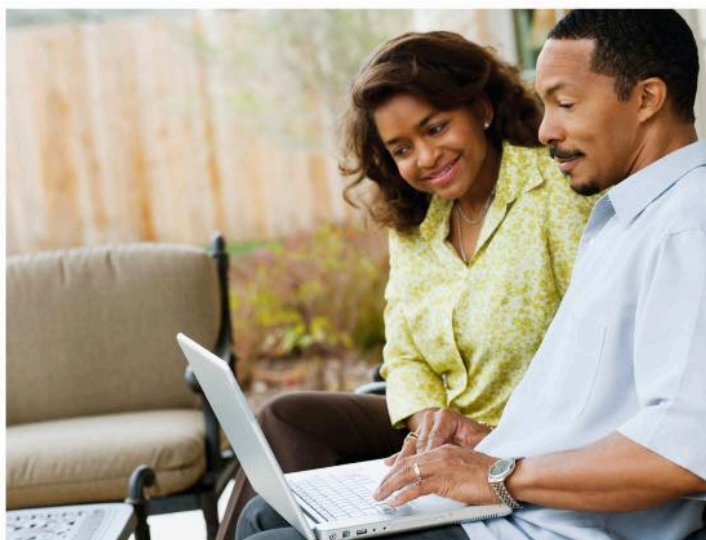
Monday, February 13, 2 – 3 PM, NEST Office,

8008 35th Ave NE, Fireside Room, Seattle

As Rebecca wrote in January, she is beginning to facilitate **Discussing the Undiscussables** with groups as a way to deepen their conversations and relationships. The ‘Big D’s’ — Dependency, Dementia, Depression, Death and Dying — are just some of the topics that will be discussed.

The idea might feel uncomfortable. However, if you have ever had a deep discussion with someone about a difficult situation in your life and you have felt truly heard, you might remember how accepted and perhaps even relieved you felt. When such subjects are explored with one another and the more we open to hearing each other clearly, the deeper our sense of trust and connection.

We hope you will join Rebecca at NEST. [Click here to learn more and to register.](#)



Younger Onset Alzheimer's Resource & Education Day

Saturday, February 11 | 10 a.m. - 3:30 p.m.

A day of learning, connection and resources for people diagnosed with Alzheimer's before age 65, and their families. A free event.

Event Topics Include:

- Younger Onset Alzheimer's 101
- Alzheimer's in the Workplace
- Technology for Independence
- Nutrition and Brain Health
- Panel: Living with Younger Onset Alzheimer's

Attend in person at the Memory Hub (1021 Columbia St, Seattle), online by Zoom, or hybrid at the Alzheimer's Association office (19031 33rd Ave W #301, Lynnwood)

PRESENTED BY:

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

WITH SUPPORT FROM:



QUESTIONS:

Marigrace Becker
206-543-2440
mbecker1@uw.edu

Register by Feb 6:
<https://bit.ly/3HeCXgR>

[View More King County Resources](#)



Opening Minds through Art (OMA) and Music and Memories (MM) are intergenerational programs for people with dementia that are aimed at promoting their social engagement, autonomy, and dignity through failure free, abstract art and music.

In-person classes:

Tacoma - St. Mark's Lutheran Church by the Narrows

Tuesdays: OMA 10:15-11:15 am
MM 11:30 am-12:15 pm

Edgewood - Mountain View Community Center

Wednesdays: MM noon-12:45 pm
OMA 1-2 pm



Online classes:

Tuesdays: MM 10-11 am
Thursdays: OMA 11 am-12:00 pm or 2-3 pm

All classes are **FREE!**
Preregistration is required.

For more information contact:
Phone: 253-272-8433
Email: dementiaservices@lcsnw.org
lcsnw.org



[View More Pierce County Resources](#)



SHIBA - Statewide Health Insurance Benefits Advisors

SHIBA is a free, confidential and impartial counseling resource sponsored by the Washington State Office of the Insurance Commissioner. Volunteer advisors will help you understand your rights and options, and offer up-to-date information so that you can make an informed decision concerning your health insurance needs.

[Learn more here.m](#)

[View More Snohomish County Resources](#)



Mount Vernon Senior Center: *NEW Balance From the Inside Out– Essential Safety– 5 week long workshop lead by Jeanette Lundberg, PT*

Begins Friday Feb. 10 at 1pm.

If you are not ready for group exercises, learn what choices you can make every day to support endurance, strength and improve activity tolerance.

[For more events at the Mount Vernon Senior Center, view the February 2023 newsletter here.](#)

[View More Skagit County Resources](#)



Dementia Support Northwest: Dementia Friendly Events

DSNW's dementia friendly

volunteers work throughout the year to find dementia-friendly events in our communities. Examples include:

- Weekly coffee meet ups
- Group attendance of summertime park concert series
- Local comedy nights
- Visits to local dementia friendly spaces
- Small gallery tours

Contact them to learn more about meeting times and locations!

[View More Whatcom County Resources](#)

zinnia tv

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

[Watch Now >](#)

[View More Virtual Resources](#)

[View Additional Caregiver Resources Here >>>](#)



Old Friends Club empowers communities to cultivate joy in the lives of adults with dementia and nourish the wellbeing of family caregivers.

www.olderfriendsclub.org

Support OFC with a Gift Today

We accept PayPal, Venmo, and Mail-In Check.

Other ways too 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.](#))
- **Amazon Smile** - Consider making OFC your charity of choice. ([Sign up here.](#))- **this option will be ending February 20, 2023**
- **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

