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Brought to you by:



Caregiver Exchange

August 2022 Edition

Resources for Alzheimer's & Dementia Caregivers

Join us-



and be a part of something special.

Join us - and be a part of something special.

OFC has families urgently awaiting the opening of our newest Club in Sammamish, WA.

Respite is on the way for these caregivers, but we need your help!

We are looking for an Activity Director and a Program Assistant to run this location.

We are willing to train the right person.

If you or anyone you know is interested in applying, please visit www.olderfriendsclub.org/careers

Email Karen - karen@olderfriendsclub.org - with any questions.



MUSIC IN MAUDE'S GARDEN

Come together with others living with memory loss, family members and friends to enjoy live music, cold drinks and conversation in Maude's Garden!

This botanical oasis located at the Memory Hub on Seattle's First Hill is designed to be accessible, engaging and dementia-friendly.

Join us for one or more Tuesdays this month!

11 AM - 12 PM
TUESDAY, AUGUST 16
TUESDAY, AUGUST 23
TUESDAY, AUGUST 30

1021 Columbia St, Seattle
Free parking available



SIGN UP:

<https://tinyurl.com/maudesgardenmusic>

Virtual: Silver Kite- Mandalas

Monday, August 22, 1:30 PM-2:30 PM



Join us as we explore the ancient art of mandala. During the workshop you will be guided through a few simple techniques as you create your own stunning and intricate mandalas. Together we will learn how we can express ourselves through shape and color, and discover all the wonderful ways in which the art of mandalas can add peace and relaxation to your day to day life.

Facilitated by Nani Trias

[Register for this workshop and check out other workshops here.](#)
(Password KCLS2020)

ALL PRESENT SONG CIRCLE
1st & 3rd Thursdays · 1 p.m. Online

Hear some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us for this musical hour. We encourage care partners to join as well.

Register: alisas@phinneycenter.org

PNA
Community Begins Here
Greenwood Senior Center

Virtual: Greenwood Senior Center- All Present Song Circle

1st and 3rd Thursdays- 1PM Online

Hear some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us for this musical hour. We encourage car partners to join as well.

Register here:

alisas@phinneycenter.org

[Learn more here.](#)

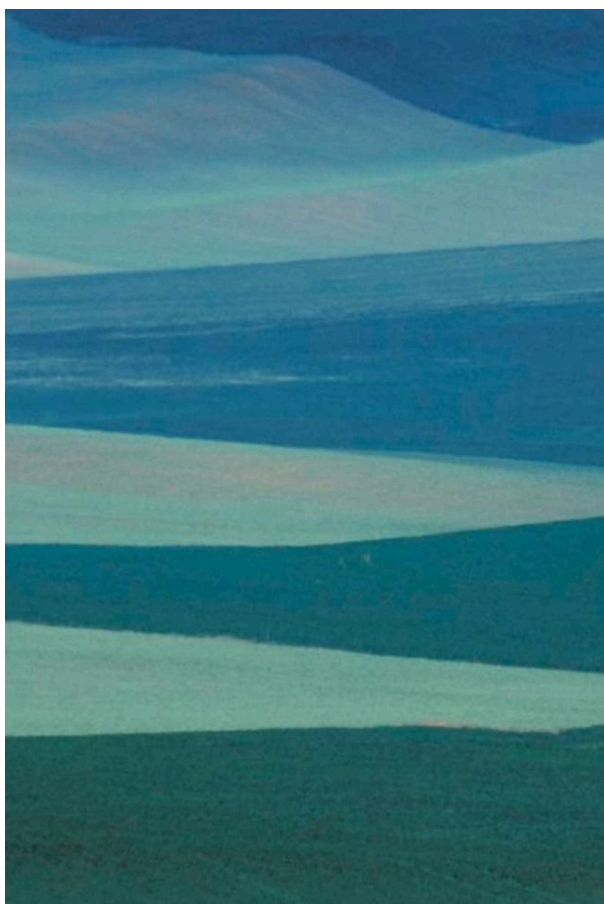
In-Person: Alzheimer's Cafe- Full Life Care

Scheduled for the fourth Monday of every month.



Alzheimer's Cafes allow persons living with Alzheimer's (or other dementia) and their loved ones to enjoy socializing in a relaxed cafe setting. There is no set agenda. Families meet and socialize in an environment that is accepting and nonjudgmental.

[Register here.](#)



Virtual: here:now- Art Engagement at the Frye Art Museum

These virtual programs celebrate present-moment awareness and new possibilities for creative expression for adults living with dementia.

here:now Art-making and Discussion Class - Enjoy conversation, works of art, and hands-on exploration with different art mediums in this in-person class led by a specially trained museum educator and teaching artist. Classes will be held on August 17 and 24 from 2 - 4 pm.

here:now Artwork Discussions - Explore art from the comfort of your home in a facilitated, small-group discussion with a museum educator. Artworks from the Frye collection and exhibitions will be featured. Discussions are scheduled on July 26, August 30, and September 27 from 1 - 2 pm.

For more information or to register, call 206 432-8265 or

email
creativeaging@fryemusuem.org

[Visit the Frye website here.](#)

[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person



Finding joy in an Alzheimer's reality | Beth Fauth | TEDxUSU
 youtube.com

"Finding Joy in an Alzheimer's Reality" TED Talk with Beth Fauth - [YouTube Video, 10:51]

As people live into advanced age, their risk for Alzheimer's disease and other dementias increases. With no current cure, we are face with one solution, and that is to provide the best care that we can for people living with the condition. Meeting the person's daily, physical needs in only passable; we can set the bar higher. This talk invites you to consider how empathy, patience, and basic aspects of human interaction can maximize the quality of life for people with Alzheimer's disease.

[Watch the video here.](#)

Alzheimer's Association- All Talks: Employer Support of Alzheimer's Caregivers

Thursday, August 25, Noon CDT

"Six in 10 caregivers of people living with Alzheimer's or another dementia are



ALZ TALKS

Employer Support of Alzheimer's Caregivers

Thursday, Aug. 25 | Noon CDT

ALZHEIMER'S ASSOCIATION

employed while providing care. Join us for our free live webinar on August 25 to hear how employers can provide valuable support for these individuals and how caregivers can advocate for themselves and others at work."

[Reserve your spot today.](#)



"How Sibling Criticism of Caregiving Can Hurt Parent's With Alzheimer's" by Ray Burrow, *Alzheimer's News Today*

"My sister and I lived in nearby cities and were fortunate to share caregiving responsibilities for our mother with Alzheimer's disease. Thankfully, we worked well together, and our two other siblings, who lived in different parts of the country, were very supportive. Caregiving was stressful, but we didn't find reasons to criticize each other's methods, and we didn't face criticism from our other siblings. Caregiving was challenging enough on its own.

It was sad and complex, but family support made it bearable. Supporting one another was also best for our mother."

[Read the full article here.](#)



Seattle LGBTQIA+ Caregiver Support Group Currently virtual, but coming soon to GenPride in Seattle!

Third Tuesday of each month
6:30-8 p.m.

Please contact a facilitator prior to attending:
Lionel Wang
206.854.4776 | lionel.s.wang@gmail.com

Tiffany Suscheck
614.719.9692 | tiffany@suscheck.com

Visit alzwa.org to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, ALZ connected®, at alzconnected.org.



Scan QR code for more opportunities from the Alzheimer's Association®.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for the care partners of people living with dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

In partnership with:



800.272.3900 | alzwa.org

In-Person/Virtual: Support Groups - Alzheimer's Association
[Search for additional support groups here.](#)

[View More Resources Here](#)



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

www.olderfriendsclub.org

Questions? Contact us today:

(425)681-9776

welcome@olderfriendsclub.org

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