

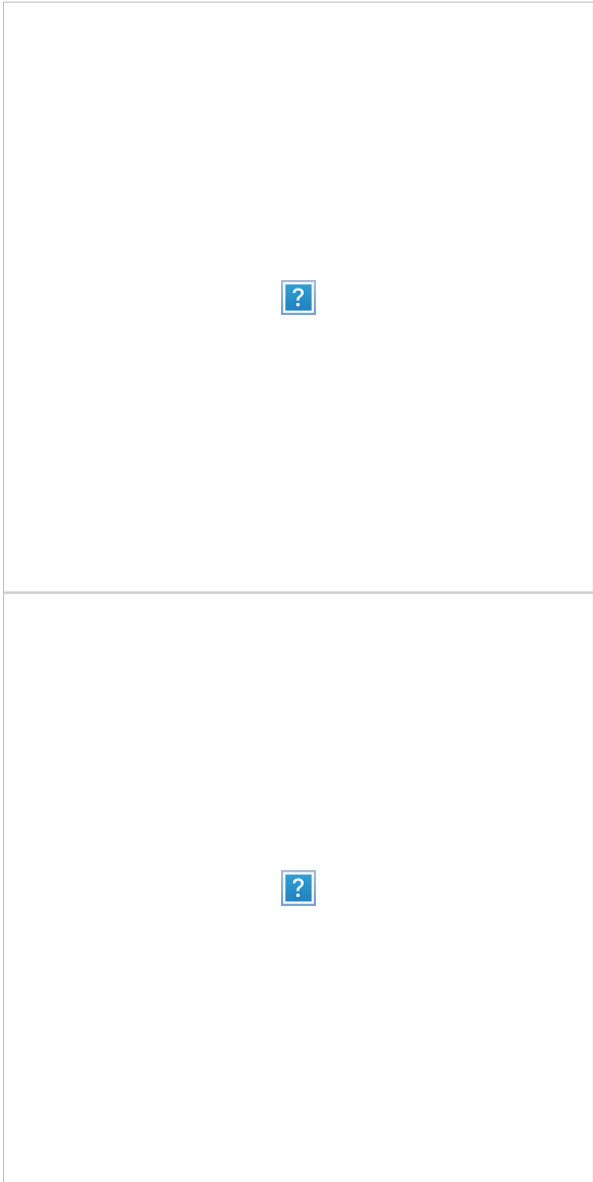
oldfriendsclub.org





## **Volunteers Share the Love**

Old Friends Club Kirkland had a visit from volunteer Sinjon, who shared his gift for playing music and also helped our members create Valentines for Veterans, which were then delivered to local vets. This is a great example of how one person can make a difference in the lives of so many. It also shows how each person can make a



difference, regardless of health, age or mental challenges. Would you like to keep this circle of love spinning? Opportunities to participate once a week or even just once are open to anyone with a smile and something to share. The secret valentine is, most volunteers come away feeling like they are the ones who received the gift. Contact Susanne or Karen to visit Carnation, Kirkland or Sammamish,

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### **Location. Location. Location.**

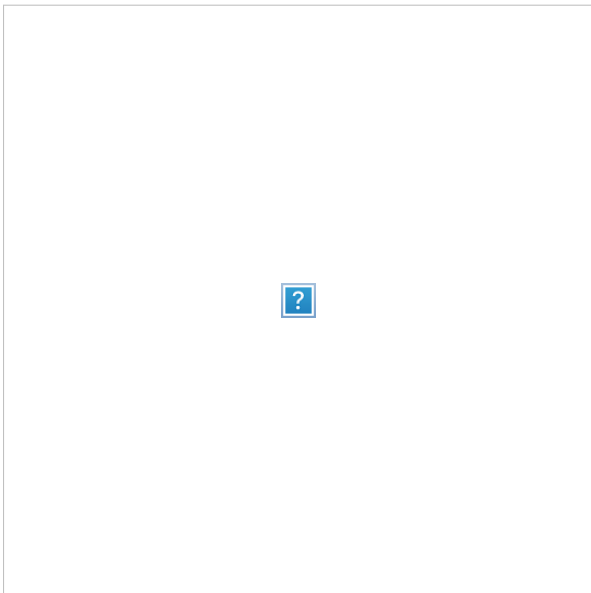
Lots of folks ask about where our groups meet in Carnation, Kirkland and Sammamish. You won't see a sign or a storefront. Part of the vision of Old Friends Club is to actively participate in the communities where our members live. In seeking out other agencies who enjoy helping our neighbors, we've found churches to be great partners. While Old Friends Club is not affiliated



with any church or religion, our groups have been welcomed into three area churches and have been happy to have a regular meeting room at Tolt Congregational Church in Carnation, Pine Lake Covenant in Sammamish, and Lake Washington United Methodist in Kirkland. Members have also enjoyed some inter-generational activities with preschools and summer camps at some of the locations! Contracting with churches and using space that already exists helps keep the cost of care low for our member families.

Find out more about joining Old Friends Club and visit a social club near you by contacting Director of Programming & Caregiver Support, Susanne Rossi at 425-681-9776 ext#1.

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## Caring for the Caregivers

You don't see a sick person. You see your parent, spouse, sibling or neighbor. And because you already cared about them before they had a diagnosis, it's second nature to do everything you can for them. But when you are needed all the time, every day, it can become overwhelming. The staff of Old Friends Club is passionate about supporting caregivers and families living with the day-to-day challenges of caring about someone with dementia. We recognize that respite--time away from caregiving to rest, re-energize and regroup--is a very needed and necessary component of this journey. It is in our stated mission to "nourish the well-being of family caregivers." We are always looking for new ways to lend support, and so, in addition to providing that time away and sharing local caregiver groups and resources, Old Friends Club is creating a series of caregiver workshops. Look for our announcement this Spring!

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