

Shared by Old Friends Club

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## *Caregiver Connector*

**Let's create a community of support to keep families connected and engaged in life, even through the challenges of memory loss.**

**March: the month that brings us Spring is a reminder to continue to cultivate the growth in ourselves and each other.**

**Please share with those you know who are affected by Alzheimer's or other dementia.**



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## Free & Low Cost Eastside Happenings for People with Memory Loss and Family Caregivers

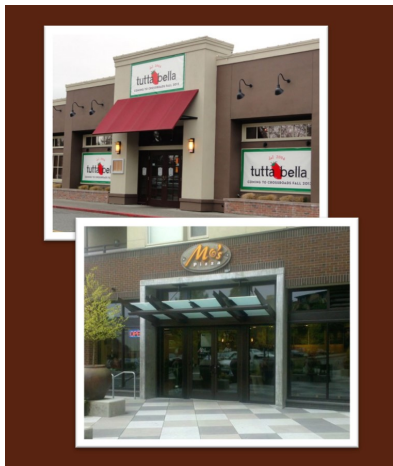
More activities and resources are being added on the Eastside. Keep scrolling to see them all!

For a look at what else is happening around King County, check out the [Momentia](#) and [sign up to](#)



receive the quarterly calendar.

Here is a link to the [Momentia Winter 2019 Booklet.](#)



### **"Eastside" - Alzheimer's Cafés**

There are several Alzheimer's Cafés throughout Washington. These two are the ones currently available in the greater Seattle's Eastside.

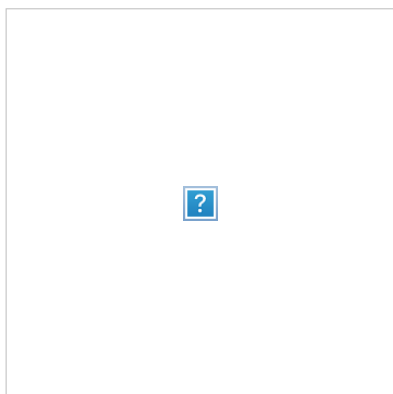
**Bellevue** - Every 4th Tuesday 3-5 p.m.

Tutta Bella  
15600 NE 8th St, Bellevue (Crossroads)

**Mercer Island** - Every 2nd Wednesday 3-4:30 p.m.

Mo's Pizza

2630 77th Avenue Southeast, Mercer Island



### **Community Chorus - Bellevue**

First Fridays, 10:30 to 11:45 a.m. New singers welcome. Sing for fun -- with piano accompaniment.

North Bellevue Community Center  
4063 148th Ave NE, Bellevue



### **Ballroom Dance Lessons**

Every Saturday, **12 to 12:45 p.m. (new time)**

Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue

### **Sounds of Swing - Bellevue**

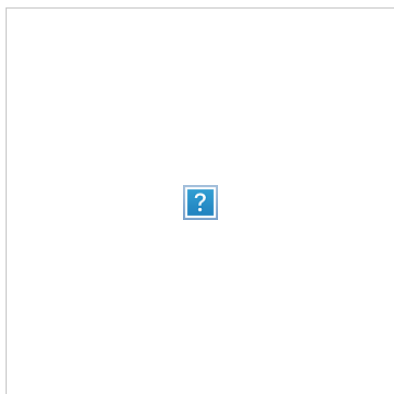
Tuesdays, 1 to 3 p.m. Come listen to the band rehearse!



On 2nd Tuesdays, bring your dancing shoes! \$3 for dancers, free for rehearsals.

North Bellevue Community Center

4063 148th Ave NE, Bellevue



### **Music Mends Minds - Mercer Island**

Third Tuesday, 3 to 4 p.m. A community sing-along, designed to provide seniors with Alzheimer's and other dementias to sing and enjoy music. No tryouts required, and songbooks will be provided. All you need to bring is you and your care partner.

Covenant Shores Fellowship Hall

9150 Fortuna Drive, Mercer Island



### **Old Friends Club - Multiple Locations**

Come see what Old Friends Club is all about. For the person with memory loss, it's an opportunity to stay active and be among friends. For family caregivers, it's a healthy break. Schedule a visit to see for yourself!

Kirkland - Sammamish - Carnation - new: Bellevue

425-681-9776, ext 1 | [welcome@oldfriendsclub.org](mailto:welcome@oldfriendsclub.org)

## **Be Sure to Catch...**

### **RE-IGNITE THE MIND WITH IMPROVISATION & PLAY**

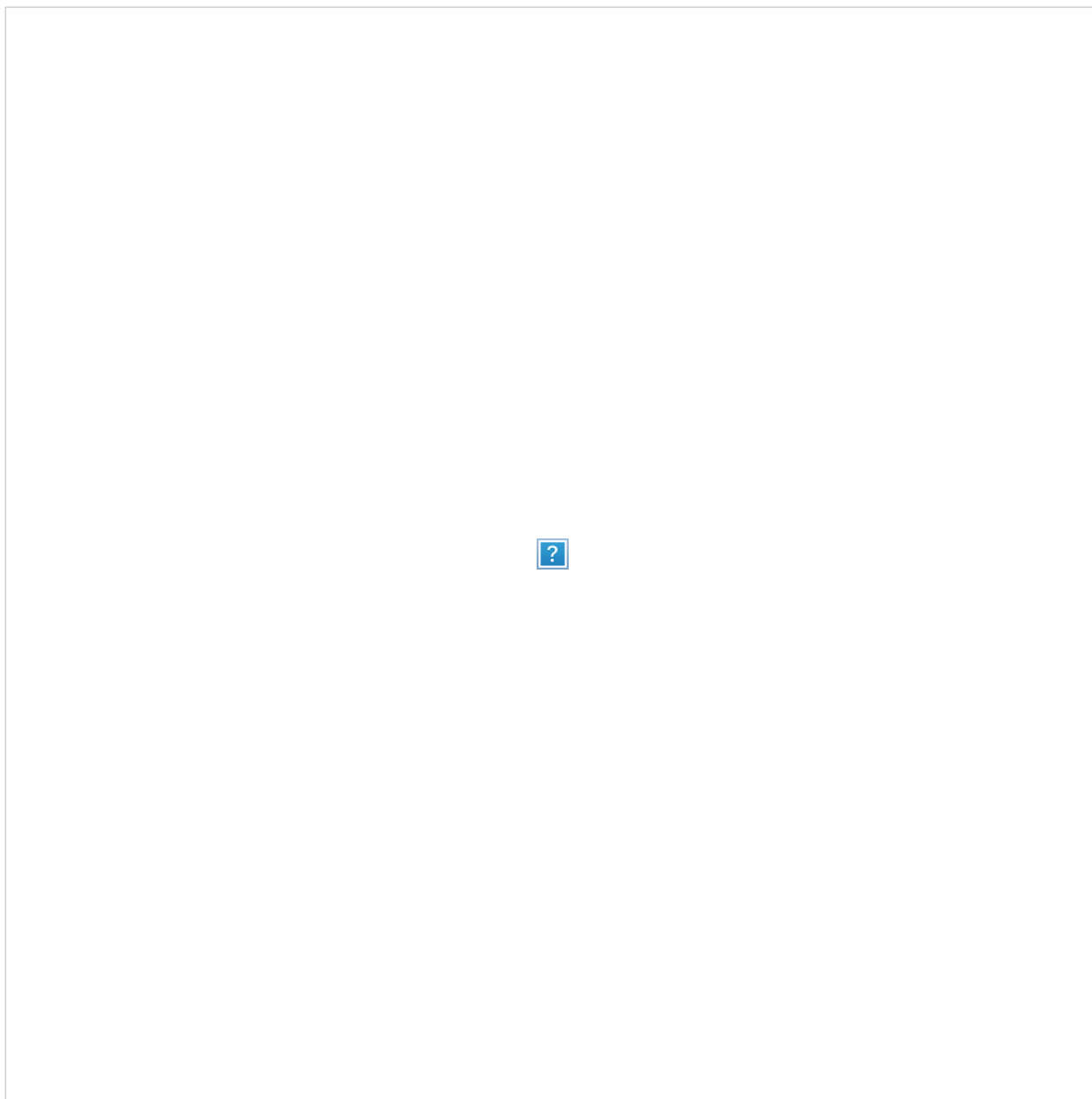
**Mondays, March 4-25, 2019 | 10:30 am-12:00 pm**

Through improvisation and theatre games, Taproot Theatre leads classes that tap into the creative abilities of individuals experiencing early stage memory loss

(ESML) and care partners. No memory requirement, just the delight of participating in an experience that releases the imagination while giving a sense of accomplishment, self-confidence and social enrichment.



## Mark Your Calendar...



Please **RSVP** by **March 12th** [425-688-1900](tel:425-688-1900)

### **March 16th, 2019 3 PM - 5 PM**

The Gardens at Town Square  
933 111th Ave. NE  
Bellevue, WA 98004

Learn more about Old Friends Club's supportive community and discover how family's lives are being transformed.

**Tacos and margaritas will be served.**  
**\$10 Donation suggested.**  
**Complimentary valet parking.**

Tours of The Gardens at Town Square will also be offered after the event.

### **Discovery 2019 - Alzheimer's Regional Conference** **March 8th**

**Washington State Convention Center - 705 Pike Street, 6th Floor, Seattle**

As the Discovery Conference Advisory Council, we chose the theme of resilience around which to build the program for this year's conference. Resilience is a process through which individuals demonstrate positive adaptation despite challenges and changes, such as a diagnosis of Alzheimer's or other dementia.

Discovery Conference is your full-day opportunity to immerse yourself in learning, connecting, growing, and Discovery.

**Advance Registration has been extended to**  
**March 6 at 12 noon.**

**Walk In Registration will be available at the conference**  
**starting at 7:30 AM for an additional \$20 fee.**

For tickets and pricing please visit the [conference web page](#) or call 206-529-3874

Purple pansy flowers





## “Powerful Tools for Caregivers”

**FREE Six-week course**, Thursdays, April 4 – May 9, 2019 1:00 – 2:45 P.M.

Bellevue YMCA – 14230 Bel-Red Rd. Free parking.

**Preregistration required – limited seating.**

Visit: [Overlake Powerful Tools for Caregivers Workshop Registration](#).

For class questions email [classes@overlakehospital.org](mailto:classes@overlakehospital.org) or call [425.688.5259](tel:425.688.5259).

A six-week evidence-based program participants learn how to take better care of themselves while caring for a friend or relative with Alzheimer's, dementia, or other cognitive challenges. Led by trained facilitators, from Westminster Chapel and Bellevue YMCA.

Participants are asked to attend all six classes. Space is limited and pre-registration is required.

### Tools you will learn:

- **Reduce stress**
- **Improve self-confidence**
- **Manage time, set goals and problem solve**
- **Better communicate your feelings**
- **Make tough decisions**

### Will you need assistance with a loved one while attending this workshop?

If your person meets the eligibility guidelines, [Old Friends Club](#) is providing no cost care for adults with Alzheimer's or other cognitive challenges, at their Bellevue location, Thurs., Apr. 4 – May 9, 2019, 12 – 3 p.m. (see [class registration site for more information](#))

For questions about [Old Friends Club](#), please contact Susanne Rossi [425.681.9776](tel:425.681.9776) ext. 1 or [susanne@oldfriendsclub.org](mailto:susanne@oldfriendsclub.org)

### Need Tax Assistance?

Spring feels like it's just around the corner, but TAX Season is here right now!

If you are looking for help, you may want to check out



some of these local resources:

- [AARP Tax help at local King County Libraries](#)
- [United Way Tax Help](#)



## Resources for Families Coping with Memory Loss



### Caregiver Support: Eastside Groups

**Bothell** – Third Tuesday, 1 p.m.

**Bellevue – Young-Onset Caregivers** For those caring for someone with memory loss diagnosed by age 65. Every Third Monday, 7 p.m.

**Bellevue** – Third Monday, 3 p.m.

**Bellevue** – Second Wednesday, 1:30 p.m.

**Bellevue** - First Thursdays 10:30 a.m., Spanish-Speaking Caregiver Support. Contact Group Facilitator: Claudia Cruz, [425-598-5436](tel:425-598-5436), [claudiac@cisc-seattle.org](mailto:claudiac@cisc-seattle.org)

**Carnation** – Twice a month on Tuesdays. 1 to 2:30 p.m.

Sno-Valley Senior Center, Carnation,



### Caregiver Support: Seattle Specialty Groups

**Seattle – Long Distance Caregivers**  
Queen Anne- Second Saturday, 10:30 a.m.

**Seattle – Bereavement** Third  
Wednesday 2:30 p.m.

**Seattle – For Chinese Speaking Caregivers** First Thursday 10 a.m.

**Seattle – Frontotemporal Dementia** For Caregivers. Third Saturday, 10:30 am

**Seattle – Lewy Body Dementia** For caregivers of those with Lewy Body Dementia. Fourth Wednesday, 6:30 p.m.

**Seattle LGBT Caregivers** – Second Tuesday, 6:30 p.m.



Contact Kelly Fujiwara, 425.333.4125x7, kellyf@soundgenerations.org

**Seattle – Men's Coffee Group** For Male Spouses. Third Thursday, 10 a.m.

**Kirkland – Juanita** Second Thursday, 7 p.m.

**More Groups Listed Here** – alzwa.org

**Kirkland – Rose Hill** - Third Tuesday 1 p.m.

**Issaquah** - Third Wednesday, 12:30 p.m.

**Issaquah** - Third Saturday, 10:30 a.m.

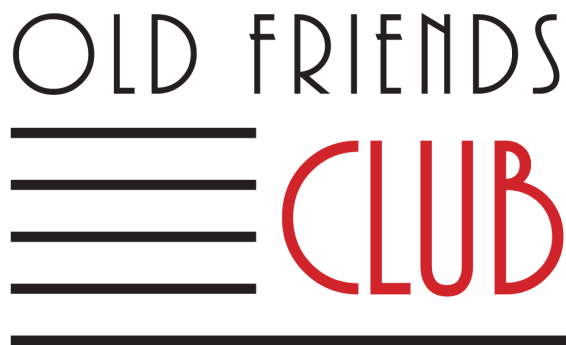
**Redmond** - First Tuesday 1 p.m.

**Renton** - Fourth Tuesday 5 p.m.

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Have a group or upcoming event you'd like us to highlight? Please contact us below...

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



FOLLOW US

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**Questions? Contact us today**

425-681-9776

[www.olderfriendsclub.org/contact-ofc](http://www.olderfriendsclub.org/contact-ofc)

[welcome@olderfriendsclub.org](mailto:welcome@olderfriendsclub.org)

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

Old Friends Club  
POBox 2472  
Kirkland, WA 98083

