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Caregiver Connector

October 2022 Edition

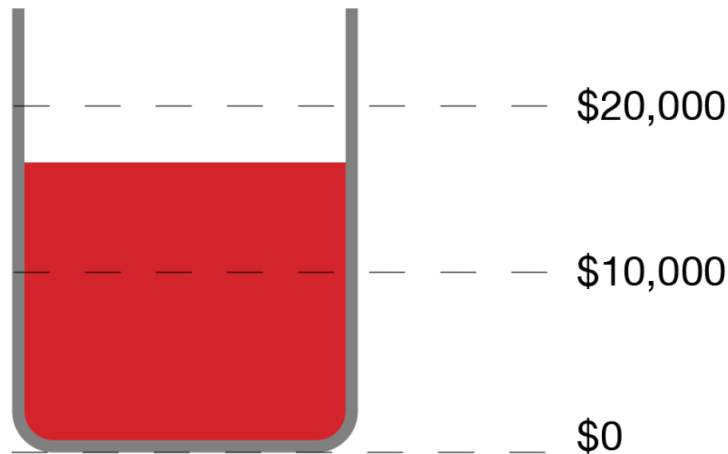
Resources for Alzheimer's & Dementia Caregivers

OFC News:

-Fundraiser Update: Thank you to everyone who has donated! We are making progress toward our goal, but we can't do this without you. Please donate and share our fundraiser with your networks to help spread the word!

“Help a Caregiver Catch a Break” Fundraiser Update

OFC has raised **\$15,575** so far!
Thank you to our donors.



There's still time donate! Donations can be made via Venmo, Paypal, or mail-in check. Visit www.olderfriendsclub.org/helpcaregiver

Support this important cause by making a tax-deductible gift today. Visit www.olderfriendsclub.org/helpcaregiver. We accept Venmo, PayPal, and mailed in checks. Help spread the word by sharing this fundraiser on social media channels and with your networks.

Mailed checks can be sent to the following address:

Old Friends Club
 P.O. BOX 2472
 Kirkland, WA. 98083



Donate Here

-We're hiring and looking for volunteers! We are urgently looking for a Program Assistant for the Sammamish location. We are also looking for a Director of Development.



Old Friends Club

Now Hiring: Program Assistant

Sammamish, WA

- Earn a minimum **\$1000** a month, 2 days a week (More hours may be available)
- **Each shift 6 hours, onsite** (paid for 7 hours for some paperwork)
- **Part of a hands-on team** interacting, assisting, and making a difference for individuals with dementia
- **Lunch provided**

Come join the team!

Read the job description and apply at
www.olderfriendsclub.org/careers



Read the job descriptions and apply here.

Volunteers Needed

Have fun at our clubs and make a difference in the lives of individuals living with dementia and their family caregivers.

Share Your Talents

Bring your talent/interest/skills to the clubs.



Share your Time

5 hours, once a week at the Clubs



Support Group Facilitators

Faciliate OFC's caregiver support group.



Sign up to volunteer today! Visit:
www.olderfriendsclub.org/volunteer



Sign up to volunteer

-OFC is looking for affiliates who would like to open a club in their community. If you are interested in learning more about our affiliate program, the information can be found below:

Learn more about the affiliate program

*/// Keep scrolling for more caregiver resources *

Community Activities, Events & Support



Garden Discovery Program
Fall 2022

Connect with nature and engage in horticultural therapy activities with others living with memory loss and friends and family

Location: Maude's Garden
The Memory Hub, 1021 Columbia St. Seattle, WA 98104

First Fridays:
10/7, 11/4, 12/2
10:30 am - 12 pm

- Explore a garden in the glory of autumn, engage in nature-inspired crafts projects led by a horticultural therapist, and make social connections in a supportive community.
- A 3-part series first Fridays in October, November, and December. No cost to attend.
- A partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center.

The Garden Discovery Program is made possible by support from Family Resource Home Care.

Pre-register for activity #59903 with Seattle Parks and Recreation by 10/3.
A conversation with the dementia-friendly recreation specialist is required for first-time participants.
Please contact Tamara Keefe at tamara.keefe@seattle.gov or 206.399.4655

Seattle Parks & Recreation | UW Medicine | Family Resource Home Care

Garden Discovery Program - Fall 2022, The Memory Hub

10/7, 11/4, 12/2

10:30 AM- 12 PM

Location: Maude's Garden

The Memory Hub

1021 Columbia St

Seattle, WA 98104

[Learn more here.](#)

tamara.keefe@seattle.gov

(206)399-465

[View More Seattle Resources](#)



Chi Gong- Kent Senior Center (in person)

Thursdays, 9:30 AM- 10:30 AM

Come join this video-led exercise group. Meet new friends and enjoy a workout. Everyone is welcome.

[More information about the senior center is available here.](#)

[View More Eastside and King Co. Resources](#)

Sing-a-long: Franke Tobey Jones Point Defiance-Ruston Senior Center



October 18 at 1:00 PM

To join: Call [\(253\)756-0601](tel:(253)756-0601)

www.FrankTobeyJones.com

[See the full calendar here.](#)

[View More Pierce County Resources](#)



Homage- Multicultural Senior Center, Center for Healthy Living

Provides older adults age 60+ with a nutritious hot meal and a place to participate in educational presentations, programming activities, cultural celebrations, and socialization. In addition, there are bilingual social workers to help connect clients to resources dealing with housing, medical, financial, caregiver, or long-term care needs. Transportation to our dining facility can be provided, as long as space is available.

Group meeting days:

Black Elders- Meet Tuesdays

Chinese- Meet Tuesdays

Filipino- Meet Mondays

Latino/Hispanic- 1st and 3rd Fridays at 10:00 am, lunch at 12 noon

Korean- Meet Thursdays

Russian/Ukrainian- Meet at the

Baker View Apartments, Everett,
2nd and 4th Mondays at 10:00 am,
lunch at 12 noon

Vietnamese-Meet Wednesdays

[Learn more here.](#)

[View More Snohomish County Resources](#)



**POWERFUL TOOLS FOR
CAREGIVING CLASS at
Burlington Senior Center (started
10/7)**

Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources. The PTC class is a 90 minute class for caregivers of adults with chronic conditions. The class is free to participants.

Please call **Leanne at The Bradford House at 360-755-1235 to register.** Space is limited.

[View More Skagit Co Resources](#)

**Alzheimer's Foundation of
America: Care Connection
Webinar- Supporting Older Adults
with Mental Health Challenges
and Dementia**



This session presents an approach to navigating and differentiating the symptoms of mental health challenges and dementia among older adults.

October 13 at 1:00 PM EDT

[Register here.](#)

[View More Virtual Resources](#)



Memory Loss: A Guide to Next Steps

UW Medicine Memory & Brain Wellness Center

A free one-time introductory class for people diagnosed with mild cognitive impairment or dementia and their families.

2-3:15 PM on the 2nd Thursday of the month. Upcoming dates: 10/13 (in person), 11/10, 12/8

Space is limited. Register 2 days in advance. Contact Marigrace Becker [\(206\)744-2190](tel:2067442190) or email mbecker1@uw.edu

MEMORY LOSS: A GUIDE TO NEXT STEPS

A free one-time introductory class for people diagnosed with mild cognitive impairment or dementia and their families.

2 - 3:15 p.m. on the 2nd Thursday of the month:

7/14, 8/11*, 9/8, 10/13*, 11/10, 12/8

*August and October sessions are **in person** at the Memory Hub, 1021 Columbia St, Seattle.

Other sessions are **virtual** using Zoom (online or by phone).

Space is limited. Register 2 days in advance. Contact Marigrace Becker at 206-744-2190. mbecker1@uw.edu or scan QR Code to the right.



[View Additional Caregiver 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

Support OFC with a Gift Today



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GREATNONPROFITS.ORG

Old Friends Club Reviews and Ratings | Kirkland, WA | Donate, Volunteer, Review | GreatNonprofits

If you love our work then tell the world! You have an opportunity to help us make even more of a difference in our community.

GreatNonprofits-a review site like TripAdvisor-is honoring highly reviewed nonprofits with their 2021 Top-Rated Awards. Won't you help us raise visibility for our work by posting a review of your experience with us? All reviews will be visible to potential donors and volunteers. It's easy and only takes 3 minutes!

Go to <https://greatnonprofits.org/org/old-friends-club> to get started!

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