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Brought to you by:



Caregiver Exchange

Special Remote Edition: September 2021



Headed into Autumn:

*Stay at Home + Adventure Outside of Home
Highlights*

Seattle Symphony Opening Night, Upcoming Hispanic Heritage Month Celebration, Storytelling Sing-along, Brain Games, and more!

Please share with those who have been affected by Alzheimer's or another type of dementia.

Do you know of any virtual groups or activities we should highlight?

Contact Us



Seattle Symphony

FREE Broadcast: Opening Night

Saturday, September 18 at 6:30 PM

"Join us for Opening Night, streamed FREE on Seattle Symphony Live and broadcast live on Classical KING FM 98.1.

We will celebrate the return of live music to Benaroya Hall with a dazzling performance that features the singular talents of our Composer in Residence Reena Esmail. The world premiere of Esmail's RE|Member is not to be missed, and it is paired to perfection with Stravinsky's dramatic Firebird Suite.

Experience the magic of Opening Night from the comfort of your own home as we celebrate the return of live music to Benaroya Hall and launch the 2021/2022 season with an evening of music and community support where everyone is invited to participate."

[Watch here.](#)

UW Memory and Brain Wellness Center + Seattle Parks and Recreation: Virtual Garden Discovery Walks

Monthly virtual nature experiences for people living with memory loss, and their family and friends. Explore nature



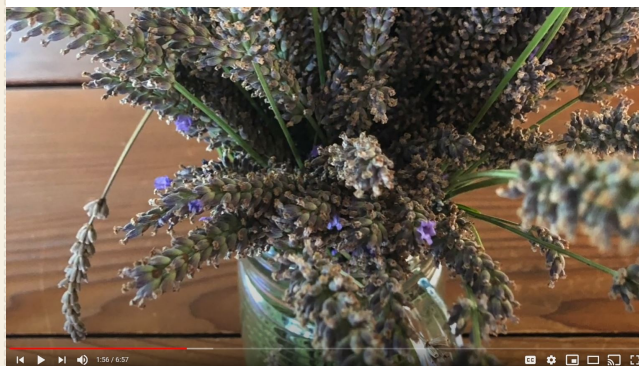
and savor the season with walks through Seattle public gardens, followed by a creative, nature-inspired activity.

Offered in partnership with Seattle Parks and Recreation, with generous support from Family Resource Home Care.

<http://depts.washington.edu/mbwc/>

Garden Discovery Walk, September 2021, Part 1: Dunn Gardens

[Watch here.](#)



Garden Discovery Walk, September 2021 (Part 2) Project: Lavender for your Home Use

[Watch here.](#)



Fiestas Patrias & Hispanic Heritage Month

Saturday, October 2. 12 PM- 4:00 PM

Location: [Kirkland Urban](#)

Kirkland Urban is excited to celebrate National Hispanic Heritage Month by honoring the cultures and contributions of Hispanic and Latin Americans with exhibits and activities for all ages. Bailadores de Bronce will perform different styles of dance from Mexico.

On October 2nd, we will reflect, celebrate, and honor the contributions of the Latino/Hispanic community in our history and present with “Fiestas

Patrias”.

In partnership with the Sea Mar Museum of Chicano/a/Latino/a Culture, attendees will have exclusive access to a unique curated exhibition of artifacts and educational resources. Dr. Jerry Garcia, VP of Education Services of the Sea Mar Community Health Center, will be onsite to chat with attendees and answer questions during the event on October 2nd. Dr. Garcia oversees the Sea Mar Chicana/o and Latina/o Cultural and History Museum and also promotes and advocates educational opportunities for our Chicanx and Latinx community.



Sing-along Storytelling (dementia friendly)

Silver Kite Community Arts

Monday, September 20: 1:30 - 2:30pm PDT.

Some stories are so great they have to be sung.

These "story songs" may inspire us, take us on adventures, celebrate a moment or share something silly and unlikely, but fun to "tell". Facilitated by Bobbi Kidder.

Join us for an hour of sharing our stories with a tuneful lilt.

What to bring:

Something to make noise with (maracas, a bag of beans, etc)

Facilitated by Bobbi Kidder

[Let's sing! Sign-up here.](#)



Alzheimer's Foundation of America Virtual Community Class:

Relax & Refresh

September 16 @ 2:30 pm EDT

Camping Adventures - Join AFA for a relaxing and meditative-themed experience! In this Virtual Community class, relaxing images and soft music will guide you into a relaxing and calm state. Use this time to decompress and release anything that no longer serves you. This week's theme is Camping Adventures. Find a comfortable place to rest [...]

This event will take place at the AFA Teal

Room: www.alzfdn.org/afatealroom.

<https://alzfdn.org/event/virtual-community-class-relax-refresh-9/>

More events: <https://alzfdn.org/events/>



ElderWise Online – MiniWise

Perhaps you or someone you know would benefit from joining a group like MiniWise. We are a small group that meets on Monday mornings at 11 am for an hour of conversation, laughter, support, movement, and community.

Group meets on Mondays at 11 am.
Contact Nancy Lang
nancy@elderwise.org for more information.

[Learn more here.](#)

Donations accepted but not required.



Katmai National Park

Fat Bear Week 2021!

Choose the fattest bear of the year! Some of the largest brown bears on Earth make their home at Brooks River in Katmai National Park, Alaska. Fat Bear Week is an annual tournament celebrating their success in preparation for winter hibernation.

From September 29th to October 5th, your vote decides who is the fattest of the fat. Matchups will be open for voting between 12 - 10 p.m. Eastern (9 a.m. - 7 p.m. Pacific).

[Learn more here.](#)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Community Cafés

Active Older Adult (AOA) Community Cafés bring together those who are 55+ to build health in spirit, mind, and body so that we thrive with greater purpose, connection, and well-being.

Each café is a free hour-long Zoom call starting with a large group time of welcome. We explore the day's topic through an engaging presentation to get you thinking and prepared for a 20-minute reflective dialogue in small groups about the subject. Everyone is invited to listen and contribute as they feel comfortable. The large group gathers back the last 5 minutes for a note of encouragement.

AOA Community Cafés are brought to you by the Washington State Alliance of Y's and are free for all. We encourage you to invite your friends and family!

Tuesdays
1:00–2:00pm

See what we have to offer today!

Want to learn more? Visit seattleyymca.org/cafe

Brain Games

Join instructor Katie Freeman for games and exercises designed to support your cognitive health. This group is for those with MCI and Early Stage Memory Loss.

1st Mondays of Each Month
1 - 2 p.m. on Zoom
Participation is Free

REGISTER: katief@phinneycenter.org



Patrick Sings

2nd & 4th Fridays of Each Month
3-4 p.m. online

Join local musician and entertainer Patrick Daugherty as he sings familiar songs from our past. You can sing along or just listen. Audience requests are fine too. Invite friends and family to join in this dementia-friendly program:
All are welcome!

Registration & info: barryfranklin@comcast.net

No cost. Song sheets will be provided for some songs. Program held via Zoom.



Join "Patrick Sings" songs from the 50's-70's on the 2nd and 4th Fridays of each month! For registration and info, email barryfranklin@comcast.net

For a full calendar of senior events at the Phinney Center, such as sing-alongs, support groups, and art appreciation, [click here](#).

Looking for More Caregiver Activities?

Check out our August Caregiver Calendar below.

Or, follow us on Facebook for activities and event ideas every day.

OFC Caregiver Calendar

Get Involved



Join Team OFC!

Join Old Friend's Club's Walk to End Alzheimer's Team, Team OFC, this year. This event helps raise awareness and funds for Alzheimer's care, support, and research.

Walk Day is September 25, 2021.

[OFC invites you to join our team today!](#)

Support for Caregivers

Coping with Your Dementia Diagnosis

Learn about understanding your dementia diagnosis and planning for the future. Also available in Spanish.



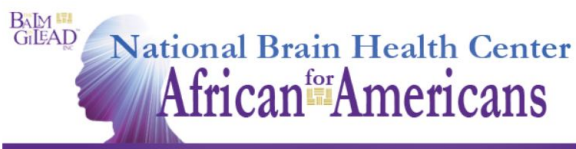
[Read more here.](#)



Community Living Connections Resources

- Legal Planning Toolkit
- Dementia Roadmap
- And more

[Learn more here.](#)



The National Brain Health Center for African Americans (NBHCAA)

The mission of *The National Brain Health Center for African Americans (NBHCAA)* is to raise awareness of the issues of cognitive health among African Americans by working through networks of faith-based institutions and by establishing partnerships with organizations and individuals dedicated to our mission.

The Brain Health Center serves as an information hub on the human brain that must be shared throughout all networks that reach and touch approximately 40 million African Americans living in the United States.

[Caregiving Home Page](#)



**Alzheimer's Association:
Programas de Educación**

La Asociación ofrece varios programas para el alzhéimer y la demencia disponibles en línea, las 24 horas del día. Haga clic en el título de un programa a continuación para obtener más información o utilice las carpetas de búsqueda para encontrar el programa adecuado para usted.

FALL SPEAKER SERIES: Healthy Aging and Wellness

North Bellevue Community Center

The North Bellevue Community Center has teamed up with the University of Washington Medicine and VA Puget Sound Health Care System to offer a special **free online Speakers Series via Zoom**. On the second Tuesday of each month we will present remarkable talks featuring local professors and health care professionals who specialize in healthy aging and wellness. Each talk is about 45 minutes with a 15-minute Q&A session. We hope you'll join us for one, two or all three of these talks to discover important information about healthy aging, brain health and wellness. All events are free but pre-registration is required. Each session is designed to be informative and interactive, with a chance to ask your questions live of our presenters.

YOU HAVE TWO OPTIONS TO PARTICIPATE:

Online: Joining online you'll need a computer with internet to participate, and instructions for connecting will be emailed after you register.

In person: We will have a computer connected to a television screen at NBCC.

PRESENTERS:



Dr. Patrick Raue
Healthy Aging
Tuesday, Sept. 14,
1-2 p.m.



Dr. Murray Raskind
Forgetfulness
episodes in later
life...when are they
benign, and when should one
worry about Alzheimer's Disease
Tuesday, Oct. 12, 1-2 p.m.



Dr. Michael Schrift
Alzheimer's Disease
and Dementia/
Medications
Tuesday, Nov. 9, 1-2 p.m.

REGISTRATION:

To sign up for **in-person** contact the NBCC by phone 425-452-7681 or email nbcc@bellevuewa.gov.

PH-21-1439

3 For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7696 (voice) or email abrugg@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.



Seattle - LGBTQ Caregiver Support Group

For Caregivers of Those with Memory Loss
Starting January 2021

A safe place for unpaid family caregivers,
their family and friends to:

- Exchange practical information on caregiving problems & possible solutions
- Talk through challenges & ways of coping
- Share feelings, needs & concerns

3rd Thursday of the month

6:30 pm to 8:00 pm



Join from anywhere!

Support group currently
meeting via Zoom

Contact Group Facilitator:

Michael Underhill

(206) 393-7594

All of our support groups are facilitated by Chapter trained individuals.

alzheimer's  association®

Alzheimer's Association Washington State Chapter
Serving Washington & Northern Idaho

19031 33rd Ave. W, Suite 301, Lynnwood, WA 98036 | 800.848.7097 | www.alzwa.org

REGISTER TODAY

ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
Sept. 7, 4-5:30 p.m. | [REGISTER](#)
Sept. 13, 10-11:30 a.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
Sept. 22, 2-3:30 p.m. | [REGISTER](#)

Effective Communication Strategies
Sept. 9, 1-2:30 p.m. | [REGISTER](#)
Sept. 23, 3-4 p.m. | [REGISTER](#)
Sept. 28, 12-1 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research
Sept. 1, 12-1 p.m. | [REGISTER](#)
Sept. 14, 10-11 a.m. | [REGISTER](#)

Información para Entender la Enfermedad de Alzheimer y la Demencia
Sept. 28, 5-6 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's
Sept. 16, 3-4 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
Sept. 30, 1:30-3 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
Sept. 21, 6-7:30 p.m. | [REGISTER](#)
Sept. 27, 9-10:30 a.m. | [REGISTER](#)

When Living at Home is No Longer an Option
Sept. 22, 3-4 p.m. | [REGISTER](#)

All sessions here are listed in Pacific Time, online listings may be different; please note time zone.

TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800.272.3900 OR VISIT US
ONLINE AT: [ALZWA.ORG/EDUCATION](https://alzwa.org/education)

alzheimer's  association®

For course descriptions and a full list of available webinars and Association events, please visit us online at alzwa.org/education.



Get a Free Virtual Memory Screening!
Mondays & Wednesdays
10 am to 4 pm (ET)
Fridays
10 am to 2 pm (ET)
Call AFA at 866-232-8484
to make an appointment



COMMUNITY LIVING CONNECTIONS

— Seattle & King County —

Are you facing aging or disability issues?

Community Living Connections can connect you with the right kind of help, when and where you need it. Older adults, adults with disabilities, caregivers, family members, and professionals can call us to get objective, confidential information about community resources and service options.

Have a question? Call us toll-free at 1-844-348-5464.

<https://www.communitylivingconnections.org/>

OLD FRIENDS CLUB

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

Questions? Contact us today

425-681-9776

welcome@oldfriendsclub.org

Support Us

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Kirkland, WA 98083

