

To ensure delivery to your inbox, please add karen@oldfriendsclub.org to your address book.

Brought to you by:



Caregiver Exchange

Special Remote Edition: August 2021



Soaking up the last few weeks of August...

“It was August and the fields were high with corn. In the orchard the last of the peaches clung to their branches and the apples were showing their first pinkish blush. The vegetable garden overflowed with produce: peppers, green beans, zucchini, tomatoes, cucumbers, and squash.”

— **Melanie Gideon, Valley of the Moo**

Stay at Home + Adventure Outside of Home Highlights

ISpy continues, enjoy virtual travel, singing, relaxing, and gentle Zumba!

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](#)

Support Old Friend's Club by playing "I Spy" with Morning Star of Kirkland!

Every Thursday from noon-1:00 PM, starting July 15th and ending September 2.

PLAY "I SPY" WITH REWARDS



FIND THE



MorningStar Tesla

AROUND TOWN

Win a Gift Card for You & Support Adults with Dementia

EVERY THURSDAY, JULY 15 THRU SEPTEMBER 2 | NOON-1:00PM

MorningStar of Kirkland's Tesla is on the move, every day making new connections in town. For eight Thursdays, MorningStar will park the car at one of these popular sights from Noon-1:00PM:

- Village at Totem Lake
- Marina Park
- Marsh Park
- Houghten Center (Metropolitan Market)
- Juanita Village
- Kirkland Costco
- Kirkland Fred Meyer
- Peter Kirk Community Center

IF YOU SPY OUR TESLA...

- #1 Take a selfie with the car.
- #2 Text the photo and your name to Cindy Leung: 206.496.2569
OR Post the photo on MorningStar of Kirkland's Facebook page. To declare your location, you must also "check in."
- #3 Win \$25 Visa Gift Card with matching gift to Old Friends Club (offering supported social activities for older adults with dementia)



SENIOR LIVING of KIRKLAND

GRAND OPENING FALL 2021

425.979.5626 | 11729 NE 118th Street | MorningStarSeniorLiving.com

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, August 2021, Part 1: Kruckeberg Botanical Garden

[Watch here.](#)



Garden Discovery Walk, August 2021 (Part 2) Project: Making a Magnolia Flower Centerpiece

[Watch here.](#)

TimeSlips™

TimeSlips Creativity Center

- Have a gentle conversation
- Ask a beautiful question
- Make up a story

[Get started here.](#)

Gentle Zumba

Greenwood Senior Center

Mondays, 11:00 AM -12:00 PM



© Can Stock Photo

Gentle Zumba is a seated exercise optional dance party designed for low-impact fun! Wear comfortable clothing and shoes, have water available and prepare to have fun. Anyone can join this virtual class that will be held online using Zoom and require an internet connection to attend. This memory loss inclusive class is led by instructor Penny Fuller. Please e-mail arielb@phinneycenter.org to register and/or for questions about this Greenwood Senior Center virtual class.

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



Singing Healing Chants through Bad Times and Good as a path to Strength, Courage, Self-Love and Hope encourages the in tune OR out of tune singer to join me in feeling better by singing or humming these powerful healing songs and chants. Join me in the healing power of sound, meditation and uplifting chants to help you maintain a positive spirit and bring you happiness and self-esteem even during the coronavirus, when it's over, and in other hard times. Singing uplifting words heals the spirit and creates vibrations that massage your body, mind and spirit towards health and hope.

[Participate here.](#)

Virtual Travel (dementia friendly)

Silver Kite Community Arts

Friday, August 20: 10:30 - 11:30am PDT.



SilverKite[®]

Community Arts

Get ready to pack your imaginary suitcase and buckle up your imaginary seatbelt!

In this virtual travel experience hosted by your Seattle based tour guide [Merri Ann Osborne](#), you will join other travelers as we take a virtual visit to a popular US destination.

Learn about local cuisine, history and attractions that you can draw and write about in your personal travel diary.

Haven't been able to travel since COVID? Always dreamed about going somewhere but could never afford it?

Then join our virtual tour bus for a free, fun, interactive journey.

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



As part of the Healthy Washington – Roadmap to Recovery, Age Friendly Seattle is offering virtual events **on the first and third Thursday of every month**** at **10:30 a.m.** Pacific Time.

On 8/19, learn about Seattle Department of Transportation:

On this episode of Civic Coffee Hour, we'll hear from Sam Zimbabwe, Director of Seattle Department of Transportation (<http://www.seattle.gov/SDOT>)

Find out how your tax dollars are being used to improve transit, make it easier to walk around town, and construct major projects. Sam will also give an update on SDOT's efforts to help make Seattle age-friendly!

[Learn more here.](#)



Alzheimer's Foundation of America Virtual Community Class:

August 31 @ 11:30 AM PT

Ocean Joy – 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 *Ocean Joy*. Find a comfortable place to rest to relax and refresh!

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.](#)

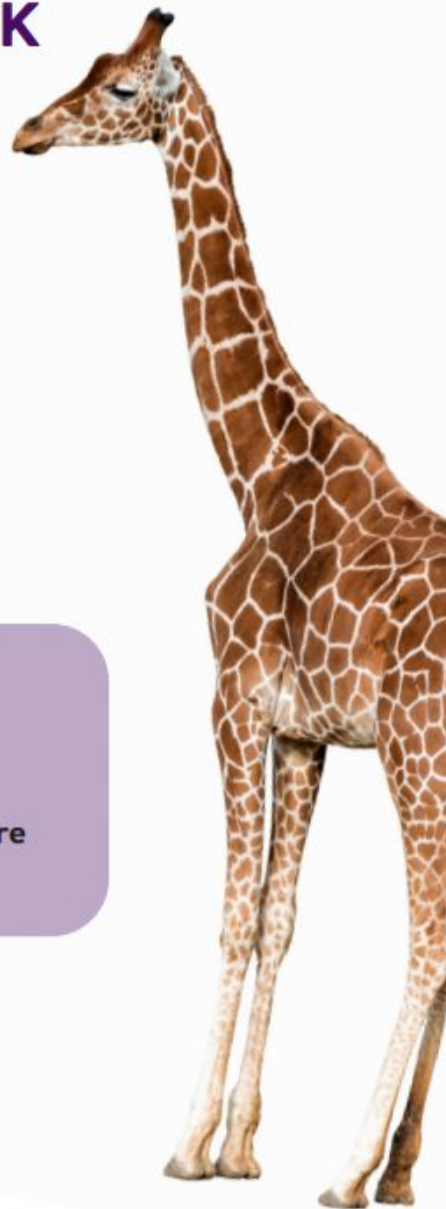
Donations accepted but not required.

MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.



WHEN: Monday and Wednesday mornings

WHERE: Woodland Park Zoo, Seattle

COST: Free! Zoo entry and parking passes are provided to attendees.

CONTACT TO LEARN MORE AND REGISTER:

Karen Thompson, Manager of Community Support
206.529.3875 | kcthompson@alz.org

Presented by:



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



Community Living Connections Resources

- Legal Planning Toolkit
- Dementia Roadmap
- And more

[Learn more here.](#)

Let's Talk Dementia: Early Diagnosis and Support

"I'm still me"
Myriam's story

▶ PLAY ALL

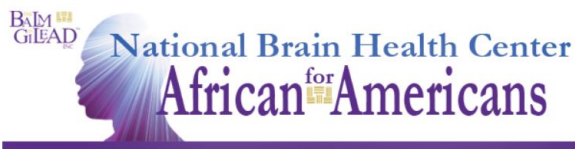
"Let's Talk Dementia" Series

Lets Talk Dementia Series:

Alzheimer's Association

Six brief videos featuring Washingtonians with dementia and their care partners, talking about the value of early diagnosis and what they suggest for living well with dementia. Courtesy of the Dementia Action Collaborative.

[Watch 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](#)



Safety Tips for Dementia Family Caregivers

Alzheimer's Association

“It is estimated that over 6 million Americans are living with dementia. As family caregivers provide support to these individuals, issues surrounding safety invariably arise. Here, I will highlight some common safety concerns and some suggestions to improve security for people living with dementia. There are undoubtedly many more options than I can cover in one article. My intent is to open the discussion and give you some options to consider as your loved one's disease progresses.”

[Read more here.](#)

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.

PHS-21-6393



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7696 (voice) or email abrags@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-4168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.



Staying Connected

A SMALL GROUP SEMINAR FOR PEOPLE WITH EARLY STAGE MEMORY LOSS AND A CARE PARTNER. HELD IN 4 SESSIONS

Classes held monthly

Virtual meetings (must have a computer or iPad with Internet, a camera and audio).

Details available at registration.

Pre Registration Required, call

1-855-567-0252



A care partner may be a family member, partner, or friend and they must live with or be able to be physically present with each other during the classes.



How do you cope with the daily challenges of memory loss?

How do you stay engaged with things you love to do?

What is the importance of activity, family and social relationships in maintaining your quality of life?

How can your mood affect your memory, and what can you do to improve it?

For More Information or to Register Call: Aging and Disability Resource Center

1-855-567-0252





**ISSUES BRIEF:
LGBT AND DEMENTIA**

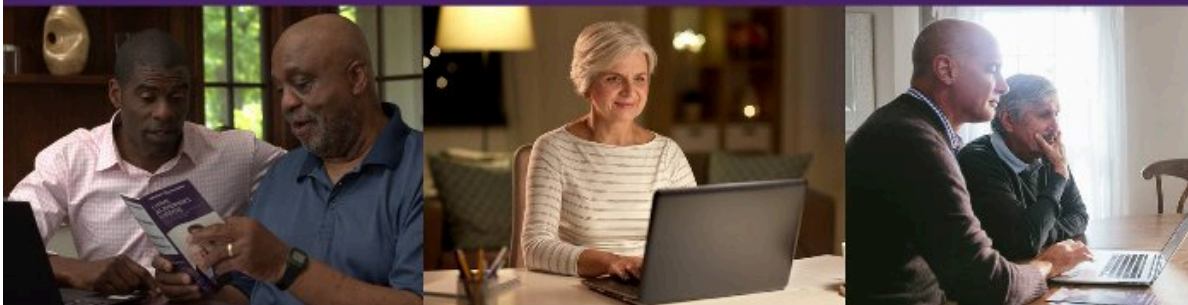
alzheimer's  association®

sage Advocacy & Services for LGBT Elders
We refuse to be invisible

REGISTER TODAY

ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

August 10, 10-11:30 a.m.

Advancing the Research

August 25, 1-1:45 p.m.

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

August 31, 10-11:30 a.m.

Effective Communication Strategies

August 17, 1-2:30 p.m.

August 26, 3-4:30 p.m.

Healthy Living for Your Brain and Body: Tips from the Latest Research

August 3, 10-11:30 a.m.

August 5, 12-1 p.m.

August 13, 9:30-10:30 a.m.

Legal and Financial Planning for Alzheimer's

August 4, 9-11:30 a.m.

August 24, 11 a.m.-12:30 p.m.

Understanding Alzheimer's and Dementia

August 19, 10-11:30 a.m.

August 30, 12-1:30 p.m.

Understanding and Responding to Dementia-Related Behavior

August 10, 3-4:30 p.m.

August 23, 3-4:30 p.m.

When Living at Home is No Longer an Option

August 18, 3-4 p.m.

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://www.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



*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

FOLLOW US

Manage Your Subscription

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

Old Friends Club
POBox 2472
Kirkland, WA 98083

