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Brought to you by:



Caregiver Connector

September 2021 Edition



Who is ready to laugh and have a good

time?

Check out this month's "Stay-At-Home" highlights

below...

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

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

Contact Us



TapRoot Theatre Z-Improv Class

September 13, 2021

2:30 PM - 3:30 PM

"Improv is all about saying, YES, to whatever happens IN THE MOMENT in creative play. Taproot's trained improv teachers lead our memory loss classes, and students excel in this creative setting, utilizing multiple areas of memory that still function well. The end result is a feeling of success and accomplishment in a class filled with laughter and social connection." – Pam Nolte, Taproot Theatre Co-founder and Teaching Artist

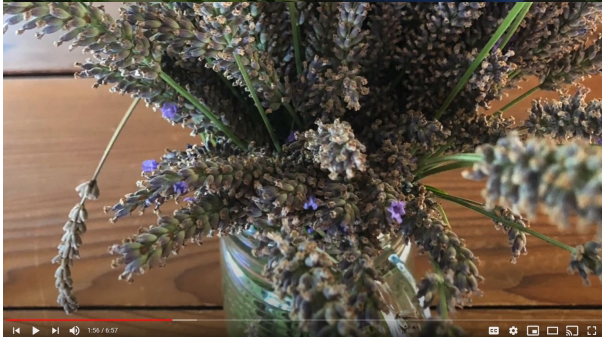
To join in on the fun, email Pam:
pamn@taproottheatre.org

UW Memory and Brain Wellness Center



Garden Discovery Walks, September 2021: part 1- Dunn Gardens

[Watch here.](#)



Garden Discovery Walk Project: September 2021 (part 2) Lavender for Your Home Use

[Watch here.](#)



Laughing Babies

For anyone needing a laugh right about now, these funny babies are sure to bring a smile to your face.

[Laugh along here.](#)



Speaking of laughter, have you ever tried Laughter Yoga? While we've got you laughing from the adorable babies, let's add in some movement and keep that laughter going!

[Laugh even more here!](#)

Virtual Class: Storytelling & Art with Kathyne

September 10 @ 2:30 pm EDT

Join Kathyne for an inspiring storytelling session! In this virtual



session, we will examine history, art, culture, and other topics of interest through the process of “TimeSlips Storytelling” and collective conversation. You will explore 3 works of art that are interconnected in some way. You will create a story for one of the art pieces.

Alzheimer’s Foundation of America:

[Learn more and join this activity in the AFA's Teal Room. Registration required](#)



Greatest Hits of the 1950's

Get ready to sing and dance along to the greatest hits of the 1950's with this compilation put together on YouTube by Everlasting Music.

[Listen now.](#)



Friendly Folk Dance (dementia friendly)

Silver Kite Community Arts

Monday, September 27: 1:30 - 2:30pm PDT.

Explore village dances from around the world through this hands-on and feet-on workshop!

Facilitated by Susan Wickett-Ford

[More information available here.](#)

ElderWise - MiniWise

Perhaps you or someone you know



Try our Unique Online Community!
Meetings are every Monday



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.

- Elderwise MiniWise is Unique:
- Person living with dementia attends **with** their care partner- spouse, child, friend, or caregiver
 - Find support with others who share a similar situation
 - Learn the Elderwise Way through modeling
 - Recapture the joy of the relationship
 - Share in deep and/or joyful conversations
 - Live in the moment
 - Stretch and breathe together

Please join us to see if this group is for you.
Nancy Lang (nancy@elderwise.org) can answer your questions.
Donations gladly accepted but not required.

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Email Nancy for more information.

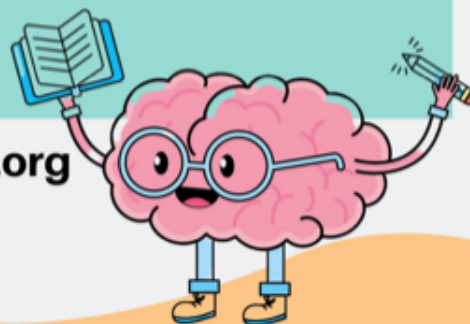
www.elderwise.org

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.



[Check out more fun events at the Phinney Center here.](#)

Additional Support



Support our team for the Alzheimer's Association Walk to End Alzheimer's®, the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

[Join Team OFC Today.](#)

JOIN US!

Collaborating for a Dementia-Friendly Washington: Expanding Possibilities

A **virtual conference** promoting the growth of dementia-friendly communities in our state

Registration opens July 30: www.tinyurl.com/DementiaFriendlyWA2021



KEYNOTE:

Caring for Mom: Stories of Community

LueRachelle Brim-Atkins

Principal Consultant, Brim-Donahoe & Associates; Mother's caregiver

PRE-CONFERENCE "HAPPY HOUR"

Monday, September 13 | 4 - 5 p.m.

Experience "Dementia Friends," a 1-hour info session that you can use to bring dementia awareness to your communities

TWO-DAY VIRTUAL EVENT:

Tuesday, September 14 | 9 a.m. – 12 p.m.

Wednesday, September 15 | 9 a.m. – 12 p.m.

- **CONNECT** with others who share your passion for raising dementia awareness, challenging stigma, and empowering people with memory loss to remain active and connected within the community
- **BE INSPIRED** by innovative programs and initiatives across the state and nation
- **DISCOVER** steps to make your own community more dementia-friendly

Organized by the UW Memory and Brain Wellness Center, on behalf of the Washington State Dementia Action Collaborative, with primary funding provided by the Aging and Long Term Support Administration, and with a planning committee made up of advisors from across the state.

Questions: Marigrace Becker mbecker1@uw.edu 206-744-2190

A dementia-friendly community is a town, city or county committed to the full inclusion of people with dementia and their families in community life.

Who should attend?

This conference is for anyone who wants to take action to make their own community more dementia-friendly, including people with dementia, caregivers, and people who work in a variety of public settings:

- Aging and senior services
- Arts and culture
- Chambers of commerce
- City government
- Community centers
- Cultural associations
- Faith communities
- Libraries
- Neighborhood groups
- Parks and recreation
- Service clubs
- Social or health care services



FIND LOCAL RESOURCES
doh.wa.gov/memory

**DO YOU NEED HELP FINDING
 A HEALTH CARE PROVIDER?**

Call the Center for MultiCultural
 Health at (206) 461-6910.

When it's time to talk
 about memory loss

EARLY DETECTION HELPS PROTECT
 OUR HEALTH AND INDEPENDENCE.



 **Alzheimers.gov**

Financial Planning After an Alzheimer's Diagnosis

If you or a loved one has been diagnosed with Alzheimer's disease or a related dementia, there are steps you can take to help plan for the future. Advance directives for financial planning are documents that outline how you would like your finances handled if you become seriously ill or die. Common documents include:

- **A will** — specifies how your property, money, and other financial assets will be distributed and managed when you die.
- **A living trust** — instructs someone, called a trustee, to hold and distribute property and funds on your behalf when you no longer can.
- **A durable power of attorney for finances** — names someone who will make financial decisions for you when you are not able.

[Learn more here.](#)



Español

Si te han diagnosticado con Alzheimer o otra demencia, no estas solas.

sage

Advocacy & Services for LGBT Elders

We refuse to be invisible®

"We're a national advocacy and services organization that's been looking out for LGBT elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBT people."

[Find support and learn more here.](#)

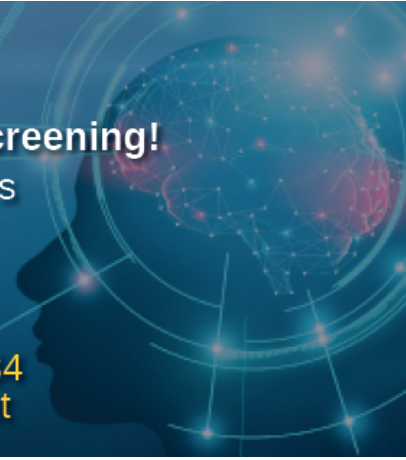


Get a Free Virtual Memory Screening!

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



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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)



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

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.

FIG-23-1439

3 For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7696 (voice) or email abragg@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.



Alzheimer's Association:

COVID Listen Line
(206) 529-3890

Monday-Friday
8:30 a.m. - 4:30 p.m.



Help with Alzheimer's is within your reach.

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

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/>

Even More Resources

OFC September 2021 Calendar

OFC Ongoing Caregiver Resources

NEW OFC Newsletter Archive

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 Old Friends Club with a Gift Today!

FOLLOW US







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

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