

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

Brought to you by:



Caregiver Exchange

Special Remote Edition: July 2021

OFC's Big News

The Carnation Old Friends Club reopens on July 20!!

People have been knocking on our doors urging the Clubs to reopen, so with the pull of a few strings the Carnation Club is starting sooner than expected. Thanks to Joan and Carmen who are eager to return to their Friends, to long-time volunteer Linda who is communicating with families, and to Pastor Stephen and the Tolt Congregation for their belief in this program and continued support. Carnation is where OFC began, and begins again.

But wait! There's more to celebrate!

Join us in welcoming Chris Morris as Old Friends Club's new Executive Director. Chris has 30+ years of related nonprofit experience caring for individuals with cognitive challenges and their families, and quickly understood the strengths and needs of OFC. He is energized by Old Friends Club's mission and is clearly inspired by our vision to bring social respite programs to every community. He is practically giddy with the opportunity to help people! OFC is in good hands.

I'll stick around, too. I'll join the OFC Board to work alongside Chris to complete the

Affiliate Package, get the other sleeping Clubs reopened, and build community partnerships to open respite programs wherever they are needed. Keep rooting for us!!

Gratefully,

Karen Koenig

Founder

Old Friends Club is Back!



Grand Re-Opening: July 20th
Carnation, WA



Daytime Memory Care | Caregiver Respite

Old Friends Club's mission is to cultivate joy in the lives of adults with dementia
and nourish their family caregivers' well-being.

www.oldfriendsclub.org | Facebook: [@oldfriends4fun](https://www.facebook.com/oldfriends4fun) | Instagram: [@oldfriendsclub_wa](https://www.instagram.com/oldfriendsclub_wa)

Stay at Home + Adventure Outside of Home Highlights

Join OFC and *MorningStar Senior Living* for a game of iSpy, Engage in Storytelling & Art with the *Alzheimer's Foundation of America*, Hear Poet Laureate Rena Priest discuss her works with the *Washington Talking Book and Braille Library*, 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

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

Alzheimer's Foundation of America



Virtual Community Class:

Storytelling & Art with Kathryn

July 16th, 11:30 AM

Join Kathryn Fassbender, CDCS, for an inspiring Storytelling session! In this virtual session, you 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 or another. You will create a story for one of the art pieces and then dive into what connects the works and the world they were created in.

Works: Tasha Tudor, Hilary Knight, N.C. Wyeth (with a Bonus of Anne Baruth)

Theme: Illustrations

[Learn more and register here.](#)



Washington Talking Book
& Braille Library

A program of the Washington State Library

Washington Talking Book and **Braille Library**

Wed, July 21, 11:00 am

Poet Laureate Rena Priest

The new Washington Poet Laureate, Rena Priest, will join us in an online event to discuss her works Patriarchy Blues, Subliminal Sublime, and more. Register in advance for this zoom webinar. After registering, you will receive a confirmation email containing information about joining the webinar.

[Learn more here.](#)



Greenwood Senior Center

Music and Mindfulness *online*

Mondays, Jun 14-Jul 26 | 10:00am-10:45am | Free | [Details](#)

No prior musical experience is required to join the class, and the only instrument you will need to bring is your own voice. We will be practicing mindfulness, relaxation, and self-awareness using active listening, guided imagery, and progressive muscle relaxation. No class on July 5th. Your internet-connected device and Zoom app are required to attend.

[Learn more here.](#)



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.

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 July 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

REGISTER TODAY

ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

July 6, 1-2:30 p.m. | [REGISTER](#)
 July 28, 12-1:30 p.m. | [REGISTER](#)

COVID-19 and Caregiving

July 20, 11 a.m.-12 p.m. | [REGISTER](#)

Effective Communication Strategies

July 22, 10-11:30 a.m. | [REGISTER](#)
 July 22, 12-1 p.m. | [REGISTER](#)

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

July 13, 1-2 p.m. | [REGISTER](#)
 July 27, 4-5 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers—Middle-Stage

July 9, 10 a.m.-2 p.m. | [REGISTER](#)

Living with Alzheimer's: For Younger-Onset Alzheimer's

PART 1: July 21, 1-1:45 p.m. | [REGISTER](#)
 PART 2: July 28, 1-1:45 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

July 8, 3-4 p.m. | [REGISTER](#)
 July 14, 11 a.m.-12:30 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior

July 15, 12-1 p.m. | [REGISTER](#)
 July 19, 2-3:30 p.m. | [REGISTER](#)
 July 28, 12-1 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.



Virtual Bereavement Caregiver Support Group

Presented by
Alzheimer's Association
Washington State and Northern Idaho

Second Tuesday of each month
6:00 p.m. - 7:30 p.m.

Alida Gowan - 425.223.1165 alida.gowan@gmail.com
Amy Ohlinger - 253.209.8316 amyohlinger3@gmail.com

Visit alzwa.org to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, ALZ connected®, at alzconnected.org. Or scan this QR code for information:



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org



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

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Kirkland, WA 98083

