

Shared by Old Friends Club

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Caregiver Connector

**** SPECIAL REMOTE EDITION ****

August 2020: we keep hearing about the "new normal". While nothing may seem normal right now, there are ways we can stay grounded and grow, both for ourselves and others.

Following are a few resources, classes, and conferences for caregivers during this challenge.

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

Field of sunflowers



Stay At Home Highlights

Virtual Scavenger Hunt

5 weeks of fun, exploration, creativity, and connection for the memory loss community!

Monday, August 3 - Labor Day

Take pictures around your neighborhood or create art based on a new theme each week. Themes will be posted on the Momentia website by 12pm each Monday. Submit photos by 5pm Sunday to have them displayed on the website. More than one entry will be accepted, so you can even participate daily!

Closing celebration online using Zoom: 2-2:30pm Tuesday, September 8th.

[Read more to start the hunt!](#)

UW Medicine Logo



Virtual Classes, Chats, and Programs

University of Washington is offering a slew of virtual and online events and seminars. Check them out and register today.

[UW Online Programs](#)

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Discovery Walks

Catch up on last month's discovery walks including one along the beautiful and refreshing [coast of Maine](#). Then be sure to check out the other videos UW has [posted here](#), which include art classes and more!



What's Age Got To Do With It?

In this interactive and fun talk, Dori Gillam welcomes individuals from every generation to explore how we can begin valuing all ages - including our own. Tuesday, Aug 4th, 10:30am - 12pm.

[Register here](#) by August 3rd

And check out other fun activities offered through the [King County Library System](#)



Tuesday, August 4, 10:30am-12pm



"You look good for your age."
"You're too young to understand!"
In employment decisions, family discussions, medical care and even in birthday cards, assumptions about being "over the hill" are common.

What do you wish society would stop saying about your generation? How can we talk about age and aging in a more positive, affirming way? In this interactive and fun discussion, Dori Gilliam welcomes individuals from every generation to explore how we can begin valuing all ages—including our own.

Sponsored by Humanities Washington and the Friends of the Richmond Beach Library.

Please register at www.kcls.org by August 3, 12pm. You will be emailed a Zoom link.



A Conversation About Transportation

Join KCLS and Hopelink for any of these four FREE sessions of Getting Around Puget Sound. They will discuss how to stay mobile and safe throughout the region during COVID-19, as well as provide transportation resources, trip planning solutions, money saving tips and much more. At the close of the conversation, join the presenters for an opportunity to have your transportation questions answered!

[Register online](#)

GAPS Flyer



Online and Community Resources

Alzheimer's Foundation of America

1 AFA's Helpline info as well as virtual programming. JPEG is attached. The Helpline is a free and confidential helpline manned by trained social workers in dementia. The individual can call in and even text. This is available in 90 languages!! We also have our virtual support groups also available.

2 Several virtual programs available on their events calendar: <https://alzfdn.org/event/>

3 And just for August: The Educating America Tour will be held virtually on August 20th. This FREE Conference covers a myriad of topics from caregiving, elder law,



and the latest in research surrounding Alzheimer's. You may find the Agenda and to register: <https://alzfdn.org/event/educating-america-tour-wisconsin/>

Dementia Alliance International

[DAI peer to peer support groups](#) are run by people with dementia, for people with dementia, and are a meeting place for people diagnosed with all dementias including Alzheimer's disease and any other type of dementia.

Elderwise

If you have family, friends or neighbors living with early- to mid-stage dementia, and wanting an enriching community, please let them know about us.

They can now join from anywhere!

*****SPACE IS LIMITED***



MiniWise: a series of weekly hour-long Zoom MiniWise gatherings.

Take part in discussions surrounding a weekly theme. Share stories, move your bodies, and most importantly, relish one another's company. Gatherings will take place on Mondays from 11 am – noon and will **start on Monday, August 3rd**. People living with memory loss and their care partners are invited to participate. Each session is \$20 and will be led by 2 trained facilitators. There is a maximum of 7 couples. For more information, click [here](#).

ArtWise: a series of weekly hour-long Zoom ArtWise gatherings.

Each week will feature a different theme. Play with projects including watercolor, mandalas and collage while sharing creations with one another. Each session will be \$20 for both participant and caregiver with a maximum of 7 couples. Art supplies will be provided for a one-time supply fee. Meet on six Wednesdays from 3 – 4 pm starting on Wednesday, August 5th. For more information, click [here](#).

To register or for more information, please contact Nancy Lang
at nancy@elderwise.org

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action



ARE YOU OR SOMEONE YOU KNOW EXPERIENCING MEMORY LOSS?

The IDEA program uses easy video chatting!

Receive \$125 per pair for completing 5 phone interviews

- Coaches provide 9 virtual sessions for the person with memory loss and their care partner.
- Sessions are designed to improve the health and well-being of both.
- Either the person with memory loss or care partner must be LGBTQ.
- This free program is available in Washington, Oregon and California.

Contact us at 1-888-655-6646 or ageIDEA@uw.edu

Community partners include GenPRIDE, Openhouse, Family Caregiver Alliance, and LA LGBT Center.

*** VIRTUAL CONFERENCE ***

Collaborating for a Dementia-Friendly Washington: Inspiring

Change

A 2-day virtual conference promoting the growth of dementia-friendly communities in our state. Tuesday & Wednesday, September 29-30, 2020, 9 a.m. – 12 p.m.

Online using zoom

[REGISTRATION NOW OPEN](#)

Questions: Contact conference coordinator Marigrace Becker, mbecker1@uw.edu, 206-744-2190

[Dementia Friendly WA Conference 2020 Flyer](#)



Do you know of any virtual groups or activities we should highlight? Please contact us below...

OLD FRIENDS CLUB



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

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425-681-9776

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welcome@olderfriendsclub.org

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