

OFC Caregiver Exchange



**There is always
something to be
thankful for.**

A Golden Wedding Anniversary **Tim & Sandy**

Old Friends Club would like to wish Tim and Sandy, a former OFC member, a happy golden wedding anniversary.

The couple will celebrate 50 years of marriage on November 28th.



- the ultimate - PREP TIMELINE



Giving Tuesday

A Worldwide Day of Charitable Giving

Giving Tuesday is quickly approaching and will take place on December 1 this year. Caregivers have taken on an even more important role than ever before: caregiving during a pandemic. Your generous support through a one-time or monthly gift will allow us to continue our services once we are able to open again.

Can't wait until December 1 to make a gift?

[Make a Gift Today](#)



AFA Walk In The Park

Join Team Old Friends Club

There's still time to participate in **AFA's Walk in the Park Virtual Event**. Our team name is **Old Friends Club**.

Join or donate to support the AFA!

[Join Our Team](#)



Virtual Volunteer Opportunities

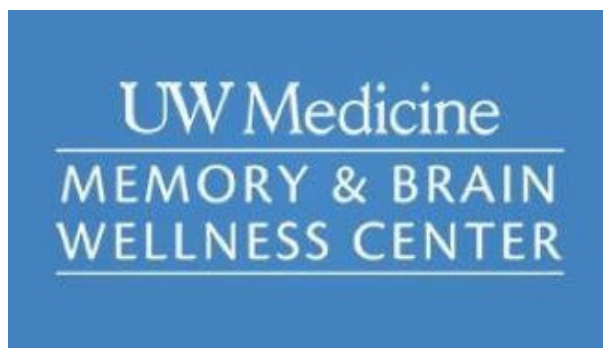
Share your time and talents with OFC

We have the best volunteers in the world and miss our club volunteers dearly. We've created some **virtual volunteer positions** for anyone who would like to volunteer some of their time and talents with us. Check out our new virtual volunteer positions [here](#).

[Volunteer Positions](#)

Mid-Month Caregiver Resources

A continuation of OFC's *Caregiver Connector* Newsletter



Virtual Coffee Chat

Tuesdays in November, 10-11 AM

For people with memory loss or dementia.

[Register here.](#)

Miss the city?

Check out Red Tricycle's article to find ways to explore your favorite Seattle spots from home.

[Explore Now](#)

Resources from the Alzheimer's Association:

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

Dec. 8, 1-2:30 p.m. | [REGISTER](#)
Dec. 17, 2:30-4 p.m. | [REGISTER](#)

COVID-19 and Caregiving

Dec. 1, 2:30-4 p.m. | [REGISTER](#)

Dementia Conversations

Dec. 18, 10-11:30 a.m. | [REGISTER](#)

Effective Communication Strategies

Dec. 16, 1-2:30 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body

Dec. 2, 2-3:30 p.m. | [REGISTER](#)
Dec. 9, 10-11:30 a.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's

Dec. 3, 10 a.m.-12:30 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers-Late Stage

Part 1: Dec. 4, 1-2:30 p.m. | [REGISTER](#)
Part 2: Dec. 11, 1-2:30 p.m. | [REGISTER](#)

Meaningful Activities

Dec. 10, 2-3:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia

Dec. 7, 1:30-3 p.m. | [REGISTER](#)
Dec. 15, 3-4:30 p.m. | [REGISTER](#)

Understanding & Responding to Dementia-Related Behavior

Dec. 11, 2-3:30 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option

Dec. 3, 2-3:30 p.m. | [REGISTER](#)

All sessions here are listed in Pacific Standard 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

COVID Listen Line
(206) 529-3890

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

Resources from the Alzheimer's Foundation of America:

Check out AFA's Calendar of Events - there's always something going on!





**Help with Alzheimer's
is within your reach.**

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

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

Please let us know!



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

Questions? Call us (425)681-9776, [send us an email](#), or write us:

P.O. Box 2472, Kirkland, WA 98083

Old Friends Club is a 501(c)(3) non-profit, EIN 47-4792158

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Old Friends Club
POBox 2472
Kirkland, WA 98083

