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Caregiver Connector

January 2023 Edition

Resources for Alzheimer's & Dementia Caregivers



Happy New Year from all of us here at OFC-

We wish you all a joyful and warm 2023!

News From Old Friends Club

-**The Caregiver Club**, OFC's first online forum, was launched recently. We are excited to share this space and invite anyone interested in connecting with other caregivers to join. It's free and sign-up is simple.

The Caregiver Club Online Chat Space

Join OFC's new, free online community forum to connect with other caregivers, share resources, and more!

To get started, visit:

www.olderfriendsclub.org/caregiverclub



**/// Keep scrolling for caregiver resources **

[Community Activities, Events & Support](#)

Visit the [Community Resources](#) page on OFC's website to find a variety of helpful resources. If you know of a resource we should add, please [contact us](#) and we will add it!

COMMUNITY EVENTS, ACTIVITIES AND RESOURCES

Virtual/At Home

King County

Island County

Pierce County

Snohomish County

Whatcom County

Skagit County

Transportation

Additional Resources

Resource Highlights



**[In-Person or Virtual] Town Hall
Seattle and Northwest Center for
Creative Aging present- *Dori
Gillam*
*"What's Age Got to Do With It?"***

January 20, 2023, 7:30 PM

"In employment decisions, family discussions, medical care, and even in birthday cards, assumptions about being "over the hill" or "a lazy kid" 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 talk, Dori Gillam welcomes individuals from every generation to explore how we can begin valuing all ages — including our own."

[Learn more about the event here.](#)

[Virtual and In-Person tickets available here \(pricing available on a sliding scale, from \\$5+\)](#)



Seattle Parks and Recreation

[In-Person] Seattle Parks and Recreation's Dementia Friendly Recreation: Out and About Walk

"Invigorate body, brain and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths, mostly level with occasional hills. As public safety allows, the walk will end with a social gathering in a nearby cafe.

Cost: None, other than cafe purchases.

For information, screening and registration, please contact Tamara, Seattle Parks and Recreation's Dementia-Friendly Recreation Specialist:

tamara.keefe@seattle.gov or 206.615.0100"

[View More King County Resources](#)



[In-Person or Virtual] Lutheran Community Services NW - Music and Memories

This program supports people living with dementia and their care partners to engage creatively and joyfully in musical activities. Participants will sing, play instruments and move to the music with a goal of improving quality of life and increasing social interaction. It will also give them a sense of empowerment, increasing their self-worth, confidence and identity.

- Pre-registration for the FREE

in-person or virtual sessions is required.

- Sessions are one hour per week.

[Register for Music and Memories classes here.](#)

[View More Pierce County Resources](#)



[In Person} Dementia-Inclusive Series - Spring 2023 (Mark your calendars!)

Edmonds Center for the Arts and Silver Kite Community Arts and UW

Edmonds Center for the Arts' award-winning Dementia-Inclusive Series is a line-up of free, creative, social enrichment programs for people experiencing memory loss, their care partners, families, and friends.

[Check out the schedule here.](#)

[View More Snohomish County Resources](#)

momentia walking group

Organized by Anacortes Kiwanis and Lighthouse Memory Care

When: Monday and
Wednesday

Time: 10:00am

Where: Guemes Channel
Trailhead

Who: All are welcome!



Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

Questions? Contact
Kati
360-399-3235
DSM@lighthouseme
morycare.net



[View More Skagit County Resources](#)



Dementia Support Northwest

- Support Services
- Education and Outreach
- Project Lifesaver

[Visit the website here.](#)

[View More Whatcom County Resources](#)



[Virtual] Alzheimer's Foundation of America: *What They Wish They Would Have Known Earlier: Getting Your Ducks in a Row for Memory Care Options*

Thursday, January 12, 2023

1:00 PM – 2:00 PM EDT

This presentation will cover topics that a senior living advisor has heard clients say that they wish they would have known YEARS before they started looking into care options. Had they known some of the nuances that come with getting care as they age, they say that they would have taken action earlier to get their “ducks in a row.”

[Register here for the event.](#)

[View More Virtual Resources](#)



The Memory Hub

A Place for Dementia-Friendly Community, Collaboration, and Impact

The Memory Hub: New Hours!

The Memory Hub welcomes visitors to drop in from 9 a.m. - 3 p.m. on Tuesday, Wednesday and Thursday.

The Memory Hub is a vibrant community center on Seattle's First Hill offering programs, events and resources for people with memory loss, their families, and all who support a dementia-friendly community. This dynamic space is operated by the UW Memory and Brain Wellness Center, alongside partners the Frye Art Museum, the Alzheimer's Association, Elderwise, and Full Life Care. During public hours, come check out the library and resource room, art gallery, and public memory garden -- or schedule a free appointment with the Memory Navigator.

Address: 1021 Columbia St, Seattle

Limited valet parking provided around the corner at Murano Senior Living, with validation at the front desk.

www.thememoryhub.org

[View Additional Caregiver Resources Here >>>](#)



Old Friends Club empowers communities to cultivate joy in the lives of adults with dementia and nourish the wellbeing of family caregivers.

www.oldfriendsclub.org

Support OFC with a Gift Today

We accept PayPal, Venmo, and Mail-In Check.

Other ways to support OFC:

- **King County Giving Program**, Unique Code: 10814 (For King County employees - please contact your HR department)
- **Fred Meyer Community Rewards**, ID Number: KM9981 ([Enroll here if you have a Fred Meyer Rewards Card.](#))
- **Amazon Smile** - Consider making OFC your charity of choice. ([Sign up here.](#))
- **Forward this newsletter** to someone who may benefit from it
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Thank you for your support!

-Questions? Contact us today: (425)681-9776

welcome@oldfriendsclub.org

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