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DFC Caregiver Exchange

"Autumn, the year's last,
loveliest smile."

-William Cullen Bryant

Our clubs remain *closed* due to the pandemic,
but *we're still here for you.*



- *AFA Walk In The Park* -
Join Team Old Friends Club

We've started a team for **AFA's Walk in the Park Virtual Event** and we'd love for you to join! The Alzheimer's Foundation of America is hosting a virtual walk event throughout the month of November. As a team, we will be fundraising and participating in the walk. To join our team, help us fundraise, or make a donation:

[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:

LEARN MORE

Mid-Month Caregiver Resources

A continuation of OFC's *Caregiver Connector* Newsletter

Educating America Tour (Virtual)

Next stop: Kentucky*

Date: October 29, 2020

Time: 10:00 AM - 12:30 PM EDT

Registration is free and open to the public.

[Click here to register and read the conference agenda.](#)

The AFA Educating America Tour travels across the country to provide information regarding Alzheimer's disease, brain health and dementia caregiving. Each tour stop features a "concepts in care" educational conference where participants can interact with Alzheimer's experts, ask questions, network and obtain a free memory screening. All conferences are free and open to the public.

*Other locations and dates listed at <https://alzfdn.org/tour/>

VIRTUAL Caregiving and the Arts Series

MONDAY, OCTOBER 19, 2020 AT 10:30 AM PDT – 11:30 AM PDT

Caregiving is a difficult job. **Led by Silver Kite Community Arts, this virtual workshop series is designed to support family and professional caregivers – exploring both how to use the arts as a tool for respite from caregiving, and how to incorporate arts engagement into caregiving practice.**

This series will consist of weekly, hour-long workshops on Zoom across five weeks. The workshops will be divided between group activities for all attendees and sessions focused on the caregiver, during which Silver Kite teaching artists will lead participants in tailored arts activities. With the goal to remove barriers to caregiver participation, this training opportunity also invites those who are being cared for to attend the first, third, and fifth workshop, with a special focus on engaging those with memory loss.

Registration is free. [Click here to register.](#)

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

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