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Brought to you by:



Caregiver Exchange

SPECIAL REMOTE EDITION: April 2021



"Spring work is going on with joyful enthusiasm."

-John Muir

Garden Walks, Woodland Park Zoo, Coffee chats, and more!

Read on to learn more about upcoming events and caregiver support.

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

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

Contact Us

Stay at Home Highlights



UW Memory and Brain Wellness Center + Seattle Parks and Recreation

Garden Discovery Walk, April 2021 (Part 1), Volunteer Park Conservatory, Seattle

Take a relaxed tour through the diverse and exotic flora at the Volunteer Park Conservatory.

[Click here to view.](#)

Woodland Park Zoo Web Cams

Check out the zoo's live web cams to see what the tigers, grizzly bears, and bats are up to!



[View web cams here.](#)

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

Virtual Coffee Chat

Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Build connections and offer support and encouragement. Participate online or by phone, with a free application called "Zoom." Facilitated by program manager Marigrace Becker. Join for just one session, or multiple. Space is limited; [sign up](#) by the day before.

10 - 11 a.m. every Tuesday



MOMENTIA

Momentia

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

The Puget Sound region is home to a variety of dementia-friendly opportunities offered by a growing number of community members and organizations.

[Check out their website to learn more and to find out about additional resources.](#)

Seattle Audubon Society

Calling all bird lovers! Have you checked out the Bird-a-thon happening in May? Are you

SEATTLE
AUDUBON



interested in taking online classes to learn more about birds?

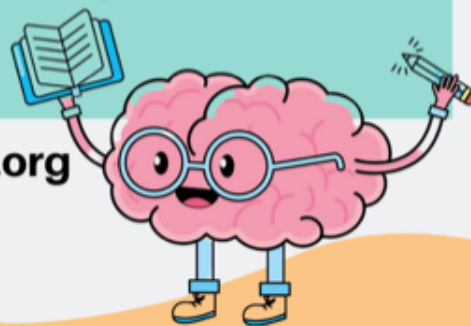
Visit the Seattle Audubon Society to learn more!

Brain Games

Join instructor Katie Freeman for games and exercises designed to support your cognitive health. This group is for those with MCI and Early Stage Memory Loss.

**1st Mondays of Each Month
1 - 2 p.m. on Zoom
Participation is Free**

REGISTER: katief@phinneycenter.org



For a full calendar of senior events at the Phinney Center, such as sing-alongs, support groups, and art appreciation, [click here](#).

To register for this event, email katief@phinneycenter.org



**Try our Unique Online Community!
Meetings are on every Monday**



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.

Elderwise MiniWise is Unique:

- Person living with dementia attends **with** their care partner- spouse, child, friend, or caregiver
- Find support with others who share a similar situation
- Learn the Elderwise Way through modeling
- Recapture the joy of the relationship
- Share in deep and/or joyful conversations
- Live in the moment
- Stretch and breathe together

Please join us to see if this group is for you.
Nancy Lang (nancy@elderwise.org) can answer your questions.
Donations gladly accepted but not required.



Join our unique community! Starting a new 6-week art series on April 14th



ArtWise

Please join Elderwise for the next series of weekly hour-long Zoom **ArtWise** gatherings. Each week will feature a different theme. We'll play with projects including watercolor, mandalas and collage while sharing our 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. We'll meet on six Wednesdays from 2:30 – 3:30 pm starting on **Wednesday, April 14th, 2021.**

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



Kathryn Russell joined Elderwise as lead program facilitator almost 2 years ago. With over six years of experience facilitating community arts with those who have memory loss (both one-on-one and in groups) she was a natural fit. As the current year determined a shift to online gatherings, Kathryn will be co-facilitating ArtWise — an art class incorporating Elderwise tradition and art practices.



Lindsay Waltner has been an Elderwise facilitator since 2017. She has a background in studio art and developed her program facilitation skills as a volunteer before joining the staff as a lead facilitator. She finds joy in seeing participants explore new ways to express themselves through painting. Lindsay is excited to continue to foster artistic expression and build connections with our online art program ArtWise.



Storytelling across Generations

A virtual and phone-based oral history project

April 19-June 2, 2021

Individuals living with memory loss and caregivers are invited to participate in this FREE intergenerational program, a collaboration between Edmonds Center for the Arts (ECA), University of Washington Bothell and SilverKite Community Arts!

Taking place over six one-hour sessions on the phone and/or Zoom, UWB students will interview elders in an oral history project. These interviews — based on your stories, memories and personal experiences — will inspire end-of-term performances by students, to be shared virtually during a final celebration of all participants.

Storytelling across Generations is designed for pairs of participants including a person living with memory loss and caregiver/care partner. We welcome adults at all stages of their dementia journey, though this program will be most accessible and engaging for those with early stage memory loss (ESML). Join us!

Orientation: Monday, April 19, 10:00-11:00 AM

Intergenerational sessions: Mondays, April 26-May 17, 11:00 AM-12:00 PM

Final celebration: Wednesday, June 2, 11:00 AM-12:00 PM

Registration: <http://bit.ly/ECASStoryTelling>

Please contact Katie Newbaum at katie@ec4arts.org with any questions.

This program is made possible with funding by the Susan Elizabeth Foundation, Hazel Miller Foundation and ArtsWA.



www.ec4arts.org | 425.275.9595 | 410 FOURTH AVENUE NORTH EDMONDS, WA 98020

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Improving quality of life for people living with dementia and their care partners

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Additional Support

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dementia information,
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REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
April 14, 10-11:30 a.m. | [REGISTER](#)
April 22, 3-4:30 p.m. | [REGISTER](#)

10 Señales de Advertencia de la Enfermedad de Alzheimer Virtual
7 de Abril, 5-6:30 p.m. | [REGISTRARSE](#)

Dementia Conversations
April 12, 12-1:30 p.m. | [REGISTER](#)

Effective Communication Strategies
April 7, 3-4:30 p.m. | [REGISTER](#)
April 26, 2-3:30 p.m. | [REGISTER](#)

Healthy Living for Your Brain and Body
April 7, 1-2 p.m. | [REGISTER](#)
April 14, 3-4:30 p.m. | [REGISTER](#)
April 22, 1-2:30 p.m. | [REGISTER](#)
April 28, 1-2:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
April 1, 3-4:30 p.m. | [REGISTER](#)
April 5, 11 a.m.-12:30 p.m. | [REGISTER](#)
April 20, 10-11:30 a.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
April 23, 11 a.m.-12:30 p.m. | [REGISTER](#)
April 28, 3-4:30 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



FREE LEGAL CLINIC

Seniors (60+) and people living with dementia (any age) can get help with:

- ✓ Power of Attorney for Finances
- ✓ Power of Attorney for Health Care
- ✓ Health Care Directive ("Living Will")

May 6, 2021 | 9 am - 7 pm
by phone or video chat

Call **206-707-7281** by April 25, 2021.
Give us your contact information and someone from the **Northwest Justice Project** team will call you back for screening and scheduling.

More information at www.nwjustice.org/dac.





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

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

Alzheimer's Association

COVID Listen Line
(206) 529-3890

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

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 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

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