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Brought to you by:



Caregiver Connector

August 2021 Edition



Old Friends Club is Back!

In case you missed the news...

- OFC recently reopened our Carnation location on July 20th. "Carnation is where OFC began, and begins again."
- OFC is looking for service-minded organizations who are interested in opening a social respite program in their community. OFC will help make it successful!
- Chris Morris has stepped into the OFC Executive Director role. Chris can be reached at chris@oldfriendsclub.org. Karen Koenig is now on the Board of Directors.

We're all excited to be moving forward and will continue to be there for you.

Stay-At-Home + Safely Adventure Out

Highlights

**A friendly reminder...August 4th is National Friendship Day!
(Let's celebrate!)**

**Please share this newsletter 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



EVERY THURSDAY, JULY 15 THRU SEPTEMBER 2 | NOON-1:00PM

MorningStar of Kirkland's Tesla is on the move, every day making new connections in town. For eight Thursdays, MorningStar will park the car at one of these popular sights from Noon-1:00pm:

- Village at Totem Lake
- Marina Park
- Marsh Park
- Houghten Center (Metropolitan Market)
- Juanita Village
- Kirkland Costco
- Kirkland Fred Meyer
- Peter Kirk Community Center

IF YOU SPY OUR TESLA...

1. Take a selfie with the car.
 2. Text the photo and your name to Cindy Leung: 206.496.2569
- OR
- Post the photo on MorningStar of Kirkland's Facebook page. To declare your location, you must also "check in."
3. Win \$25 Visa Gift Card with matching gift to Old Friends Club (offering supported social activities for older adults with dementia)



425.979.5626 | 11729 NE 118th Street | MorningStarSeniorLiving.com

Support Old Friend's Club by playing "I Spy" with Morning Star Senior Living of Kirkland!

Spot the MorningStar Tesla at various spots around Kirkland! Take a selfie and send it to Cindy Leung (206)496-2569 or follow the instructions on the flier.

Every Thursday from noon-1:00 PM, starting July 15th and ending September 2.

Seattle Parks and Recreation - Lifelong Recreation

Line Dancing!

Work out your mind and body while learning dance patterns and having lots of fun with Seattle Parks & Recreation instructor Denise Hunsaker.

[Watch here.](#)

Virtual Community Class:

Cooking with Melissa

Friday, August 6th, 11:30 AM

Lets get in the kitchen and cook something good for our soul and brain health! This class will focus on



Healthy Summer Salads using healthy ingredients. I will discuss how these salads can work as a side dish...or stand alone as a meal because of the ingredients used. Summer is still sizzling and these salads are cool and refreshing. We will focus on the healthy benefits of salads, some reminiscing and popular summer activities related to salads. While we cook we will practice mindfulness, heighten our senses and recall past memories. So grab your measuring spoons and spatulas...and join us for *Cooking with Melissa*.

[Learn more and join this activity in the AFA's Teal Room. Registration required.](#)



1940's American Female Singers Compilation

A selection of 78 rpm records from the 1940's. Songs in chronological order from 1940-1949. Slideshow of photos included.

[Listen now.](#)



TapRoot Theatre Z-Improv Class

Monday, August 9th, 2021

2:30 PM - 3:30 PM

"Improv is all about saying, YES, to whatever happens IN THE MOMENT in creative play. Taproot's trained improv teachers lead our memory loss classes, and students excel in this creative setting, utilizing multiple areas of memory that still

function well. The end result is a feeling of success and accomplishment in a class filled with laughter and social connection.” – Pam Nolte, Taproot Theatre Co-founder and Teaching Artist

To join in on the fun, email Pam:
pamn@taproottheatre.org

SHORELAKE ARTS PRESENTS

CONCERTS IN THE PARK 2021.

ShoreLake Arts Concerts in the Park

Wednesday, August 4th, 6:30 PM

Kruckeberg Botanic Garden

20312 15th Ave NW, Shoreline, WA, 98177

[Free Event - Learn More Here](#)



Try our Unique Online Community!
 Meetings are 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.

ElderWise - MiniWise

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.

[Email Nancy for more information.](#)

www.elderwise.org

MEMORY LOSS CAFÉ

**3rd Mondays of Each Month
starting Apr. 19
1:15 - 2 p.m. on Zoom. Free**

• A virtual café for people with memory loss and their care partners. Bring your beverage of choice and enjoy a chance to socialize, listen to music, and have fun!



**Register:
katief@phinneycenter.org**



[Check out more fun events at the Phinney Center here.](#)

Additional Support

JOIN US!

Collaborating for a Dementia-Friendly Washington: Expanding Possibilities

A **virtual conference** promoting the growth of dementia-friendly communities in our state

Registration opens July 30: www.tinyurl.com/DementiaFriendlyWA2021



KEYNOTE:

Caring for Mom: Stories of Community

LueRachelle Brim-Atkins

Principal Consultant, Brim-Donahoe & Associates; Mother's caregiver

PRE-CONFERENCE "HAPPY HOUR"

Monday, September 13 | 4 - 5 p.m.

Experience "Dementia Friends," a 1-hour info session that you can use to bring dementia awareness to your communities

TWO-DAY VIRTUAL EVENT:

Tuesday, September 14 | 9 a.m. – 12 p.m.

Wednesday, September 15 | 9 a.m. – 12 p.m.

- **CONNECT** with others who share your passion for raising dementia awareness, challenging stigma, and empowering people with memory loss to remain active and connected within the community
- **BE INSPIRED** by innovative programs and initiatives across the state and nation
- **DISCOVER** steps to make your own community more dementia-friendly

Organized by the UW Memory and Brain Wellness Center, on behalf of the Washington State Dementia Action Collaborative, with primary funding provided by the Aging and Long Term Support Administration, and with a planning committee made up of advisors from across the state.

Questions: Marigrace Becker mbecker1@uw.edu 206-744-2190

A dementia-friendly community is a town, city or county committed to the full inclusion of people with dementia and their families in community life.

Who should attend?

This conference is for anyone who wants to take action to make their own community more dementia-friendly, including people with dementia, caregivers, and people who work in a variety of public settings:

- Aging and senior services
- Arts and culture
- Chambers of commerce
- City government
- Community centers
- Cultural associations
- Faith communities
- Libraries
- Neighborhood groups
- Parks and recreation
- Service clubs
- Social or health care services



Get a Free Virtual Memory Screening!

Mondays & Wednesdays
10 am to 4 pm (ET)

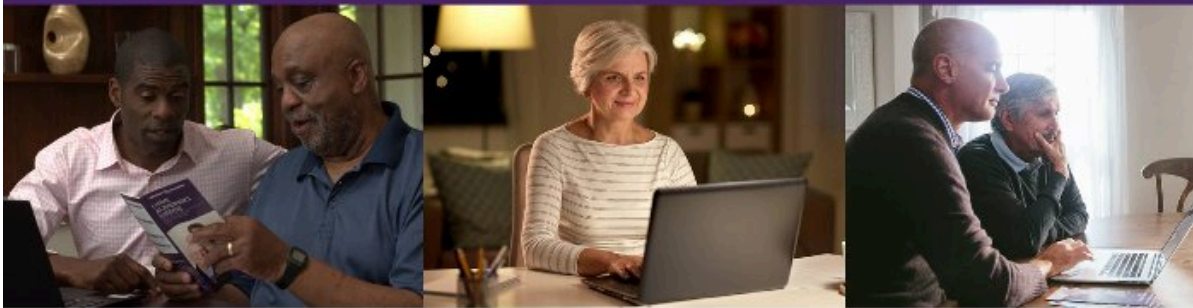
Fridays
10 am to 2 pm (ET)

Call AFA at 866-232-8484
to make an appointment



REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
August 10, 10-11:30 a.m.

Advancing the Research
August 25, 1-1:45 p.m.

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
August 31, 10-11:30 a.m.

Effective Communication Strategies
August 17, 1-2:30 p.m.
August 26, 3-4:30 p.m.

Healthy Living for Your Brain and Body: Tips from the Latest Research
August 3, 10-11:30 a.m.
August 5, 12-1 p.m.
August 13, 9:30-10:30 a.m.

Legal and Financial Planning for Alzheimer's
August 4, 9-11:30 a.m.
August 24, 11 a.m.-12:30 p.m.

Understanding Alzheimer's and Dementia
August 19, 10-11:30 a.m.
August 30, 12-1:30 p.m.

Understanding and Responding to Dementia-Related Behavior
August 10, 3-4:30 p.m.
August 23, 3-4:30 p.m.

When Living at Home is No Longer an Option
August 18, 3-4 p.m.

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://www.alzwa.org/education)

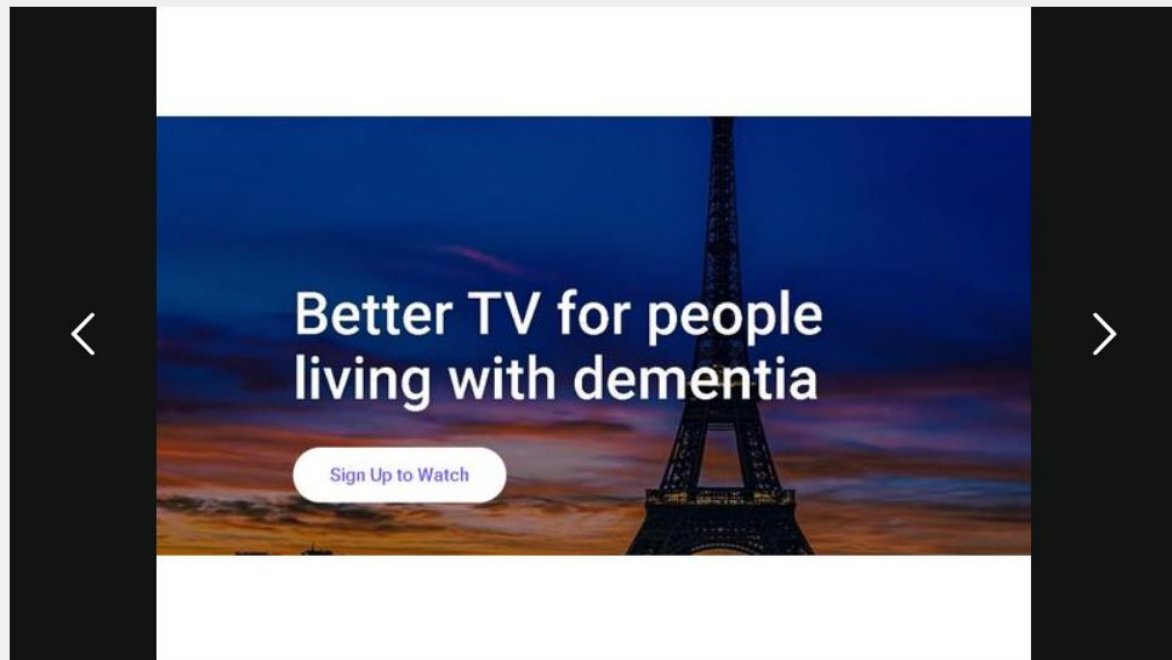
Dementia & Zinnia TV - What's the Connection?

Broadcast in **Caregiving** yesterday



Alzheimers Speaks Radio

follow



"Our Host, Lori La Bey will be talking with Allyson Schrier a Co-founder of Zinnia TV, Carolyn Parsey a researcher and neuropsychologist, Keri Pollock the Director of Marketing & Communications of Aging Wisdom, and Carolyn Lukert who cares for her mother with dementia and also works with the Teepa Snow group. Join us and learn the wonderful effects Zinnia TV provides.

Join us and learn about dementia and how Zinnia TV delivers a calmness while helping those in mid to late stages engage. Actually, you'll find everyone can benefit for the effects of Zinnia TV."

Alzheimer's Speaks Radio - Shifting dementia care from crisis to comfort around the world one episode at a time by raising all voices and delivering sounds news, not just sound bites since 2011.



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

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

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/>

Even More Resources

OFC August 2021 Calendar

OFC Ongoing Caregiver Resources

NEW OFC Newsletter Archive



*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

Support Old Friends Club with a Gift Today!

FOLLOW US



Manage Your Subscription

This message was sent to **email@example.com** from **chris@oldfriendsclub.org**

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