

To ensure delivery to your inbox, please add **welcome@oldfriendsclub.org** to your address book.

Brought to you by:



# *Caregiver Exchange*

**Special Remote Edition: October 2021**



*Stay Active this Autumn*

***Festive pumpkins, autumn dancing, art, a garden walk, and more!***

Please share with those who have been affected by Alzheimer's or another type of dementia.

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

Contact Us



### Festive fall activity: Peek-a-Boo Pumpkins

Create a spooktacular vignette of peeking pumpkins using miniature gourds and a variety of inexpensive bowls and lidded dishes.

[See the list of materials needed and follow along with the steps here.](#)



### Silver Kite – Autumn Dances

Monday October 25, 1:30-2:30 PM

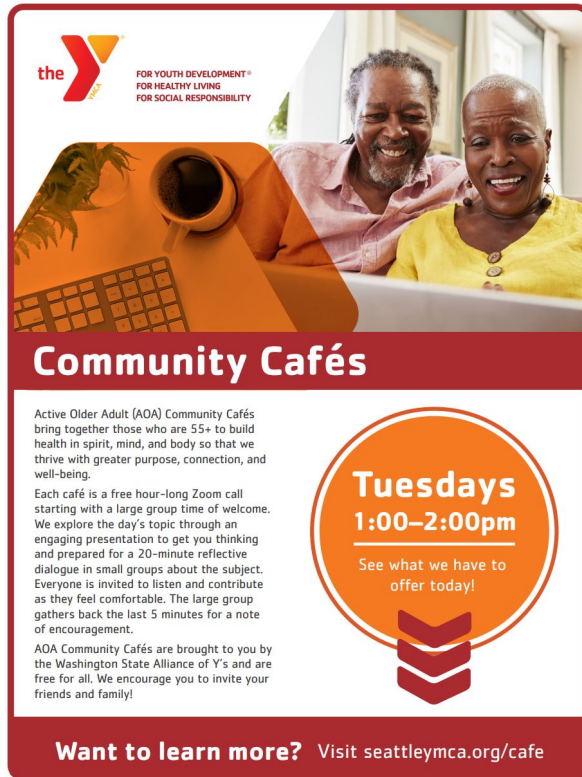
Join us for Fall ritual dances, Harvest dances, and spooky dances!

Along with our usual array of dancing for fun using all different genres, we will have a little fun being inspired by autumn music and movement traditions from around the world.

Will have both standing and seated dances, but all are adaptable to

accommodate for all ability and comfort levels.

[Learn more here.](#)



**the Y**  
FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Community Cafés**

Active Older Adult (AOA) Community Cafés bring together those who are 55+ to build health in spirit, mind, and body so that we thrive with greater purpose, connection, and well-being.

Each café is a free hour-long Zoom call starting with a large group time of welcome. We explore the day's topic through an engaging presentation to get you thinking and prepared for a 20-minute reflective dialogue in small groups about the subject. Everyone is invited to listen and contribute as they feel comfortable. The large group gathers back the last 5 minutes for a note of encouragement.

AOA Community Cafés are brought to you by the Washington State Alliance of Y's and are free for all. We encourage you to invite your friends and family!

**Tuesdays**  
**1:00–2:00pm**

See what we have to offer today!

**Want to learn more?** Visit [seattlemca.org/cafe](http://seattlemca.org/cafe)

## YMCA Community Café

Tuesdays 1:00-2:00 PM

A free hour-long Zoom call starting with a large group time of welcome. We explore the day's topic through an engaging presentation to get you thinking and prepared for a 20-minute reflective dialogue in small groups about the subject. Everyone is invited to listen and contribute as they feel comfortable. The large group gathers back the last 5 minutes for a note of encouragement.

[Join here.](#)



## UW Memory and Brain Wellness Center + Seattle Parks and Recreation: Virtual Garden Discovery Walks

Monthly virtual nature experiences for people living with memory loss, and their family and friends. Explore nature and savor the season with walks through Seattle public gardens, followed by a creative, nature-inspired activity.

Offered in partnership with Seattle Parks and Recreation, with generous support from Family Resource Home Care.

<http://depts.washington.edu/mbwc/>

Garden Discovery Walk, October 2021,  
Part 1: Bellevue Urban Garden

[Watch here.](#)



## **Alzheimer's Foundation of America Virtual Community Class:**

### **Art and Marnie**

**October 20 @ 2:30 pm EDT**

During this AFA Virtual Community Class, Marnie will guide you through an art experiential process which promotes fun, creative self-expression and spontaneity! Participants will be led through a brief mindful breathing practice and then invited to create art.

*This event will take place at the AFA  
Teal*

*Room: [www.alzfdn.org/afatealroom](http://www.alzfdn.org/afatealroom).*

More events: <https://alzfdn.org/events/>

**Check out Cyber Seniors**, an organization that provides free technology support and training for older adults. They also have different events, such as:

-Exercise Class with Renee, Oct 18,  
9:00-10:00 EDT

-Guided Meditation, Oct 19, 11:30 AM-  
12:00 EDT

-Live Music with the Key of Happiness,  
Oct 21, 5-6 PM EDT

Visit their website here to learn more  
and see other activities.



Cyber-Seniors  
provides **FREE**  
technology support  
and training for senior  
citizens.



### ElderWise Online – 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.

Group meets on Mondays at 11 am.  
Contact Nancy Lang  
[nancy@elderwise.org](mailto:nancy@elderwise.org) for more  
information.

[Learn more here.](#)

*Donations accepted but not required.*

### Downloadable 1950's Trivia Questions and Answers for Seniors

**lovetoknow**  
ask you can trust

### 1950s Trivia Questions

**History**

1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
5. What year did Disneyland open?
6. What famous explorer first climbed Mount Everest in 1953?
7. Who became Premier of the Soviet Union in 1958?
8. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?
9. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
10. Which member of the royal family became head of state in Great Britain in 1953?

**Musik**

1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. What singer had a hit with *Sixteen Tons* in 1957?
3. Which group had a hit with *Twilight Time* in 1958?
4. Which smoky-eyed singer had a hit with *Chapel of Love* in 1958?
5. What Cleveland singer had a hit with *It's a Wonderful Life* in 1958?
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
7. Who recorded *Rock Around the Clock* in 1955?
8. Who originally sang *That'll Be the Day* in 1957?
9. The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the name of the song?
10. B.J. Thomas sang "I Can't Help It If I'm Still in Love With You" in 1967. Who first recorded it in 1951?

**Pop Culture**

1. Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?
2. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
3. Which television game show first aired in 1956 and is still running today?
4. What famous baseball player married Marilyn Monroe in 1954?
5. What piece of women's clothing, named after a dog, became popular in the 1950s?
6. What teen idol sang, "Kookie, Kookie, Lend Me Your Comb?"
7. What type of hat/cap did both Davy Crockett and Daniel Boone wear on TV in the 50s?
8. Eating what type of live fish became popular in the 1950s?
9. What famous cowboy of the 1950s was really named Leonard Slye?
10. What was the name of the circular plastic 1950s toy that was placed around the waist and operated by gyrating the hips?

[http://seniors.lovetoknow.com/Senior\\_Citizen\\_Trivia\\_Questions](http://seniors.lovetoknow.com/Senior_Citizen_Trivia_Questions)

[Click here to download.](#)

nsvers.pdf

Topics include:

- Presidents
- Civil rights movement
- International politics
- Music
- The space race
- Television and movies
- Sports

Please go here for trivia game.

# Patrick Sings

2nd & 4th Fridays of Each Month

3-4 p.m. online

Join local musician and entertainer Patrick Daugherty as he sings familiar songs from our past. You can sing along or just listen. Audience requests are fine too. Invite friends and family to join in this dementia-friendly program:  
All are welcome!

**Registration & info: [barryfranklin@comcast.net](mailto:barryfranklin@comcast.net)**

No cost. Song sheets will be provided for some songs. Program held via Zoom.



Join "Patrick Sings" songs from the 50's-70's on the 2nd and 4th Fridays of each month! **For registration and info, email [barryfranklin@comcast.net](mailto:barryfranklin@comcast.net)**

*For a full calendar of senior events at the Phinney Center, such as sing-alongs,*

support groups, and art appreciation, [click here](#).

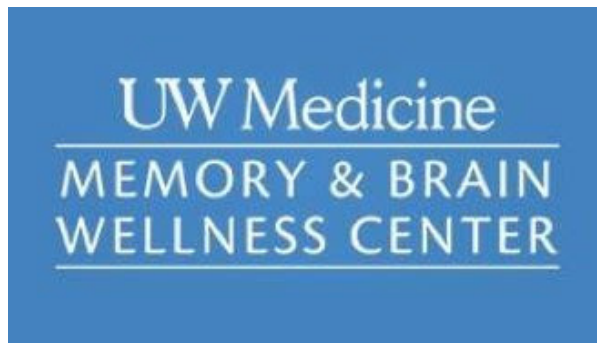
## Looking for More Caregiver Activities?

Check out our October Caregiver Calendar below.

Or, follow us on Facebook for activities and event ideas.

OFC Caregiver Calendar

## Support for Caregivers



### UW Medicine Memory & Brain Wellness Center

Learn more about the Dementia Friendly WA Learning Collaborative.

[Watch here \(Length 32:31\).](#)



### Virtual Family Caregiver Event

Guilt, Grief, and Guideposts:

A conversation with Dr. Pauline Boss and Kathy Ritchie



Pauline Boss, PhD



Kathy Ritchie

### A Conversation for Family Caregivers with Dr. Pauline Boss & Kathy Ritchie

October 27th, 9:00 AM - 11:30 AM

[Dr. Pauline Boss](#) will speak personally and professionally about caregiving during the pandemic. She will discuss guilt, grief, and the added ambiguity from COVID-19 that caused loved ones to die alone - and mourners to grieve alone. No goodbyes, no funerals, no rituals of comfort and support. Dr. Boss will explain why feelings of guilt are

likely to be part of a caregiver's normal grief process, offering guideposts for resilience and moving forward despite ambiguous loss. After sharing ideas from her latest book, *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change* (to be released in mid-December 2021 by W. W. Norton), Dr. Boss and Ms. Ritchie will welcome questions.

[Learn more here.](#)

## Black Leaders for BRAIN HEALTH



A collaboration of The Nehemiah Center for Urban Leadership and Wisconsin Alzheimer's Disease Research Center

### ***Black Leaders for Brain Health: A collaboration between Black Community Leaders and UW Alzheimer's Disease Scientists***

*UW scientists are encouraged to seek Black Leaders for Brain Health's input to review, advise and help improve their studies to be inclusive of Black people and the results from their research more relevant to diverse populations. The work is imperative because African Americans face an increased burden of developing Alzheimer's disease and related dementias. African Americans are more than twice as likely as white Americans to be diagnosed with Alzheimer's disease, and that diagnosis often arrives late in the disease progression, reducing the chance early interventions can effectively slow the disease.*

*At the first meeting of Black Leaders for Brain Health, Gee expressed a question to Gleason that she said has become a guiding point for her work. "He asked if the micro-aggressions and racism his mom faced throughout her life contributed*



*to her getting Alzheimer’s disease,” Gleason recalled. “This group clarifies to me we’re not just doing science on people, we’re doing science with people. It’s about understanding what racism does to people’s bodies and minds.”*

[Read the article here.](#)



**Alzheimer's Association:  
Programas de Educación**

*La Asociación ofrece varios programas para el alzhéimer y la demencia disponibles en línea, las 24 horas del día. Haga clic en el título de un programa a continuación para obtener más información o utilice las carpetas de búsqueda para encontrar el programa adecuado para usted.*

# Seattle - LGBTQ Caregiver Support Group

For Caregivers of Those with Memory Loss  
Starting January 2021

A safe place for unpaid family caregivers,  
their family and friends to:

- Exchange practical information on caregiving problems & possible solutions
- Talk through challenges & ways of coping
- Share feelings, needs & concerns

**3rd Thursday of the month**  
6:30 pm to 8:00 pm



**Join from anywhere!**  
Support group currently  
meeting via Zoom

**Contact Group Facilitator:**  
Michael Underhill  
(206) 393-7594

*All of our support groups are facilitated by Chapter trained individuals.*

**alzheimer's  association®**

Alzheimer's Association Washington State Chapter  
Serving Washington & Northern Idaho  
19031 33rd Ave. W, Suite 301, Lynnwood, WA 98036 | 800.848.7097 | www.alzwa.org

# FALL SPEAKER SERIES: Healthy Aging and Wellness

North Bellevue Community Center

The North Bellevue Community Center has teamed up with the University of Washington Medicine and VA Puget Sound Health Care System to offer a special **free online Speakers Series via Zoom**. On the second Tuesday of each month we will present remarkable talks featuring local professors and health care professionals who specialize in healthy aging and wellness. Each talk is about 45 minutes with a 15-minute Q&A session. We hope you'll join us for one, two or all three of these talks to discover important information about healthy aging, brain health and wellness. All events are free but pre-registration is required. Each session is designed to be informative and interactive, with a chance to ask your questions live of our presenters.

**YOU HAVE TWO OPTIONS TO PARTICIPATE:**

**Online:** Joining online you'll need a computer with internet to participate, and instructions for connecting will be emailed after you register.

**In person:** We will have a computer connected to a television screen at NBCC.

**PRESENTERS:**



**Dr. Patrick Raue**  
Healthy Aging  
Tuesday, Sept. 14,  
1-2 p.m.



**Dr. Murray Raskind**  
Forgetfulness  
episodes in later  
life...when are they  
benign, and when should one  
worry about Alzheimer's Disease  
Tuesday, Oct. 12, 1-2 p.m.



**Dr. Michael Schrift**  
Alzheimer's Disease  
and Dementia/  
Medications  
Tuesday, Nov. 9, 1-2 p.m.

**REGISTRATION:**

To sign up for **in-person** contact the NBCC by phone 425-452-7681 or email nbcc@bellevuewa.gov.

PH-21-5239

**3** For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7696 (voice) or email [abrugg@bellevuewa.gov](mailto:abrugg@bellevuewa.gov). For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email [ADATitleVI@bellevuewa.gov](mailto:ADATitleVI@bellevuewa.gov). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.



# REGISTER TODAY

## ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



### 10 Warning Signs of Alzheimer's

October 1, 11 a.m.-12:30 p.m. | [REGISTER](#)

October 5, 3-4 p.m. | [REGISTER](#)

October 28, 1-2 p.m. | [REGISTER](#)

### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

October 7, 3-4 p.m. | [REGISTER](#)

### Effective Communication Strategies

October 13, 1-2:30 p.m. | [REGISTER](#)

October 20, 3-4 p.m. | [REGISTER](#)

### Healthy Living for Your Brain and Body: Tips from the Latest Research

October 11, 12-1 p.m. | [REGISTER](#)

### Legal and Financial Planning for Alzheimer's

October 5, 9-11:30 a.m. | [REGISTER](#)

### Living with Alzheimer's: For Younger-Onset Alzheimer's

October 19, 12-1 p.m. | [REGISTER](#)

### Understanding Alzheimer's and Dementia

October 7, 12-1 p.m. | [REGISTER](#)

October 27, 9:30-11 a.m. | [REGISTER](#)

### Understanding and Responding to Dementia-Related Behavior

October 13, 3-4 p.m. | [REGISTER](#)

October 21, 9:30-11 a.m. | [REGISTER](#)

### When Living at Home is No Longer an Option

October 26, 3-4 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](https://alzwa.org/education)



## 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

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# 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/>

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# OLD FRIENDS CLUB

*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 Us

## FOLLOW US



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