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Caregiver *Exchange*

March 2022 Edition

Resources for Alzheimer's & Dementia Caregivers



Just a few more days until Spring! Longer days and signs of new life are lovely and invigorating sights to see. Who else has been noticing the cherry blossoms start to bloom? Photo taken 3/16 in Lynnwood, WA!

OFC News

-With Covid restrictions lifting further, OFC is coming out of pandemic-hibernation. The team is putting on our rather fun brainstorming hats and are thinking of exciting things to come. *Stay tuned for updates!*

-The theme for "Tip Tuesday" this month has been what to do after a loved one has been diagnosed with dementia. Each week we are offering helpful tips. Check out "Tip Tuesday" on our Facebook, Instagram, and LinkedIn social media channels! Have any tips you'd like to share? Email Katie: katie@oldfriendsclub.org

Community Activities & Events - Virtual and In-Person



Virtual: Dementia Friendly Poetry

Silver Kite Community Arts

Monday, March 21

1:30 PM - 2:30 PM

Poetry is for everyone! It is an expression of wonder, curiosity, and heart.

In this workshop, you will learn about and write an ode, a fun poetic form that is a great way to get your writing juices flowing! We will read an ode by Pablo Neruda (famous for his odes!) as an example, use some visual images for inspiration, and then begin to write our own odes.

This workshop welcomes individuals living with Dementia and their caregivers, as well as people of all ages.

No previous experience with poetry

or writing is needed.

Facilitated by Julian Bentley
Edelman

[Register here](#) (Scroll down to the "Writing, Theatre, Storytelling" section to find this event)



Virtual: Serenade Sunday with Sarah

Alzheimer's Foundation of America

March 20, 2:30 PM

Join NYC-based actor and producer Sarah Ellis as she shares songs and stories for Serenade Sunday! In this 4-week series, Sarah will sing popular and more obscure selections from stage and screen and share anecdotal commentary. Singing along is wholeheartedly encouraged.

[Register here.](#)



**SouthEast
Seattle
Senior
Center**

Vibrant Diverse Caring

In Person: Ukulele Group

Southeast Seattle Senior Center

March 25, 2022 2:00 pm – 4:00 pm

Fridays, 2:00pm - 4:00pm

Location: Social Hall

Cost: Complimentary. Donations welcomed.

This is a warm, friendly and welcoming group who would be delighted if you join them. They play and sing a wide variety of music. *Sign up at the Front Desk.*

See SESSC's full calendar of events [here](#).



Seattle Parks and Recreation

In Person: Reuniones de Momentia Gratis en Lake City

Seattle Parks and Recreation

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento y más. Si desea asistir a clases, comuníquese con Emily al 206-707-1865

o emilyb@soundgenerations.org.

Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

Ongoing Activities & Events - Virtual and In-Person

**2nd & 4th
Thursdays
1-2 p.m. Online**

ESML ART APPRECIATION GROUP

Alisa Tirado Strayer, MSW, MPH, leads a guided discussion and viewing of classic and contemporary art in a relaxed, supportive setting. Suitable for people with Mild Cognitive Impairment & Early Stage Memory Loss.



Register: alisas@phinneycenter.org

Virtual: ESML Art Appreciation Group

Greenwood Senior Center

2nd and 4th Thursdays, 1-2 PM

[Register here.](#) Learn about other programs at the Greenwood Senior Center [here.](#)



Taproot Theatre's "Re-Ignite the Mind" classes are designed for students with Early Stage Memory Loss (ESML). Class sessions are taught by professional theatre artists and are designed to fit the needs of your class participants. Students find immediate success and improved quality of life as they learn new things, interact socially and live creatively in the moment.

Re-Ignite the Mind with Improv

**currently being offered as Z-Improv on zoom*

Improv students engage fully in the present moment which makes improv a perfect theatre class for individuals with Early Stage Memory Loss (ESML). There is no memory requirement, just the delight of participating in a creative experience that releases the imagination while giving a sense of accomplishment, self-confidence and social enrichment.

Re-Ignite the Mind with Imagination

**currently being offered as Z-Imagination on zoom*

This is a lightly guided, slightly slower paced class that uses improv exercises and guided imagination experiences that are designed to rely on and activate long lasting memory that can still be accessed by those with Early to Mid-Stage memory loss.

Care partners are welcome and encouraged to attend as improv exercises can add a wonderful new dimension to shared daily life.

Both "Re-Ignite the Mind" classes are successfully being offered via Zoom at this time.

When venues and facilities can safely reopen, bring our trained ESML improv teachers to your location or attend a class at Taproot Theatre when in-person classes are allowed.

Uncertain which class is right for the participants in your organization?

Contact us at reignite@taproottheatre.org for more information.

Taproot Theatre's Commitment to offering classes for individuals experiencing memory loss began in 2011 and has continued without interruption since that time. We are proud partners with Seattle's Momentia Movement. For more information go to: www.momentiaSeattle.org

Virtual: Taproot Theatre Improv classes (there are 2 to choose from!)

Taproot Theatre Company

[Learn more here.](#)



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

Virtual: YMCA Active Older Adult Community Cafes, 55+

YMCA Seattle

Tuesdays, 1:00-2:00 PM

[Learn more here.](#)

[View More Events & Activities Here](#)

Community Education & Support - Virtual and In-Person

Virtual:



Using Technology to Create a Dementia-Friendly Home with The Apartment (Part 2)



**Wednesday, March 23
1 PM ET**

[Click Here to Register](#)

Please click on the image to register or by [following this link](#) to register.

Virtual or In-Person:

Dementia Services

You can Help Create a Dementia Friendly Community

FREE classes for people wanting to learn more about dementia, communication tips, support for family and caregivers, and managing behavioral challenges.

Behavioral Interventions (NEW!)

Our Behavioral Interventions training is designed for those who are caring for or working with a person living with dementia, including family caregivers and professionals.

This class is intended to help caregivers learn about and focus on behaviors as a form of communication. The information received will help clinical staff and family caregivers to have more positive interactions with people living with dementia.

This free 60-minute training includes identifying different causes of dementia, recognizing common behaviors associated with dementia, and determining causes of challenging behaviors as well as providing tools, interventions, and resources.



Dementia Friends

A Dementia Friend is anyone who wants to learn about dementia and help create a Dementia Friendly Pierce County. In a free interactive one-hour information session, you will learn about dementia and how to be supportive of and communicate effectively with people living with dementia and their family members.

A Dementia Friend then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts. You do not need to be a dementia expert or know someone living with dementia, to become a Dementia Friend.

Behavioral Intervention and Dementia Friends sessions are FREE and held via Zoom or in-person throughout Pierce County and can be arranged for a day and time that fits your schedule.

Sign up and learn more at dementiaservices@lcsnw.org or call 253-722-5691.

For more information, please contact:



Phone: 253-722-5691

Email: dementiaservices@lcsnw.org



lcsnw.org

Visit <https://lcsnw.org/program/dementia-services/> for more information or email dementiaservices@lcsnw.org

[Informational]

Now What?

Next Steps After an Alzheimer's Diagnosis

A diagnosis of Alzheimer's disease can be difficult, but getting accurate information and support can help you know what to expect and what to do next. Use this checklist to help you get started.



Learn about Alzheimer's disease

Being informed will help you know what to expect as the disease progresses. Here are some resources:

- ✓ Alzheimer's and related Dementias Education and Referral (ADEAR) Center
www.alzheimers.gov | 800-438-4380
- ✓ Alzheimer's Association
www.alz.org | 800-272-3900
- ✓ Alzheimer's Foundation of America
<https://alzfdn.org> | 866-232-8484
- ✓ Local hospitals and community centers may have educational programs about Alzheimer's disease and related dementias.

Get regular medical care

- ✓ Make regular appointments with your primary care doctor or specialist (neurologist, neuropsychiatrist, geriatric psychiatrist).
www.nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor
- ✓ Consider going to a memory disorders clinic. Ask your doctor for a referral if desired.

Find local services and support

- ✓ Find local services by contacting Eldercare Locator
<https://eldercare.acl.gov> | 800-677-1116
- ✓ Contact your local Alzheimer's Disease Research Center
www.nia.nih.gov/health/alzheimers-disease-research-centers
- ✓ Find local chapters, organizations, and support groups:
 - Alzheimer's Association
www.alz.org | 800-272-3900
 - Alzheimer's Foundation of America
<https://alzfdn.org> | 866-232-8484

Do some legal, financial, and long-term care planning

- ✓ Get information to help you plan.
www.nia.nih.gov/health/legal-and-financial-planning-people-alzheimers
- ✓ Prepare or update your will, living will, health care power of attorney, and financial power of attorney. To find a lawyer, contact your local bar association or the National Academy of Elder Law Attorneys.
www.naela.org
- ✓ Learn about care you may need in the future and how to pay for it.
<https://longtermcare.acl.gov>
- ✓ Explore getting help to pay for medicines, housing, transportation, and more.
www.benefitscheckup.org

Get help as needed with day-to-day tasks

- ✓ Use simple memory aids like a notepad or sticky notes to jot down reminders, a pillbox to keep medications organized, and a calendar to record appointments.
- ✓ Ask family members or friends or find local services to help with routine tasks, such as cooking, paying bills, transportation, or shopping.
- ✓ Consider using technology solutions for medication management, safety (e.g., emergency response, door alarms), and other care.
- ✓ See tips about coping daily, changes in relationships, and more.
www.nia.nih.gov/health/alzheimers/caregiving

Access this PDF by clicking on the image or by [following this link](#).

In-Person:

You're Invited! The Memory Hub

TOURS AND GRAND OPENING CELEBRATION

1021 Columbia St, Seattle WA 98104

Come experience the Memory Hub: A place for dementia-friendly community, collaboration, and impact! Operated by the UW Memory and Brain Wellness Center, on the campus of founding partner the Frye Art Museum, this dynamic new space offers a variety of programs and resources for people with memory loss, their families, and all who support a dementia-friendly community. Opening this spring, the Memory Hub will redefine life with memory loss!

Weekly public tours

11-11:45 a.m. Thursdays
January 20 – March 17

Grand Opening Celebration

2-4 p.m. Wednesday
March 23

- Live music
- Refreshments
- Program demonstrations
- Ribbon cutting
- And more!



 Sign up online: www.thememoryhub.org.

Activities will follow current COVID-19 guidelines; virtual options available.
Space is limited; Registration required.

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

MEET THE COLLABORATORS

- UW Memory and Brain Wellness Center
- Frye Art Museum
- Alzheimer's Association, Washington State Chapter
- Elderwise
- Full Life Care

WHAT DOES THE MEMORY HUB OFFER?

- Support Groups
- Caregiver Education
- Creative Engagement
- Library & Resource Center
- Art Gallery
- Memory Garden
- Elderwise Adult Day Program
- 'Memory Navigator' Care Consultant
- Public Lectures
- Networking & Professional Development Events
- Annual 'Reframing Dementia' Conference
- And more!



The Memory Hub

Please click on the image to register or register by [following this link](#).

Virtual:



Seattle LGBTQIA+ Caregiver Support Group Currently virtual, but coming soon to GenPride in Seattle!

Third Tuesday of each month
6:30-8 p.m.

Please contact a facilitator prior to attending:
Lionel Wang
206.854.4776 | lionel.s.wang@gmail.com

Tiffany Suscheck
614.719.9692 | tiffany@suscheck.com

Visit alzwa.org to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, ALZ connected®, at alzconnected.org.



Scan QR code for more opportunities from the Alzheimer's Association®.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for the care partners of people living with dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

In partnership with:



800.272.3900 | alzwa.org

Contact [Lionel](#) or [Tiffany](#), group facilitators, prior to attending.

[View More Resources Here](#)

OLD FRIENDS CLUB

**Old Friends Club offers social activities and friendship
for people living with memory loss,
and respite and support for family caregivers.**

www.oldfriendsclub.org

Questions? Contact us today:

(425)681-9776

welcome@oldfriendsclub.org

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