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Brought to you by:



Caregiver Connector

June 2022 Edition

Resources for Alzheimer's & Dementia Caregivers



Memorial Day 2022

Old Friends Club honors and remembers those who served.

Old Friends Club News

Give 'em a break!

Alzheimer's and dementia caregivers have an important 24/7 job. They need a break so they don't burn out.



Be a respite solution for these caregivers in your community by opening an *Old Friends Club*. *Old Friends Club* is a 501(c)(3) that offers an affiliate model to build and run day programs for adults living with dementia in your community. While these adults are enjoying time with friends and engaging in meaningful ways, caregivers in turn receive the respite they so desperately need.

The need for dementia day programs and respite is continuing to grow as the number of people living with dementia grows. Over the next 20 years, that number is expected to more than double in Washington state, going from 110,000 to 270,000 individuals. Most people with dementia live at home and rely on family caregivers for assistance.



Learn more about starting a club by visiting www.oldfriendsclub.org

Give 'em a Break: Support your community caregivers

Caregivers in the community need our support now more than ever. Learn more about opening an Old Friends Club in your community so family caregivers can take a load off. OFC not only offers friendship and meaningful engagement to those living with dementia, but offers respite for caregivers as well.

[Learn More](#)

Tip Tuesday

May 2022 Theme: Communication

Tips for Alzheimer's and Dementia Caregivers

Be aware of your non-verbal cues.

Speak calmly and keep your body language relaxed.

Read more tips for communication on the Mayo Clinic's website.

[Link in caption.](#)



www.oldfriendsclub.org

Tip Tuesday

Tips for Alzheimer's and Dementia Caregivers. These tips are posted every week on OFC's social media channels - [Facebook](#), [Instagram](#), and [LinkedIn](#) and are then shared on OFC's blog.

Recap blog posts:

May 2022 - Communication Tips; *Stay tuned for this recap post!*

[April 2022](#) - Daily Living Tips
[March 2022](#) - "A loved one has just been diagnosed with dementia. What next?"

The Tip Tuesday theme for June is "hygiene". Do you have any tips you'd like to share? [Email Katie](#).

Affordable Respite Care

Join "The Club"

- Respite and resources for Alzheimer's and Dementia Caregivers
- Guided activities and friendship for those with Alzheimer's or dementia
- Spaces currently available at OFC's Carnation location



Learn more today. Please visit: www.oldfriendsclub.org



The Carnation OFC is looking for a few more friends! This location is almost full.

The Sammamish YMCA OFC location will be opening in the next few months. There is currently a wait list.

Please email [Karen](#) if you're interested in signing someone up/getting your name on the wait list.

[Explore The Club](#)

/// Keep Scrolling for Caregiver Resources ///

Community Activities & Events - Virtual and In-Person



In Person: Look again- Early Stage Memory Loss Art Discussions

Every first Friday

10:00 AM - 11:00 AM

We invite individuals living with early-stage memory loss and their care partners to enjoy a facilitated art discussion in a relaxed and welcoming environment. Look Again provides an opportunity for individuals living with dementia to access and express memories, practice or regain their

communication skills, externalize emotions, and relieve stress and anxiety.

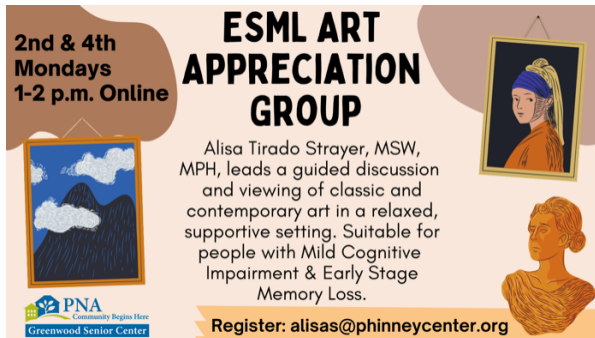
[Learn more here.](#)

**2nd & 4th Mondays
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

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

[Find more events at the Greenwood Senior Center here.](#)



Virtual: Taproot Theatre Company

Re-ignite the mind with improvisation or imagination. Join the fun from 2:30 p.m. to 3:30 p.m. on the second Monday each month.

Upcoming dates: 6/14, and 7/12

Contact Pam Nolte at Taproot Theatre, pamn@taproottheatre.org, for more information.

MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.

WHEN: Monday and Wednesday mornings

WHERE: Woodland Park Zoo, Seattle

COST: Free! Zoo entry and parking passes are provided to attendees.

CONTACT TO LEARN MORE AND REGISTER:

Karen Thompson, Manager of Community Support
206.529.3875 | kcthompson@alz.org

Presented by:



In Person: Memory Loss Zoo Walks occur on Monday and Wednesday mornings at the Woodland Park Zoo.

Contact Karen to learn more and register - kcthompson@alz.org (206)529-3875

Garden Discovery Walks Spring 2022

Savor the season and explore a therapeutic memory garden with others living with memory loss and friends and family

First Fridays:

April 1

May 6

June 3

10:30 am - 12 pm



Join us in Maude's Garden at the Memory Hub - the new home base for the Garden Discovery Walks program! Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" particularly accessible to people living with dementia and their families in this 3-part series. No cost to attend. A partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center with support from Family Resource Home Care.

Location:

The Memory Hub, 1021 Columbia St. Seattle, WA 98104

Pre-registration required by March 25:

Tamara Keefe, (206) 615-0100, tamara.keefe@seattle.gov



In Person: Garden Discovery Walks Spring 2022

Contact Tamara Keefe for more information: tamara.keefe@seattle.gov or tel: (206)615-0100

[View More Ongoing Events & Activities Here](#)

Community Education & Support - Virtual and In-Person



Alzheimer's Association Caregiver Support groups:

- [Lynnwood Caregiver Support Group](#)
- [Kent Caregiver Support Group](#)
- [Seattle Younger Onset Dementia Caregiver Support Group](#)
- [Redmond Caregiver Support Group](#)
- [Seattle Green lake Caregiver Support group](#)

[Search for other caregiver support groups here.](#)



Blog post: "5 Things to Never Do to a Veteran Living with Dementia (And what to do instead)"

by Valeria Feurich

[Read the article here.](#)

Virtual: Episode 5: Cultural Disparities

June 10, 1 PM EDT (10 AM PT)

Alzheimer's Foundation of America

Guest speaker: Nathaniel Chin, MD

Alzheimer's disease and other dementias affect individuals of all

EPISODE 5: CULTURAL DISPARITIES

JUNE 10, 1 PM EDT

Alzheimer's disease and other dementias affect individuals of all backgrounds; however, some ethnic groups are disproportionately impacted. This episode will discuss these cultural disparities, reasons why certain groups face a higher risk of developing dementia, impediments to diagnosis and care that different groups face, and ways to break down these barriers.



GUEST SPEAKER
Nathaniel Chin, MD

Medical Director, Wisconsin Alzheimer's Disease Research Center &
Wisconsin Registry for Alzheimer's Prevention Study

AFA Medical, Scientific, & Memory Screening Advisory Board Member

[REGISTER](#)

backgrounds; however, some ethnic groups are disproportionately impacted. This episode will discuss these cultural disparities, reasons why certain groups face higher risk of developing dementia, impediments to diagnosis and care that different groups face, and ways to break down these barriers.

[Register here.](#)



"Hope for Alzheimer's is available now. Discover how 40Hz of light may help you live a more engaged life filled with memories."

[Learn more about Bright here.](#)

[Read about the clinical trials here.](#)

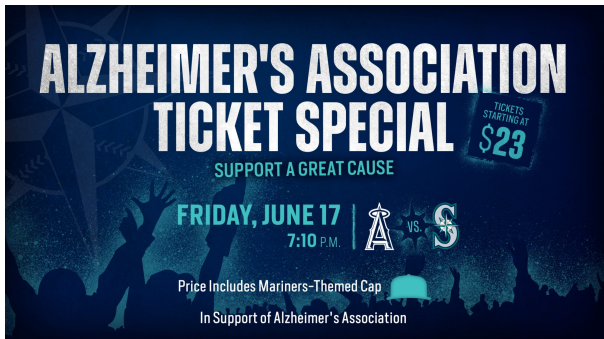
**Old Friends Club does not endorse this product.*



Blog post: "Alzheimer's disease - is it different for African Americans?"

"We have a GEM for you! You can hear about the impact and reasons why African Americans and Alzheimer's Disease is an important conversation first hand from our wonderful guest Arthena Caston."

[Read and listen to the episode here.](#)



In person: Join the fight to end Alzheimer's and cheer on the Seattle Mariners at Alzheimer's Association night

Friday, June 17, 7:30 PM

[Get your tickets here.](#)

[View More Resources Here](#)



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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