

SPECIAL PROGRAMS & EVENTS

Sheltering the Self and Others: Exploring the Caregiver Experience Through Writing

Tuesdays, Oct 6-27. 1-3pm. \$25 PNA Members/\$40 Public

This series will examine how language can provide an outlet for self-expression and create an emotional shelter for memory loss caregivers. The class will use poems, essays and other writings to facilitate discussion and become a starting point for in-class writing exercises. *Instructor Esther Altshul Helfgott is a non-fiction writer and poet. She is the author of the blog "Witnessing Alzheimer's: A Caregiver's View," and the books "Dear Alzheimer's: A Caregiver's Diary & Poems" and "Listening to Mozart: Poems of Alzheimer's."*

Register at 206-297-0875.

Songwriting Works at the Greenwood Senior Center

Tuesdays, Nov 17 & 24. 1-3pm. \$20 PNA Members/\$35 Public

Join us for a creative 2-session workshop with Songwriting Works. Learn fun, musical ways to increase brain power and joy. Sing and write a song together with professional musicians through an inclusive process, where everyone's voice counts. There will be a celebration of the music created. Intended for those living with memory loss and care partners. No experience necessary.

Register at 206-297-0875.

All Present Song Circle Benefit Concert

Saturday, December 19, 2-4pm, \$10 Suggested Donation

The OK Chorale and the GSC's own All Present (A Song Circle for People Living With Early Stage Memory Loss) will be singing a collection of favorites, guaranteed to put a smile on your face. All proceeds will benefit our Early State Memory Loss Programs.

MOMENTIA SEATTLE

The Greenwood Senior Center is proud to be a part of Momentia, the social movement transforming what it means to live with dementia in community.

For more information and for additional community programs, visit:

www.momentiaSeattle.org



Greenwood Senior Center

MEMORY LOSS PROGRAMS AND SERVICES AT THE GREENWOOD SENIOR CENTER

FALL 2015

THE GREENWOOD SENIOR CENTER
LOCATED AT

525 N. 85TH ST.
SEATTLE, WA 98103

206-297-0875

WWW.PHINNEYCENTER.ORG/GSC

MEMORY LOSS PROGRAMS STAFF

Carin Mack, MSW, Social Worker

Geriatric social worker with over 35 years experience in work with older adults. Available Tuesday through Thursday. 206-297-0875, voicemail: 206-230-0166, socialwkr@comcast.net

Cayce Cheairs, Memory Loss Programs Coordinator

Also the Gathering Place facilitator. Available at GSC on Tuesdays and Thursdays. 206-297-0875, caycec@phinneycenter.org.

SUPPORT GROUPS

Alzheimer's Caregivers

Support and resources for family caregivers of those living with dementia. *Meets at University Congregational Church: 4515 16th Ave NE. Free parking. Meets Sept 16, Oct 21, Nov 18, Dec 16; 1:30-3pm.*

Early Stage Memory Loss

For those diagnosed with mild memory loss issues. Support group meets 1st Tuesday of each month to discuss coping, communication and other areas of concern. Screening with Carin required before participation. Call 206-230-0166 for details. *Sept 1, Oct 6, Nov 3, Dec 1; 10:30am-noon.*

ESML Caregiver Support Group: Spouses

Monthly group for any spouse who is a caregiver of someone with early stage memory loss. Meets at GSC on the 3rd or 4th Tuesday of each month (choose one). New participants must contact Carin for schedule details. *Sept 15 or 22, Oct 20 or 27, Nov 17 or 24. 10:30am-noon.*

COUNSELING

Social worker, Carin Mack, provides individual counseling at GSC on Tuesday, Wednesday and Thursday. To make an appointment, email socialwkr@comcast.net or call 206-230-0166. No Fee, Donations Welcome.

PROGRAMS

The Alzheimer's Café at the Stage Door Café

2nd Tuesdays, Sept 8, Oct 13, Nov 10, 3:30-5pm. Free + your café order.

This Café provides an opportunity for people living with Alzheimer's disease or other dementias and their care partners to get out and socialize in a safe environment. Parking is available in the Taproot Theatre lot. Call Carin to learn more. *Stage Door Café, 208 N 85th Street (Next to Taproot Theatre).*

All Present Song Circle

Thursdays, Oct 15-Dec 3. 10:30am – 12pm. \$40 PNA members/ \$60 Public

All you need to remember is that singing comes from the heart. Bring your voice and join others who like to sing. We'll sing familiar standards, songs from musicals, rounds hymns, songs from childhood. Songs sheets will be provided. Register at 206-297-0875.

ESML Book Discussion Group

1st Mondays, Oct 5, Nov 2, Dec 7. 10:30 am-12 pm. Free.

Join us for this special monthly group designed for individuals with early stage memory loss. Each session, we will read and discuss in the group a variety of pieces; short stories, essays and poems. No need to read anything ahead of time. Come enjoy the written word and the views of others. Contact Carin for more info. *Greenwood Library 8016 Greenwood Ave N*

The Gathering Place

Thursdays, 1-4pm. \$35/session – some scholarships available.

The Gathering Place is an early stage memory loss program for people living with Alzheimer's, Mild Cognitive Impairment or other kinds of diagnosed memory disorders that impact their daily living. This program fosters a strong sense of community while providing cognitive stimulation, exercise, cultural enrichment and discussion. The Gathering Place runs on a quarter system but new members can join throughout the year. There is no drop-in availability. Pre-screening is required. Call Carin Mack, MSW with any questions or to make an appointment.

Memory Loss Zoo Walk

Monday and Wednesday mornings. Free.

Gentle to moderately paced one-mile walk at the Woodland Park Zoo, followed by a social gathering in the zoo café. Flat, paved surfaces. For those living with ESML; care partners welcome. A partnership with the Alzheimer's Association and Seattle Parks and Recreation. *Pre-registration is required by calling the Alzheimer's Association at 206-529-3868.*

SPECIAL PROGRAMS & EVENTS

'Meeting Future Needs' Community Forum

Monday, November 2, 1:30– 4 pm.

Help us envision a new community memory loss program in the northend. This is a collaboration between Elderwise and the Greenwood Senior Center. Intended for persons living with memory loss and care partners. For further information contact Carin or Cayce, 206-297-0875. *Phinney Neighborhood Center, 6532 Phinney Ave N.*

(More programs on back)