

AgePRIDE- Healthy Generations Presents: Winter 2022 Bulletin

Happy Holiday from the AgePRIDE-Healthy Generations Team.

This past year has been a year of growth and creativity for our team. We welcomed three new team members and a new MSW student to our team, started a handful of new programs, and built wonderful new community connections.

Year's end is always a good time to take stock of what we are grateful for. Among so many other wonderful things, we want to highlight a few that really stand out:

- The Tin Table/Century Ballroom team for their support of the Dine Together Program.
- The Southeast Seattle Senior Center for partnering with us on Legacy Letters.
- Esperanza House, also for partnering with us on Legacy Letters.
- The Wallingford Senior Center for partnering with us on multiple programs, including two vaccination clinics.
- GenPride for working together on multiple programs.
- The UW Memory and Brain Wellness Center and Greenwood Senior Center partnering to offer Powerful Tools for Caregivers.

We are sincerely grateful to all of our partners, new and old, and look forward to 2023. Please read on in our newsletter to find out what we're planning in the upcoming months. We hope you'll join us as we continue to offer innovative, supportive programs in our community.

Sincerely,
The AgePRIDE-Healthy Generations Team



Featured Article

Grief and the Holidays

by Britta Willson

While the holiday season is often a joyous time for many people, some older adults may struggle during the holidays. These occasions may be reminders of loss, including the loss of loved ones, of familial roles, or the loss of ability or independence. Holidays may also increase a sense of loneliness.

[Read More](#)

Here are the strategies recommended in the Harvard Mental Health Letter that may help you or someone you know who is grieving cope with the holidays:

Upcoming Events

To register and learn more about our upcoming events, please email AgePrideCenter@uw.edu or give us a call at 206-543-2449.



This Chair Rocks

Join us for our virtual weekly exercise class! Enjoy a fun hour of chair work-outs where we'll move through stretching, strengthening, and cardio exercises to help prevent falls, boost your mood, and improve endurance. Meets every Tuesday at 10AM over Zoom



Caregiver Support Group

Join our monthly virtual Caregiver Support Group for caregivers in the LGBTQ+ community. This facilitated group is a time for connecting with others, sharing resources, and supporting fellow caregivers navigating a similar experience. Meets every 2nd Monday of the month at 2PM over Zoom.



AgePrideCenter@uw.edu



206-543-2449



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Gathering Together

New cohort starting February 3rd! Our early-stage memory loss support group is a time for LGBTQ+ and allies experiencing memory loss to connect with others about their shared experiences. Gathering Together is a time for connecting, sharing resources and mutual support, as well as laughter and conversation. Meeting 1st and 3rd Fridays of the month.



Dine Together

Dine Together is a program to help adults 55+ and their caregivers end isolation and engage with older adults in their communities. Join us for conversation, community, and a free, delicious prepared lunch with new friends. Please feel free to come alone or bring a friend. LGBTQ+ encouraged to attend. Meeting every 2nd Wednesday in January, February, and March from 12-1pm at the Tin Table.

Tech Connect

Stay tuned for the launch of our new Tech Connect program starting in early 2023! We'll be offering monthly tech classes, drop-in hours for one-on-one tech help, and a tablet lending library.

Have a tech topic you want to learn more about? Contact us to share your ideas!



Volunteer Opportunity

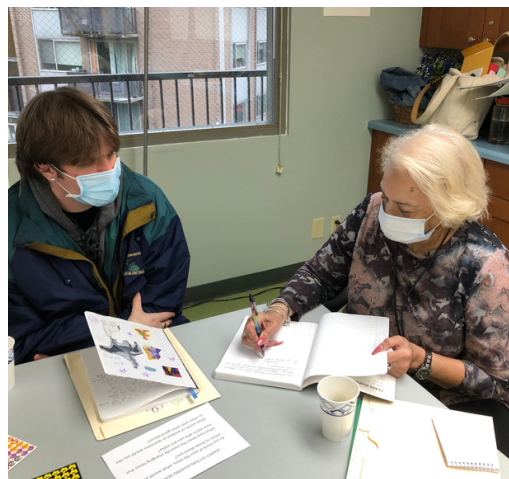
Interested in volunteering? We have a great opportunity for volunteers to host the tech drop-in hours and lead monthly classes. Training and access to curriculum provided. Contact us at AgePrideCenter@uw.edu to learn more.



Legacy Letters

Legacy Community Reunion

January 9th, 2023, 6-8pm, at the Southeast Seattle Senior Center. This event is open to the public. We hope to have past South Seattle Legacy Letters programming participants meet people who have participated in other session cohorts. We hope that everyone will bring their family and friends! There will be catered food, games, and opportunities to register for our 2023 programming.



Upcoming Sessions

Esperanza House Apartments Winter Session:

Wednesdays 3:00 - 4:30pm
March 1, 8, 15, 29, and April 5
Open to young participants
under 22 and older adults 55+.

Esperanza House Apartments Spring Session:

Wednesdays 3:00 - 4:30pm
April 19 - May 17, 2023
Open to young participants
under 22 and older adults 55+.

Legacy Letters at SESSC:

Wednesdays 3:00 - 4:30pm
January 18 - February 15, 2023
Open to young participants
under 22 and older adults 55+.

LGBTQ+ Winter Session:

Thursdays 3:00 - 4:30pm
January 26 - February 23
Open to adults 18 and over.

LGBTQ+ Spring Session:

Mondays 3:00 - 4:30pm
April 3-May 1
Open to adults 18 and over.

Volunteer Opportunity

Interested in becoming a Legacy Letters volunteer? We are launching our Legacy Liaisons Volunteer Program in early 2023. Please email Aislinn, Program Coordinator, at AgePrideCenter@uw.edu!



Legacy Letters



Are you interested in befriending people from different generations? Are you interested in reflective writing, group discussion, and games to draw out and share important stories from your life? Then this program is for you

For five weeks, we will gather as a group for 90 minutes on a weekday afternoon. Together, we will move through small group discussion, games, and creative activities which culminate in a Legacy Letter. This letter will contain your response to one of the following Focus Questions:

1. As you think of your life story, what would you like others to know about you?
2. What have been the most life changing times that have led to who you are today?
3. What words of wisdom or questions would you like to share with other generations?

On our final session of the program, every participant has the opportunity to read their letter aloud. We hope to honor every participant, their life, and their ability to build connections with others across generations. Everyone gets to choose how they want to participate, including what they share during program sessions.

A previous participant once commented on the program, "This is the highlight of my week. It is a judgement-free space. I feel really supported"

Email Aislinn, Legacy Letters Program Coordinator, at AgePrideCenter@uw.edu to sign up or learn more, or complete your registration at the link below!

[Register Now](#)



Safe Home

The Safe Home training program addresses the unique barriers that vulnerable older adults face in accessing the care they need in the state of Washington. Safe Home is the first evidence-based training program to address the needs of LGBTQ+, sexual and gender diverse minorities, and racial and ethnic minorities in long-term care communities.

Our skill-based trainings focus on ensuring that staff develop specific and transferable skills that will result in more inclusive care for health disparate, underserved populations.

If you are interested in having our Safe Home training come to your long term care facility, please fill out the request form or contact us.

[Request Form](#)



Free COVID-19 Rapid Tests

Is it a cold or flu? Is it COVID? Let's continue to keep our community safe this winter season. We have COVID rapid tests available to send out. If you would like some, contact us at AgePrideCenter@uw.edu or 206-543-2449 and we can get some to you.

Have some existing rapid tests that are about to expire? Expiration dates on many brands of COVID rapid tests have been extended by the FDA.

More information about expiration date extensions on rapid tests can be found here:



[FDA Website](#)



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New Staff

Jessica Sowa



Jessica Sowa (she/her) is the new Training Assistant for the Safe Home training program. She is an alumna of the UW School of Social Work having received both her BASW and MSW from the school. She is passionate about supporting and advocating for communities that have been historically marginalized and under-served and is excited to be in a role where she can give back to her community. She loves to sing and has sung with both the Seattle Women's Chorus and now with the all-gender, LGBTQIA+ centered community chorus, Puget Soundworks. She lives in Edmonds with her spouse, 11-year-old twins, and two cats.

In the Community

Art Together with Wallingford Senior Center

When: Every Tuesday, 11am-12pm

Where: On Zoom and in-person at the Wallingford Senior Center

Join fellow artists and let's work on our projects either on Zoom or in-person. Any art or craft project welcome, or just doodle! We can chat and do a show and tell as we go along. Bring out your art supplies and join in the fun. This is a free activity.

Nest Walking Group

When: Every Wednesday from 11am-12pm

Where: In-person at Magnuson Park

Take a walk with your neighbors. NEST members, Nancy Nordquist and Rosemary Blakemore lead this group on a meditative, 45-minute walks through Magnuson Park. This group meets in the parking lot E4 at the north end of Lake shore Drive NE.

