

AgePRIDE- Healthy Generations Presents Spring 2023 Newsletter



Dear AgePRIDE-Healthy Generations Community,

This is our first newsletter of 2023 and we're off to a busy start. We're excited to be continuing with many of our programs and are thrilled to be expanding. We have a brand new website with a regularly updated calendar where you can easily register for all of our programs.

Thanks to our steady, hardworking team, we've been able to expand our Legacy Letters program to more sites. We are honored to have been designated as a [Program of Merit by Generations United](#). Read the recent article highlighting our programs in [Southeast Seattle](#).

In other news, we are expanding our Powerful Tools for Caregivers Program. We're proud to be helping Washington State develop an infrastructure of support that will increase access to this important caregiver support program. We'll keep you posted about how your agency or community can access Powerful Tools for Caregivers soon.

We're excited to be rejoining forces with the Henry Art Gallery to offer In The Field with AgePRIDE, an interactive, intergenerational art experience at the Henry Art Gallery. Details for this exciting program are shared below.

Community is the most important aspect of our work and we are grateful to be building and nourishing partnerships across Seattle, King County, and Washington State. We've been fortunate to work with many of you over the years and look forward to continuing. Please keep reading to learn more about how you can get involved in programs and activities we are offering and always reach out with feedback, ideas, questions or concerns.

In community,

The AgePRIDE-Healthy Generations Team

Program Spotlight

To register for a program, please email us at AgePrideCenter@uw.edu or give us a call at 206-543-2449. [Visit our website](#) to see all of our program offerings.

Dine Together

Join us for our next luncheon at Union on April 12 from 1-2pm!



Dine Together is a program to help end isolation and build community. Join us for conversation and community. Share a free, delicious lunch with new friends prepared by our new community partner, Union, on Capitol Hill. Please feel free to come alone or bring a friend. LGBTQ+ encouraged to attend. Allies welcome. Space is limited, call or email to register. Thank you, Union, for welcoming us!

Powerful Tools for Caregivers

Wednesdays, April 12–May 17 at 12:30 – 2:00pm

SESSC 4655 S Holly St, Seattle, WA 98118

We are teaming up with the South East Seattle Senior Center to bring you Powerful Tools for Caregivers, a free 6-week class about taking care of yourself while you care for a loved one. Learn key tools for self-care such as reducing personal stress, communicating in challenging situations, identifying community resources, and more. Rock Painting for All activity available for care recipients to join during caregiver class. Materials provided. Space is limited. **To register, contact Jaime at SESSC by April 5th at 206-722-0317 ext 105 or jaimec@sessc.org**

Class Leader Training

April 3rd – 7th from 1–4pm [[Register Here](#)]

Interested in becoming a licensed leader to facilitate these classes in your community? This five-day virtual training (3 hours per day) prepares individuals to successfully teach the six-week Powerful Tools for Caregivers class series. Program includes curriculum, video, and audio resources, The Caregiver Helpbook, networking connections with other Class Leaders, and intensive and interactive training.

Gathering Together

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. Join us to connect, share resources and mutual support, as well as laughter and conversation. Meeting 1st and 3rd Fridays at 1pm.



Legacy Letters



We're excited to announce that our Extended Legacy Letters Program just turned one! We have expanded and continue to grow our program, offering participants opportunities to strengthen their relationships with individuals from other generations. We do this by meeting once a week for five weeks for games, discussion, and reflective writing with the final goal to create a Legacy Letter.

[Read More](#)

In the Field

Contact us for more information on our next event in April!

In the Field with AgePRIDE offers opportunities for older adults to expand their horizons within a community of other curious older adults alongside Henry Art Liaisons (HALs). Building on the idea that everyone's life and learning can be enriched through dialogue with contemporary art, HALs receive mentorship and training to lead dynamic, community-centered engagements. With museum tours as the cornerstone of the program, these and other engagements are pathways for school and student groups, intergenerational audiences, and the general public to connect with the concepts and conversations found within the museum's exhibitions and beyond in the larger arts ecology of Seattle.

Safe Home

Safe Home is the first evidenced based training program to address the needs of LGBTQ+, sexual and gender diverse minorities, and racial and ethnic minorities in long-term care communities. We provide trainings to skill nursing facilities and other long term care communities across Washington State. We are also offering a free one-time Safe Home training for social work professionals on March 23rd from 9am-1pm. Four (4) CEs are available for social workers.

SAFE



HOME

[Register Now](#)

Dementia Friends Presentation

Join us May 9, 3-4pm over Zoom!

Become a Dementia Friend! Join a growing movement of people like you who are learning about dementia and finding ways to make their community more dementia-friendly! The goal of Dementia Friends is to help community members understand dementia and the small things they can do to make a difference for people living with dementia. Please visit our website for more information on how to register.

In the Community

Dementia Friendly Walking Tours

with Seattle Parks and Recreation

Invigorate body, brain and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths, mostly level with occasional hills. As public safety allows, the walk will end with a social gathering in a nearby cafe. No cost, cafe purchases optional.

For information, screening and registration, please contact Tamara, Seattle Parks and Recreation's Dementia-Friendly Recreation Specialist:

tamara.keefe@seattle.gov or 206.615.0100

GenPRIDE Events

Check out community events offered by our partner, GenPRIDE. GenPRIDE is a LGBTQ+ Allies Senior Center that provides classes and programs throughout the Seattle area.

Memory Hub New Drop-In Hours

The Memory Hub is pleased to expand its outreach by opening to the public for drop-in visits from 9 a.m. – 3 p.m. on Tuesdays, Wednesdays and Thursdays. Operated by the UW Memory and Brain Wellness Center, on the campus of founding partner the Frye Art Museum, the Memory Hub is a collaborative community center offering programs and resources for people with memory loss, their families, and all who support a dementia-friendly community. During open hours, visitors can enjoy the library and resource room, the art gallery featuring creative work by people with memory loss, Washington state's first public memory garden, free 30-minute appointments with the Memory Navigator (Tues/Thurs), and more.