



AGEPRIDE HEALTHY GENERATIONS

SUMMER 2023 NEWSLETTER

Contact us
to register for a
program! To see all
available programs,
visit us online.

Dear AgePRIDE-Healthy Generations Community,

Hopefully by now you've all had a chance to check out our new website and online calendar. We hope the easy format helps you to keep up to date with programs we've got going and register easily. This summer we'll offer an online Legacy Letters version so if you've had trouble making it in person, now is your chance. We're also getting our technology program up to speed and look forward to sharing new opportunities in the fall. We're excited to be coordinating the Powerful Tools for Caregivers program across Washington State so please let us know if you or someone in your community is interested in learning more about this supportive program for at home caregivers. Most importantly, thank you to everyone who supports AgePRIDE-Healthy Generations by being a part of our community, especially all of the loyal volunteers.

With gratitude,
The AgePRIDE-Healthy Generations Team

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Legacy Letters

As you think of your life story, what would you like others to know?

Each 90 minute Legacy Letters session in our 6-week course is an opportunity to share your life story and build community with other generations. Participants enjoy facilitated discussion, activities, and reflective writing around introspective questions. Sign up today!

Legacy Letters Summer Online Session

July 11 – August 15, 2023, Tuesdays, 1:30 to 3:00pm. Join us this summer on Zoom! Learn more at our next info session.

Safe Home

Safe Home is the first evidence-based training program tailored to LGBTQ+, sexual and gender diverse, and racial and ethnic minority populations in long-term care. Our skill-based courses ensure that staff develop transferable skills for person-centered and inclusive care for underserved populations.

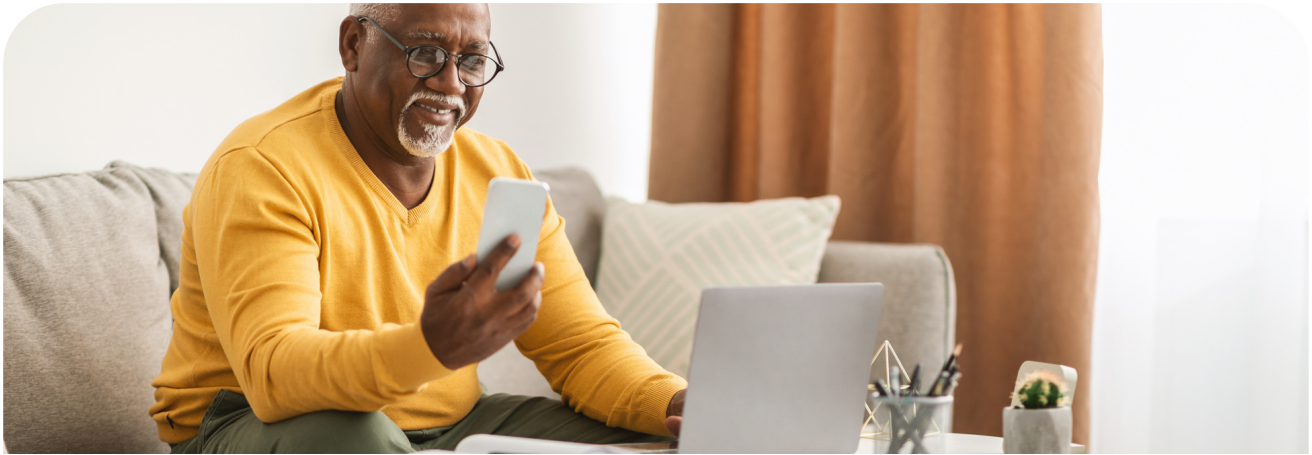
Contact us to schedule a training for your facility.
Scan the QR code or go to bit.ly/safe-home-reg



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 for connecting, sharing resources and mutual support, as well as laughter and conversation.

Every 1st and 3rd Friday from 1-2pm over Zoom.



Tech Connect

SENIOR PLANET

FROM AARP

AgePRIDE is teaming up with Older Adults Technology Services (OATS) from AARP and its flagship program Senior Planet to bring technology to our community. Join us to learn technology basics, health and wellness, socialization, and much more!

What technology programming would you like to see us offer in your community? Scan the QR code to complete a quick interest form, or go to: bit.ly/TC-interest



Senior Planet is a community of older adults who are learning to thrive in the digital world. Senior Planet programs are offered free of charge online and in-person at various licensed organizations across the country to help older adults build technology skills to allow them to improve their health, make new friendships, save money, and advocate in their communities.

Tech Connect is Seeking Volunteers!

We have opportunities for volunteers to get involved as a technology trainer or classroom assistant. Get access to free in-depth training and become certified to teach the Senior Planet technology classes. Contact us for more information!

Dine Together

Are you LGBTQ+, 55 years or older, and craving connection? Join us the 2nd Wednesday of every month at Union on Capitol Hill for conversation and community at our no-cost dining program. Space limited, registration is required.

Next luncheons: July 12th, August 9th, & September 13th, 1-2pm.

Say It Out Loud Conference



This May, the Goldsen Institute's Charlie Hoy-Ellis brought the message of Safe Home to the Say It Out Loud (SIOL) conference in Spokane, Washington. Charlie spoke about the importance of equipping healthcare and service providers with the tools and knowledge to provide culturally competent, non-judgmental services for LGBTQ+ older adults.

Meet Charlie Hoy-Ellis

Charlie Hoy-Ellis, PhD, MSW, LICSW, joins our team as the new Safe Home Training Coordinator with a background in psychology, clinical social work, and social welfare, over 20 years of experience providing clinical services to the LGBTQ+ community, and a wealth of expertise in the field of LGBTQ+ health and well-being, particularly for midlife and older adults. Dr. Hoy-Ellis now also serves as a research scientist and the Director of Interventions for Underserved Communities at the Goldsen Institute.

Read the full article and bio on our website.
Scan the QR code or go to bit.ly/SIOL-2023



Reflections from MSW Practicum Student Lee Baker



As my time with AgePRIDE comes to a close, I wanted to reflect on my experience over the past year as the Master of Social Work practicum student. This past year has been one of the most educational and transformational experiences of my life and has shaped not only how I view social work, but also the world around me and what community means to me as a queer and trans person.

Read the full article on our website.

Scan the QR code or go to bit.ly/reflections-msw



Be a Volunteer

Join AgePRIDE-Healthy Generations to support healthy aging programs for older adults in our community. We are looking for volunteers to support both online and in-person programs and have many opportunities to meet your availability.

Are you:

- Interested in working with older adults?
- Have a skill or time to share?
- Passionate about making a difference in your community?

Join us to:

- Work with LGBTQ+ older adults
- Help with our multigenerational programs
- Assist with technology training workshops and classes

Call or email us to start the process! We look forward to hearing from you.



WATCH NOW

Updated COVID-19 information for older adults from King County Public Health

In the News

Catch up on AgePRIDE-Healthy Generations in the news this Spring!



['In The Field' with AgePRIDE at the Henry Art Gallery: An intergenerational experience in contemporary art](#)



[Loneliness is an epidemic, can writing letters help?](#)



[Legacy Letters fights isolation with intergenerational connections](#)



[AgePRIDE on "measuring the magic" of generations united](#)