

September 2023 Newsletter



The Memory Hub

Thanks for subscribing to the Memory Hub Newsletter, your source of the latest news, events, and resources at our vibrant community center for people living with memory loss, their families, and all who support a dementia-friendly community. This dynamic space is operated by the UW Memory and Brain Wellness Center, alongside partners the Frye Art Museum, the Alzheimer's Association, Elderwise, and Full Life Care.

Visit us:

1021 Columbia St, Seattle on Tues, Wed, Thurs from 9 am to 3pm.
Limited valet parking provided around the corner at Murano Senior Living, with validation at our front desk. We are excited to greet you!

thememoryhub.org

Drop by to explore Memory Hub resources



art by Susan Marie Brown

Enjoy the new pieces in our [Frame of Mind Art Exhibit](#). The gallery features artwork created by people with memory loss and dementia. [View the virtual gallery](#). To see the art in person, stop by the Memory Hub from 9am - 3 pm on Tues, Wed, Thurs.



Maude's Garden, Washington's first public memory garden, offers a botanical oasis at the Memory Hub and new artistic opportunities.

[Learn more](#)



Our library/resource room provides a wide array of books about living well with memory loss and caregiving.

[View our titles](#)



View our calendar for upcoming events. Visit the Programs tab on the Memory Hub website to explore current programs for people living with memory loss, caregivers, and professionals.

[Learn more](#)

Memory Hub News & Stories



Glass candleholders by Jim and Jama Rand

Preserving Memories and Legacy in Glass Art

Community members Jim and Jama Rand create glass artworks to keep Jim's memories within his reach.

When Jim Rand sits outside in his yard, he looks out onto a garden of handmade glass artworks, each depicting a memory from his life: the family farm in Wisconsin he visited as a child, his time in the military, his seven climbs up Mount Rainier, their family dogs, and the Green Bay Packers. One glass piece honors his father with a cross, dove, and olive branch. Another honors his mother with a rainbow heart.

“Because Jim knows these things,” says Jama Rand, his wife of 43 years, “the glass art can help support his memories and emotions around these events.”

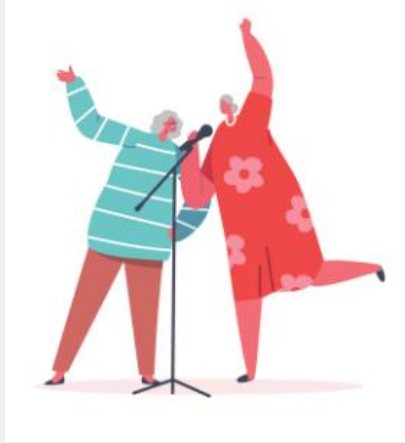
[Read story](#)



Congratulations to the Memory Hub team for winning a UW Medicine Well-Being Grant: 'Community & Culture of Well-being at the Memory Hub!'

The UW Medicine Well-Being award will help us to build community and connections among staff, trainees and volunteers at the Memory Hub. Food is a powerful connection tool, so we will develop

a Healthy Food Fund to support two community building activities among our team! A big thanks to Janet Salsbury, Deb Cayz, and Rena Ferretti for making it happen!



The Memory Hub will recognize National Falls Prevention Week - Sept. 18-22.

In August, the Memory Hub staff was lucky to take a falls awareness training with Occupational Therapist Wanda Meuy Saechin, OTR/L, who works at Full Life Adult Day Health. We learned a lot and have new ideas to implement inside and out.

She developed a passion for fall prevention for people with dementia after helping to care for her grandfather. Her expertise comes from real life experience working as a nursing aid and Alzheimer's Association volunteer.

How can the Memory Hub pay attention to fall prevention? What we learned from Meuy can be lessons for everyone. Here are a few:

- Keep walkways and halls clear of clutter and uneven surfaces.
- If a group is sitting for a long time, suggest that everyone march their feet to get their circulation moving before standing back up.
- In Maude's Garden (or any outdoor area), take special care to keep tools and items out of the path. Don't place chairs near garden bed or pots, which could make it too easy for someone to trip.
- Know that wheelchair users need to lock the wheel brakes, and move foot rests out of the way, before they stand up or sit down.

Thank you Meuy, for spending time with us on this important topic, so we can help keep our community safe!

Memory Hub Team Spotlight

Susan Kopka, Memory Hub front desk volunteer



Susan Kopka

Susan Kopka still feels new to Seattle. She and her husband moved here 2 years ago from north Michigan, to be closer to their son. They didn't know anyone else, so Susan went looking to volunteer somewhere. She wanted a way to feel grounded in this new city. She found Recovery Cafe, where she now volunteers.

On a visit to the Frye Art Museum, Susan learned about opportunities to volunteer at the dementia-friendly community center, the Memory Hub.

"Once I visited the Memory Hub, I was hooked," she said "I was really interested in everything going on." >> [Read entire article \[Memory Hub News\]](#)

"I have volunteered my entire life. Volunteering is a value passed down in my family." - Susan Kopka

- [Call for front desk volunteers!](#) If you love building community and helping people feel welcome, we invite you to join our team. Please see the [volunteer position description](#).

You're Invited!



Dementia-Friendly Communities Conference

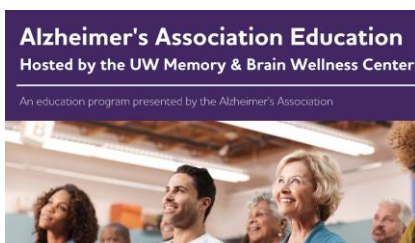
Tues. and Wed., Sept. 19-20, 9 am - 12 pm PT

Are you interested in making your community more respectful, understanding and inclusive of people with dementia and their families? Join us for "Collaborating for a Dementia-Friendly Washington: Moving Forward Together," Washington's premiere virtual conference on building dementia-friendly communities! Organized by the UW Memory and Brain Wellness Center, on behalf of the Washington State Dementia Action Collaborative, with primary funding provided by the Aging and Long Term Support Administration, and with a planning committee made up of advisors from across the state.

[Learn more, register, and view speakers](#)

[Conference webpage](#)

New Programs



Explore the New [Caregiver Support Group](#) and [Alzheimer's Education Classes](#), offered by the Alzheimer's Association at the Memory Hub.



SOAR (Shared Outdoor Adventures for Resilience) for people with younger onset Alzheimer's

Were you diagnosed with Alzheimer's before age 65? Connect with others and explore the great outdoors with SOAR. Enjoy monthly hikes in natural areas in the Seattle area, with options for other special outdoor adventures.

[More Info and Register for SOAR](#)



Garden Discovery Program - Fall

Connect with nature and engage with others living with memory loss and friends and family. Explore Maude's Garden at the Memory Hub in its summer glory, engage in nature-inspired projects, and make social connections in a supportive community.

[More Info and Register for Fall Garden Discovery](#)

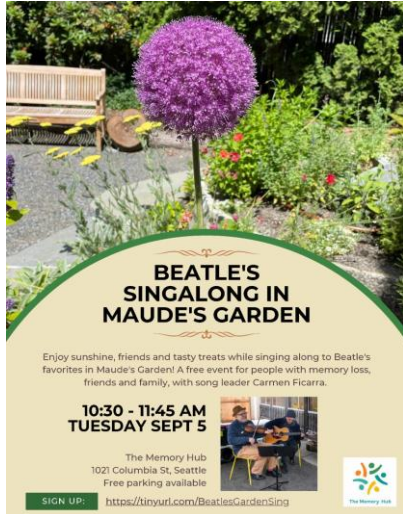
Learn about all support and education programs offered at the Memory Hub:

[Programs for People Living with Memory Loss](#)

[Programs for Caregivers](#)

[Programs for Professionals](#)

Special Events & Workshops:



Beatle's Singalong in Maude's Garden

Enjoy sunshine, friends and tasty treats while singing along to Beatle's favorites in Maude's Garden! A free event for people with memory loss, friends and family, with song leader Carmen Ficarra.

Tues. Sept. 5, 10:30 - 11:45 am

[Sign up](https://tinyurl.com/BeatlesGardenSing)



Found Object Puppetry Workshop

In this Memory Hub workshop designed for people with memory loss and their families, bring puppets to life using everyday objects. We'll use a variety of art mediums, repurposed items and craft supplies to create unique puppets. Hosted by the MBWC and Seattle Public Library.

[Learn more](#)
[View flyer](#)



A Fun Social Event with Kinon!

Learn about resources for older adults, people with memory loss, and caregivers. Enjoy refreshments together in the garden at the Memory

Hub. Hosted by the MBWC.

[Learn more](#)

[View in Chinese](#)

Memory Hub Collaborator Announcements

The Memory Hub is operated by the UW Memory and Brain Wellness Center. Our partners include the Frye Art Museum, the Alzheimer's Association, Elderwise, and Full Life Care. See below for current offerings and announcements!



FRYE / Art Museum

Registration is now open for Frye Art Museum fall programs!



Photo courtesy Jonathan Vanderweit

The Frye Art Museum is proud to offer the Alzheimer's Cafe every 2nd Tuesday at the Memory Hub!

Alzheimer's Cafe
Tuesday, September 12
2:30 - 4 pm

[Register](#) for September 12
[Register](#) for October 10

Join the Frye Art Museum and the UW Memory and Brain Wellness Center for an uplifting time of social connection! A unique opportunity for people living with dementia, their care partners, family, and friends to enjoy companionship, live music, and fun in a relaxed environment. Advance registration required.

here:now Arts Engagement for Adults Living with Dementia

Enjoy a creative afternoon in the Frye galleries and Art Studio, viewing and making art with a community of adults living with dementia and their care partners. Led by teaching artist Valencia Carroll, six-session classes will be offered November 1–December 13 from 2–4 pm. Prefer online programming? Join participants from across the country for [virtual artwork discussions](#) facilitated by educator Cassie Cross on the last Tuesday of each month, from 1– 2 pm.

Advance registration is required for these free, small-group programs. [Learn more.](#)

Workshop: Finding Art In and Out of the Gallery: Creating Meaningful Discussions for Adults Living with Dementia

Friday, October 27, 9–11:30 am at Greenwood Senior Center 525 N 85th Street, Seattle

Designed for family members, friends, and professional social and healthcare workers, this workshop will introduce techniques for engaging adults living with dementia in discussion about art, personal objects, and the natural world. Presented by the Frye Art Museum in partnership with [Greenwood Senior Center](#).

To register, contact: kristeno@phinneycenter.org.

Announcing open spots in the Elderwise Day Program!



Elderwise Day Program at the Memory Hub

It has been about a year since our day program returned to the full 4-hours. It was just recently announced by the University of Washington that face masks will now be optional and we can ease up on distance requirements within our program room.

There are now spots available for this unique program of community support and enrichment for those living with dementia so please contact Janet at janet@elderwise.org to schedule a visit.

IMAGE OF THE MONTH!



How Elderwise handles a Seattle summer heat wave!

Statewide Impact at the Memory Hub



Making a positive difference in the lives of family caregivers and medical professionals

Allyson Schrier has brought management expertise and creativity to Project ECHO Dementia, a critical educational resource for care providers across WA State, hosted at the Memory Hub. Her story shines a light on this work to help primary care physicians detect and diagnose dementia. [Read story](#)

What's in Bloom at Maude's Garden

Coneflowers! Dahlias! Marigolds! White Hyssop! Celosia! Yellow Roses!
Allium!



Update: The submission deadline for entering art into our upcoming one-day garden art exhibit, [Garden of Inspiration](#), has been **EXTENDED** to

September 15th. You still have time to make a piece of art! Be inspired by what you see, feel, or remember in Maude's garden. This is a special opportunity for anyone in the Memory Hub community who likes to be creative! we'll be displaying drawing, painting, glass art, weaving, printing, pressing, and many other techniques! [Learn more.](#)



art created by Elderwise artists and staff

Need some inspiration? Under each garden bench you will find an art box! Filled with colored pencils, watercolor markers, graphite pencils, a magnifying glass, and artist-quality paper, visitors have everything they need to relax and make garden inspired art. Grab a clipboard, take a seat, and become an artist for a moment. Leave your drawing at the the front desk to be included in [Garden of Inspiration](#). For more information about this artistic opportunity, please email gwanucha@uw.edu.



in today's Garden Discovery Program, the group connected over their favorite garden features and created plant weavings on handmade looms. They will be on display in the Sept 21 art exhibit! Thank you to volunteers Anna Strick, Debbie Wheeler, and Robin Stillwell.



[Maude's Garden](#) is open to the public during Memory Hub drop in hours on Tues., Wed., Thurs. from 9 am - 3pm! 1021 Columbia St. Seattle WA 98104. Ask at the front desk for access to the garden.

Community Resources



Brain Health and Nutrition Lecture Series presented by UW Osher Center for

alzheimer's association

Eastside Grace Gathering

Walk to End Alzheimer's

Join the Alzheimer's Association for their annual "Walk to End Alzheimer's" events across Washington in

NEW Eastside Grace Gathering offers Christian [worship and community service opportunity for people with memory loss](#),

Integrated Health on Sept. 28

Food and Mood: A talk Presented by Dr. Venucka Wick
[Learn more](#) | [Register](#)
for Sept 28 Food and Mood [UW Family Medicine]

September and October.

friends and family.
1:30 – 3 p.m. every 2nd and 4th Thursday, at Kelsey Creek Church in Bellevue, WA.

Memory Café

NEW [Memory Café at McMenamin's Anderson School](#) in Bothell continues, presented by Northshore YMCA. 12:30 – 2:30 p.m. Friday Sept. 15. Enjoy food and great company in a relaxed, fun atmosphere.



Brain Games

Seattle's Greenwood Senior Center offers [Brain Games](#) online from 1-2 p.m. every 1st and 3rd Wednesday.

Save the Date for "[Community Grows Camp](#)" at Seattle's Camp Long, 10 a.m. – 2:30 p.m. on Saturday October 14. Enjoy a fun, rejuvenating and connecting day camp experience for people with memory loss and family members, offered by Seattle Parks and Recreation.



Seattle's Greenwood Senior Center offers a



Try painting with North



Community Service Group for people with memory loss, every 2nd Monday of the month. In August, join the group from 11 a.m. – 12 p.m. on Monday August 14. [Learn more.](#)

Bellevue Community Center's "[Dementia Friendly Recreation](#)" program, 11 a.m. on Monday September 11.

Dementia Support Northwest in Bellingham partners with Allied Arts to offer a [weekly arts class online](#) for people with memory loss and their loved ones. 1-2 p.m. on Mondays.



Event at Greenwood Senior Center:

Research Update by Michael Rosenbloom, MD of the UW Memory and Brain Wellness Center/ADRC

When: Wednesday, October 11, 2023 2:00 pm - 4:30 pm Pacific Time.

Where: Greenwood Senior Center, 525 N 85th St, Seattle, WA 98103

Dr. Rosenbloom is a board-certified neurologist at the UW Medicine Memory and Brain Wellness Center where he directs the clinical trials running at the UW Alzheimer's Disease Research Center (ADRC) in Seattle, WA. He previously served for 13 years as director of the HealthPartners Center for Memory and Aging in St. Paul, MN where he led clinical research in cognitive screening for dementia, intranasal therapeutics, and non-invasive neurostimulation for neurodegenerative diseases. Please join us for an afternoon presentation led by Dr. Rosenbloom about current research studies at the UW ADRC and how to become involved, hosted by the UW ADRC and Greenwood Senior Center.

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