

September 2024 Newsletter



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.

thememoryhub.org

Drop by to explore Memory Hub resources



Drop in anytime between 9am - 4pm, Monday - Thursday. We are located at 1021 Columbia St. Seattle.



Limited valet parking provided around the corner at Murano Senior Living, with validation at our front desk.

- Our care consultant from the Alzheimer's Association acts as "Memory Navigator" to provide free 30-minute appointments to help you get connected with helpful memory loss resources. [Learn more.](#)
- Fall Art Reception: 2-3:30 p.m. Wednesday, September 25. Celebrate fall artists at the Memory Hub! Honor the artists whose work is featured in our latest Frame of Mind exhibit, and meet our

new (first ever!) Artist in Residence. Light refreshments included. A free event, [sign up here](#).

- Our library/resource room provides a wide array of books about living well with memory loss and caregiving. [View our titles](#).
- Maude's Garden, Washington's first public memory garden, offers a botanical oasis at the Memory Hub and hosts garden programs and art exhibits. [Learn more](#).

Memory Hub Stories

Team Spotlight: Meet the First Artist in Residence at the Memory Hub Julia Becke, MD



Artist in Residence

Julia Becke, MD



The Memory Hub welcomes Julia Becke, MD, as our first Artist in Residence. Dr. Becke is a board-certified internist at the UW Roosevelt General Internal Medicine Center and came to her medical training with a background in dance and dance education. Working at the crossroads of medicine and art, she brings a passion for offering dance-making workshops that are optimized for people living with memory loss or

dementia.

“I am honored to be the first Artist in Residence,” says Dr. Becke. “It is a very special opportunity for me to work with people living with memory loss and use the arts and dance as a way of enhancing joy and creativity and improving life in the setting of a condition that can be stigmatizing and isolating. Finding ways to connect with our community feels important.”

In her 13 years of clinical work and previous work managing long-term care patients at the former Keiro Northwest skilled nursing facility on Cherry Hill, Dr. Becke has seen the benefits of ready access to dementia-specific programming and the negative effects of the absence of stimulation and connection to others.

Over the next few months, Dr. Becke will hold weekly dance-making sessions at the Memory Hub, specifically in the Elderwise Adult Day program and the Alzheimer's Café program. In the community, Dr. Becke will also work with residents in Terraces at Skyline. This project will culminate in a final performance at the Frye Art Museum in December, on which participants will act as co-creators of the dance movements.

[Read rest of article](#)



A Magical 'Garden of Inspiration' Art Show!

On August 23rd we enjoyed an open-air exhibit of nature-inspired art that was a collaboration between the Memory Hub, UW Memory and Brain Wellness Center, and Elderwise, with support from Era Living Memory Care. The colorful, eclectic art show celebrated nature-inspired art created by the Memory Hub greater community and Elderwise participants, friends and family. The idea was originally inspired by how often Maude's Garden becomes the inspiration for artwork - and it's now an annual event. The show included over 100 original works of art. Many of the artists attended and shared their enthusiasm with others.

"A special treat for us was a visit from participant artists from our

Northaven outreach program," says Janet Salsbury of Elderwise, who helped organize the exhibit. "None had visited the Hub previously and all enjoyed socializing, drinking Maude's Garden Tea and the camaraderie of sharing and discussing art.

View some of the scenes from the show:



It was so special to show off a portrait of Maude's Garden, painted by artist Mark Koplan (center) in *Maude's Garden* over the last few months. Here, Mark celebrates his work with Emily Billows, a Memory Hub community partner from the Seattle Public Library (left) and Genevieve Wanucha of the Memory and Brain Wellness Center who, as Maude's Garden lead, curated the art show. Photo: Thomas Grabowski.



The art show included works of glass garden art by community member Linda Cowan. To make her garden art, she finds



Kimberley Rettig, M.Arch., stands by her artwork, titled Sun Wind.

Members of the UW Alzheimer's research center's team visited the show and spent time at our art table in our

glass pieces at Goodwill and fuses them into nature-inspired creations. [Learn more.](#) Photo: Thomas Grabowski.



A view of the Memory Hub activity room, which contained most of the paintings and collages on display.

Photo: Thomas Grabowski.



An incredible display of works created at the Memory Hub, including in the Elderwise program, the Garden Discovery program, and a collage workshop at the Memory Hub.

covered area. The pressed flower art in the foreground is by community member Jean Chen! Photo: Thomas Grabowski.



Over 80 people attended the one-day art show. Thank you to everyone who came out to support the Memory Hub community!



New UW Medicine neuropsychologist, Justin Miller, PhD, submitted a 30-year-old bonsai tree from his collection! The tree is an arboricola



On display in the garden: Concrete casts of rhubarb leaves by Janet Salsbury, program coordinator for the Elderwise Adult Day



Because this summer day turned out to be (very) rainy, we displayed most of the artwork inside the Memory Hub. "This is a beautiful day," said one

schefflera, or Dwarf Umbrella Tree. He grows in it the "Root-over-Rock" style.

program offered at the Memory Hub. Thanks to Janet for being our partner in planning this art show! Photo: Thomas Grabowski.

visitor, "not even the rain can dampen my enthusiasm."

Support, Education, and Engagement

Learn about all support, education, and engagement programs hosted at the Memory Hub, offered by the UW Memory and Brain Wellness Center and our on-site collaborators:

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

[Programs for Caregivers](#)

[Programs for Professionals](#)

[Chinese Language Programs](#)

Upcoming Events & Workshops

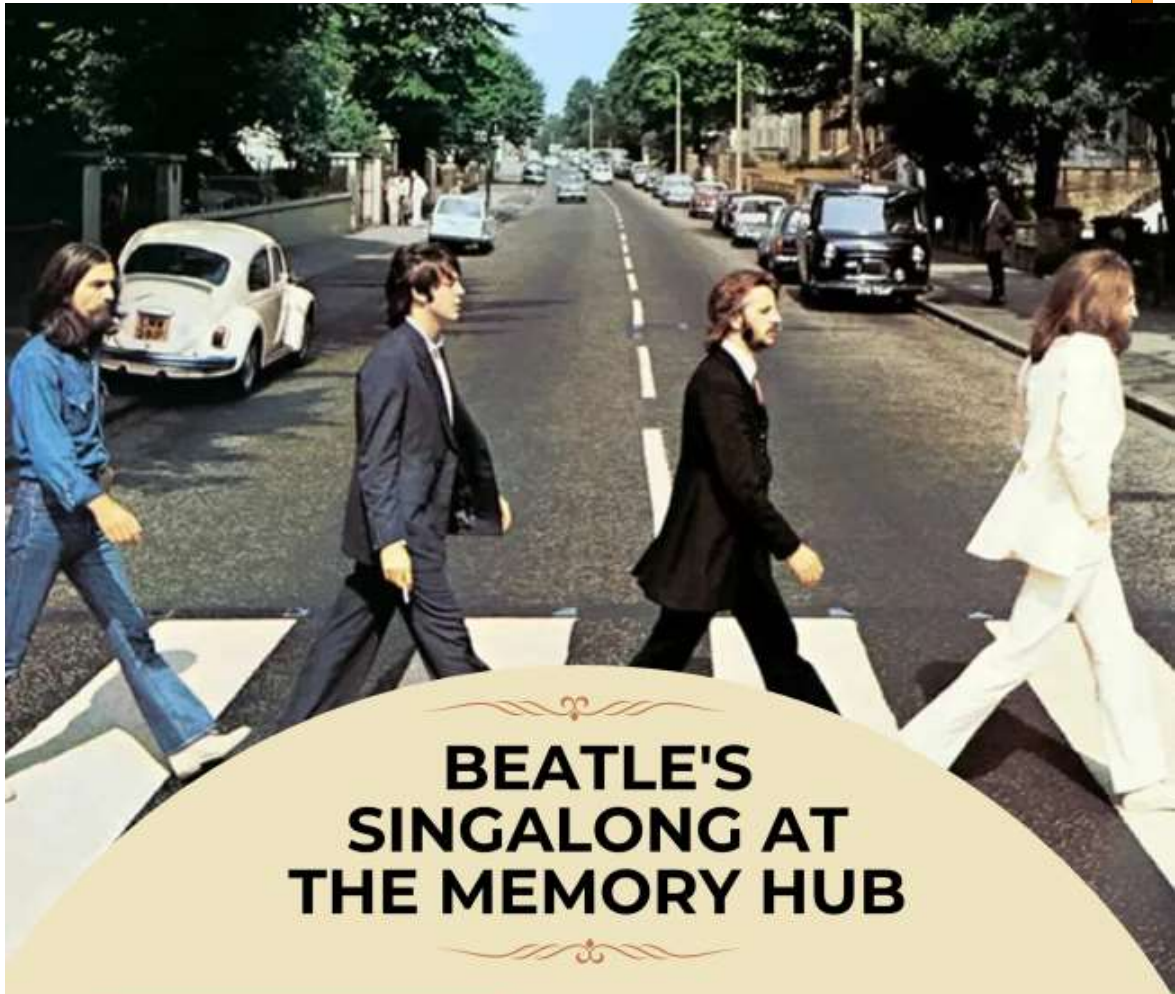


Fall Art Reception - Frame of Mind Exhibit.

Celebrate fall artists at the Memory Hub! Honor the artists whose work is featured in our latest Frame of Mind exhibit, and meet our new (first ever!) [Artist in Residence](#), dancer Julia Becke! Light refreshments included. A free event, [sign up here](#).

2-3:30 p.m. Wednesday, September 25
The Memory Hub

[Sign Up](#)



BEATLE'S SINGALONG AT THE MEMORY HUB

Sept 20 @ 1 - 2 p.m.
Oct 4 @ 11 a.m. - 12 p.m.
Nov 1 @ 11 a.m. - 12 p.m.
Dec 6 @ 1 - 2 p.m.



The Memory Hub
1021 Columbia St, Seattle
Free parking available

Join us, once a month on **select Fridays**, and enjoy friends, tunes and tasty treats while singing along to Beatle's favorites at the Memory Hub!

A free event for people with memory loss, friends and family, with song leader Carmen Ficarra.



SIGN UP:

<https://tinyurl.com/BeatlesSingAlongFridays>

[Learn More](#)



**Mondays
4pm - 6pm**

**July 29 -
Country Western**

**August 19 -
Oldies but Goodies**

**September 30 -
Funk, Soul & Motown**

The Memory Hub
1021 Columbia St, Seattle
Free Parking Available

JOIN THE FUN!

Join the Memory Hub community for fun outdoor music events with **DJ Mr Cliff!** Each month features different theme. Come celebrate summer together with people with memory loss, family, friends and professionals.



Sign Up: www.tinyurl.com/Summer-Event-Series
Contact: 206-221-8284, debcayz@uw.edu

[Learn More](#)

**Tues. October 15, 1pm - 2:30pm: Book Group for Caregivers /
Music Group for People with Memory Loss**

BOOKS & BEATS

BOOK GROUP FOR CAREGIVERS
MUSIC GROUP FOR PEOPLE WITH
MEMORY LOSS

Come with your loved one to enjoy an afternoon at the Memory Hub! Caregivers will have a book discussion group led by Seattle Public Library. People with memory loss will have a music engagement program led by a certified music therapist. The last half hour we'll come together for social time and snacks! A free event.

2024 Dates:

1-2:30 p.m. Tues June 18

1-2:30 p.m. Tues Aug 20

1-2:30 p.m. Tues Oct 15

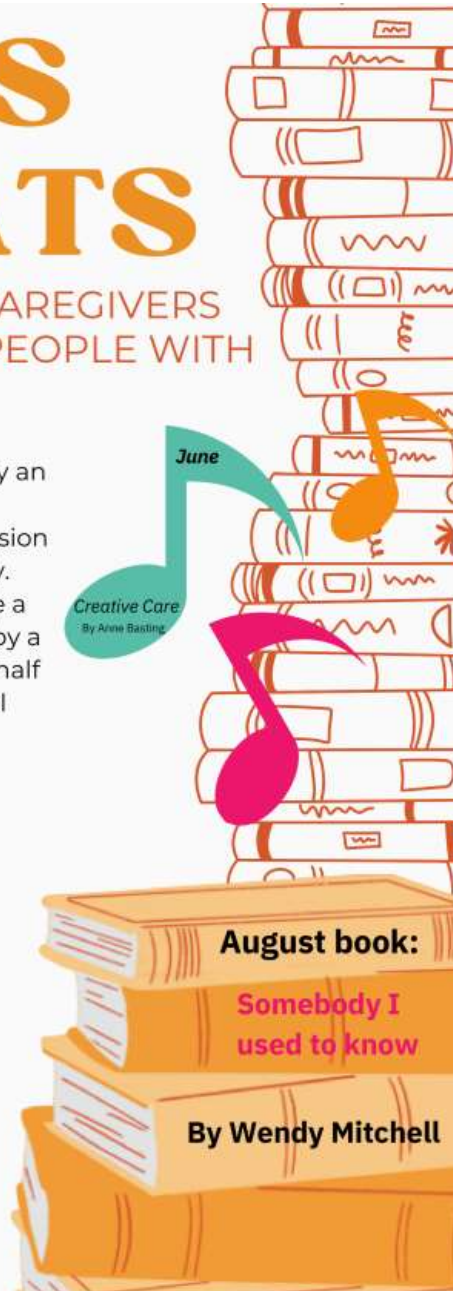
1-2:30 p.m. Tues Dec 17

The Memory Hub
1021 Columbia St, Seattle

RSVP at least 1 week in advance:
www.tinyurl.com/BooksAndBeats
Questions: mbecker1@uw.edu



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Dementia Friends Update - Eastern Washington

[Dementia Friends](#) is changing the way people think, act, and talk about dementia. It's energizing to see much-needed awareness continue to spread throughout the state.

Dementia Friends WA partners with organizations throughout the state to implement the Dementia Friends program in their region. Aging and Long Term Care of Eastern Washington, an agency that covers Ferry, Pend Oreille, Spokane, Stevens, and Whitman counties, has been seeing positive growth in the Dementia Friends program, as well as increased volunteer interest. Currently, this region has 300 Dementia Friends!



Cheney Public Library



North Spokane Library



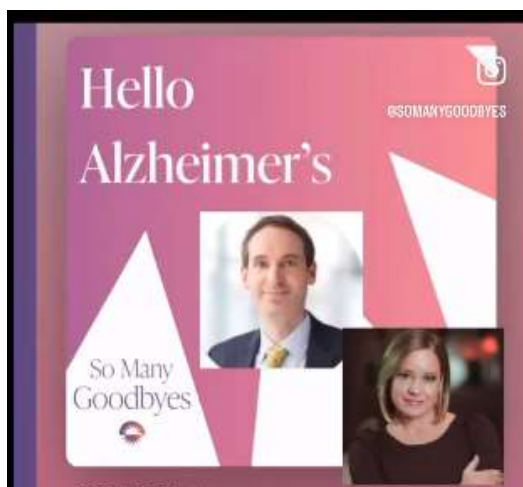
Argonne Library

Tara Hill Matthews and Jenni Jones, staff members at Aging Long Term Care of Eastern WA and Dementia Friends Regional Coordinators, are hard at work, providing sessions at local library locations in the area. "We are grateful for everyone who has seen the growing need for knowledge about dementia and has taken the step to become a Dementia Friend," says Tara Hill Matthews, Dementia Resource Catalyst, Aging Long Term Care of Eastern WA.

[Continue Reading](#)

- [September 2024 Dementia Friends Events](#)
- Follow [Dementia Friends Washington on Facebook](#)

News You Can Use



[The "Era of Hope" in Alzheimer's and other dementia research](#): Hello Alzheimer's Podcast host Karla Hult talks with Dr. Michael Rosenbloom, a neurologist and director of clinical trials at the UW Medicine Memory and Brain Wellness Center in Seattle. Rosenbloom offers his take on this "Era of Hope" in Alzheimer's and other dementia research and his advice for future doctors and families.

[Listen](#)

Memory Hub Collaborator Announcements & Offerings

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!





Join us at the 2024 Walk to End Alzheimer's in Seattle

Saturday, September 28, 2024

Our friends at the Alzheimer's Association Washington State Chapter host the Walk to End Alzheimer's, a powerful movement uniting people for awareness and funds. Volunteer Kick Off 2024 events are happening across the state, offering opportunities to get involved. At the Seattle walk in Seattle Center, visit the table hosted by the UW Neurosciences Institute to talk with staff at the Alzheimer's Disease Research Center and pick up some swag and resources!

[Read more](#) [Alzheimer's Association]



Caregiver Support Group

Build a support system with people who understand. Alzheimer's Association® support groups, conducted by trained facilitators, are a FREE safe place for care partners to: develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs, and concerns, and learn about community resources.

[Learn More](#)



Photo courtesy Jonathan Vanderweit

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

Upcoming Alzheimer's Cafes:

Tuesday, September 10
2:30 - 4 pm

[Register](#)

Tuesday, October 8
2:30 - 4 pm

[Register](#)

Join the Frye Art Museum and the UW Memory and Brain Wellness Center for an uplifting time of social connection for people with memory loss and their families. A unique opportunity for people living with dementia, their care partners, family, and friends to enjoy companionship, good food, live music, and fun in a relaxed environment. Registration is required for this free, fun program. Presented in partnership with the [Frye Art Museum](#) and UW Medicine Memory and Brain Wellness Center.



Dániel Somogyi. View of Königssee, 1878. Image courtesy, Frye Art

Mindfulness Meditation at the Frye Art Museum

The Frye offers free, thirty-minute drop-in sessions of Mindfulness Meditation on the first and third Wednesday of the month. Sessions on the first Wednesday of the month are guided by Kristoffer Rhoads, PhD. Registration is not required. [Learn more.](#)

Museum

Prefer not to practice in person?
Previous recorded sessions are
available on the [Frye YouTube](#) channel.



Here:Now - Arts Engagement for Adults Living with Memory Loss

Enjoy conversation, works of art, and hands-on exploration with different art mediums in this six-session class led by a specially trained museum educator and teaching artist.

[Learn more about Fall sessions](#)

Maude's Garden

Registration for the FALL Garden Discovery Program
[Registration open](#) (Oct . - Dec.)



In today's September [Garden Discovery Program](#) (the last Summer session), the group explored the blooming garden, savored herbal tea, and shared thoughts about what they noticed and felt grateful for. We explored the theme of "always alive," which is the translation of "Sempervivum" (Hens and Chicks plants). After the mother plant blooms, it dies; yet little plants growing around its base continue growing, reminding us of the enduring legacies we can all create during our lives.



In the nature-inspired project, Dawn Robinson and registered horticultural therapist Peach Jack invited participants to make tabletop terrariums with succulents. We are excited to share that Dawn Robinson will be joining the upcoming Fall season of the Garden Discovery Program as the leader of the nature-based projects! Dawn is in training to become a registered horticultural therapist. Her time working with the Memory Hub garden community is helping her to reach her goal.



"This was a real education and this is something we can bring home and do together, take care of it together." - a participant in the Garden Discovery Program



"At a time when our lives have become more mobility limited, it is amazing to be in the garden and see these plants that stay in one place and thrive." - a participant in the Garden Discovery Program

[Interested in the Fall season of the program?](#)

The Garden Discovery Program is a partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center. The Garden Discovery

Program is a program for people living with memory loss and their caregivers and is made possible by support from Aegis Living Assisted Living and Memory Care communities.

Community Resources



Our community partner Marilyn Raichle has just published a book: *Don't Walk Away, A Care Partner's Journey*, which has an introduction by MBWC Director Dr. Thomas Grabowski, MD. The book is now available on Amazon.

30% of the net proceeds will be donated to the Memory Hub and the I'm Still Here Innovation Grant program.

Marilyn Raichle is the founder of the Art of Alzheimer's and Executive Director of Maude's Awards for Innovation in Alzheimer's Care.



NEW Old Friends Club social respite program has opened on Mercer Island, WA. Program includes art, games, gentle exercise, music and more. 10 a.m – 2 p.m. on Thursday. [Learn](#)



Enjoy dementia-friendly art and music programs in the Tacoma area with Lutheran Community Services Northwest! Opening Minds through Art, and Music & Memories, provide opportunities for



Join others with memory loss in Bellingham for the weekly "Breakfast Club," offered by Dementia Support Northwest. Come together for great coffee and

[more.](#)

connection and
creativity. [Learn more.](#)

conversation at
Denny's, 10 a.m.
every Monday. [Learn
more.](#)



Mark your calendars for the second annual Community GROWS camp, a day of creativity, exploration and connection for people with memory loss and their families offered by Seattle Parks and Recreation. 10 a.m. – 3 p.m. on Wednesday September 25 at Seattle's Camp Long. [Learn more.](#)



Kin On offers its annual Senior's Day from 10 a.m. – 2 p.m. on Saturday September 14 in Redmond. Join in a special celebration honoring and appreciating elders with a fun day including cultural performances, health and wellness workshops, delicious food, community resources and connections. [Learn more.](#)



The Alzheimer's Association presents their Walk to End Alzheimer's fundraising and awareness events throughout Washington in September and October. Learn more and find a walk in your area [here](#). At the Seattle walk on September 28, be sure to visit the Alzheimer's Disease Research Center's table!

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