

African American Caregivers Forum

Legacy of Love

ONLINE • FREE



A unique, culturally-focused event that draws family caregivers from throughout the Pacific NW



Black Joy Matters for Caregiver Health



Legacy of Love, the African American Caregivers Forum, is an annual event with a special focus on memory care, presented during National Family Caregivers Month. Professionals and family caregivers will share their challenges and joys in caring for loved ones. #CaregivingHappens—to all of us! Join us!



DATE & TIME: Saturday, November 12, 2022 | 12 noon–2 p.m.



PRE-REGISTRATION: Register in advance to receive event updates and followup information. To sign up, visit surveymonkey.com/r/2022AACaregiverForum.

JOIN: At event time, go to bit.ly/AgeFriendlyLive and click on "Join Event Now."

TAKE-AWAYS: Tips for joyful activities, doing your best despite burnout, finding respite, prioritizing self-care, managing stress, finding humor in everyday situations, connecting with other caregivers, the importance of mentorship and social support, and accessing available community resources.



KEYNOTE: Dr. Raina Croff, Assistant Professor of Neurology at Oregon Health & Science University, will present "*Black Joy Matters for Caregiver Health*." Learn about joyful activities that improve health as we age and the joy of walking and talking for brain health.



Dr. Raina Croff



City of Seattle

Mayor's Council for
African American Elders
Seattle Human Services

PANEL: Local caregivers—Helen Sawyer, Minister Wilhelmina Daniel, and Michelle Williams—will share stories from their personal caregiving journeys, with moderator Sharon Sobers-Outlaw.



PRESENTATION: Catherine Cordova, Chaplain, Evergreen Hospice Services, will talk about reframing the dying process for a healthy outlook and demystifying conversations about hospice and end of life.



Pastor Catherine Cordova



CONTINUED EDUCATION: Three CEUs are offered at no charge (NASW). See webpage.

INFO: Auto-captions available in multiple languages. For more information, e-mail

Karen.Winston@seattle.gov or visit AgingKingCounty.org/LegacyOfLove.

Additional sponsors welcome. For info, e-mail Karen.Winston@seattle.gov.