

# CREATING JOYFUL MOMENTS

*A Bi-Monthly Newsletter by:  
Memory Cafe of the Red River Valley*

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## BRINGING COMMUNITY TOGETHER

Welcome to the 1st issue of The Monthly Social! Every other month, we will use these pages to talk about some of our favorite things about Memory Cafe: the people and the events that bring them together. We'll highlight some past events and share the schedule for the upcoming months. We'll also take some space to get to know some of our members from the local community and the volunteers who make Memory Cafe possible.





Deb Kaul (left), Beth Ustanko (right)

## MEET THE FOUNDERS

Memory Cafe of the Red River Valley was founded in May 2017 by Deb Kaul and Beth Ustanko. They both have personal experience supporting family members living with memory loss and are passionate about improving the quality of life for others experiencing similar situations.



On September 21st, Memory Cafe members and family participated in the Walk to End Alzheimer's! Many walked to support those who are living with memory loss, and honoring the loss of loved ones to dementia. And, we all walked because we have hope for a cure.

## WHAT IS MEMORY CAFE?

Memory Cafe is a free social gathering located in Fargo, North Dakota. People experiencing mild to moderate memory loss, and their care partners, can come together in a safe, supportive and welcoming environment.

## THE MISSION

Our mission here at Memory Cafe is to provide empowerment, hope and joy through:

- Socialization
- Education
- Creative Arts
- Community Engagement/Services

Memory Cafe exists to bring people together and give those with memory loss hope. We want to remind them that they are valued members of our local community and to challenge the way we often think about memory loss.

## MEMORY CAFE RECEIVES \$10,000 GRANT!

Memory Café is delighted to report an award of a \$10,000 grant from the Alex Stern Family Foundation! Wow, we are SO thrilled! These funds will provide amazing support to our mission and we are so thankful to be honored in this way.

Thank you, Alex Stern Family Foundation!



## FM AREA FOUNDATION CARING CATALOG

We will once again take part in the FM Area Foundation's Caring Catalog which runs November 22nd through December 31st. This is a powerful fundraising and awareness-building tool that provides donors with an easy, online tool to browse local nonprofits and give to the charity of their choice. Please consider giving generously to Memory Cafe of the Red River Valley! [www.areafoundation.org/caringcatalog](http://www.areafoundation.org/caringcatalog)

## GIVING HEARTS DAY

Memory Cafe will be an active participant in Giving Hearts Day on Thursday, Feb. 13th. Please keep us in mind and help spread the word!



## JOIN US!



### TUESDAYS

*Meets the 1st and 3rd Tuesday of each month*

*1:00 pm-2:30 pm*

First Lutheran Church  
619 Broadway North  
Fargo, ND 58102

Facilitator: Deb Kaul

### SATURDAYS

*Meets once a month on the 3rd Saturday*

*10:00am-11:30 am*

Dakota Medical Foundation  
4141 28th Ave South  
Fargo, ND 58104

Facilitator: Beth Ustanko

*\*Events subject to change. See "Upcoming Events" on the next page for specific details on each event.*

# UPCOMING EVENTS



\*Any weather-related cancellations/announcements will be made on both our website and Facebook page.

## NOVEMBER

**Tuesday, Nov. 5:** “Living in the Blue Zone” –  
Drs. Kirsten Juul and Lindsey Dahl, Sanford; Nicolle  
Auckland and Karsyn Wendt, Family Wellness  
1:00 p.m. @ First Lutheran Church

**Saturday, Nov. 16:** Steep Me a Cup of Tea Party  
10:00 a.m. @ Dakota Medical Foundation

**Tuesday, Nov. 19:** Intergenerational Community  
Service – Tying Fleece Blankets for the Ronald  
McDonald House  
1:00 p.m. @ First Lutheran Church

## DECEMBER

**Tuesday, Dec. 3:** “Tips for Healthy Aging” –  
Dr Donald Jurivich, UND/Sanford Health  
1:00 p.m. @ First Lutheran Church

**Tuesday, Dec. 17:** White Elephant Gift Exchange/  
Christmas Party  
1:00 p.m. @ First Lutheran Church

**Holiday Saturday Tradition:** The Blenders Concert at  
the Fargo Theatre  
Saturday, December 21st - **RSVP required**



## CONTACT US



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