

CREATING JOYFUL MOMENTS

*A Quarterly Newsletter by:
Memory Cafe of the Red River Valley*

FEATURED STORIES:

Board of Directors

Spotlight - *Pat Stanley*

Group Participant

Highlight - *Larry Nelson*

INTRODUCING OUR NEW CORPORATE SPONSORS!



Thank you to our annual corporate sponsors for including individuals living with memory loss in your long list of community friends!

Kilbourne Group has supported us in many meaningful ways prior to this, so this is an additional source of encouragement to all of us.

Bell Bank is also a Memory Cafe Partner. They have a long history of contributing to our community and is deeply appreciated by us.





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.

JOIN US!

TUESDAYS

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

1:00 pm - 2:30 pm

Facilitator: Deb Kaul

First Lutheran Church
619 Broadway North
Fargo, ND 58102

SATURDAYS

*Meets once a month on
the 3rd Saturday*

10:00 am - 11:30am

Facilitator: Beth Ustanko

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

*Events subject to change. See "Upcoming Events" for specific details on each event.

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.

BOARD OF DIRECTORS SPOTLIGHT

Pat Stanley - Community Outreach

Pat Stanley serves on the Board of Directors as the Community Outreach Officer. In this role, she will be helping spread the good word about Memory Cafe in the community, including new posts and features on our Facebook page.

A firm believer in giving back to the community, Pat became passionate about Memory Cafe after being asked to volunteer at the Saturday sessions. Here, she got to experience firsthand the magic that happens when people gather at Memory Cafe.

During the day, Pat sells real estate at Dakota Plains Realty (she's been doing this for 19+ years!). In her spare time, she enjoys Norwegian language classes, yoga and outdoor activities.



Watch for our new Facebook segments, **Friday Focus**, where we will share information or a tip for the week, and **Thankful Tuesdays** where we will share something or someone we are grateful for!

GROUP PARTICIPANT HIGHLIGHT

Activities like writing can help stimulate the brain for those with dementia and bring to light the talents of our community members! This poem was written by Larry during a creative writing session at Memory Cafe.



~ The Friend ~

by Larry Nelson

*We walk in the sand this day
Remembering the love we have for a friend
And noting his quietness ahead
On the path.*

*The pace is slow
as he prepares to pause, to look back...
Are they still on the trail?*

*Some time has passed -
Now we walk together.
There are smiles, there is rest, & we say
thanks for the treasure it is
to have & be a friend.*

*Small as this short moment is
Only we know how sweet it is-
When Grace comes with a friend.*

UPCOMING EVENTS JANUARY-MARCH



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

JANUARY

Tuesday, Jan. 7: “Bring and Brag” – Bring a favorite joke, memory, photo, book, hobby/craft to share!

1-2:30pm @ First Lutheran Church Fargo

Saturday, Jan. 18: Dance performance by Horace Just For Kix

10-11:30am @ Dakota Medical Foundation

Tuesday, Jan. 21: “Joy Through Movement” – Barbara Edin, PT/T'ai Chi Chih® Instructor, HeartSprings

1-2:30pm @ First Lutheran Church Fargo

FEBRUARY

Tuesday, Feb. 4: Inter-generational Valentine's Party with Oak Grove elementary students

1-2:30pm @ First Lutheran Church Fargo

Thursday, Feb 13: Giving Heart's Day - please donate to Memory Cafe at www.impactgiveback.org

Saturday, Feb. 15: Q&A - Alzheimer's Association

10-11:30am @ Good Shepherd Lutheran Church, Moorhead, MN

*Note location change

Tuesday, Feb. 18: "Motivate, Inspire & Entertain" -

Coach Jake, Rock Steady Boxing, TNT Fitness

1-2:30pm @ First Lutheran Church Fargo



CONTACT US



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FIND
US ON
FACEBOOK



[facebook.com/
memorycafeoftherrv](https://facebook.com/memorycafeoftherrv)

UPCOMING EVENTS CONTINUED...



MARCH

Tuesday, Mar. 3: “The Power of Positive Self Talk” –
Beverly Benda, Dietitian/Coach
1-2:30pm @ First Lutheran Church Fargo

Tuesday, Mar. 17: Coping with Grief and Loss
Associated with Chronic Medical Conditions - Chelle
Lyons Hanson, Chaplain, and Katie Ambuehl, LSW,
Essentia Health
1-2:30pm @ First Lutheran Church Fargo

Saturday, Mar. 21: “Legal Planning” –
Susan Johnson-Drenth, Attorney at JD Legal Planning
10-11:30am @ Dakota Medical Foundation

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!



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