



June Meeting Schedule

June 2nd, 1-2pm - Brain Healthy eating with Nikki Johnson, NDSU Registered Dietician

June 4th - Redefining Memory Loss (RML) Caregiver Conference opens virtually! To view, search YouTube for Memory Cafe of Red River Valley's channel

June 16th, 1-2pm - RML Panel discussion

June 20th, 10-11am - Adapt Music with Bridgette Bitzegaio

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- Changing the way we think about memory loss, the Dale Rivard way!

Hello friends,



My father, Duane, was a clear communicator. There was never any question about where he stood, what he wanted, or what he expected from anyone at any particular time.

But, as dad's Lewy body dementia progressed, it became increasingly challenging for dad to verbally communicate his thoughts, desires, and needs to others. Despite years of formal education and thirty years of experience as an RN, I was ill-equipped to help dad navigate through these uncharted waters.

Thankfully, my family and I had the incredible opportunity to gain effective communication skills and learn vitally important and life-affirming care strategies from Jayne Clairmont, dad's care manager.

Without question, one of the most valuable lessons we learned from Jayne was the critical importance of integrating dad's "Life Story" into every conversation, activity, and interaction we had with him. The Life Story equipped us with tools to distract dad effectively instead of arguing with him; to anticipate his fears, needs and desires; to draw upon his devotion to his Catholic faith and his patriotism; to remind him of his many friends, huge family, varied successes, and strengths; to affirm his role as our family patriarch; and to creatively bring renewed purpose and hope into his day to day life through meaningful engagement.

I am delighted that Cameo Rogers is a fervent believer in the Life Story! She will share a warehouse of knowledge, a wealth of experience, and a heart of compassion with us during our second annual Redefining Memory Loss Caregiver Conference! See page five for more details! Warmly, Deb

IT IS THE SEASON TO BE

SILLY



DRUMROLL PLEASE.....

The lucky winners of our **FIRST**,
and without question, our **ONLY**
Silly Hat contest are...

Jerry

Karen

Deb



1st
Place

2nd
Place

3rd
Place

Judging was easy because they
were the
ONLY THREE contestants, and
Deb was the only judge!

Member
Spotlight:
Mark Bratlie



Peace Recipe
by
Mark Bratlie



Letting be and letting go
are skills
that we can nourish
And when we do we set the stage
for peace
within to flourish

This life is full of changes
that we
cannot control
And fighting this reality
is bound to
take a toll

To grasp and cling to good times
brings
anxiety and fear
Which can block out full enjoyment
even while
good times are here

Bitter fighting with the bad times
merely
feeds them energy
While letting go of constant struggle
tends to
set one's spirit free

If we can let life come and go
we will be
much more at peace
Not only on the outside
but way
down underneath

Healthy Living - Mental Health

"The 4 M's of Mental Health"

Dr Sue Varma, CBS



1. Movement - Move more, sit less. Every little bit of physical activity is beneficial to our health.
2. Mindfulness - Take a few minutes each day to breathe deeply and be more aware of the sights, sounds, smells, tastes, and beauty of the present moment.
3. Meaningful Engagement - What activity or practice gives you a sense of accomplishment? Spend a few minutes each day pursuing it.
4. Mastery - What creative activity or practice interests you? Allows you to lose track of time? Devote time, even a few minutes to this activity today!

**YOU'VE GOT
THIS!!!**

National Memory Cafe Directory - Virtual Options

Did you know there are many Memory Cafes across the country and world? There is no affiliation between them, but there is a national directory that lists many of them. If you are interested in learning more, and possibly participating in their virtual programming during the pandemic, check it out at:

www.memorycafedirectory.com



What is Bringing a Smile to Your Face During the Coronavirus? (Continued from last issue)



- "The whole world is involved in this battle against the coronavirus. So, if we can figure out how to work together to fight this perhaps it will expand into other areas of conflict. Maybe we can figure out how to live together in peace." Bill Parker
- "My husband, we get along just fine!" Judy Sigurdson
- "Writing cards to other people." Shirley Laske
- "Playing music in the Memory Care unit once a week." Lloyd Correll
- "Cooking, I like to cook!" David Knutson
- "Making a point of reaching out to other people, especially my single friends or people who are alone. It's good to reinforce our connections with others." Cate Coghlan
- "Sitting in the sun on our deck!" Beth Ustanko

Volunteer Spotlight: Brad and Sharon

Marsten
Greetings,

We are the Marstens. Our daughter Nik completes our family. She is one of the reason we moved back to Moorhead after we retired. Both of us taught school in rural West Central Minnesota. KMS is the consolidated district we taught in. Our home was in Kerkhoven Minnesota.

Sharon was blessed to have her dream job of teaching Kindergarten and First Grade. She has found retirement remarkable because she is able to do more of her favorite things. Those favorite things include walking, biking, reading, listening to music and being with family and friends, preferably outside no matter the weather.

Brad taught Fourth grade and also did some coaching of baseball and basketball. He enjoys Sports, both playing many, many years ago and watching. He likes to be outside walking, biking, whenever possible whatever the weather. Reading Nonfiction and listening to music are passions of his. His new hobby is working with Clorox wipes, happily done daily and often more then once daily.

Brad and Sharon have enjoyed travel but find there is no place like the North Shore in Minnesota and Minnesota State Parks. They are overjoyed to be part of the Memory Cafe and feel fortunate to have met the amazing people that attend. MC people bring joy, inspiration and laughter to their lives.

Just For Laughs!
Content
Provided by
Steve Frosie



Due to the quarantine we will only tell inside jokes.

I ran out of toilet paper and am now using lettuce leaves. Today was just the tip of the iceberg. Tomorrow romaines to be seen.

Wash your hands like you just picked up a Green Bay Packers jersey.

I stepped on the scale this morning and it said: "Social distancing in place. One person at a time. "

I just finished Netflix.



Neighbour: Hello Mary, how are you?

Mary: I'm homesick.

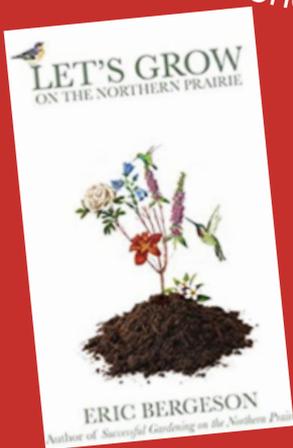
Neighbour: But this is your home.

Mary: I know, I'm sick of it!





The vote was unanimous, this is a wonderful book!



Thanks to our generous donors who make gifts like this possible for our members!

"In this world, you get what you pay for."

Kurt Vonnegut

How true when it come to the editor of this newsletter! My apologies for mixing up the identities of these two wonderful men, both with the name of Paul!



Meet Paul, the ELCA pastor

Meet Paul, the educator (MSCTC) and corporate trainer (BCBS)



Quote of the Day:
"What if we had a real problem?"

--Lynn Strege (d. 2020)



Remember:

Our goal is to help our loved ones feel valued, significant, helpful and productive. The end product, or results of their efforts, are irrelevant.



Let us know if you'd like to opt out of our newsletter!

Redefining Memory Loss Caregiver Conference: Creating Connections in Caregiving with Keynote Speaker Cameo Rogers!

Open for viewing on Thursday, June 4th 2020

To view the conference search YouTube for Memory Cafe of the Red River Valley's channel or go to our website: Memory Cafe of the Red River Valley for the link



Session 1: Focus on the Person

Session 2: Sharing Stories and Strength

Session 3: Taking Time for You

Panel Discussion featuring our own Memory Cafe participants:

Care partners: Dean Wieland and Jean Anderson

Individuals living with memory loss: Joann Relling and Larry Nelson.

They are INSPIRING!



About our Keynote Speaker: Cameo Rogers is a sought after presenter at various state and national level conferences. She served on an expert panel presentation for a screening of the Glen Campbell documentary, "I'll Be Me." She was awarded the NCCDP 2017 National Certified Dementia Practitioner of the Year Award. Cameo was a contributing author to the book, "Foundations of Therapeutic Recreation" discussing best practices in therapeutic, strengths-based interventions for older adults. Cameo's professional experience includes serving older adults in community-based services, independent living, assisted living, memory care, long-term care, rehabilitation, and inpatient acute psychiatric care. Cameo is a Certified Therapeutic Recreation Specialist, Dementia—Practitioner, Care Manager, Support Group Facilitator, and a Alzheimer's and Dementia Instructor through the National Council of Dementia Practitioners. She is currently completing her graduate work at the University of Nebraska Omaha in Social Gerontology. Cameo is a passionate advocate for enhancing knowledge, skills, and resources for those serving as caregivers.

Meet our Panelists:



Dean and Mae raised their two children in Grand Forks where Dean was a consulting civil engineer and Mae was a Public Health RN. They were very active in their church and other community organizations. Mae was diagnosed with dementia in 2014 and they have chosen to be very open about it from the beginning. They moved to the FM area in 2019 in order to be closer to family.



Before retiring, Jean worked in leadership positions at various not-for-profit organizations in the FM area. Jean enjoys the outdoors, baking, spending time with friends, and pursuing her spirituality. She ran a tree farm with her father for many years. Jean and Mark use the farm as their rural getaway today. They have been married for ten years and enjoy staying creative and active!



Joann worked in a clerical position for GM for 30 years. As a "family person" she has three sons, eight grandsons and has been widowed for twenty years. She experienced a head injury after a fall in 2013 which is the cause for her memory issues today. Jean is our consummate optimist and enjoys interacting with others who are living with memory loss through Memory Cafe.



Larry worked as a pharmacist for 37 years in Southern California. He and his wife, Gail moved here in 2011. Until Larry began noticing changes in his memory, he was active in various local and statewide not-for-profit organizations & pharmacologic boards. Larry was diagnosed with cognitive issues three years ago. He is a treasured member on Memory Cafe's Advisory board.

Thank you to our generous conference sponsors:



Sanford Health, Christianson's Business Furniture, and Alex Stern Family Foundation!





The Life Story

Words of Wisdom from Cameo Rogers

Communication Tips



Knowing why a person may do something helps us to understand interests, strengths, motivation, potential causes of behavioral expressions (as the person's dementia progresses).

Have you completed a life story with your loved one?

Information about:

How they grew up, school memories, what helped them fall asleep when they were young, personality (introvert vs. extrovert), their favorite music from ages 10 - 25, favorite foods, etc.?

The person's education: high school, college, favorite subjects, etc.

Occupation: where they worked, what they enjoyed about their work, what they hated about their work, special accomplishments or awards, etc.

Military history

Relationships: partners, close friends, family relationships, etc.

History of trauma or stressors, things that trigger or annoy the person, etc.

Things that the person finds funny, gives them joy, helps them relax, makes them laugh, helps give a sense of purpose, etc.

Favorite foods, favorite snacks, favorite drinks from various stages of life.

Bedtime routines (e.g. lots of pillows, nightlight, TV or radio on, fan on, etc.)

Wakeup routines (e.g. coffee, hot tea, up early and walking, sleep in and read the paper in pajamas with breakfast before dressing, etc.)

How have you identified and adjusted potential areas of stress for your loved one for when their preferred or historical routine is not in line with the current routine?



Due to changes that occur in the brain the person living with dementia needs the caregiver to adjust communication style including tone, pitch, speed, number of words, type of words, and enhanced use of facial expressions, gestures, and demonstration.

Facial expression

Non-verbal communication is more easily understood.

Face the person and be on the person's eye level.

Make eye contact before speaking and smile.

Use your expression to demonstrate enthusiasm, curiosity, concern, or to help "explain" what you want the person to do. (I.e. raise your eyebrows as you point towards a picture of something you want the person to look at).

Gestures

Point to an object.

Demonstrate the task.

Wave the person over towards you.

Pat the chair you want the person to sit in.

Verbal Communication

Slow down and provide pauses in between sentences or directions.

Simplify choices by offering two options to choose from. (I.e. red shirt or blue shirt?)

Speak using clear speech technique: slightly louder, enunciate well, slightly slower than normal.

Adjusting your techniques, slowing down, simplifying word choices will enhance your communication success as the person's abilities change.



A Day with Dementia Expert **Teepa Snow** and her Positive Approach to Care!

Wednesday, June 24th

9am to 4:30pm (LIVE)

Held online via ZOOM

Free to caregivers!

Sessions include:

1. Changing Resistance to Care to Participation in Care
2. Sorting out the 3 D's: Delirium, Depression and Dementia
3. Using a Positive Approach to Care
4. Understanding Yourself as a Caregiver and What You Need

To register and for more information, visit

<https://bit.ly/teepaJune24>

I (Deb) have attended several of Teepa's training sessions and she is really terrific!



Memory Cafe was pleased to welcome Dale Rivard via our Zoom chat on Saturday, May 16th! Dale was serving as a prosecutor, when in August of 2017 he was diagnosed with Mild Cognitive Impairment (MCI). Since his diagnosis Dale has displayed courage and commitment to remain active in his local community. Dale participates with his local Memory Cafe in Grand Forks, with the Unforgettables- which is a dementia choir, and is a National Alzheimer's Association Early Stage Advisor. During his chat with us Dale emphasized how important early diagnosis was to him. Receiving the news

he had MCI was life-changing because it meant the loss of his career; however, he has remained dedicated to living life well beyond his diagnosis.

Among other things, Dale achieves this through remaining active with groups where he has established new friendships and doing what he can to prepare for life changes. Dale is a courageous voice who reminds us all that even though he is living with dementia, he is still a person and he is still very much present. We thank Dale for his willingness to share his story; he is most definitely an individual who is changing the way we think about memory loss!



Dale Rivard



In Loving Memory of:

Lynn Strege

Steve Palmer

Bonnie Stevens

We are very thankful for the memories we created with Lynn, Steve, and Bonnie. We miss them!



HAPPY FATHERS DAY!



memory
cafe

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Remember to follow us on Facebook and Instagram. And be sure we have a current email address for you or your loved one. Thank you!