

There are always two sides- the good and the bad,
The dark and the light; the sad and the glad,
But in looking back over the good and the bad;
We're aware of the number of good things we've had.

And in counting our blessings, we find when we're through
we've no reason at all to complain, or be blue.
So thank God for the good things He's already done,
and be grateful to Him for the battles you've won.
And know that the same God who helped you before
is ready and willing to help you once more.

Then with faith in your heart, reach out for God's hand
and accept what is sent, though you can't understand.
For our Father in heaven always knows what is best
and if you trust in his wisdom your life will be blessed.
For always remember whatever betides you
You are never alone for God is beside you.

Author Unknown

Hi Memory Cafe,

The 2020 calendar is turning to November, and even in the midst of a year of great change, it is the time that many of us pause and give thanks. To be honest, at first I was at a loss for what to say because I know it has been such a challenging year for a large number of us. And then I remembered some wisdom in the form of a poem that my Grandmother shared with me many years ago. It is printed on the left.

My Grandma had a big influence on my life when I was young. I grew up on the family farm and I always knew where to find her- Grandma was always in her kitchen. It was vintage 1950's with pink walls and a grey formica-top table. I spent many hours at that table; when I was small I mostly remember watching her bake cookies and hoping to get a spoonful of dough. When I was older I remember the lessons I learned there- how to wrap Christmas presents and the importance of sending a thank you note.

One day she slid this poem across that table. "I like this one," she simply said, and I have kept it always. I have pulled it out again and again over the years, mostly in times of challenge. Whenever I do it gives me a sense of hope and peace. I hope it blesses you also, my Memory Cafe friends, especially in this season of challenge and change.

Warm Thanksgiving wishes to you all,
Beth Ustanko

November Meeting Schedule

* Subject to change

Nov 3rd, 1:00 - 2:30pm - Book review, *The Dementia Concept* by Joshua J. Freitas.

Nov 17th, 1-2:30pm - "These Mercies I See" - expressing gratitude during this Thanksgiving season. See page 4 for details and a "Gratitude Guide" for ideas!

In This Issue

- Grandma's Thanksgiving Legacy - Beth Ustanko
- Saying Good bye (for now) to our Welcome Song
- *Prairie Spirit* - Mark Bratlie. Introduction from his wife, Jean.
- The Inspiration That Comes From Struggle - Kimberly Williams-Paisley, *Caring For The Human Spirit*
- For Our Health - Caring for our Mental Health - Mayo Clinic
- "Just For Laughs" - Steve Froslier
- Powerful Connections for Individuals Living with Dementia by Individuals Living with Dementia
- "These Mercies I See" Gratitude Guide
- Building Skills and Community
- "What Gives My Life Value?" - *Dementia Beyond Disease*
- Building Community Partnerships - Supporting The Work of Memory Cafe
- Driving Safety Panel Discussion Highlights

Farewell "Welcome Song"!

As important as it is to welcome every attender of our Memory Cafe meetings by name, it's become quite confusing and a bit cumbersome to sing our signature "Welcome Song" during our Zoom meetings. So, until we resume in person meetings we'll bid farewell to the "Welcome Song"!



Happy Thanksgiving
We are thankful for YOU!



The Origin of "Prairie Spirit"

by Jean Anderson

When Mark learned that his poem "Prairie Spirit" had been accepted for publication in *Northern Narratives 2020 - Fargo Public Library*, tears came to his eyes. He pulled me close in a big hug, "Oh, Jean, this is for your Mom and Dad!" he exclaimed.

Mark had written the poem on one of our overnight stays at our small acreage of land south of Moorhead. For years, I had rented the land from my Mom and Dad for my tree farm. On my 50th birthday, they gifted it to me!

I love the place. It's where my Dad and I spent countless hours tending trees and where friends and family helped with the work. If I was sad, it lifted my spirits. If I was happy, it made me happier. It sits splendidly in the midst of fields of soybeans, wheat and sugar beets. The open sky in all directions is always a beauty to behold.

Prairie Spirit*

by

Mark Bratlie



I gaze on vast spaces
not empty
not disturbing
but settled and inviting

I gaze on vistas of stillness
not rushing
not anxious
but calm softness

I gaze on distant treelines
not unruly
not intrusive
but green contentment

I gaze on endless sky
not threatening
not overwhelming
but bluer than blue

I gaze with awe and wonder
as my inner spirit expands
not to compete
not to fill
but to be with
with vastness
with stillness
with Prairie Spirit

When Mark and I married I wondered if he would take to the place and yes, he did, coming to call it "our country place". He cherishes it because he can see in the distance the farmstead I grew up on. I took that view for granted. But over time, it's become another reason why I love the land. Mark's poem captures its quiet joy.

Editor's note - The October newsletter erroneously printed Mark's poem *Nature's Dance* poem instead of *Prairie Spirit*. My sincere apologies to Mark and Jean.

~Deb

The Inspiration That Comes From Struggle

"For me, facing this disease as a spiritual journey was the only way through.

There are so many unanswered questions, so many things we won't ever know —about what this was like for my

mother, or why she got sick. We do know now that her PPA (Primary Progressive Aphasia) was caused by

Alzheimer's disease, but we may never know why. Rather than banging my head

against the wall in frustration, I choose to embrace what I believe; that there

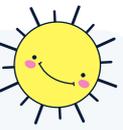
is a divinely inspired beautiful picture here if you look at it that way. It's

a spiritual challenge worth accepting, to find light in the darkest places. The

more I practice, the easier it becomes, in all aspects of my life."

Kimberly Williams - Paisley - "*Caring For the Human Spirit*"

*First published in *Northern Narratives - Fargo Public Library*.



For Our Health There's No Health Without Mental Health

Worries and anxiety about COVID-19 and its impact can be overwhelming. Social distancing makes it even more challenging. Learn ways to cope during this pandemic.
~ Mayo Clinic

- Keep your regular routine. Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing and getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.
- Limit exposure to news media. Constant news about COVID-19 from all types of media can heighten fears about the disease. Limit social media that may expose you to rumors and false information. Also limit reading, hearing or watching other news, but keep up to date on national and local recommendations. Look for reliable sources, such as the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- Stay busy. A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies that you can do at home, identify a new project or clean out that closet you promised you'd get to. Doing something positive to manage anxiety is a healthy coping strategy.
- Focus on positive thoughts. Choose to focus on the positive things in your life, instead of dwelling on how bad you feel. Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective.
- Use your moral compass or spiritual life for support. If you draw strength from a belief system, it can bring you comfort during difficult times.
- Set priorities. Don't become overwhelmed by creating a life-changing list of things to achieve while you're home. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others.
- Connect with others

~www.mayoclinic.org

Just For Laughs!
Content Provided by Steve Frosie



I went for a job interview recently and the manager said, "I'm looking for someone who is responsible." "You're looking at the right man." I replied. "Whenever anything in my last job went wrong the boss always said, "You're responsible."

I got fed up with our neighbor's dog barking in their backyard all night so I got up and put their dog in our backyard to see how they bloody like it.

The internet is full of fake quotes."
~Abraham Lincoln



Following Doctor's Advice
"The first recommendation that I make to patients and families after a new diagnosis of dementia is to attend the Memory Cafe! It is such a special group that offers companionship and support, while providing education and activities to continue LIVING with disease."
~Dr. Lindsey Dahl, Geriatrician, Sanford Health



QUOTE OF THE DAY
"Tell me and I forget, teach me and I may remember, involve me and I learn."
-- Ben Franklin



On Nov. 3rd we will review *The Dementia Concept* by Joshua J. Freitas. This book is a wonderful resource that many of you have already read and reported to be very helpful. We are thankful that Dr. Ted Klieman, Karen Beutler, RN, and Jean Anderson, care partner have agreed to lead our discussion. Thank you!



Powerful Resources for Individuals Living With Memory Loss

YouTube "Dementia Chats" - Encouraging and insightful panel discussions with Individuals living with dementia. Many interesting topics; upbeat.

Dementia Mentors - Supportive mentoring, motivation and social engagement for individuals living with dementia. www.dementiamentors.org

Dementia Alliance International - International organization comprised of people living with dementia from around the world. Very popular resource for people living with dementia. www.daiinternational.org

"What Gives My Life Value?"

In creating a tool for determining individual preferences, 200 people living with dementia were interviewed about what aspects of their experiences they considered most important. The results were tabulated and combined into seven areas:

1. **Being Me**
2. **Being With Others**
3. **Seeking Freedom**
4. **Finding Balance**
5. **Making a Difference**
6. **Growing and Developing**
7. **Having fun**

(DuPuis, Whyte, Carson, et al., 20102)
~*Dementia Beyond Disease*, G. Allen Power, M.D.

Supporting these values is critically important to Memory Cafe!



"These Mercies I See" Gratitude Guide

As we begin to think about the upcoming holiday season and in the spirit of Thanksgiving our Nov. 17th meeting will focus on sharing things for which we are thankful. You may have many memories, people, or things that come to mind immediately. But if not, here are a few ideas to guide your thoughts:

1. What fond holiday memory do you have from your childhood?
2. What enjoyable traditions do you and your family have during the holidays?
3. Who is your favorite friend? Why?
4. What hobbies or pastimes are you thankful for?
5. What part of the traditional Thanksgiving meal do you most enjoy?
6. What personal quality about yourself are you thankful for?
7. What do you most appreciate about your spouse or family member(s)?
8. What pleasant travel memories do you enjoy thinking about?
9. Where do you find your strength?
10. What brings a smile to your face?

Zoom, Zoom, Zooming into 2021!

We're certainly looking forward to the arrival of an effective Covid - 19 vaccine, aren't we? Unfortunately it isn't here yet so Memory Cafe will continue using the Zoom format for the foreseeable future. Please let us know if you need a device and/or help in learning how to use it. We'd love to help you!

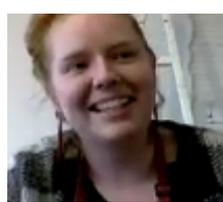
Mary S. is asking for our prayers. She is recovering from surgery for recently discovered endometrial cancer and will undergo follow up radiation. In addition, her daughter Kelly, a young mother was diagnosed with breast cancer this past summer and is also recovering from surgery. Kelly is preparing for upcoming radiation and chemotherapy. Wow, this is a tough situation, Mary. Thank you for inviting us to pray for you and your precious family.

Take Home Christmas Ornament Pottery Kits

THANK YOU Kilbourne Group and the Katherine Kilbourne Center For Creativity for sponsoring this marvelous event!



Thank you for an interesting and fun afternoon of creativity Altera! You were GREAT! We've had so much fun painting our ornaments!



Altera made extra ornaments for us so we were delighted to share them with kindergarteners at Park Christian School! We LOVE intergenerational projects!



Opportunities to Financially Support Memory Cafe of the Red River valley

Memory Cafe of the Red River Valley is the only organization in the area doing what we do - offering genuine long term friendship, personalized socialization, advocacy and support to individuals living with memory loss and their loved ones. We pursue our mission passionately and work very hard to serve these beautiful individuals and the entire community well. Our new campaign, **MCI Redefined - Minimizing Covid Isolation** targets the debilitating isolation, confusion, fear, and despair many seniors, especially individuals living with a cognitive disability are experiencing during this ongoing pandemic. Since March, we've experienced the death of four members, witnessed significant decline in the cognitive health of many others, and offered as much personalized support and education as possible to care partners who are facing incredible pressures and anxiety. Your support is greatly appreciated.



Christiansons Business Furniture is a very loyal and generous supporter of Memory Cafe! Thank you so much Kim and Roger Christianson!

Vanneisa Krenz



"Deb, I just received your newsletter and I'm so encouraged by what is happening at Memory Cafe! It would have been so great if our parents could have participated in something like this! How can I support you again this year?" Wow, an unsolicited **Champion Level** donation! Thank you so very much Vanneisa, my life long childhood friend! Your generosity is greatly appreciated!

WOW! **WOW!**
NOVEMBER 24TH

Mark your calendars to purchase donuts on November 24th!! **Sandy's will donate \$3 to Memory Cafe for every dozen donuts purchased throughout that day!** THANK YOU SO MUCH SANDY'S for this OOEY GOOEY SWEET support!
Pre-order by calling:
701-281-0430 (W. Fgo)
701-532-3280 (Osgood)
701-478-1155 (Downtown)
Or place your order online: www.sandysdonuts.com



Over the next few months there are several online giving opportunities available to support Memory Cafe and various levels of sponsorship:

Levels of Sponsorship:
Champion level - \$5000 and above
Advocate level - \$2500
Partner level - \$1000
Supporter - \$500
Friend - \$250

We appreciate EVERY gift of \$5, \$10, \$25 or more, it all makes a beautiful difference.
Thank you!



Upcoming Online Giving Campaigns



The Caring Catalog is an online, crowdfunding campaign sponsored by FM Area Foundation. It offers numerous opportunities to support local nonprofit organizations, including Memory Cafe. All donations are tax-deductible, and 100% of your gift supports the nonprofits--all credit card fees are waived by FM Area Foundation. This campaign runs **Nov 24th - Dec. 14th. Our goal is to raise \$10,000.**

Visit areafoundation.org/caringcatalog to make your donation! Thank you!



Giving Hearts Day is another fantastic online crowdfunding campaign that supports nonprofits like Memory Cafe. There are two ways to support us during GHD:

1. Help us raise our matching fund of \$10,000. We are actively pursuing this goal right now.
2. Donate to us online on Feb. 11, 2021. More details forthcoming.



Driving Safety Panel Discussion Highlights

Our Driving Safety Panel discussion was exactly what we were hoping for - an opportunity to have a serious conversation with all the experts regarding driving safety for seniors. When is it time for you, or someone you love to stop driving? What assessment tools do physicians use to determine if someone is physically or cognitively able to drive safely? What is involved with the driving evaluation process? Will my insurance be dropped, or my rates go up if I inform my agent I have a cognitive disability? What legal risks am I, or my family assuming if I continue to drive when it's no longer safe for me to do so?

Thank you Dr. Lindsey Dahl, Dr. Kirsten Juhl, Lia Dobrinz, DJ Colter, and Jordan Weir for sharing your time and expertise with us. This was such an informative conversation! And a warm thank you to Sam Olson, our Executive Board Treasurer who is also our go-to tech expert! Sam recorded this session and will let us know when its edited and downloaded on our YouTube channel and website.

For those of you who were unable to attend the session we've highlighted several of the areas that were discussed. The highlights are very broad and should in no way be understood to be a complete review of the information shared by any of the panelists. Each panelist welcomes the opportunity to speak or meet with you directly.

Dr. Lindsey Dahl - Sanford Health, Southpointe, Ph - 701-234-8820

Dr. Kirsten Juhl - Sanford Health, North Broadway, Ph - 701-234-8820

Lia Dobrinz, OT Sanford, S. University Dr. Ph - 701- 417-4078; Email - lia.dobrinz@sanfordhealth.org

DJ Colter - 701-367-9191; Email: dcolter@amfam.com

Jordan Weir - Vogel Law, Ph - 701-237-6983; Email - jweir@vogellaw.com

Medical Discussion Highlights

Dr. Juhl and Dr. Dahl provided extensive content that reviewed the many complexities involved with operating a motor vehicle. Input from a variety of sources - lights, rapid traffic changes, road conditions, speeds, other drivers must be processed quickly in order to maintain safety on the road. And physical factors such as your neck mobility, hearing, vision, medication profile, tactile strength, reflexes, musculoskeletal, neurological, and cognitive fitness must also be considered. The risks for you, your passengers, and the entire community are high when individuals continue to drive beyond the point when they should. Drs. Juhl and Dahl acknowledged the grief and loss of independence people experience when they lose their driving privileges. They and other medical providers understand this and want to help you and your family navigate this decision carefully.

Disclaimer: The above content is only a very basic overview of the physicians presentation. Every person and situation is unique so they recommended seniors schedule an appointment with them or their primary care provider for a thorough medical assessment to evaluate their driving capabilities. For your sake and the safety of your passengers and the entire community please act proactively with regard to this decision and don't wait for something tragic to happen.

Legal Discussion Highlights

Joran Weir shared very interesting information and insights with us during the afternoon. Please contact him, or your own attorney for any legal questions or concerns you may have.



Driving Evaluation Highlights

Lia Dobrinz, Occupational Therapist, Sanford Health

Goal: To keep people driving as long and safe as possible.

This evaluation must be ordered by your physician. It generally lasts about two hours and often includes a driving component using the instructor's vehicle. Upon completion, test results are sent to the referring physician who then makes his/her recommendations to the patient. The information contained below is NOT a complete review of all the information Lia discussed in her session, it is simply a basic overview. Lia asks you contact her directly for more information or to have your questions answered.

In general terms this exam evaluates:

- Vision, hearing, neck mobility, tactile strength (the ability to feel the pedals and road surface)
- Musculoskeletal strength - strength of your hands and feet
- Neurological system - numbness, ability to hold steering wheel securely
- Cognition: recall directions, procedural memory
- Multi-tasking abilities, especially while under pressure
- Problem solving skills - finding your way around detours, road construction projects, unexpected road hazards, dealing with unsafe drivers around you.

Helpful **FREE** resources are available through The Hartford. To order or download your FREE copies visit www.thehartford.com/resources/mature-market-excellence/order-guidebooks. Publications include: "We Need to Talk: Family Conversations with Older Drivers", "At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia, and Driving", "You and Your Car: A Guide to Driving Wellness", "Your Road Ahead: A Guide to Comprehensive Driving Evaluations" and more. We have ordered numerous copies of several of these publications and will distribute them when they arrive.

Insurance Highlights

Insurance Liability Considerations

DJ Colter, American Family Insurance

- **Fact:** If you are under 21 or over 65 and in an auto accident, statistics show that you have a higher chance of being deemed "at fault" when uncertain of fault - because of your age. Just the way life is.
- If a physician orders a cognitive test they do not notify the insurance company of the results. It is the responsibility of the family to make the notification.
- With memory issues, it is important to inform your insurance agent of changes. This information should be put in writing to protect all involved, not simply over the telephone. Email is a smart way to handle this.
- Insurance agents want to work with their clients to maintain coverage as their health changes. It is unusual for underwriters to drop clients unless unusual high frequency of accident/ticket activity is happening on their record. Agents work closely with their underwriters to assist their clients through various risk exposure. Good client history and longevity can go a long way with a company.
- Careful consideration should be made with liability limits on your auto coverage. Umbrella policies can be used to protect from exposures and are highly recommended for everyone. Work with your agent to determine which is best for you.



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ALEX STERN FAMILY FOUNDATION

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!