



October Meeting Schedule

* Subject to change

Oct 6th 1:00 - 2:30pm - Take Home Pottery Christmas Ornament project - Katherine Kilbourne Center for Creativity

Oct 20th, 1:00 - 3pm (note extended time) - Driving Safety Panel Discussion with local experts:

Dr. Lindsey Dahl and Dr. Kirsten Juhl, Sanford Health - Assessment process

Lia Dobritz, OT Sanford Driving Safety Exam

DJ Colter, American Family Insurance - Liability

Jorden Weir, Vogel Law - Civil liability and legal culpability

In This Issue

- The Power of a Friend - Deb and Larry
- "Nature's Dance" by Mark Bratlie
- Volunteer Highlight - Shirley Laske
- Board Member Spotlight - Vince T. Lee
- "Just For Laughs" - Steve Frosie
- For Our Health - Caregiver Considerations
- Building Skills and Community
- Game On - Technology and Memory Cafe
- Driveway Connections
- Driver Safety Panel discussion
- *Dementia on Retreat* - New York Times



Hello Memory Cafe friends,

Our world is a noisy place right now. The political and racial divisions, tensions surrounding coronavirus, and continued isolation and disruption of our pre-pandemic way of life are grievous to us. But, let us not allow all the racket of these times obscure the gentle power of a friend, and our friendship with each other.

This lovely poem was written a couple years ago by my dear friend, Larry during a poetry session led by Beth.

Larry has been an inspiration to me and so many individuals who are living well with memory loss. He is fond of saying, "I like telling I people I have memory loss! It opens the door for me to help others who are also living with it." That's the beauty of Larry.

The Friend speaks volumes of the hope and strength we can offer, and receive from each other as during these uncertain times.

~ Your friend, Deb



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 ahead
Are they still on the trail?

Some time has passed
Now we walk together
There are smiles, there is rest, and we say
To have and be a friend.

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



HAPPY HALLOWEEN



The Creation of a Poem

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 and 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 and then, 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.

When Mark and I married I wondered if he would take to the place and yes, over time 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.

~Jean Anderson

Volunteer Spotlight Shirley Laske



Deb and Beth spoke about Memory Cafe at a caregiver's Alzheimer's support group at my church. I took my husband, Ron to their next meeting. He wanted to know if I knew where I was going and if I knew how to get there. These were the same questions he asked me every time we went to Memory Cafe. Ron enjoyed how friendly people were at Memory Cafe and how he was greeted by name when we arrived.

As time went on I quit work in order to take care of Ron. My nursing experience helped. As a nurse I worked on the floor and in the ICU. I also worked at the State Hospital in Jamestown, nursing homes, and the clinic. I also taught CPR, SIDS, "Our Family is Having a Baby" class, and Pediatric First Aid. As a caregiver for Ron, I was aware of some of the help available to me but when you are the caregiver you learn so much more. I think God gave me the help of respite care and Ron's increasing need for sleep so I would get used to being alone when he was no longer with me.

My hobbies include crocheting (if I knit instead of crochet, you know my stress level is rising), visiting with friends, yard work, and taking care of the house. I also have two cats, Mandy and Nikki.

After Ron died, I helped Beth during her Saturday Memory Cafe group. Then, one time there was a topic I wanted to hear during one of the Tuesday Memory Cafe meetings. Deb invited me to come and asked me to wear my Memory Cafe volunteer shirt! So, since then I've been enjoying volunteering with the Tuesday group by connecting with our members, making deliveries for supplies needed for our meetings, and helping to keep everything organized during the pandemic.

~Shirley

QUOTE OF THE DAY

"How beautiful the leaves grow old. How full of light and color are their last days."

~John Burroughs



Nature's Dance* by Mark Bratlie



Nature's stage is green on blue
with drifting mounds of white
As caps of foam keep company
with playful liquid light

I watch the pieces dance together
with grace and subtle flair
As each piece humbly plays its part
without a haughty air

*Wind blows . . . trees sway
Clouds drift . . . birds soar
Waves roll . . . river runs
Sun shines . . . moon glows*

As I return from year to year
I perceive the wondrous whole
Yet the pieces change unceasingly
well beyond mankind's control

Gazing in awe at nature's dance
I sense inner tension melting
While nature helps me see myself
as one more piece connecting

*First published in Northern Narratives -
Fargo Public Library



Board Member Spotlight Vince T. Lee

We are delighted to introduce our newest Executive Board member, Vince T. Lee. Vince and his wife and five children (two sets of twins!) recently moved to the FM area when Vince accepted a position with JP Legal Planning. Vince's practice areas include real estate law, oil gas and mineral interests, elder law, estate planning, probate, guardianship, and trust law including special needs trusts for the disabled. Vince's vast real estate experience also involves estate planning concerns, such as wills, probate, and trust matters.

Vince is looking forward to getting acquainted with Memory Cafe, and each of you!

Thank you, Vince for your willingness to serve Memory Cafe with your time, advocacy experience involving individuals living with memory loss, and overall legal expertise. We are so happy you're on board, and on OUR board!

For Our Health

Questions Caregivers Should Ask Themselves

How do you plan to make time for yourself while caregiving? Are you able, and willing to schedule "alone time" to recharge, allow time for your own social life, work, friendships, and family relationships? Where and when do you need to draw the line and say, "I can do this much and no more."?

These questions address important issues at the very heart of caregiving. Unfortunately, many of these concerns do not arise until family caregivers are feeling overwhelmed and depleted, or until some area of their lives begins to noticeably deteriorate.

Caregiver burnout is notoriously subtle. Once you're already physically and emotionally spent, problem solving becomes even more difficult. You may not be able to control your circumstances, but you can always control how you respond to them. You and your own physical and mental health must be a priority.

Ask for help, sooner rather than later. Bringing more people into your lives is a win-win for everyone!

Just For Laughs!
Content Provided by Steve Frosie



I'm really looking forward to the Hallmark Channel this Christmas season.

Apparently they're offering a movie entitled, "A Very Covid Christmas". It features a big city attorney and a country candle maker who accidentally meet when they attend the wrong Zoom meeting together.

Two elderly Norwegians were lounging around the retirement home. One of them looked at the other, saying, "Ya know, I can't remember yer name. What is yer name?" The other Norwegian scratched his head, shifted from one foot to the other and finally said, "How soon do yew need to know?"

It's that time again. Politicians are getting friendly just when some of them should be saying goodbye.

I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....



ZOOM ZOOM ZOOM

Lenny and Carol have found some interesting, fun ways to use Zoom and their Smart Phones. On Zoom they have a weekly "Happy Hour" with their whole family.

- Lenny starts it with singing the "Welcome Song" they learned at Memory Cafe.
- They sometimes have themed Zoom gatherings. The "Hawaiian Happy Hour" was a great hit. Attendees dressed in Hawaiian shirts and sundresses, and of course beverages were made with Hawaiian flavors.
- Lenny and Carol have a grandson going to school in South Carolina. He has inherited Lenny's sense of humor. Their grandson uses his phone to text the beginning of a joke to his grandparents. They need to send him what they think the answer to the joke would be. Example: "What is black and white and blue all over?"

"A newspaper in a wind storm (blew)."

Thanks Lenny and Carol for unique ways to keep in touch with our families!



Submitted by Sharon and Brad M.



Speaking of Lenny and Carol ...here they are downtown standing beside their "68 Volkswagen. Lenny reports taking it for a drive is the perfect cure for a headache!



Ouch!!



Warning! Look before you sit! Jeff K. recently got into his car without looking at the driver's seat. Seconds after sitting down he noticed a very sharp pain on his right butt cheek! He quickly realized he'd been stung by a bee! Yikes!

Shirley N's blood pressure, a-fib and overall cardiac status is doing much better now. She thanks you for your prayers!

"Ron's MRI of the pancreas turned out well. And his C.T scan of his lungs also showed no new cancer cells or tumors. What a blessing! I still have my soulmate with me awhile longer!" Ginny L.



Welcome to our new members!

Yea!! During our Sept 15th meeting we had FOUR new participants join us on Zoom! It was so nice to meet each of you. Thank you to our amazing Zoom tutors for helping them learn this technology!

"We're changing the world with technology."

~Bill Gates

Hey, Bill Gates, don't think you're leaving Memory Cafe behind! We're changing OUR world with technology, too! We're so proud of our members who have embraced, or shall we say, "reluctantly agreed" to the world of Zoom!! With the security measures Zoom has added and our patient Zoom tutors more of you are showing up every time we meet! Yea! This not only adds to the pleasure of our meetings but it also equips you with the technology to stay connected with your family, church, and other organizations anytime you'd like! What a wonderful skill to learn as we approach winter! Let us know if you'd like to learn to Zoom. We'll teach and practice with you until you feel comfortable! You can also just dial in to the meeting using your cell phone, if you'd prefer.

"Hey, this is great! I'll be able to Zoom with my kids and my grandson in North Carolina this winter!"
Bill P. after Zooming for the first time!



Jim and Carol (and Mimi), and Jeff K. with their new Fire tablets!



Amazon Fire Tablet Pilot Program

Our board of directors recently approved the purchase of two new Amazon Fire Tablets. They will be loaned to Memory Cafe members who lack a device to participate in our Zoom meetings. Board member, Amy Bro and her husband Ryan ordered and loaded the tablets and they're ready to use for our October 6th meeting. Thank you Amy and Ryan!

Building Skills and Community

Exercise Bingo

Nicolle Aukland, Certified Silver Sneakers Instructor



Thank you for another energetic and motivating hour of movement and fun, Nicolle! You are our favorite exercise coach! If you'd like to get additional exercise coaching from Nicolle email her at naukland@outlook.com

Lovely violin music and conversation with Tracy Alin!



What a pleasure to meet and listen to the beautiful music performed by our Memory Cafe friend, Tracy! Tracy delighted us with a wide variety of musical selections including Moon River, Chariots of Fire, Romeo and Juliet, A Time For Us, Love Me Tender, Come Thou Font, Edelweiss, and Love Story...just to name a few! Tracy also talked about the power music has to "pull the soul out a person in a deeper way than conversations do." This allows us to connect with individuals who are otherwise non-verbal, calm ourselves or and others who feel anxious, and bring pleasure into our lives. Music offers us a powerful tool to detach from the stress of the day. Thank you Tracy!

Driveway Gathering FUN!

Wow, it was SO encouraging to have the opportunity to actually SEE each other's faces, or the upper half of our faces during the five driveway gatherings we had over the past couple of months. We laughed and learned so much about each other...some of it rather surprising! Here is a sampling of what was seen, discussed, and shared:

- Linda F. has belonged to the same rural church her entire life.
- Steve F. has a fresh supply of jokes to help us get through the winter!
- Lots of moving going on with our members - Larry and Gail, Charlotte and Jim, and Dick. Anyone else?
- "Witching" for water is a real thing - it works!
- Hard work never hurt anyone and miners from the Iron Range know how to work!
- Sharon M. likes winter.
- Jeff K. doesn't like masks.
- Doug is happy to be back at the Y exercising.
- Jim L. loved his career working as a Produce Manager at Super Value. He's a "Honda guy."
- Carol L. saved Deb's canning efforts this year by sharing many quart jars with her. Thanks, Carol!
- Gary O. is holding his own at Bethany. Phyllis and family are thankful for any visits they are allowed.
- "Covid Fatigue" is alive and well.
- Paul I. has taken up embroidery and really enjoys it. He and Ruth have very fond memories of autumn... raking and burning leaves, neighbors gathering in their yard to visit and make s-mores, hunting fowl in beautiful eastern MN.
- Dennis A. loves fast cars and is quite a "hot rodder"! His experience tells him that "girls like fast cars but the guys are afraid of it."
- Deb K. may be a case in point. She was thrilled to get a ride in a gorgeous yellow Corvette going 100 mph last fall!
- Peter K. showed up to the party looking quite dapper in a tie and jacket! "I never get to wear these clothes anymore." Perhaps his attention to fashion explains how he managed to connect with so many women over the years! He tells quite a story, some of which won't be shared in this newsletter :)
- Puffi C. isn't a farmer. She's not a rancher, either. "Let's see, is there such a thing as a dairy pig?" Don't ask Puffi.
- Karen B. and Peter shared their secret for finding a date while attending Concordia and NDSU. They randomly called campus phone numbers until they reached their gender of choice. When that happened they began talking, hoping to line up a date for the weekend. Who said online dating started with the Gen X'ers?
- Ralph N. knows how to fix garage doors. As founder of Midland Garage Doors he's also quite familiar with how to build them! He is passionately interested in spreading the gospel around the world.
- He (Ralph) also has something about "Finlanders". We never quite figured out what it was but he married Shirley who is Finnish so it must be good!
- Speaking of Shirley...she speaks Finnish when she's upset (watch out, Ralph!), she's teaching it to their dog, and she even sang us a Finnish tune. You have a lovely voice, Shirley!
- Fall colors are about a week ahead of schedule in northern MN. Time to take a drive!

HOW TO KNOW WHEN YOU OR YOUR LOVED ONE SHOULD STOP DRIVING, AND WHY.

DRIVING SAFETY FOR SENIORS

A VIRTUAL PANEL DISCUSSION WITH LOCAL EXPERTS

Medical Requirements For Driving Safely

Dr. Lindsey Dahl
Dr. Kirsten Juhl
Sanford Health

The Driving Evaluation Process

Lia Dobrinz, OT
Sanford Health

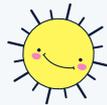
Insurance Liability Considerations

DJ Colter
American Family Insurance

Civil liability and Criminal Culpability Concerns

Jordan Weir, Attorney
Vogel Law

OCTOBER 20TH 1-3 PM
EMAIL US FOR THE LINK TO ATTEND:
HELLO@MEMORYCAFERRV.ORG



"What are you talking about? I'm a good driver! I've never even gotten a speeding ticket!"

"Convincing dad (mom) to give up his/her driver's license was the most difficult part of our caregiving journey. It was so hard."

"My patient switched doctors when I suggested he/she shouldn't be driving anymore."

Deciding if, when, how, and why to stop driving is a very tender, personal issue for everyone. The stakes are high - someone could be severely injured, or even killed by a driver whose vision, hearing, response time, or cognitive strength to operate a motor vehicle is impaired. But giving up your license means giving up your independence which no one wants to do.

Because this experience is so common - and difficult, we have gathered an amazing lineup of local experts who will share their insights on this critically important issue during an expanded virtual Memory Cafe meeting on Tuesday, Oct. 20th from 1-3 pm. Family and friends are welcome. This discussion will also be recorded and available on our website and social media following the event.

Email us at Hello@MemoryCafeRRV.org for the link to join us.



Thank you BCBS for becoming our FIRST corporate sponsor for our GHD 2021 Matching fund! We appreciate your continued support of Memory Cafe of the Red River Valley!

Memory Cafe is dedicated to reminding our friends living with memory loss they are valued significant members of our community. We also strive to partner with other non-profits who are doing important work in our community. One of our favorite ways to demonstrate these commitments is our annual Christmas fleece blanket project for children. Last year we made eighteen blankets for children served by Down Home and the Ronald McDonald House of Charity. This year, we'll donate NINE blankets to FIVE non-profits for a grand total of FORTY FIVE BLANKETS! This year beneficiaries will include the Churches United for the Homeless, the Jeremiah Project, Down Home, Ronald McDonald House, and the YWCA shelter...45 blankets in all! Thank you BCBS for helping sponsor this impactful community service project.



The DEMENTIA CONCEPT will be reviewed during our meeting on Nov. 3rd. If you are a regular attender of Memory Cafe you should have received a copy of your own to read prior to our meeting. Let us know if you haven't received a book and we'll make sure you get a copy soon.

Thank you **Greg Danz** and **Zandbroz** for the tremendous support you provide in supporting our ongoing educational pursuits and volunteers!



Ornaments ready for glazing!

Take Home Christmas Ornament Project



Carol Prafcke,
Director

Creating something unique with our hands is satisfying and fun! Thankfully, the part of the brain involved in the creative arts is often spared from damage due to Alzheimer's disease. In fact, sometimes it is enhanced. This is one of the reasons we work hard to develop Creative Arts programming at Memory Cafe. Thank you, Kilbourne Group for sponsoring this engaging pottery project with the Katherine Kilbourne Center for Creativity (CFC)! We are really looking forward to doing this project together on Oct. 6th and putting the ornaments on our Christmas trees this year! And, a special shout out to Deb's niece, Amy Uthus, a gifted potter who spurred this idea!



Dementia On The Retreat

By Gina Kolata, New York Times
Aug. 3rd, 2020



Dementia is on the retreat in the U.S. and Europe. Rates of dementia have steadily fallen over the past 25 years, a new study finds. But the disease is increasingly common in some parts of the world.

Despite the lack of effective treatments or preventive strategies, the dementia epidemic is on the wane in the United States and Europe, scientists reported on Monday. The risk for a person to develop dementia over a lifetime is now 13 percent lower than it was in 2010. Incidence rates at every age have steadily declined over the past quarter-century. If the trend continues, the paper's authors note, there will be 15 million fewer people in Europe and the United States with dementia than there are now.

The study is the most definitive yet to document a decline in dementia rates. Its findings counter warnings from advocacy groups of a coming tsunami of Alzheimer's disease, the most common form of dementia, said Dr. John Morris, director of the Center for Aging at Washington University in St. Louis. It is correct that there are now more people than ever with dementia, but that is because there are more and more older people in the population.

The new incidence data are "hopeful," Dr. Morris said. "It is such a strong study and such a powerful message. It suggests that the risk is modifiable." Researchers at Harvard University in Cambridge, Mass., reviewed data from seven large studies with a total of 49,202 individuals. The studies followed men and women aged 65 and older for at least 15 years, and included in-person exams and, in many cases, genetic data, brain scans and information on participants' risk factors for cardiovascular disease.

The data also include a separate assessment of Alzheimer's disease. Its incidence, too, has steadily fallen, at a rate of 16 percent per decade, the researchers found. Their study was published in the journal *Neurology*. In 1995, a 75-year-old man had about a 25 percent chance of developing dementia in his remaining lifetime. Now that man's chance declined to 18 percent, said Dr. Albert Hofman, chairman of the department of epidemiology at the Harvard School of Public Health and the lead author of the new paper. Although it is often said that women are more likely to get dementia than men, Dr. Hofman and his colleagues found that men and women have equal dementia rates. The reason for the confusion appears to be that there are more older women than older men in the population. At any age when dementia is likely, there will be more women with dementia in the population than men.

One puzzling aspect of the decline is that it seems to be confined to Europe and the United States — it was not seen in Asia, South America or, from limited data, in Africa. There have been reports of increasing dementia rates in Japan, China and Nigeria, the paper's authors note. Those increases are puzzling, Dr. Hofman said. The trend may be related to higher rates of smoking, which makes dementia more likely, in those countries.

One leading hypothesis for the decline in the United States and Europe is improved control of cardiovascular risk factors, especially blood pressure and cholesterol. Nearly all dementia patients have other brain abnormalities, including blood vessel damage likely to be the result of high blood pressure. High blood pressure seems to be most damaging in middle age, Dr. Hofman said. Those with lower blood pressure earlier in life but higher blood pressure later tend to have reduced chances of dementia. Large swings in blood pressure are a risk at any age, he added. Another possible reason for declining dementia rates might be better education, which is thought to have a protective effect by giving the brain more capacity — for example, a memory cache of more synonyms for words that were forgotten. Like control of blood pressure and cholesterol, education levels have gradually improved over the past few decades. "There is a theory, but still not much evidence, that education shifts dementia to a later age," Dr. Hofman said.

The genetic risk factors for dementia cannot have changed, said Dr. Richard Hodes, director of the National Institute on Aging. "That means something in the environment has occurred," he added, which "has to encourage us." But if improved education is the answer, the decline in dementia rates may be nearing its end, Dr. Hodes noted. He also cautioned against assuming that factors like blood pressure or education, linked in observational studies to dementia, might signal cause and effect. Neither can scientists yet assume that various lifestyle factors linked to a lower risk of dementia mean they are protective. "Many are using these reports to recommend better diets and more exercise," Dr. Hodes said. "I couldn't possibly be opposed to more social interactions, more activity, better diets, better control of blood pressure. But we need more research for a greater degree of certainty."



memory
cafe

PO BOX 883

FARGO, ND

58107

701-404-6712

www.MemoryCafeRRV.org

hello@memorycaferrv.org

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