



June/July Meeting Schedule

*Subject to Change

June 1st - Party On!! Our first in person meeting this year! 1-2:30 pm. Urban Plains Picnic Shelter B. 3080 51st St. S. Fargo. Directly east of Scheels Arena.

June 15th - Jog Your Memory Run, Walk or Cheer Event with Root Beer Floats! See page 4 for details.

July 6th - 1-2:30 pm. Coffee and Social. Urban Plains Picnic Shelter B. 3080 51st St. S. Fargo. Directly east of Scheels Arena.

July 20th - 1-2:30 pm. Red River Zoo. 4255 23rd Ave. S. Fargo

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- Katie Ambuehl, Our newest board member!
- Jog Your Memory Run, Walk or Cheer event
- Self compassion Mantras
- Upcoming Venue/meeting date changes
- Emergency Planning Program

Mission Statement

The mission of Memory Cafe of the Red River Valley is to enhance the quality of life for individuals living with memory loss and their loved ones through socialization, education, the creative arts, community service and community engagement.

Hi Memory Cafe!

Wow, can you believe it? After fourteen months of not meeting together we are FINALLY going to meet in person again! I am so excited to see you, welcome newcomers and share some long awaited beautiful companionship again!

According to many reputable mental health researchers the impact of the pandemic is deeper and more profound than anyone likely even realizes right now. There are mixed emotions about resuming "life as normal" again. Some of us are more than ready to get together again while others are quite concerned. I acknowledge and validate all those feelings. Out of respect for these concerns all of our gatherings will be held outdoors in June and July. I've also dedicated significant space in this newsletter to address those concerns and others. I hope you find helpful suggestions on how to deal with them.

No matter how we choose to interact with others this summer I hope you are finding meaningful connections and community with people who bring you joy. I am inspired by the following quotes that I believe speak to the enduring friendships we create in our Memory Cafe community:

"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing."

~ Jean Vanier

"I have learned that to be with those I like is enough."

~Walt Whitman

~With eager anticipation

Deb



Happy Father's Day!

My husband Mark has had the good fortune to live in several locations during his lifetime: the prairies of the Midwest, the rolling hills of north central North Dakota and the mountains of Washington. A love of the natural world, his poem *Triply Blessed* speaks of the beauty of each landscape.

~ Jean Anderson

Triply Blessed
by



Mark Bratlie

I have dwelt where granite neighbors
split the clouds with jagged hand
Where sheer aggressive beauty
offers vistas that are grand
I have hiked the alpine trails
that take one's breath away
And to mountain's awesome beauty
I shall return one day

I have dwelt in lush green rolling hills
embracing pools of blue
With offerings of contentment
and comtemplation too
Wondering what beauty lies
beyond the farthest hill
And which thoughts and inspirations
my spirit will be filled

I have dwelt on midwest prairie
where sky and land are tight
And the spaces full of sunshine
bring a spirit that is light
Night sky above the flatland
is filled with heaven's grace
As the spreading sparkling Milky Way
with diamonds is laced

Yes, I have dwelt with rocky giants
and with calmly rolling hills
I have camped upon the prairie
where my heart is humbly filled
With nature's widespread scenery
I know that we are blessed
As my eyes drink in the splendor
in which our world is dressed

My Recent Diagnosis of Alzheimer's Disease

I was diagnosed with Alzheimer's disease during the pandemic. It's been a very difficult year for both me and my spouse. Although I have some problems with my memory, the most noticeable - and distressing symptom of my disease is the loss of my language skills. I've noticed some days or parts of the day are more difficult than others. Recently this problem lasted the entire day. It was awful.

Prior to the pandemic my language skills were quite strong. I thoroughly enjoyed talking to anyone and everyone about just about anything. I loved to laugh. But now my word finding skills are very, very poor.

Lacking the ability to find the right words is frustrating. It's also deeply humiliating. Now, instead of eagerly looking forward to socializing I hesitate.

Conversations now frightened me. I find myself staying away from others even though I know this is the worst thing I can do to limit the impact of this new problem I've developed.

I want to say how grateful I am for the books Memory Cafe has been sending us during the pandemic. I used to read all the time but during the pandemic I stopped reading entirely, until these books arrived. Until I started reading them I wasn't even sure I still had the ability to read, or remember what I had read.

I especially appreciate the book, *Dancing With Elephants*. It immediately caught my eye and inspired me to really start reading again. I finished the entire book in two days! The book is spot on about what it says about living with dementia, an aging brain and chronic illness. Thank you Memory Cafe.

~Anonymous participant of Memory Cafe

Member Updates

Please pray for Shirley N. who has surgery on June 4th to remove cancer from her lungs.

Our deep condolences are extended to our beautiful volunteer Shirley L. who lost her 103 year old mother in May.

"If I've learned anything in my years of caregiving for people with dementia, it's that we are not just our brains. Thoughts and language may come from the brain, but they're not the whole story of who we are. We are sentient beings. We have a soul that's not subject to physical disease."

~Gail Weatherill, RN, CAEd

For Our Health

The Pandemic's Serious Toll on Mental Health. What Happens When It's Over?

www.healthline.com/health-news

- The pandemic has taken a huge toll on many people's mental health across the globe. Many wrestled with the stress and anxiety that came with the first wave of lockdowns.
- As public life returns to normal, experts caution there may be a PTSD-like lingering effect for some people.
- Many people have lost a loved one or lived through extended isolation that can exacerbate underlying mental health issues.

And despite concern about an uptick of COVID-19 cases in some pockets and significant vaccine hesitancy in many communities, life is gradually returning to normal.

But as people start venturing outdoors to restaurants, houses of worship, and other public gatherings, experts say that many people can expect to confront some lingering mental health effects of surviving the pandemic.

The pandemic has taken a huge toll on many people's mental health across the globe. Many wrestled with the stress and anxiety that came with the first wave of lockdowns.

Many worried about the emotional impact that the loss of loved ones would have on them and their friends and neighbors. And others found it hard to deal with the grief and isolation.

Some found it hard to deal with some other consequences of the pandemic and accompanying lockdowns, including job loss and financial insecurity.

As public life returns to normal, experts caution there may be a PTSD-like lingering effect for some people, either from the loss of loved ones, extended isolation, or the exacerbation of underlying mental health issues.

QUOTE OF THE DAY

"In the end there is no desire so deep as the simple desire for companionship."
~ Graham Greene

Just For
Laughs!
Content
Provided by
Steve Froslie



With the invention of self-driving vehicles, it's only a matter of time before we get a country song where a guy's truck leaves him too.

A guest is ordering at a restaurant. "Do you think you could bring me what that gentleman over there is having?" he asks. The waiter looks at him sternly. "No sir," he replies. "I'm sure he intends to eat it himself."

"Wouldn't exercise be more fun if the calories screamed while you burned them?"
~ Bill Murray

If you ever get an email about pork, ham, salt and preservatives don't open it. It's SPAM.

An 85 year old widow went on a blind date with a 90 year old gentleman. When she returned to her daughter's house later that night, she seemed upset. "What happened, Mother?" the daughter asked. "I had to slap his face three times!" "You mean he got fresh?" "No," she answered. "I thought he was dead!"

I see people my age mountain climbing. I feel it's a good day if I can put my leg through my underwear without losing my balance.

"Honest good humor is the oil and wine of a merry meeting, and there is no jovial companionship equal to that where the jokes are rather small and laughter abundant."
~ Irving Washington

Some of you are receiving our newsletter for the first time! Let us know if you'd like to opt out or receive it electronically. Also let us know if you know anyone who would like to receive it!

Memory Cafe Community Gatherings this Summer

You're Invited!

You're Invited!

Because we'd like to meet outdoors as much as possible this summer we have a full lineup of enjoyable and entertaining venue locations reserved for this entire summer. In June our meetings will be held outdoors at the Urban Plains picnic shelter B; in July we are delighted to support one of our community treasures, the Red River Zoo where both of our gatherings will be held; on August 3rd we will meet at Bonazaville; and on August 17th we will meet at the Fargo Air Museum! Whew, this is a lot of fun for one summer, is it not?

Please feel free to invite anyone you may know who is concerned about the health of their memory or the memory of someone they love. Memory Cafe is a warm, friendly place for anyone who has these concerns for whatever medical reason might be causing them. Memory Cafe is FREE. And reservations and doctor's orders are not required. It couldn't get much better than that, right?

Additional Summer Meeting Details



Tuesday, June 1st
1 - 2:30 pm



Cake and Coffee Post Covid Party!!

Urban Plains Picnic Shelter B - 3080 51st St. South, Fargo
(Directly east of Scheels Arena)
Free. No reservations required.

Everyone welcome, including newcomers!

Thank you Curtis Van Maasdam for sponsoring this venue in honor of your wife, Crystal.

Tuesday, July 6th
1 - 2:30 pm



Cookies and Coffee
Red River Zoo!

4255 23rd Ave S. Fargo
Free. No reservations required.
Newcomers Welcome!

Thank you Curtis Van Maasdam for sponsoring this event in honor of your wife, Crystal.



Tuesday, June 15th
1 - 2:30 pm

JOG YOUR MEMORY RUN, WALK OR CHEER EVENT!

Urban Plains Picnic Shelter B - 3080 51st St. South, Fargo

(Directly east of Scheels Arena)
Free. No reservations required.

Everyone welcome, including newcomers and family members!!

This is a new event for Memory Cafe and we are very excited about it! Urban Plains has fantastic paved walking paths with a 0.6 mile course for those who are interested in charting their distance! The course has ample shortcuts, plentiful benches to rest our weary bones as we walk and restrooms. Wear your walking shoes and be prepared to MOVE!!

ROOT BEER FLOATS WILL BE SERVED!

Please contact Dan or Puffi Cushing for questions
701-371-2494/701-371-0914

Thank you Curtis Van Maasdam for sponsoring this venue in honor of your wife, Crystal.



Tuesday, July 20th
1 - 2:30 pm

Cookies and Coffee
Red River Zoo!

4255 23rd Ave S. Fargo
Free. No reservations required.
Newcomers Welcome!

August 3rd
1 - 2:30 pm

Bonazaville!!

1351 Main Ave W. Located in the West Fargo Fairgrounds
Free. Tour of the grounds \$3 entrance fee. No reservations required.
Newcomers Welcome!

August 17th
1 - 2:30pm

Fargo Air Museum Tour
1609 19th Ave N. Fargo
(Free will offering)

No reservations required.
Newcomers Welcome!





Introducing Our Newest Board Member!

Katie Ambuehl, LSW Essentia Health



My name is Katie Ambuehl. I have been a social worker in the FM area for the past 13 years and am currently working at Essentia Health as the Palliative Care Program Manager. I have been married for 10 years to my amazing husband Jason and we have two incredible children (Harrison age 6 and Rosie age 2). I am honored to begin serving our community as a board member for the Memory Cafe. I have had the joy of presenting to the Memory Cafe in the past and I am inspired by the amazing support Memory Cafe provides.

Communication Tip from Dale Carnegie

"When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion."

- Dale Carnegie

Mr. Carnegie made this recommendation for his students interacting with cognitively healthy people. While his advice is useful when dealing with any relationship it is equally, if not more applicable when interacting with individuals living with Alzheimer's disease or related dementia. Look for the emotion, ignore the words.

Self Compassion Mantra Examples

I choose to be present in all I do...

I am worthy of good things...

I matter...

I speak to myself with kindness and I treat myself with kindness...

I choose to focus on the bright side of all situations...

I am enough...

I can choose positive thoughts...

I surround myself with loving people...

I treat myself with love and respect...

With this breath I release anything that no longer serves me...

I will remember the importance of silence...

NEWS FLASH!

UPCOMING VENUE CHANGES

We are VERY excited to announce we will be moving into two new venues this fall! As much as we appreciated the incredible hospitality of First Lutheran Church in Fargo over the past several years we've been invited to meet at the beautiful Hjemkomst Center in north Moorhead and Bethel Church in south Fargo. This will allow easy access to our meetings for our Minnesota and north Fargo friends as well as those living in south Fargo and West Fargo. Our meetings will be held on Wednesday afternoons instead of Tuesday afternoons. More details to follow in future newsletters.

Thank you Hjemkomst Center and Bethel church!

Thank you First Lutheran Church

We'd like to take this opportunity to publicly thank First Lutheran Church in Fargo for the amazing hospitality they offered to Memory Cafe over the past several years. Everyone was incredibly kind to us. Perhaps as a group we're a bit forgetful but we'll never forget how welcome you made us feel in your beautiful house of worship. Thank you!

Helpful Online Resources

• **Alzheimer's Federation of America (AFA) - alzfdn.org**

Founded in 2002 by a caregiver, the AFA provides education and support to individuals living with Alzheimer's disease and to their families and caregivers, and funds research toward improved treatments and a cure. **866-232-8484**

• **My Brain Guide - mybrainguide.org by UsAgainstAlzheimer's**

Concerned about brain health? Try their guided telephone or online experience to receive resources tailored to your needs. **855-BRAIN-411**. BrainGuide was created by UsAgainstAlzheimer's with in-kind and financial support from Biogen.



I stumbled upon this podcast, *Small Things Often* recently and highly recommend it. As we consider ways we might intentionally and proactively protect our relationships as we emerge from the pandemic these five minute segments are helpful.

T'ai Chi Chih classes from HeartSprings Community Healing Center - an Update

An in person outdoors T'ai Chi Chih class will be starting Wednesday, June 2nd from 9:30-10:30am. If weather is inclement the class will moved indoors. Classes will meet on the east lawn by the big trees for shade. It's okay if you miss some classes.

Address: 2010 Elm Street North, Fargo
The cost is \$15 for a drop in fee and \$39 for the five Wednesdays in June. This \$39 registration fee usually covers the cost for just four classes instead of five included in this offer so this is a terrific deal!

To register go to HeartSpring's website:
<https://www.heartspringscenter.org/purchase/p/standing-tai-chi-chih>

Consider...

~Jolene Brackey

Consider individuals living with dementia are HERE to teach US how to LIVE. If they cannot remember what they did five minutes ago or what they are going to do in five minutes, where are they possibly living? in the NOW.

If they feel angry, scared, sad, alone....they can't hide it, stuff it, change it, twist it like we can and say, "I'm fine."
Everything they feel is revealed and we have an opportunity to respond to an authentic emotion.

They cannot tell a lie. What they are thinking will come right out of their mouth. When they say something, you might want to consider it. Maybe they see something, feel something you cannot see or are unwilling to look at.

Consider they are here to teach us we don't have any control over another human being...

Humor Helps

www.verywellmind.com

We can't always change our reality, and ignoring problems isn't usually the best way to deal with them, but we can embrace reality and soften it at the same time with a bit of humor and a few extra stress relievers.

- "Reality is the leading cause of stress for those in touch with it." Jane Wagner
- "I've tried yoga, but I find stress less boring."
- "When I hear somebody sigh, 'Life is hard,' I am always tempted to ask, 'Compared to what?'"

If we focus on what we can be grateful for in each situation, we can see the positive more easily and feel less stressed. What can we appreciate today?

Emergency Planning Program from Lutheran Social Services of MN

(reprinted by request)

By Jan Jones

- **Emergency Planning Program** - LSS offers an emergency planning program to prepare for unexpected needs. They assign you to a social worker who talks to you about your situation and sets up a meeting with you and any family members you want involved to discuss what you'd do in unexpected situations, such as a health emergency. It is such a good idea to think about what WOULD you do in an emergency situation? Who would take care of your loved one if something happened to you? It also motivated me to do some things that helped us to prepare in case that should ever happen.
- **LSS MN (Moorhead) is now also servicing clients in Fargo.**
- **"Powerful Tools for Caregivers Course"** - Very helpful course! It's about 4 weeks long for a couple hours each week. You are given a book and some handouts - but it was offered online - which was so good.
- They also have **Caregiver support groups - I love the one I am in!**
- **Volunteer Companionship** - They have Gene (my husband) set up with a volunteer who talks to him once a week for up to an hour - just to chat - since he really has no friends locally who he gets together with.
- To learn more or to get connected contact: Debbie Retzlaff at **218- 220-7517** or **email her at Debbie.Retzlaff@lss.org** For additional information:
 - <https://www.lssmn.org/services/older-adults/caregiver-support>
 - <https://www.powerfultoolsforcaregivers.org/powerful-tools-for-caregivers-class-promotional-video/>

The Cost of Multitasking

Try not to multitask; research shows that when you multitask, you only use a portion of your brain and it increases our stress loads.

What's the difference between a school teacher and a train? The teacher says, "Spit your gum out!" and the train says, "Choo, choo, choo!"

~Submitted by Brad, Deb's grandson :)



Mental Health Toll of the Pandemic

(con't from page 3)

These warnings come in the wake of a new study, *Trusted Source*, conducted by researchers from the Centers for Disease Control and Prevention (CDC) and the Census Bureau. “There will no doubt be an adjustment period required in order for these situations to feel comfortable again, though the length of time may vary depending on one’s level of isolation during the pandemic,” said Jenna Carl, PhD, a practicing and licensed psychologist, and vice president of Clinical Development & Medical Affairs at Big Health, a digital therapeutics company.

Dr. Tara Swart, a neuroscientist, author, and senior lecturer at MIT’s Sloan School of Management, said while some people will feel excitement, others will feel fear and hesitation as the pandemic ends. Swart pointed out that as people start to resume normal activities, they may become fatigued.

Reopenings “will likely be accompanied by an adjustment period, which may involve lowered mood due to the stress of uncertainty and having to make decisions we are no longer used to or haven’t had to make before,” Swart said.

“This will require more effort from the brain and could lead to mental fatigue. Even the people who embrace reentry stand the chance of becoming overstimulated by changing things too quickly and then feeling burnt out,” she said. Swart added that people may also feel elements of social anxiety or agoraphobia when they encounter crowds on public transport or in their day-to-day life.

She said that stress and change always bring a “roller coaster of shock to the system”: irritability or an inability to regulate emotions such as anger; looping negative thoughts; bargaining with yourself and others; and anxiety, depression, and then acceptance and responsibility.

“We are likely to cycle through these several times until a new normal is established and sustained,” Swart said. “This could show up (as it has in the last year) as insomnia, anxiety, dreams, skin issues.”

Briony Leo, a clinical psychologist, said that for many people, heading out after such a long time at home will be “somewhat anxiety provoking. Even being indoors with other people will feel strange, especially with the additional layer of awareness about breathing in others’ air and getting close,” said Leo, who is also head of coaching at Relish, a relationships app.

“If someone has felt anxious about sanitizing things and keeping COVID-safe, that isn’t going to go away immediately just because they are vaccinated,” she said. “These concerns can take a while to disappear.”

Experts say people can combat some of these lingering issues by, among other things, pacing themselves and anticipating initial anxiety.

“A good rule of thumb is to be prepared for lots of different emotions and accept them as normal,” Leo said.

“It is not usual to have been locked away for a year, so when we return to our normal lives, we’ll need a period of adjustment when things settle back in. So, make room for strong emotions, and if they are distressing or persist longer than a week or so, book in a time to speak to an understanding therapist,” she said.

“Unpacking why these feelings are there, and what purpose they serve, is a great way to get started.”

Written by Lekan Oguntoyinbo on April 15, 2021 — Fact checked by Dana K. Cassell



memory
cafe

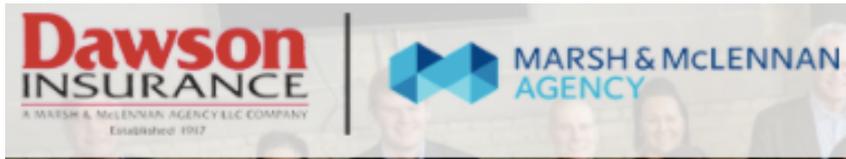
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Remember to follow us on Facebook and Instagram. And be sure we have a current email address for you or your loved one. Thank you!