



### August/September Meeting Schedule

All meetings held from 1 - 2:30pm

Aug 3rd - Bonanzaville! 1351 Main Ave W. West Fargo.  
Refreshments and optional tour.

Aug 17th - Fargo Air Museum tour. 1609 19th Ave N. Fargo.  
(free will offering)

Sept 1st - NO MEMORY CAFE

Sept 8th - FIRST MEETING AT THE HJEMKOMST CENTER!  
Music and entertainment with Jerry Barnum! Hjemkomst  
Center, 202 1st Ave N. Moorhead.

Sept 15th - FIRST MEETING AT BETHEL CHURCH with  
Valley Senior Services and TNT Fitness! 2702 30th Ave S.  
Fargo.

Sept 22nd - Caregiver Cafe - Details to follow next month.

### In This Issue

- Olympic Style Living! - Deb Kaul
- *Morning's Light* by Mark Bratlie
- "Still Here, Still Me" - Dr. Jennifer Bute
- For Our Health - Reducing Caregiver Stress
- Just For Laughs- Steve Froslic and friends
- Building Skills and Community
- Changes Coming to a Memory Cafe near you!
- Easing Into Home Care
- Mental Health Resources
- Parkinson's Performance Boxing - Coach Jake Haile
- University of Wisc. Alzheimer's Research Center

### 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 friends!

I recently read an interview of a gentleman in his seventies who asked the question, "I wonder how many summers I have left?" That's an intriguing question that got me thinking about my own longevity. Later, that **same** day, one of our Memory Cafe board members asked the **same** question! Now, I really sat up and paid attention! I mean, really, *how many summers do I have left?*"

The thought was, and continues to be a little unsettling for me. We recently attended a large family reunion in Estes Park, CO and I was so blessed by the presence of over fifty little children and teenagers in my immediate family that I'd dearly love to watch grow up, get married, and have children of their own. And, perhaps that is in my future.

Of course, none of us know how much time we have left to live on this beautiful earth. Knowing our time is limited helps us prioritize the people and things that matter most - family, friends, faith, health, community. It helps us be intentional with our time, live more in the moment, practice gratitude, set specific goals, take better care of our health, laugh a little more, reach out to those we love, and discipline our lives like a trained Olympic athlete. Not just physically, but mentally as well.

Olympic triple jumper, Tori Franklin, attributes part of her current calm regarding the games to a daily, intentional ritual. She mediates and relays positive affirmations to herself before looking at her phone each morning. Also, as a self-described "introverted extrovert," she balances spending quality time with loved ones and time alone organizing her thoughts and overall self. Franklin also writes about her feelings. These are practices that would help each of us live out whatever time we have left with intentionality and hopefully, more satisfaction.

As Yogi Berra famously said, "You gotta be very careful if you don't know where you are going because you might not get there."

Thank you Dick Solberg and Bell Bank for helping Memory Cafe get where we're going by your recent \$5000 gift! THANK YOU!



### Happy National S-mores Day!

Yep, August 10th is the day to buy some graham crackers, roast a few marshmallows, melt some chocolate and exclaim, "Oooo, it's SO GOOD!"



Breathe the beauty of this poem deeply into your soul.

**Morning's Light**  
by  
Mark Bratlie



The break of day...what a misnomer  
It does not break...it creeps all over  
Over the trees and the dewy leaves  
Over the branches as early light dances

Over the clouds and through the sky  
Morning's beauty brings tears to my eyes  
Over the birds and over the bees  
Exposing colors for eyes to see

From muted shades to glorious hues  
Morning's light serves as a mystic muse  
My eyes feast of an expanding bouquet  
As I witness the birth of a glorious day

This show that humans could never create  
Leads me to a delightful and humble state  
I know how blessed and grateful I am  
Since this show I will enjoy again and again



"Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come."

~Henri Nouwen

**"Still Here, Still Me"**  
**Voices of Persons Living With Cognitive Disabilities**

***Dementia: A Glorious Opportunity,  
A Christian Perspective on Living with  
Dementia***

Dr. Jennifer Bute

I used to be a GP but I retired early with early onset Alzheimer's Disease. Since then it has become my passion to try and help people understand about it, because I do believe it is a great opportunity, a God-given unexpected gift in order to understand this hurt section of society.

I was amazed at my church's attitude to people with dementia, which indicated they did not understand many basic principles. I thought I could not bear to be treated like that when I became worse, so I persuaded my church to let me give a talk to the pastoral and staff team. This was so well received that I was asked to have it recorded and my son set up a website where folk could watch it and download my leaflets, which they could adapt for their own use. I have been encouraged as several churches have adopted the visiting suggestions.

I feel passionately that people with dementia should be as important to churches as anyone else; God sees us complete in Christ. We are all valuable members of his body. One Sunday a friend passed me a note in church (I had said to her I was unravelling and it was a challenge). She said her grandmother only unravelled things to make them more relevantly useful! This was a great encouragement to me!

I moved in April 2011 to Sandford Station, a place with on-site dementia care with brilliant staff and facilities. Stanley, my husband died quite unexpectedly four months after we arrived. He had always been my editor and supporter.

I have been so aware of God's hand of care and loving timing through this change. I am so glad that I live here as I am able to gain so much from talking with other people and their carers, listening to their stories, encouraging them and helping them understand some of their behaviors. I have had opportunities to do staff training locally, also speaking to various groups of carers further afield at conferences on dementia. I am amazed how things have progressed as I also respond to questions and concerns through my website from folk around the world. I consider it a privilege. Each is an opportunity to share what I have learned within the certainty of knowing God's love and acceptance as I am.

To learn more about Dr. Bute's journey with dementia and to access her resources go to her website: [www.gloriousopportunity.org](http://www.gloriousopportunity.org)

## For Our Health

### Six Steps for Reducing Caregiver Stress

~Alzheimer's Foundation of America

1. Deal with what you can control. Some things are totally out of your control. What is in your power to control is how you respond and react to these outside factors. Concentrating on finding solutions can help make the problem itself a little less stressful.

2. Be adaptable and positive. Your attitude influences stress levels for both you and the person you're caring for. If you can "go with the flow," and avoid fighting the current, that will help you both stay relaxed—conversely, becoming aggravated or agitated will increase the chances that your loved one will as well. Focus on how to adjust to the situation in a constructive way.

3. Set realistic goals and go slow. Everything cannot be resolved at once, nor does it need to be. Don't hold yourself to unrealistic expectations. Prioritize, set practical goals, do your best to achieve them, and take things one day at a time.

4. Mind your health. Inadequate rest, poor diet and lack of exercise can all exacerbate stress (and cause other health problems as well). As best you can, make it a priority to get sleep, eat right, drink plenty of water and find ways to be active. You cannot provide quality care to a loved one if you don't take care of yourself.

5. Clear and refresh your mind. Exercise, yoga, meditating, listening to music or even taking a few deep breaths can all help relax the mind and reduce stress. Find something that works for you and do it regularly!

6. Share your feelings. Disconnecting from your support structure and staying bottled-up increases stress. Whether it's with a loved one, trusted friend or a professional, don't be reluctant to talk about your stress, because that can actually help relieve it!

The AFA Helpline is available seven days a week to help provide information and support regarding caregiver stress and other caregiving questions. Connect with a licensed social worker by calling **866-232-8484**.

[www.alzfdn.org](http://www.alzfdn.org)

email: [infor@alzfdn.org](mailto:infor@alzfdn.org)

### QUOTE OF THE DAY

"I wasn't even sure I remembered how to laugh until I showed up at Memory Cafe today. You are such wonderful, kind, and friendly people! Thank you!"

~Recent newcomer to Memory Cafe



### Just For Laughs!

Content Provided by Steve Frosie and Friends!



Madame fortune teller, tell me: "Are there golf courses in heaven?" "I have good news and bad news." "What's the good news?" "The good news is that the golf courses in heaven are beautiful beyond anything you could imagine!" "That's wonderful. What's the bad news?" "You'll be teeing off at 8:30 tomorrow morning."

Knock, knock  
Who's there?  
Omelet  
Omelet who?  
Omelet smarter than you think I am.

Knock, knock  
Who's there?  
Tarzan.  
Tarzan who?  
Tarzan stripes forever!

A couple of extras in the play were talking backstage at the end of the performance. "What's the matter with our leading lady?" one actress asked. "She seems really mad about something." "Oh, she's upset because she only received nine bouquets of flowers." the other woman answered. "Nine!" exclaimed the first actress. "That's pretty good, isn't it?" "Yes," her friend replied, "but she paid for ten."

### Small Town Living...

- You can name everyone you graduated with.
- You used to "drag" Main.
- You couldn't help but date a friends' ex-boyfriend/girlfriend.
- It was normal to see an old man riding through town on a riding lawn mower.



### Member Updates



- Please pray for Shirley N. who had surgery in June and is recovering at home.
- Mae W. fell earlier this summer and has been slowly gaining strength since then. Pray for comfort as she's experiencing quite a bit of pain.

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!



# Building Skills and Community



## MOMENTOUS CHANGES FOR MEMORY CAFE THIS FALL!

### NEW SCHEDULE:

This year, beginning in September we will meet on **Wednesday, not Tuesday afternoons**. Meetings will still be held from 1-2:30 pm. **ALSO, WE WILL MEET THREE TIMES PER MONTH** instead of two!! **Memory Cafe will now meet on the first, second and third Wednesdays of every month from 1 - 2:30 pm.**

### NEW VENUES:

**The first and third Wednesdays** we will meet at Bethel Church, 2702 30th Ave S. Fargo. 1-2:30 pm.  
**The second Wednesday** we will meet at the Hjemkomst Center, 202 1st Ave N. Moorhead. 1-2:30 pm.

**We are so thankful to Bethel Church and the Hjemkomst Center for their gracious hospitality to Memory Cafe!**

### NEW COMMUNITY PARTNERSHIPS:

**Valley Senior Services** and **TNT Fitness** will be partnering with Memory Cafe during the 3rd Wednesday of every month at Bethel church. We are SO thankful for these beautiful new partnerships that will offer such a powerful impact for all three organization!

### NEW STAFF:

Due to the tremendous need for Memory Cafe's services across the region and Memory Cafe's tremendous growth, our board of directors recently approved the hiring of one part time (20-24 hrs/week) person to help support our mission. This person will be our first paid employee and we are so thankful for this support from our board of directors! We are also adding more volunteers to our team of energetic and fun-loving friends! Let me know if you are interested!

### NEW OFFICE SPACE AND THE "LINGER AND LAUGH CENTER":

We are absolutely THRILLED to announce we have been offered rent free office space on the west edge of downtown Fargo on a temporary two year basis! The space will house two offices and several lounge areas that we hope will serve as our new "Linger and Laugh Center". This space will be a safe, friendly gathering space for our Memory Cafe participants to socialize several times per week in between our regularly scheduled weekly meetings. Note - this is NOT a drop in respite center. This is a dream come true! We are so grateful. Our goal is to be staffed and open by early October.

### NEW OPPORTUNITIES TO TRUST:

With these tremendously exciting leaps of growth Memory Cafe will incur a significant increase in our monthly expenses. These expenses include staffing; volunteer training; insurance, utilities, taxes and general maintenance expenses for our new building; coffee, refreshments and honorariums for our meetings and speakers; educational and marketing materials; and office equipment and lounge furnishings for our offices and "Linger and Laugh" Center. We are trusting our financial needs will be met as we move forward. Please help if you are able! Thank you!

### Additional Upcoming Meeting Details



**Tuesday, August 3rd**  
**1 - 2:30 pm**

**BONANZAVILLE! 1351 Main Ave W.**  
**West Fargo, ND**

**Located in the West Fargo Fairgrounds**  
**Entrance is free; tour of the grounds \$3 fee.**

**No reservations required. Newcomers Welcome!**

**Tuesday, August 17th**  
**1 - 2:30pm**

**FARGO AIR MUSEUM TOUR**  
**1609 19th Ave N. Fargo**  
**(Free will offering)**

**No reservations required. Newcomers Welcome!**

**Wednesday, Sept. 1st**  
**NO MEMORY CAFE!**  
**HAPPY LABOR DAY!**

**Wednesday, Sept. 8th**  
**1 - 2:30 pm**

**FALL KICKOFF AT THE HJEMKOMST!**  
**Jerry Barnum, one of Memory Cafe's favorite musicians**  
**will be our special guest! Free.**  
**No reservations required. Newcomers Welcome!**

**Wednesday, Sept. 15th**  
**1 - 2:30 pm**

**KICKOFF AT BETHEL CHURCH!**  
**Special Hosts:**  
**Bernie Johnson, Outreach Manager at Valley Senior**  
**Services**  
**AND**  
**Coach Jake, TNT Fitness - "Mocha and Movement"**



# Building Skills and Community



## NEWS FLASH!

### WE HAD A FABULOUS MONTH AT THE RED RIVER ZOO!!



**You Are Wrong...They Are Right**  
~Jolene Brackey

From this point on, you are wrong and the person with dementia is right. This is going to take some therapy for some of you. Think about it: If you think you're right and the person you're caring for thinks they're right, what is going to happen? Conflict. Where does the stress level go? *UP!* Where does the kindness go? *Down!*

What is more important: people's happiness or being right?

My dad will say, "on Wednesday, we went to the sales barn." Mom stops him, "No, Dear, it was Tuesday." Dad continues on, "We went over to Stella's and had cinnamon rolls." Mom then says, "No, Dear, it was coffee cake." STOP!!! Do you think my dad is going to say, "Hey, thanks. You're so smart." What is my dad feeling? *Frustrated, angry, and belittled.* Is my dad's story hurting anyone. *NO!*

As family members you have expectations. You want to correct your loved one in the hope they will get better. Do they get better when you correct them? No.

If their story isn't hurting anyone simply listen. Please take the words *no, don't, and remember* out of your vocabulary and I guarantee you will have a better day.



## Dementia Friends Minnesota

An ACT on Alzheimer's Initiative

**BECOME A DEMENTIA FRIEND®!**

## DEMENTIA FRIENDS INFORMATION SESSION

**Wednesday, August 11th at 11:00 AM**  
**This Session will be held via Zoom**

**THIS ONE-HOUR SESSION IS A DISCUSSION LED BY A DEMENTIA FRIENDS CHAMPION.**

To learn more, contact Amy at 218-234-3906 or [amy@nwrdc.org](mailto:amy@nwrdc.org) or Stephanie at 320-766-1856 [stephanie@nwrdc.org](mailto:stephanie@nwrdc.org). Sponsored by the Dancing Sky Area on Aging.

## 8 Ways to Ease Your Loved One Into Home Care

~[Familycaregiveralliance.org](http://Familycaregiveralliance.org)

1. Start slowly and allow time for your loved one to get used to the idea. At first, have the aide only come a few hours each week and focus on less personal tasks. Then, add hours and additional tasks as your older adult becomes more comfortable with the idea and that person.
2. Listen to your older adult's fears and reasons they don't want in-home care. Let them express their feelings. They're more likely to cooperate when they've been heard and know that their opinion matters. Understanding their concerns also helps you address those fears. Even better, involve them in the hiring process so they can help choose the person who will be caring for them.
3. Help them retain dignity by saying it's for you, not them. If you present the idea of in-home care as something that helps you rather than them, seniors might be more receptive. That way they're less likely to feel that they're losing independence or aren't capable.
4. Use the doctor's authority and say that it's a prescribed service. Many older adults respect authority figures like doctors and may be more willing to accept home care if they think the doctor has prescribed it. Ask the doctor's office for an "official" note on their stationery.
5. Use housekeeping needs as an excuse. Suggesting you need help with housekeeping and other chores - which you likely do, is another way to ease an in-home caregiver into your home. That makes it seem like it's about your needs rather than theirs.
6. If your loved one isn't directly paying for in-home care, you could suggest that it's free. Often, this makes it more likely that they'll be open to outside services and support.
7. Introduce the caregiver as a friend. Another approach is to introduce the in-home caregiver as a friend of yours who needs some company. That takes away the stigma of needing help and helps your loved one trust the caregiver.
8. Suggest to your loved one that this is a temporary arrangement. It may be more acceptable to start using in-home care if he/she thinks it's only temporary. Once the in-home caregiver becomes a part of their routine and they adjust to the idea, it'll be easier to continue using the services. Often the caregivers become dear friends and trusted allies to you both.

### Tongue Twister Fun!

Tricky little Mickey licked some candy that was icky. Now little Mickey's very sticky and he is the one quite icky!!

# verywellmind

An Excellent Mental Health Resource for ALL of Us!

Know More Live Brighter

[www.verywellmind.com](http://www.verywellmind.com)

I'm becoming acquainted with this website and like what I see! It has a broad range of mental health resources including online therapy, mental health news, "The Very Well Mind" podcast, Dr. discussion guides and a wide variety of engaging articles. Here is a small sampling of some of the articles I found: *The Mental Health Benefits of Making Your Bed*, *Why Am I so Angry? How Clutter Affects Our Mental Health*, *The Power of Future Thinking for Healthy Living*, *How Important is Alone Time for Mental Health?* It is written by mental health experts and journalists. Board-certified physicians and other mental health professionals ensures content is accurate, up-to-date, and inclusive. The website is fun, friendly and very easy to navigate. Check it out!

## 13 Caregiver Support Groups on Facebook

~[DailyCaring.org](http://DailyCaring.org)

1. **Memory People** - Memory People™ is an Alzheimer's/dementia and memory impairment support and awareness group created November 2010 by Rick Phelps, a patient himself, diagnosed with Early Onset Alzheimer's disease at the age of 57.
2. **Dementia Caregivers Support Group**
3. **Alzheimers and Dementia Caregivers Support**  
This page has a singular purpose: to be a supportive haven where dementia caregivers can share their struggles without fear of judgment or reprisal.
4. **The Purple Sherpa Basecamp** (Dementia Family Caregiver Group)
5. **Caring for Elderly Parents** - Helping our elderly loved ones negotiate the world is the hardest job we've ever undertaken.
6. **Caregivers Connect**
7. **All Hands on Deck**
8. **The Caregiver Space Community** - Are you providing care for someone who is elderly, ill, or disabled? Join our supportive community of spousal caregivers.
9. **Caregivers Assist Support Group**
10. **Caring For The Caregiver Support Group**
11. **Working Daughter** - This is a space for women who are balancing caring for an aging parent with their career and the rest of their life.
12. **Sandwich Generation**
13. **Caregivers of Narcissistic Family Members**  
This is a safe place to discuss the day to day care of a "narcissistic loved one".



### Using Music to Spark Memories in People With Dementia



- "I remember a gentleman who communicated through his eyes, smile or nod of his head. And yet, when you put an Elvis song on he mimed it word for word!"
- "I assist someone to bed at night who has quite advanced dementia but will sing "Knees Up Mother Brown" word for word until he's settled in bed. Amazing!"

### Parkinson's Performance Boxing

by Coach Jake Haile, TNT Fitness

#### Explanation - What is PPB?

Parkinson's Performance Boxing is designed specifically to address the unique symptoms of Parkinson's disease.

#### History:

- The Marv Bossart Foundation based out of Fargo, ND approached TNT Fitness with the idea of starting a new Rock Steady Boxing within our facility.
- I began my training in Grand Forks ND, through volunteering at the newly opened Rock Steady Boxing at the beginning of 2017 and fell in love with the program's desire and function to improve the quality of life of its athletes.
- I did my training at the original Rock Steady Boxing in Indianapolis where my passion and love only grew.
- We kicked off our official program in the fall of 2017 and have not looked back since.
- The bonds of our athletes have grown, and transformed into a community of people and organizations passionate about taking the fight back to PD.
- We have since progressed to our very own version of taking the fight to Parkinson's using both boxing and a functional fitness approach that aims to create the forced high intensity that really takes the fight to PD.
- Since starting PPB Fargo, I am blessed to be inspired on a daily basis and privileged to be called coach by this amazing group of athletes. They are bringing the fight and putting hope back in their corner!

#### What can I gain from PPB ?

Improved cardiovascular fitness, increased muscle strength, enhanced balance, coordination, agility, speed, mental focus, camaraderie, stress relief, and FUN.

#### Class Details:

Classes Meet: MTWTHF 12:30-1:45 @ TNT Kids Fitness and Gymnastics - 2800 Main Ave. Fargo, ND

#### CONTACT:

Jake Haile @ [Jake@tntkidsfitness.org](mailto:Jake@tntkidsfitness.org) or Call TNT Kids Fitness and Gymnastics at **701-365-8868**.

**Note** - Coach Jake will be sharing his high energy motivational training and fitness expertise with Memory Cafe every third Wednesday at Bethel. We are thrilled!

### News From U of Wisconsin Alzheimer's Disease Research Center

[www.adrc.wisc.edu](http://www.adrc.wisc.edu)

- **Watch "6 Ways to Reduce Your Risk for Alzheimer's Disease"** online anytime on the PBS Wisconsin website. <https://pbswisconsin.org/>
- **Mind ReadersBook Club** - The Wisconsin Alzheimer's Disease Research Center invites you to join our first-ever book club, **Mind Readers**. This is an opportunity for all community members, research participants and study partners to read and discuss a variety of stimulating **books related to Alzheimer's disease**, science, prevention and wellness. Mind Readers book club is **free and anyone is welcome** to join. Members will have access to virtual lectures, discussions and special podcasts with scientists and authors related to the reading list. Engage your brain and join the conversation!
- **Mind Readers Book discussion of *High-Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's Disease*** with author, Dr. Michelle Braun. September 22 at 6 p.m. Registration is free and everyone is welcome to attend. **Contact Bonnie Nuttkinson at (608) 265-0407 or register online.**
- We will share book club news in our monthly Headlines e-newsletter and the Wisconsin ADRC Facebook page.
- **Aducanumab** -Join us in a Facebook Live presentation about aducanumab on August 9 at noon. **You do not need a Facebook account to join** the <https://www.adrc.wisc.edu/healthy-living-mild-cognitive-impairment-mci-exercise-your-way-better-brain-health-event> — **visit [facebook.com/wisconsinadrc/live](https://www.facebook.com/wisconsinadrc/live)** at the time of the presentation to join. You can ask questions live during the presentation, or you can email your questions ahead of time to [adrc@medicine.wisc.edu](mailto:adrc@medicine.wisc.edu).
- **Healthy Living With MCI: Exercise Your Way to Better Brain Health.** Sept 17th, 9:30-11:30 am. To register: <https://www.adrc.wisc.edu/healthy-living-mild-cognitive-impairment-mci-exercise-your-way-better-brain-health>

Note from Deb - My father was a grateful recipient of an excellent cognitive evaluation from the UW medical team. Our family appreciated their expertise, personalized care and respectful approach toward dad and individuals living with dementia. Subsequent to the evaluation my brother and I participated in an 18-month Alzheimer's research study conducted by UWisc. Their website is excellent and so is their online newsletter **ADRC Headliner eNewsletter**. Contact them on their website to subscribe : [www.adrc.wisc.edu](http://www.adrc.wisc.edu)



memory  
**cafe**

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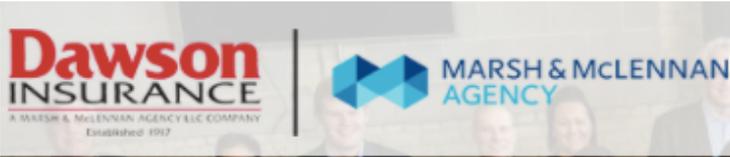
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FM Area Foundation  
Connecting people and purpose.



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!