



## July/August Meeting Schedule

\*Subject to Change

All Meetings held from 1-2:30 pm

**July 6th - Cookies and coffee at the Red River Zoo**  
4255 23rd Ave S. Fargo.

**July 20th - Cookies and coffee at the Red River Zoo**  
4255 23rd Ave S. Fargo

**August 3rd - Refreshments and optional tour of Bonanzaville.** 1351 Main Ave W. West Fargo, ND

**August 17th - Fargo Air Museum tour.**  
1609 19th Ave N. Fargo, ND (free will offering)

## In This Issue

- Dreaming Again - Deb Kaul
- *To Jean* by Mark Bratlie
- "Still Here, Still Me" - Elaine Schreiber
- For Our Health - Prescribed Exercise
- Just For Laughs- Steve Froslic
- Building Skills and Community
- *Walk This Way* program - Family Wellness
- *What I Wish I Would Have Known* - Martin Schreiber
- Cognitive Training from *Brain HQ* - evidence it works

## 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, for those of you who were able to join us in June for our first face to face meetings in fourteen months, wasn't it absolutely fantastic to actually SEE each other in person again? The anticipation leading up to our reunion was so exciting, but it didn't even begin to compare to the actual experience. Plus, we had the opportunity to welcome so many visitors and newcomers last month. It was absolutely thrilling!

I don't know about you, but with life resuming to some sense of pre-covid normalcy I'm filled with hope and a sense that it's okay to start dreaming again. Dreaming about how pleasant it will be to meet at the Red River Zoo on July 6th and 20th, at Bonanzaville on August 3rd and The Fargo Air Museum on August 17th. Dreaming about making plans and scheduling Memory Cafe programs for this fall at Bethel Church and the Hjemkomst Center and developing new community partnerships. On a personal level, I'm very excited to travel to a large family reunion in Colorado this month enabling us to see family members we haven't seen for a long time, attend a couple Redhawks games, gatherings at church and perhaps even a concert or two.

Until I experienced the joy of living the month of June and seeing many of you again I didn't fully realize the depth of the pandemic's emotional impact on me and Memory Cafe. It was rough. But, Lord willing, that's behind us now and we can safely resume life as we enjoyed prior to 2020.

It's compelling to experience the energy and encouragement we derive from being with those we like and find enjoyable to be with. The quote from Walt Whitman featured in last month's newsletter resonates even more deeply with me now, "I have learned that to be with those I like is enough." It is true. Being with those we care for and love IS enough.

Hoping to see you at the Zoo on Tuesday, July 6th!  
Warmly and dreamily, Deb

## Happy 4th of July!



This tribute is a lovely reflection of Mark's tender affection for his wife, Jean Anderson.



**To Jean**  
by  
Mark Bratlie

Your countenance is sunlight  
Breaking up the clouds  
Streaking through the trees  
Dancing on the grass

Your laughs are birdcalls  
Piercing the summer air  
Echoing on evening waters  
Making my ears smile

Your company is quietness  
Sitting on ancient rocks  
Gazing at the shoreline  
Napping at midday

Your spirit is a big bird  
Soaring without effort  
Engaging without intent  
Being naturally majestic

With you I am  
On vacation  
In my favorite place  
Without location.

**Love and Kindness**

by Ginny Leon

Love and kindness are never wasted.  
They always make a difference.

They bless the one who receives them and they bless the giver.

**2021 Community Resource Guide**

Copies of the newest edition of this invaluable resource are now available. It contains the latest information of local medical and non-medical resources and in-home services available to area residents. Let us know if you'd like a copy.

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

Excerpts from *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver* by Marty Schreiber, former governor of Wisconsin. These diary quotes were written by his wife, Elaine Schreiber.

*It wasn't until a few weeks ago that I really had to say, "Yes, I do have Alzheimer's." I had read of signs that indicate Alzheimer's, like getting overly upset for no reason and having trouble with names and directions. But I still didn't think it was a problem for me. But in hindsight...for too long, I've been getting lost driving, having trouble keeping days straight and difficulties with names and schedules. Still, I felt I could handle it-- "It won't get worse." But this morning, I started reading about the mid-stage of Alzheimer's, in hopes of preparing myself better, and realized I'm not very far away. That is most scary! But, I have to accept it.*  
(March 11, 2009)

*I'm so lucky he (Marty) is a good cook and seems to enjoy making healthy and delicious meals. It's a good thing as my Alzheimer's isn't getting any better, so cooking and baking with steps that need to work are no longer easy for me. I hate to think I am getting worse, but I must be. (March 31, 2012)*

*Life is better than ever. Even my knee is cooperating and Marty, too. He's finally relaxing more. We took our morning walk and saw at least ten little lizards along the way. Nature has a way of making you appreciate life--including our wonderful human time together.*  
(April 5, 2012)

*I wish my Alzheimer's would dissipate. I'd like to be the smart wife and mother I used to be. Now, I have to waste so much time just trying to figure out what I should be doing--without seeming as smart as I used to be. I need to rely on Marty for everything. And I'm very lucky he continues to keep me. Life gets more difficult every day. (date unknown)*

*"I'd be so lost without you--so please continue to take good care of yourself for me as well as for you." (2013)*

"Questions like, "Do you remember?" will make me panic. The black curtain falls down behind me as I desperately try to search for some recollection connecting to what you are asking. My speed of processing is much too slow.

Descriptions of your own recollections are much more helpful, as they give me time to think and may also sometimes trigger my memory so I can share my own feelings with you." Christine Bryden, *Dancing With*

*Dementia, My Story of Living Positively With Dementia*

## For Our Health Prescribed Exercise

Just For  
Laughs!  
Content  
Provided by  
Steve Froslie



As we know, elevated blood pressure and high cholesterol levels increase the risk for developing Alzheimer's disease and related dementia. Because the research promoting exercise is so strong more medical providers are prescribing it for their patients.

June 2 (UPI) -- Physical activity is the optimal first treatment choice for adults with mild to moderately elevated blood pressure and blood cholesterol in otherwise healthy adults, the American Heart Association said in a scientific statement published Wednesday.

The AHA is pushing doctors to "prescribe" physical activity for adults with a low risk of heart disease or stroke as a primary method for improving the conditions.

"The first treatment strategy for many of these patients should be healthy lifestyle changes beginning with increasing physical activity," Dr. Bethany Barone Gibbs, lead author of the statement, said in a press release. Gibbs is an associate professor in the department of health and human development at the University of Pittsburgh.

"Increasing physical activity can help lower blood pressure and cholesterol, along with many other health benefits," said Gibbs.  
**Physical activity best RX for High BP and Cholesterol**  
[https://www.upi.com/Health\\_News/2021/06/02/exercise-best-prescription-for-low-risk-blood-pressure/6421622640812/](https://www.upi.com/Health_News/2021/06/02/exercise-best-prescription-for-low-risk-blood-pressure/6421622640812/)

"I wear black when I exercise because it's a funeral for my fat."~idealshape

### QUOTE OF THE DAY

"A garden to walk in and immensity to dream in-- what more could he ask? A few flowers at his feet and above him the stars."

~Victor Hugo, *Les Miserables*

Now I lay me down to sleep  
I pray the Lord my shape to keep  
Please no wrinkles, please no bags  
And please lift my butt before it sags.  
Please no age spots, please no gray  
And as for my belly, please take it away.  
Please keep me healthy, please keep me young.  
And I thank you, dear Lord for all you have done.

Life is a ball. Some catch it, some throw it, some drop it. Some just take it home and forget where they put it.



Motorhomes have come a long way since 1926!



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**

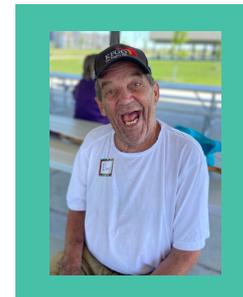


Please feel free to invite anyone you may know who is concerned about the health of their memory or the cognitive health of someone they love. Memory Cafe is a warm, friendly place for anyone who has these concerns for whatever medical reason might be causing them.

Memory Cafe is FREE. No reservations or doctor's orders are required to attend. Check us out!!

**June JOY!!!**

Resuming our face to face gatherings was such an encouragement! Thank you Curtis Van Maasdem for supporting our venue this month!



**Upcoming Summer Meeting Details**

**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 Maasdem for sponsoring this event!**

**August 3rd**

**1 - 2:30 pm**

**Bonanzaville!!**

**1351 Main Ave W.**

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

**No reservations required.**

**Newcomers Welcome!**

**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 17th**

**1 - 2:30pm**

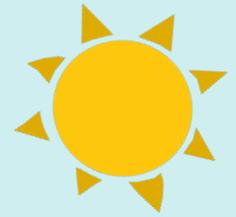
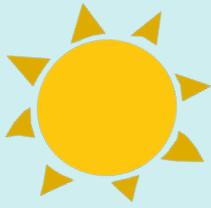
**Fargo Air Museum Tour**

**1609 19th Ave N. Fargo**

**(Free will offering)**

**No reservations required.**

**Newcomers Welcome!**



Alzheimer's Foundation of America

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

AFA Helpline: 866-232-8484

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

The mission of the Alzheimer's Foundation of America (AFA) is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide, and fund research for better treatment and a cure.

AFA was founded in 2002 by a caregiver whose mother lived with Alzheimer's disease from 1980-1992. At that time, there was little information available and nowhere to turn for support. His goal was to make sure that no other family living with Alzheimer's disease would have to go through the journey alone.

AFA was created to be that resource for families in their time of need. **AFA operates a National Toll-Free Helpline (866-232-8484)**, staffed entirely by licensed social workers, which provides support and assistance to callers, as well as connect them with resources in their area, no matter where in the United States they live. The helpline has grown into a seven-day a week service. AFA's national network of more than 2,000 member organizations serves families affected by Alzheimer's disease and other dementia-related illnesses in each of the fifty states.

To help individuals take a proactive approach to brain health, AFA has a **National Memory Screening Program** which provides free, confidential memory screenings at sites across the country. What began as a program on a single day in November has grown into a year-round service which has screened more than 5 million people to date.

AFA also works with professional caregivers and dementia-care settings to provide them with additional training and continuing education to elevate the level of care they provide on a daily basis. AFA has trained and educated more than 20,000 individuals through its professional training and community education programs.

### Confidential Memory Screening Options

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified healthcare professional is needed.

Various types of qualified healthcare professionals provide memory screenings, including social workers, pharmacists, physician assistants, nurse practitioners, psychologists and physicians.

The face-to-face screening takes place in a private setting; only the individual being tested and the screener are present.

A screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions.

Screening tools identified by AFA's Medical, Scientific and Memory Screening Advisory Board include the GPCOG (General Practitioner Assessment of Cognition), MINICOOG, MIS (Memory Impairment Screen) and BAS (Brief Alzheimer's Screening). These four tests meet accepted criteria for use as a screening instrument: effective, easy to administer and validated by research, and AFA is able to offer the test for free for use during this event due to the generous permission of the copyright holders. AFA's Medical, Scientific and Memory Screening Advisory Board welcomes the review of other instruments for possible consideration; please e-mail [info@alzfdn.org](mailto:info@alzfdn.org).

The person who administers the screening will review the results with the person being screened, and suggest whether the person should follow up with a physician or other clinician for more extensive testing.

Results of the memory screenings are confidential. The participant will receive the screening results to bring to a healthcare professional for follow-up and/or inclusion in medical files.

Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

"Your loved one with dementia is not giving you a hard time. They are having a hard time."

~Author unknown



### Care Partners Need Respite

Extracted from Carol Bradley Bursack  
*InForum.com*  
June 19th, 2021

*What care partners need to recognize is that nearly all dementia caregivers will eventually require help if only to protect their own health. I keep repeating this concept, but many caregivers need to hear it applied specifically to them before it hits home. So, to put it plainly, if you don't take better care of yourself now, you may not be around to be your loved one's advocate in the future.*

**Did you know that 1 in 6 care partners die before their loved one because of the anxiety they experience as caregivers and their refusal to ask for help and prioritize self-care? \* Care partners, please consider who will care for your loved one if something happens to you.**

\*Gail Weatherill, RN, CAEd *The Caregiver's Guide to Dementia*

#### Walk This Way is BACK!

Pre-pandemic, members of Memory Cafe participated in this wonderful walking program sponsored by Family Wellness. We are so appreciative of their continued warm hospitality to Memory Cafe! Their partnership in promoting exercise and socialization - two of the most important lifestyle choices for those living with dementia and their care partners is such a gift to us!

. THANK YOU FAMILY WELLNESS!

#### Walk This Way

Family Wellness Center  
2960 Seter Parkway S. Fargo

**Thursdays from 2:30PM to 3:30PM**

*Walk This Way* is a program designed to support individuals with memory loss and their caregivers choosing to use physical activity as a means to manage their symptoms and mental health. Family Wellness is providing support by offering **free** use of two designated walking paths at our facility every Thursday from 2:30-3:30 pm.

To register please call the front desk at 701-234-2400, and for more information contact Karsyn Wendt at **701-234-5996.**

Free and open to the community - registration required.

### What I Wish I Would Have Known

Martin J. Schreiber

Excerpts from *My Two Elaines, Learning, Coping, and Surviving as an Alzheimer's Caregiver*

- Chronic stress experienced by Alzheimer's caregivers may shorten their lives by as much as four to eight years.
- From the beginning, I should have shared more information about Elaine and concerns about my ability to cope so that I could have begun to focus on surviving.
- I should have paid more attention to reducing my stress so that I wouldn't become irrationally irritable, distracted, and forgetful.
- I should have worked to find a healthy outlet for my own sadness and fearfulness, so that anticipatory grief wouldn't limit my day-to-day functioning.
- Asking others to help does not mean you're not strong enough or not trying hard enough.
- I wish I would have enlisted the help of a few friends to be my team captains who could do the asking and scheduling for me.
- I should have started earlier to search out adult daycare so that I could reclaim part of the day for myself, including time for exercise.
- The fact that family and friends can't fully understand what a caregiver is going through is not a good enough reason to avoid them.
- Right away, I should have taken full advantage of all that the Alzheimer's Association has to offer. Besides support groups, there is individual counseling-plus online tools and information.  
(Note: The Alzheimer's Foundation of America also provides this type of free support.)
- A person with Alzheimer's will experience diminished mental capabilities at a rate of three to five points per year on the MMSE scale. But, it doesn't happen in a predictable way.
- You are a healthier, happier, and more helpful caregiver if you are less confrontational.
- I should have used my wife's frame of reference instead of challenging it.
- By wishing for the past, I deprived my wife of happiness in the moment.
- I should have forgiven myself for not being perfect because I was doing the best I could in a difficult situation. It's understandable to have regrets about my shortcomings, but there is no point in feeling guilty.

Note: Copies of the book *My Two Elaines* is available to *Memory Cafe* participants due to the ongoing generous support of our donors.

**Cognitive Training: Evidence that *Brain HQ* Works**

<https://www.brainhq.com/world-class-science>

Many exercises in BrainHQ have been proven to change to cognitive function in dozens of peer-reviewed scientific papers. These changes include better memory, faster processing, and sharper attention—but they also include more confidence, safer driving, happier mood, better health outcomes, and other benefits for everyday life.

Their exercises and assessments have been rigorously tested and scientifically proven to be beneficial in more than 100 independent, peer-reviewed research papers published in scientific journals—and many more studies are underway. Of course, each study has been conducted in a different population; the majority were on adults aged 65 and older. A number of these papers are described below. BrainHQ has been shown to bring significant improvements in each of these categories:

**Processing Speed:** Many of the BrainHQ exercises are designed to increase processing speed—how quickly (and accurately) the brain can process information coming in from vision and hearing. To date, **25 scientific papers** have shown faster processing after training with BrainHQ exercises. This includes the ACTIVE study, one of the largest and most respected studies ever conducted on brain training in adults.

**Memory:** Having a good memory is a key part of strong cognitive function. **Fifteen scientific papers** have measured memory performance in people before and after using BrainHQ exercises. These papers show that BrainHQ significantly improves memory, and that benefits “generalize” beyond trained tasks.

**Everyday Cognition:** A common question is: Does BrainHQ brain training make things easier or better in everyday life, or does it just “teach to the test”? In addition to improvements in memory and other key skills, BrainHQ training has now been shown in **11 published research papers** to help people perform activities of daily living more efficiently and accurately—and they notice.

**Focus:** The ability to appropriately focus your attention is very important to feeling sharp. Not only do you have to pay close attention to what matters to you; it’s equally important to be able to filter out the distractions. **Six published papers** have shown that training with BrainHQ exercises can hone attentional focus.

**Physical Brain Changes:** Training to improve performance is a good thing, but does it actually change the brain? In **twelve imaging studies** (including fMRI and EEG), researchers have measured changes in the brain itself after training with BrainHQ. Among other things, they have shown that BrainHQ training can improve neural timing and increase white matter in the brain. These physical changes are associated with improvements in cognitive skills.

**Vision and Hearing:** Many people think vision depends on the eyes, and hearing on the ears. That’s only partly true. The brain is responsible for processing what the eyes and ears take in. Training with BrainHQ exercises has been shown enhance accuracy and attention in both vision and hearing.

**Mood:** **Four research papers** have examined the effects of using a BrainHQ exercise on a person’s mood. They found people felt more confident, happier, and in better control over their lives compared to people who didn’t use BrainHQ.

**Driving:** Safe driving requires a lot of brainpower. **Six published papers** have shown that a BrainHQ exercise—specifically Double Decision—is a great tool for improving driving safety. Among other things, these studies have shown that training with BrainHQ can cut crash risk.

**Balance and Gait:** Did you know that when you fall or have certain other types of mobility issues, the fault is as much your brain’s as your body’s? That’s because balance relies on multiple cognitive and sensory systems, including the visual-spatial and visual-motor systems. **Two studies** using BrainHQ have been conducted on balance and gait, showing that BrainHQ has a positive effect.



memory  
**cafe**

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Member FDIC



SANFORD  
HEALTH



HEARTLAND  
TRUST COMPANY



Blake Ristvedt Dental

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!