



## September / October Meeting Schedule

All meetings held from 1 - 2:30 pm

Sept 8th - Music and entertainment with Jerry Barnum! At Hjemkomst Center, 202 1st Ave N. Moorhead.

Sept 15th - Mocha and Movement with Valley Senior Services and TNT Fitness! At Bethel Church, 2702 30th Ave S. Fargo.

Sept 22nd - Caregiver Cafe. Contact Karen at 701-781-4890.

Oct. 6th - *Ordinary Courage*, Dr. Jill Nelson (NDSU). At Bethel.

Oct. 13th - *Emergency Preparedness and Companion Services*, Debi Retzlaff & Amy Franz, LSS-MN. At Hjemkomst.

Oct. 20th - Mocha and Movement. At Bethel.

Oct. 27th - Caregiver Cafe - Contact Karen at 701-781-4890

## In This Issue

- Finding the Balance - Deb Kaul
- *What Did I Do Today?* by Mark Bratlie
- "Still Here, Still Me" - Dr. Daniel Gibbs, MD
- For Our Health - Tips to Improve Sleep in Dementia
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- Building Skills and Community
- Advice from people living with Alzheimer's Disease
- Transition to Assisted Living - Caregiver Guilt
- Apathy: Sign of Early Dementia?
- *Redefining Memory Loss* conference
- *A Daughter's Perspective* - Hospice care
- Fall Lawn Care

## 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!

"Delicious autumn! My very soul is wedded to it and if I were a bird I would fly about the earth seeking the successive autumns." ~George Eliot

Oh yes, the allure of fall is intoxicating! Detecting the first signs of sumac turning ruby red, feeling the collective energy of college students returning to campus, Farmer's Markets overflowing with delicious produce like corn on the cob, feeling pity for high school football players practicing in the heat (my husband feels joy, not pity as he observes this scene), and experiencing the subtle but undeniable shortening of our days. Fall is definitely in the air!

To many—myself included—autumn carries energy and the promise of a new beginning and starting afresh, similar to the new year but without the burden of new year resolutions!

It's also a season of preparation and anticipation. Never has this been more true for Memory Cafe! We are brimming over with enthusiasm and gratitude for our new new venues, programming, volunteers, community partners and the Linger and Laugh Center. We're also knee-deep preparing for it all!

As you know, Memory Cafe consistently advocates for the benefits of proactively planning ahead—as much as that is possible! So within this issue you'll find articles tied to preparing for: a good night of sleep, aging in place, mindfulness, moving ourselves or our loved one to assisted living, end of life care, and even preparing your lawn for winter!

On the flip side of *doing* something we'll also consider the life enriching benefits of living mindfully and in the present moment. Taking a deep breath. Noticing the beauty of the world around us. Mark's poem, "*What Did I Do Today*" and Dr. Gibbs thoughts from "*A Tattoo on My Brain*" illustrate the tranquility and peace of mind awaiting us when we choose this way of life and mindset.

For me, finding and maintaining this balance is elusive, but none the less invigorating! Happy autumn, dear friends!

~ Deb

Did you know...The allure to multitask was first noticed by German philosopher Friedrich Nietzsche: "One thinks with a watch in one's hand," he complained in an 1887 essay, "even as one eats one's midday meal while reading the latest news of the stock market."



**Happy Labor Day!**



Choosing mindfulness and tranquility.

**What Did I Do Today**  
by  
Mark Bratlie



So...what did you do today?  
I happily watched loons  
bobbing and fishing

No...what did you do today?  
I saw two deer  
come down for a drink

That's nice...but what did you do?  
I beheld beautiful sunrise  
and a gorgeous sunset

Sure, but tell me...what did you do?  
I watched the wind  
race across the water

Well...it sounds to me like  
You were lazy  
and did not do much

Yes...people probably say that  
To Thoreau  
and to Oliver

So...what I sincerely want to do  
Is to say  
"Thank You!"



### Science proves it...

Studies show that time in nature has a positive effect on mood and aspects of cognitive function, including working memory, as well as a dampening effect on anxiety.

<https://www.sciencedirect.com/science/article/abs/pii/S0169204615000286>

### Our Sincere Condolences

Our heartfelt condolences to the family of Lowell Latimer who passed away on August 13th in Minot. Those of you who zoomed with Memory Cafe during Covid had the beautiful opportunity to meet and interact with Lowell and his lovely wife Ann. He was a beautiful man in every way and will be missed tremendously.

## "Still Here, Still Me" Voices of Persons Living With Dementia

### ***A Tatoon On My Brain: A Neurologist's Personal Battle Against Alzheimer's Disease***

~Dr. Daniel Gibbs with Teresa H. Barker

I am a neurologist, not a psychiatrist or psychologist. But, in my experience, someone's fear of the future as they come to terms with a diagnosis can often be debilitating beyond the burden of the physical illness itself. This is especially true for Alzheimer's disease because it is a neurodegenerative disease—it attacks the brain, and that alone is terrifying for most people. Compounding the fear is that, since the day the disease was formally identified more than 100 years ago, the only face of Alzheimer's has been that of the pitied, addled old person with advanced dementia. Everyone knows what that looks like, if not firsthand then from books, movies and other people's stories, and nobody wants to end up that way. Fear of that projected future hijacks any thinking about the present and its realistic possibilities.

Fear has kept countless individuals from exploring available options at the earliest sign of impairment, or kept them from sharing their diagnosis with family, which leaves them alone to manage their growing fear and the Alzheimer's symptoms as their cognitive impairment progresses. Even without a diagnosis, the fear of a strong genetic risk alone can trigger the panic about end-stage Alzheimer's. In general, the brain has a hard time dealing with ambiguity and uncertainty; its impulse is always to jump to conclusion that feel familiar, even when they aren't right.

The fear-driven conversation about Alzheimer's—which is really about advanced Alzheimer's—makes the need for attention to early-stage Alzheimer's all the more urgent. Early diagnosis of Alzheimer's disease will allow for mitigating actions, whether they be lifestyle changes, new medications, or both. Individually, as families, and in the larger sense, we all need to be unafraid to examine our fears, hold them up to the light, because doing so can open possibilities we otherwise don't know exist.

At the same time, the moments in a day can be so encouraging. A sense of agency can be an antidote for fear. In my exercise regimen, to know that my physical capacities are strong despite the mild cognitive impairments gives me a way to channel my attention to what I *can* do. That changes on any given day so staying present in the moment has become one of the most valuable tools we would discover.

I generally don't dwell on the dark aspects of late-stage Alzheimer's. Lois and I have a kind of pact: live in the present. It's a practice. We ground ourselves in the now. For me, that means doing everything I can to protect and cultivate my cognitive health and postpone the late-stages of Alzheimer's disease through diet, exercise etc. I've discovered the small details often deliver surprising rewards.

**For Our Health**  
**Five Tips To Improve Sleep in Dementia**  
~dailycaring.com

Dementia causes changes in the brain that can worsen sleep. Someone with Alzheimer's or dementia can experience frequent waking, troubled sleep, or being awake at night. It's a vicious cycle: dementia worsens sleep and poor sleep worsens dementia. A good night's sleep slows cognitive decline, prevents falls and injuries, improves mood, and helps balance the sleep-wake cycle. Thankfully, scientific research has shown several ways to mitigate this harmful cycle.

**1. Consider the lighting.** Our minds depend on natural light to help maintain a healthy sleep-wake cycle. Help your loved one experience light during the daytime and darkness at night. Using a light therapy lamp in the mornings is a good habit to develop since we can't always count on sunny days. Then in the evening, be sure the curtains or blinds are closed to help cue your loved one that it will soon be time to sleep.

**2. Be active and exercise** for at least 30 minutes per day. The Alzheimer's Association recommends exercising at least 4 hours before bedtime. Researchers found that daily habits of using a light therapy lamp and walking helped people with dementia to **sleep 32% more during the night**. Not only that, they also **woke up an average of 5 less times** during the night. So walk, lift weights or canned goods, do some seated exercises, or work on some chores together. Staying active will help your loved one to be tired by bedtime.

**3. Make sure their physical needs are met before going to bed.** Go with their preferences and routine. The focus is to make sure they are comfortable and in the "ready for bed" mindset when they actually go to bed and don't feel the need to get up during the night.

**4. Play relaxing sounds before and during bedtime**  
Listening to music has been shown to increase deep sleep and REM stages, which restore energy, relax the muscles, and lower blood pressure. Don't stress about trying to find the perfect soothing sound for your loved one; just focus on something low and slow without lyrics.

**5. Use aromatherapy and hand rubs**  
Research shows that breathing in certain essential oils like lavender, sweet orange, and cedarwood help people with dementia to have longer, uninterrupted periods of sleep throughout the night. You can disperse the oils using a diffuser, by putting a few drops on a towel draped over the pillow at bedtime, or even using an aromatherapy lotion. Hand rubs, especially using aromatherapy, have been shown to help people with dementia to relax and wake up fewer times during the night.

**QUOTE OF THE DAY**

😊 "When I was a boy the Dead Sea was only sick." 😊  
~George Burns

**Just for Laughs!**  
Content Provided by Steve Frosie and Friends!



A quiz program contestant had to identify famous slogans. After several correct responses, he was asked, "Which company originated the phrase 'Good to the last drop'?" He thought for a moment. "Otis Elevator?"

And did you hear about the lawyer who didn't like what the restaurant offered? He asked for a change of menu.

An elderly couple had been experiencing declining memory so they decided to take a power memory class where one is taught to remember things by association.

A few days after the class, the old man was outside talking with his neighbor about how much the class helped him.

"What was the name of the instructor?" asked the neighbor. "Oh, ummmm, let's see," the man pondered. "You know that flower, you know, the one that smells really nice but has those prickly thorns, what's that flower's name?"

"A rose?" asked the neighbor. "Yes, that's it," replied the man. He then turned toward his house and shouted, "Hey, Rose, what's the name of the instructor we took the memory class from?"

It was their fifth anniversary and Ole and Lena had just returned from the movies. Lena was feeling romantic. "Vill yew love me vhen my hair has turned tew silver?" she crooned. "Vhy not?" Ole grunted. "Didn't I love yew through all the other shades?"



**Member Updates**



- Shirley N. is thankful for your thoughts and prayers. She is recovering well from her surgery in June.
- Carol and Jim L. are proud great-grandparents to a precious little girl, Lucinda.

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!



**Mark Your Calendars!**



**NEW SCHEDULE:**

Beginning this month 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.

**"Mocha and Movement"**

**3rd Wednesday each month**

**Valley Senior Services and TNT Fitness**

Valley Senior Services and TNT Fitness will be partnering with Memory Cafe during the 3rd Wednesday of every month at Bethel church for our monthly **Mocha and Movement** event. Bernie Johnson from Valley Senior Services will be our host and Coach Jake Haile will lead us through a motivational movement session at the end of each meeting. It's going to be FANTASTIC! YOU WON'T WANT TO MISS IT! Coffee and refreshments will be served.

**Masking update:** We will follow the masking policies of our host venues.

**Our new "Linger and Laugh Center" Update**

We are absolutely THRILLED and incredibly grateful for the gift of rent free office space on the west edge of downtown Fargo on a temporary, two-year basis! The space will house two offices, a small library and music room, a craft room, and a larger activity room for games, presentations, and socialization. This amazing space will provide a home for our Memory Cafe community to gather together several times per week between our regularly scheduled Wednesday meetings. This is a dream come true!! Our goal is to be staffed and open by early-mid October. **Note: this is NOT a drop-in respite care center. Persons living with early to mid-stage memory loss and their care partners will come together and remain together during their visits to the Linger and Laugh Center.**

**Upcoming Meeting Details**

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

**Wednesday, September 8th**  
**1 - 2:30 pm**

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

**Wednesday, September 15th**  
**1 - 2:30 pm**

**KICKOFF AT BETHEL CHURCH!**  
**"Mocha and Movement"**

**Special Hosts: Bernie Johnson, Outreach Manager at Valley Senior Services; Coach Jake from TNT Fitness.**  
**Inspirational and FUN!**  
Free. No reservations required. Newcomers welcome!  
Coffee and refreshments will be served!

**Wednesday, October 6th**  
**1 - 2:30 pm**

**Bethel Church, Fargo**  
**Ordinary Courage**

**Presenter: Dr. Jill Nelson, Interim Dean and Professor, College of Human Sciences and Education, NDSU.**  
Free. No reservations required.  
Newcomers welcome!

**Wednesday, October 13th**  
**1 - 2:30 pm**

**Hjemkomst Center, Moorhead**  
**"Emergency Preparedness and Companion Services,"**  
**Debi Retzlaff and Amy Franz, LSS-MN**  
Free. No reservations required.  
Newcomers welcome!

**Wednesday, October 20th**  
**1 - 2:30 pm**

**Bethel Church, Fargo**  
**"Mocha and Movement"**  
Free. No reservations required.  
Newcomers welcome!



# Building Skills and Community



## August meetings at two community treasures: Bonanzaville and the Fargo Air Museum!!



Buffalo Bandstand



Checkered Years House



Cass Clay Creamery



Brass Rail Saloon and Hotel



My Sister, My Friend



The Memory Cafe Gang!



Diane in front of a Huey helicopter. Her husband Jerry was a pilot of these copters.



### Advice for Those Living With Alzheimer's From Individuals Also Living With It

~Excerpt from *Learning to Speak Alzheimer's* by Joanne Koenig Coste

- Share your diagnosis with friends and family. "It is far better to have them walk with you through the disease than to have them run away from you because they think you are losing your mind or have had too many martinis."
- Cherish each moment. Don't waste time looking ahead or back. This minute is good if you make it so.
- Know that some days or hours will be better than others.
- Find humor whenever possible, especially if it means laughing at yourself.
- A peaceful environment is much easier to function in, so keep sounds to a low level.
- Tell those you love that you can do almost anything if the steps are easy.
- Have patience with your loved ones; they are learning, too.
- A pocket-size notebook may help you remember your appointments or events. Keep it with you at all times.
- Buy large-face clocks with black numbers on a white background or vice versa, to aid failing perception.
- Tell storekeepers about your memory problems. Carry a card that simply says, "I have memory problems. Please be patient."
- Increase your support circle by reconnecting with old acquaintances and family members. Old buddies can reinforce long-term memories and share fun tales of days gone by.
- A "one day at a time" calendar can help you focus on today and not let the bigger picture overwhelm you.
- Take advantage of every opportunity to feel uplifted. Take time to smell the roses.
- Register with the Alzheimer's Association Safe Return Program even if you are certain you'll never get lost.
- A support group (like Memory Cafe) is the perfect place for sharing your feelings and concerns. "I feel like I am not alone," says group member Ruth. "No one else ever asks how I feel. In fact, no one seems to think that I do feel, and I feel deeply."

#### Safe Return Program

A collaboration between the Alzheimer's Association and the Medic-alert Foundation

Phone - **800-432-5378**

Website - **www.medicalert.org**

Annual plans start at \$49.99 annually

Tracking devices begin at \$19.99

#### GPS Tracking Watches

A wide variety of GPS tracking devices, including watches

are available at the Alzheimer's Store.

**www.alzstore.com**

#### Companion Cards

Examples include:

"The person I am with has Alzheimer's. Please be patient."

or

"I have a condition called "Early Dementia." Please be patient with me. I may repeat questions, forget what you told me, or take longer to make a decision. Sorry for any inconvenience. Thank you in advance."

**Memory Cafe is ordering a supply of these cards to distribute to our participants. 5.**

#### Out with the old... In with the NEW!

If you notice outdated Memory Cafe brochures or materials from your doctor's office, church, clinic, etc. please remove them. We will be replacing them with our new materials this month. Thank you!



**Announcing!  
Refining Memory Loss Caregiver Conference  
June 7th, 2022  
Holiday Inn, Fargo**

**Keynote Speaker, Erin Bonitto, M.S., A.D.C. -  
Founder and Lead Coach, Gemini Consulting**

We are reveling in the fact that Erin Bonitto has agreed to be our keynote speaker for our annual Caregiver Conference called *Redefining Memory Loss* next spring!

**Here is a sneak peek of what we'll learn from Erin!**

**Dementia Communication Skill:**

**Offer a Genuine Apology**

It's easy to get caught up in 'reminding' or 'correcting' the person with dementia. The person says, "I haven't had any breakfast today! You didn't give me anything!" We might respond with, "Yes I did! I made eggs for you this morning, remember?", which may result in a frustrating, back-and-forth exchange. A helpful strategy is to genuinely (and immediately!) offer an apology, such as "Oh shoot. I am so sorry. I don't know how that happened. Let me get you..." Often, this simple strategy will prevent escalating the situation and may even result in some shared laughter over a second cup of coffee.

We are very grateful for Erin's willingness to share her expertise and personal experience caring for her own parents with us next summer!

**Considering Moving Your Loved One to Assisted Living?**

**How to Deal with the Guilt**

**~excerpts from DailyCaring.com**

Moving your older adult into assisted living might be one of the hardest decisions you'll have to make in your life. So many caregivers are feeling guilty about "putting mom in assisted living"—moving their parent, spouse, relative, or close friend to assisted living, a nursing home, or memory care.

But when caring for someone at home becomes dangerous or nearly impossible, it's absolutely necessary to move them to a place where they'll be safe and get the care they need.

Unfortunately, the reality is that even if this is the best decision for their health and for yours, the guilt and sadness can still be overwhelming. It hurts when you have negative thoughts and feelings about a decision you were forced to make.

Your heart will need some time to catch up with what you know in your head. Common misconceptions contribute to these feelings of guilt including: "I've failed in my duty as a caregiver" and "I'm not a good enough caregiver." Of course, these beliefs are not true. Caregivers do the best they can for as long as they can (often longer than they should for their own well-being).

If you are considering moving your loved one to a community-living environment, please know Memory Cafe is here to help however we can. Many of our Memory Cafe participants have been through this painful experience and would love to listen and support you. Please let us know how we can help.

**Success**

"To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a little better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is the meaning of success." ~Ralph Waldo Emerson

**Is Apathy a Sign of Early Dementia?**

Excerpt from: <https://www.webmd.com/alzheimers/news/20201014/is-apaty-an-early-sign-of-dementia>

Older adults who aren't interested or enthusiastic about their usual activities may have a higher risk of developing dementia, new research suggests.

The nine-year study of more than 2,000 older adults—average age 74—found that people with severe apathy (a lack of interest or concern) were 80% more likely to develop dementia during the study period than those with low apathy.

"Apathy is not subtle. It's something that families can pick up on. More research is needed, but this is another potential red flag symptom of the prodromal (early) phase of dementia," said the study's lead author, Dr. Meredith Bock. She's a clinical fellow in neurology at the University of California, San Francisco Institute for Neurosciences.

I lied and said  
I was busy;  
but not in a way  
most people understand.

I was busy taking deeper  
breaths.  
I was busy silencing irrational  
thoughts.  
I was busy calming a racing  
heart.  
I was busy telling myself  
I am okay.

Sometimes, this is my busy  
and I will not apologize for it.

~author unknown

**One Daughter's Recollection**

**Beginning the Conversation about Hospice Care**

~Jean Anderson, Memory Cafe board member and care partner to her husband, Mark Bratlie.

My dad was hospitalized at the age of 88 because of fluid build-up—the result of congestive heart failure. I remember broaching the topic of hospice once his condition was under control. He was poised to leave the hospital and return home to mom and their independent-living apartment at Riverview Place in Fargo.

"Dad, this may sound odd, because I don't think you're dying anytime soon and in fact, I think you are still going to live a long time, but I want to talk with you about hospice care," I remember saying.

"Sure," he replied, holding up his thumb and forefinger in an okay sign.

"Well, you know that I want the best care for you—and you know that hospice focuses on comfort care and on helping people live well until they die. That's what I want for you," I said, "you've lived well for 88 years—I want the last months to be good too. Plus, I want the best for Mom and me. Hospice will help us. What do you think? Would it be okay if I had someone from hospice come and talk with us about who they could help?"

"Yes, let's check it out," he said readily.

And that's how the best last year of Dad's life began.

The health care staff at Riverview Place and the patient care team at hospice worked together to care for him. They were complementary partners, supplementing the care each provided to Dad and our family.

Dad was lucky he had the best of both worlds—known, valued professionals from Riverview and new friends from hospice. Working in tandem, they gave my dad great days of comfort and care through the end of his life.



**Mindfulness-based Cognitive Therapy (MBCT)**

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

Mindfulness-based cognitive therapy builds upon the principles of cognitive therapy by using techniques such as mindfulness meditation to teach people to consciously pay attention to their thoughts and feelings without placing any judgments upon them.

There are a number of mindfulness techniques and exercises that are utilized as a part of MBCT. Some of these include: meditation, body scan exercise, mindfulness practice, mindfulness stretching, and yoga. Other MBCT techniques include walking and sitting meditations, sitting with thoughts, and sitting with sounds.

**AARP "Home Fit Guide" Webinar**

The AARP "HomeFit Guide" was created to help people stay in their homes for as long as possible by turning where they live into a "lifelong home," suitable for themselves and anyone in their household. This presentation offers solutions that range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise but are well worth the expense.

This **online event** will be held **Wed, Sept 22nd at 2pm.**

About the Presenter: Gene Nicoletti, AIA, CAPS  
Gene is an award-winning architect licensed in Minnesota and California, and is a Certified Aging-in-Place Specialist (CAPS) with expertise in universal design. Gene will walk us through the "HomeFit Guide" and share his own advice on modifications that help people stay at home.

For more information, contact:

Amy Dallmann, Dancing Sky AAA Program Developer

Email: [amy@nwrdc.org](mailto:amy@nwrdc.org) | Phone: 218-234-3906

**Fall Lawn Care Tips**

~Randy Nelson, Clay County Horticulturalist

As we flip the calendar to September, we are reminded that winter is in the not-so-distant future.

Fall is a good time for controlling perennial broadleaf weeds such as dandelion, white clover, plantain, wild violet, and creeping Charlie. These plants are actively growing at this time of year and herbicides are usually more effective at providing control. Tough to control weeds such as white clover, wild violet, and creeping Charlie may need two or more herbicide applications to achieve complete control.

Annual grassy weeds, such as crabgrass, are easy to spot in the lawn this time of year but now is not the time for control. These plants have no frost tolerance and will be killed after one or two freezes. Crabgrass can be reduced by applying a pre-emergence herbicide to infested areas early next spring.

Late summer to early fall applications of fertilizer should be applied by the middle of September. Applications made after the middle of September may result in excessive lush growth late into the fall, which contributes to an increased incidence of snow mold over the winter months. If you missed applying fertilizer this fall, hold off until next spring and make the application after the lawn has been mowed a couple of times.

If you have questions, please call me at 218-299-7338 or 800-299-5020, or email me at [nels1657@umn.edu](mailto:nels1657@umn.edu).



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FARGO, ND

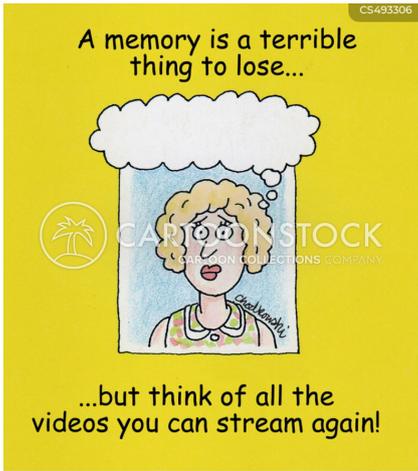
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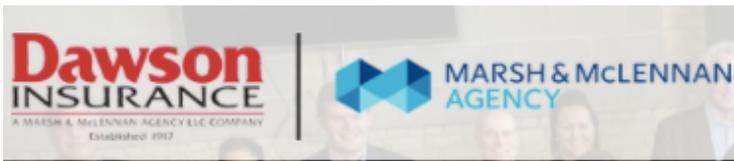
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