

November/December Meeting Schedule

All meetings held from 1 - 2:30 pm

Nov. 3rd - Fragrance and Frames Art Project, Anna St. Amant, Best Friends Certified Master Trainer. At Bethel.

Nov. 10th - Brain Healthy Diet Plans, Nicolle Aukland, BSW, Certified Group Fitness instructor. At Hjemkomst.

Nov. 17th - Advice for Healthy Aging, Drs. Lindsey Dahl and Kirsten Juhl, Sanford Health. AND movement with Coach Jake, TNT Fitness. At Bethel.

Nov. 24th - Caregiver Cafe - Contact Karen at 701-781-4890

Dec. 1st - Community Service Project. Tying fleece blankets for children in need. At Bethel.

Dec. 8th - Use and Overuse of Medications for Seniors Dr. Robert Olson, MD/Psychiatry. At Hjemkomst

Dec. 15th - Memory Cafe Christmas party! At Bethel.

Dec. 22nd - Caregiver Support Group. Contact Karen at 701-781-4890

Dec. 29th - NO MEMORY CAFE. Happy Holidays!

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- The Positive Language Guide

"I love Memory Cafe. The people still 'see' my wife and not just all the things she can't do." Paul, care partner

Happy Thanksgiving Memory Cafe,

I have so many pleasant memories of Thanksgiving - our home filled with family and friends, the tantalizing aroma of the turkey roasting and pumpkin pies baking, eating my mom's delicious stuffing and lefse, sharing the things we're most grateful for around the dining room table, and eating way too much but eagerly looking forward to eating the leftovers the next day!

As we celebrate Thanksgiving this month I want to say how grateful I am for each and every one of you. Your partnership, participation and support of Memory Cafe are sources of rich encouragement to me, our board of directors, and each member of our Memory Cafe family. It's been an amazing year of expansion and growth for Memory Cafe and NONE of it would have been possible without your participation and support. Thank you!

With gratitude - Deb

A Thanksgiving Blessing
Rick W. Cotton

It's cold outside, but it's warm in my heart.

And the gray fall sky is His work of art.

Laden and low, quiet and still,

November is welcome, and my eyes drink their fill

Of brown-gray grass and red-orange leaves,

Of pavement winding through the strong, stately trees.

Down the hill, past the barn, past the gate, up the lane,

The house with bright candles in each window pane.

Now I step inside; oh, it's warm! Oh, that smell!

Hot turkey roasting, potatoes done well!

Sweet, spicy cider, and warm winter wine

Cranberry sauce - Oh! - the flavors - divine!

The smiles and hugs are so warm and sweet.

In this cold gray November, a Thanksgiving treat.

I do love it all and am so thankful; yes,

For this lovely season...I am truly blessed.

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.



HAPPY THANKSGIVING



Mark is so gentle in his repeated reminders for us to let go of things we cannot control. Peace comes when we accept the natural cycles of life, no matter how painful it may be.

Please see an update on Mark's health on page six written by his wife, Jean Anderson.

A Falling Leaf
by
Mark Bratlie



Today a leaf came down to greet me
Falling gently on a breeze
With intentions to remind me
Of the things I must release

*Listen, listen to the message
That is coming from the trees
If we listen, we can hear it
Floating gently on a breeze*

Nature teaches of life's cycles
When to cling and when to fall
There is a time for every season
And solace if we hear the call

But letting go is not so easy
It takes more than just a breeze
Graceful falling takes some practice
And a lesson from the trees

*Listen, listen to the message
That is coming from the trees
If we listen, we can hear it
Floating gently on a breeze*

This human mind is often yearning
For some past or future day
But opening to present stillness
Allows a more fulfilling way

We cannot control our seasons
Grasping only brings more grief
Let us settle in the moment
Like the falling of a leaf

*Listen, listen to the message
That is coming from the trees
If we listen, we can hear it
Floating gently on a breeze*



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

Excerpted from *Their Dementia Diagnosis Doesn't Mean They are Keeping Silent*, by Clare Ansberry, WSJ, Oct. 12, 2021



Bonnie Erickson

As the number of people with dementia grows, more of them are speaking out to challenge assumptions about what they can and can't do.

Dementia affects more than 55 million people world-wide, with more than double that number expected to receive a diagnosis of the chronic condition by 2050, according to the World Health Organization. A group of advocates, many in the earlier stages of this condition, say that people around them often struggle with understanding the full range of symptoms. They also talk openly about losing jobs and friends and the worst things people can say to them. Among them:

- "You don't look like you have dementia."
- "I forget things, too."
- "Go live your life."

Bonnie Erickson, 61, recalls hearing those last four words in her doctor's office after learning that she had white matter disease and vascular dementia in 2018. She received no informational pamphlets or other follow-up instructions. She searched the internet for answers, unsure of what to make of that advice.

"What I found frightened the hell out of me," says Ms. Erickson, a former program analyst with the Department of Homeland Security who lives in Billings, Mont. "It's not just a memory issue as so many think it is."

Since then, she has joined Dementia Alliance International, whose governing body also consists of people with dementia, and is president of the National Council of Dementia Minds.

"My personal goal is to improve the diagnosis process from, 'Go get your affairs in order,' to, 'Here are some resources that may help you understand your diagnosis and live well,'" says Erickson.



Insights of Persons Living Well with Neurocognitive Disorders

National Council of Dementia Minds
P.O. Box 342
Alma, MI 48801
989-330-0290
dementiaminds.org



**DEMENTIA
ALLIANCE
INTERNATIONAL**

Dementia Alliance International
P.O. Box 582
Ankeny, IA 50021-0582
dementiaallianceinternational.org

For Our Health
The ABCs of Brain Healthy Eating
~Dr. Sanjay Gupta , MD
Keep Sharp, Build a Better Brain at Any Age

Eating For Your Brain

A - Foods to consume regularly

- Fresh vegetables, in particular leafy greens.
- Whole berries, not juice
- Fish and seafood
- Healthy fats - extra virgin olive oil, avocados, whole eggs
- Nuts and seeds

B - Foods to include

- Beans and other legumes
- Whole fruits, in addition to berries
- Low sugar, low-fat dairy such as plain yogurt, cottage cheese
- Poultry
- Whole grains

C - Foods to limit

- Fried foods
- Pastries, sugary foods
- Processed foods
- Red meat
- Red meat products such as bacon
- Whole-fat dairy high in saturated fat such as cheese and butter
- Salt

Dementia, More Than Memory Loss
~Alzheimer's Foundation of America

Dementia is not a diagnosis. It is a general term that describes a wide range of symptoms associated with a decline in memory or other thinking skills, including judgement, reasoning skills, language, concentration, mood, abstraction, and complex motor skills. Though there are different types of dementia-related illnesses, Alzheimer's disease is the most common in persons 65 and older, and accounts for 60-80% of cases. Other types of dementia include vascular dementia, Lewy Body dementia (an umbrella term that refers to both Parkinson's disease and dementia with Lewy Bodies), frontotemporal dementia and alcohol-induced dementia.

Warning Signs & Symptoms

- Difficulty finding words
- Trouble completing complex tasks such as tasks with multiple steps, paying bills, balancing a checkbook
- Confusion about time, place or people
- Mislacing familiar objects
- Personality changes, such as irritability or depression
- Loss of interest
- Expressing false beliefs
- Changes in judgement/trouble making decisions

Just for Laughs!

Content Provided by Steve Frosle and Friends!



Life from the seat of a tractor:

(Excerpted from *A View From Here* by Gene Prim, Record-Review --Barnesville, MN)

- Always drink upstream from the herd.
- If you find yourself in a hole, the first thing to do is stop digging.
- Sometimes you get, sometimes you got.
- Good judgement comes from experience and a lotta that comes from bad judgement.
- When you wallow with pigs expect to get dirty.
- Your fences need to be horse-high, pig-tight and bull-strong.
- Life is simpler when you plow around the stump.
- You cannot unsay a cruel word.
- The biggest troublemaker you'll ever have to deal with watches you from the mirror every morning.

Lena telephoned the local fire hall, "Hello? Is dis da fire department?" "Yes" came the reply. "Listen, my house is on fire!" Lena yelled. "yew've got tew come right away It's terrible!" "Okay, how do we get to your house?" "Yew don't have dose big red trucks anymore?!"

Did you hear about the insomniac dyslexic agnostic? He stayed up all night wondering if there really was a dog.

A hunting party was hopelessly lost. "I thought you said you were the best guide in Maine!" one of the hunters angrily said to their confused leader. "I am," replied the guide. "But I think we're in Canada now."

Edith and Norbert had a knock-down, drag-out battle over his inability to earn a better living. She told him he wasn't forceful enough in asking his boss for a raise. "Tell him that you have seven children, a sick mother, you have to sit up many nights, and you have to clean the house because you can't afford a maid!" Several days later Norbert came home from work and calmly announced that he had been fired from his job. "Why?" asked Edith. "He says I have too many outside activities."

QUOTE OF THE DAY

"O Lord, that lends me life, lend me a heart replete with thankfulness."

~William Shakespeare

Building Skills and Community



Open House of the Linger, Laugh and Learn Center!
Tuesday, Nov 30th
Community Members - 1 - 3:00 pm
Professionals - 3:00 - 5 pm
1122 1st Ave N. Fargo
Please use the WEST entrance on 12th St. N.
PLEASE JOIN US!!



Linger, Laugh and Learn Center Update

Work continues on furnishing our Linger, Laugh and Learn Center! The tables and chairs for the community room arrived and more furniture will arrive soon. The space is sunny, welcoming and beautiful!

Until Covid settles down we are inviting small groups and individuals to meet here by appointment only. This month we will have our Caregiver Cafe support group, a small yoga class, and Memory Cafe participants who are working on completing their Emergency Care Plans!

Would You Help Us?

We are looking forward to finding donors who share our excitement for completing our Linger, Laugh and Learn Center! We are setting up a Music/Resource room and would appreciate funds for a keyboard, sound system, two recliners, book shelves and specific printed educational resources. We're also setting up a PINBALL room! If you can help fund these needs, and many others, please let us know!

Thank you!!

Annual Community Service Project!

The fleece is purchased! Now we need your help tying the blankets on Dec. 1st!! All hands on deck please!



Theresa Halvorson and Pat Stanley, Donors of our Samsung Smart TV!



Thank you Ilene Anderson for designing and donating our beautiful exterior floral arrangements!

Masking update: It is our goal to remain IN PERSON with you for our programming. We do NOT want to resume zoom meetings if at all possible! To achieve that goal, it is our expectation that you wear a mask during our meetings. We will provide KN 95 masks for your safety, **courtesy of DJ Colter Insurance Agency. THANK YOU DJ!** We will also provide a "to go" snack on your way out the door instead of serving refreshments during the meetings in order to ensure masks remain in place during our meetings. We hope this requirement only lasts for a short time. Memory Cafe's board of directors will continue to reassess our Covid-19 policy on a monthly basis. Thank you!

CALENDAR OF EVENTS

All Memory Cafe events are free. No reservations are required. And newcomers are ALWAYS warmly welcome!

Wednesday, Nov. 3rd
1 - 2:30 pm, Bethel Church
Fragrance and Frames Art Project
Anna St. Amant, Best Friends Certified Master Trainer

Wednesday, Dec. 1st
1 - 2:30 pm, Bethel church
Community Service Project
Tying fleece blankets for children in need

Wednesday, Nov. 10th
1 - 2:30 pm, The Hjemkomst Center
Exploring Brain Healthy Diet Plans
Nicolle Aukland, BSW Certified Group Fitness Instructor

Wednesday, Dec. 8th
1 - 2:30 pm, The Hjemkomst Center
Use and Overuse of Medications for Seniors
Dr. Robert Olson, MD/Psychiatry, Sanford Health and UND Medical School

Wednesday, Nov. 17th
1-2:30 pm, Bethel Church
Advice for Healthy Aging and TNT Fitness!
Dr. Lindsey Dahl & Dr. Kirsten Juhl, Sanford Health and Coach Jake from TNT Fitness!



Inspiration from Coach Jake!

Wednesday, Dec. 15th
1-2:30 pm, Bethel Church
Memory Cafe Christmas Party!

Wednesday, Dec. 22th
Caregiver Support Group
Call for meeting time and location
701-404-6712

Wednesday, Nov. 24th
Caregiver Support Group
Call for meeting time and location
701-404-6712

Wednesday, Dec. 29th
NO MEMORY CAFE

Building Skills and Community

Thank you Donors:

Smart TV - Pat Stanley, Dakota Plains Realty, and Theresa Halvorson, Trilogly Real Estate
Buffet Table - Christianson Business Furniture
Exterior Floral Decor - Ilene Anderson
Major financial gift - Julie Krenz and Paul Govig



Memory Cafe Day at Sandy's Donuts is BACK!! Tuesday, November 23rd (all day)

We are incredibly grateful to Mark Ostlund and Sandy's Donuts for sponsoring Memory Cafe Day again this year! On November 23rd Sandy's will donate \$3 per dozen donuts sold at ALL stores to Memory Cafe!
THANK YOU SANDY'S!!



National Council of
DEMENTIA MINDS

Insights of Persons Living Well with Neurocognitive Disorders

The National Council of Dementia Minds (NCDM) is a not-for-profit organization led by persons living with a Neurocognitive Disorder who are committed to living their best lives and sharing this experience with others. They advocate for inclusion and equity for persons living with dementia in all aspects of private and public life. They embrace the diversity of persons affected by NCD as well as the multiple types of dementia. Together they promote strategies to enhance their well-being and refute the misconceptions of living with dementia.

989-330-0290

dementiaminds.org

ALZHEIMER'S ASSOC CAREGIVER SUPPORT GROUP

Every third Thursday of each month from 6:30-7:30pm
Fargo Main Library
102 3rd St. N. Fargo
No reservations necessary

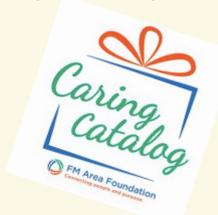
Free Virtual Memory Screenings

The Alzheimer's Foundation of America now offers free virtual memory screenings every Monday, Wednesday, and Friday. There are no age or insurance requirements.

All you need is an electronic device with a webcam, internet capability, and an appointment. Call 866-232-8484 to schedule an appointment.

'Tis the Season for the FM Area Caring Catalog!

Nov. 29th - Dec. 13th



We are thrilled to participate the FM Area Foundation's Caring Catalog campaign again this year! This online fundraising campaign is very important to achieving Memory Cafe's year end financial goals. The campaign is lots of fun with many daily giving incentives and community sponsorships. November incentives include:

- **Caring Cash Drawings (\$10,000)** held throughout the campaign- Sponsored by Dawson Insurance/March & McLennan.
- **Monday, Nov. 29th:**
 - **Facebook Share** - Share FMAF GOLIVE video for a chance to win \$1000 for your favorite charity!
 - **FUNDAY MONDAY (\$1000)** - Sponsored by Widmer Roel. Give to a Caring Catalog charity. For each donation that charity receives, they'll be entered into a drawing to receive \$1,000!
 - **Quick Start Prize (\$1000)** - The first non-profit to receive 50 individual donations will win \$1000!
- **Tuesday, Nov. 30th:**
 - **GivingTuesday Match (\$20,000)**- FMAF will match the first \$20,000 in donations up to \$500 per donor, starting at 8am.
 - **GivingTuesday Drawing (\$2000)** - Two non-profits will win \$1000! Sponsored by Thoreson Steffes Trust Company
 - **GivingTuesday drawing (\$2000)** Sponsored by Choice Bank. Two non-profits will win \$1000!

To donate during the campaign visit:
areafoundation.org/caringcatalog
THANK YOU FM Area Foundation!!

"What is Their Greatness? "

~Jolene Brackey

In the early stages people with dementia may stop doing what they love to do because they realize they can't do it as well. Give them their stuff back but simplify, simplify, simplify until it's EASY!

- Can't sew a dress **but can** pull out a hem.
- Can't fix a car **but can** clean a car part.
- Can't make a meal **but can** snap beans.
- Can't make a bed **but can** stuff pillowcases.
- Can't go fishing alone **but can** go with you.
- Can't remember b-days **but can** sign cards.
- Can't make apple crisp **but can** peel apples.
- Can't drive a car **but can** ride with you.

Focus on what your loved one CAN do!



Transitioning

by Jean Anderson, Mark Bratlie's wife



My gentle spirited husband, Mark Bratlie, came, unexpectedly, under the additional care of Hospice of the Red River Valley at his home, Beehive Homes of Moorhead on October 5th.

The first week of care he slid precipitously to the edge of this world. Then he stabilized. Cory, the hospice nurse, told me, "It can be a roller coaster ride". I've never been a fan of roller coasters.

Three times since then Mark has resurrected to speak full sentences - awakening from the deepest of sleeps. Providing light to my world.

The first time, just a sentence, while he sat up in his bed: "When we leave here, let's go have some fun!" Yes. *Let's do that.*

(continued on next page)

Reflecting

by Kim Kaul, Deb's husband



Deb and I recently took a walk, and had a great discussion about the impact of the baby-boomer generation on the world as we know it. I work in banking and economics has always been a big interest of mine. In the current economy, we're seeing first-hand the impact of the departure of baby-

boomers from the workplace as they have aged. Being the largest population demographic among all of the generations, their retirement has resulted in supply shortages and insufficient labor forces to meet the growing demand in our current business environment.

Deb, having worked in healthcare, of course, has seen the impact of a healthy aging population of baby-boomers as they are projected to live, on average, to nearly 90 years. This will have a big impact on healthcare, especially as strong bodies may be housing minds that cannot quite keep up with those strong bodies.

Our discussion then focused on the possibilities for our own lives. Deb comes from lineage which saw both parents dying with dementia issues, and my Parkinson's diagnosis gives me a 50% chance of developing dementia.

(continued on next page)

The Positive Language Guide (excerpted)

<https://www.alzheimers.org.uk>

The way we talk about dementia has a direct effect on how people living with the condition feel. It can also have a profound effect on society. After all, the words we use affect the way we think, and the way we think affects how we behave. The language we all use has the power to impact the lives of millions of people around the globe.

For those living with dementia, using words or phrases that label, belittle or depersonalize people can have a big impact on them and their family and friends. It changes the way they feel about themselves, shaping their mood, self-esteem, and feelings of happiness or depression. It can also change the way other people think about dementia, and increase the likelihood of a person with dementia experiencing stigma or discrimination. On the other hand, using positive language - words and phrases that empower people, treating them with dignity, and respecting them as individuals - can change how society views and treats people with dementia. It can make people feel valued and included, and contribute to changing the landscape of dementia.

The impact of Dementia

Because every person's experience of dementia is different, its impact on people's lives will be varied and not always negative. Use language that reflects this. While it is important to be truthful and realistic about the impact of dementia, we don't need to use words that are negative, disempowering, pessimistic, or frightening.

Use the following when describing the impact of dementia: ■ challenging ■ life-changing ■ stressful.

Don't use the following: hopeless ■ unbearable ■ impossible ■ tragic.

It is OK to use these words if this is how someone has described their own personal experience of dementia, though you should always make it clear when you're quoting someone directly. However, we shouldn't assume these things or put words in someone else's mouth.

Transitioning (con't)

by Jean Anderson

The second time, I did not witness, but his sisters who had flown in to see him from California and North Carolina did and were bolstered by his buoyancy, wit and recognition of them.

The third time, our friend Mary Ann, who'd played the flute at our wedding 12 years ago, came with her keyboard to play folk songs. I'd been alerted that Mark was awake and so we high-tailed it over to see him. Mark was awake! And I was startled when he said, "Today is going to be a good day - a very good day." *Yes it is.*

Mary Ann and I sang *Blowin' in the Wind, Down by the River Side, and If I had a Hammer.* Mark said, "She entertains us very well."

I was almost speechless.

And then from Mark, "It can be hard to sing sometimes." You can hum. At those words from me, Mark scrunched up his face as though to say, 'not the same thing.'

Over the next hour he went on:

- "I'm going to keep learning."
- "Where's my wife? Oh! There you are! I think you're looking nice."
- "You'll be all right. He'll be all right." (His brother Dave)
- "Well, here we are!" followed by lots of laughter, humming and whistling.
- "What the heck is going on?"
- And then after I turned his recliner to look out the window, "Boy, look at that tree out there!"

These are the tiny moments. These are the big gifts.

Yes, it is a roller coaster ride. This is what keeps me steady. I repeat it during night awake and times of need:

Through the heart felt mercies of our God,
 God's sunrise will break in upon us,
 Shining on those in the darkness,
 Those sitting in the shadow of death,
 Then showing us the way, one foot
 At a time, down the path of peace.

Luke 1:79 *The Message*

Reflecting (con't)

by Kim Kaul

So what can we do? We talked about a visit from a friend at our house that day, who, despite a dementia diagnosis, was still enjoying golfing. He was also looking forward to a hunting outing with friends, with whom he so enjoyed walking the fields and watching the work of retrieving dogs. He is engaged in the world he's always enjoyed, and wishes to continue that engagement. He was transparent regarding his diagnosis, but his lifestyle spoke of a desire to not be limited or disengaged from the things he greatly cherishes.

With Parkinson's, I can choose to do the same. I can choose to be transparent, but, be engaged. I can take advantage of the therapies offered to me to extend my desired lifestyle. I can be positive in the face of a world that sometimes sees my diagnosis as limiting and defeating because I know better. And I'm doing the things I can to extend my good health as long as God allows it to be.

For Deb and I, watching what we eat, being consistent in exercise, and keeping engaged in meaningful social interactions is what we can do to keep dementia at bay. A recent book I read on the aging mind made the point that the positive changes that we make, no matter how late in life, can have very powerful affects on the quality, and quantity, of our life as we continue to age.

I'm grateful for Deb and Memory Cafe's commitment to change how we think about memory loss. Let's shift the paradigm from a negative, hopeless, and humiliating one to one of interacting in an engaging community, living fully with meaningful purpose and positivity.

Spiritual Needs of Caregivers (Excerpted)

No Act of Love is Ever Wasted

Jane Marie Thibault, PhD and Richard L. Morgan, PhD

1. Caregivers need to know that no act of love is ever a waste of time for the one they are caring for. They need reassurance that caring is important spiritual work, even if it is demeaned by society.
2. Caregivers need to be reassured that their loved one's soul or spirit has not disappeared or become diseased.
3. Caregivers need to know that their caregiving does not need (and could never be) to be perfect.
4. Caregivers need to know that even if their loved one does not remember them, their soul/spirit is delighted by a visit or by the time the caregiver spends with them.
5. Caregivers need to know that they too are God's beloved and that God wants them to rest and have joy, and care for themselves.





memory
cafe

PO BOX 883

FARGO, ND

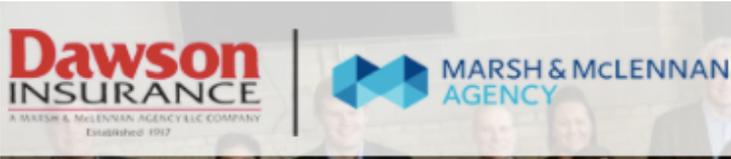
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701-404-6712

www.MemoryCafeRRV.org

hello@memorycaferrv.org

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