



Memory Cafe of the Red River Valley

Changing The Way We Think About Memory Loss
January, 2022



January/February Meeting Schedule All meetings held from 1 - 2:30 pm

Jan. 5th - Decluttering Our Lives: Making Space for YOU!
Beverly Benda. At Bethel.

Jan. 12th - Art and Music - Anna St. Amant, Best Friends Certified Master Trainer. At Hjemkomst Center.

Jan. 19th - Caregiver Burnout - Dr. Bess Turner, PhD Neuropsychology, Essentia Health. At Bethel.

Jan. 26th - Caregiver Cafe Support Group. Contact Karen at 701-781-4890.

Feb. 2nd - A Place to Belong - Jayne Clairmont, Nationally recognized dementia expert. GHD promotion. At Bethel.

Feb. 9th - Intergenerational Valentines Party and Art with Emily Brooks, Mrs. North Dakota International. At Hjemkomst Center.

Feb 10th - GIVING HEARTS DAY!

Feb. 16th - Moorhead Jazz Band, Valentine Portraits and TNT Fitness with Coach Jake. At Bethel.

Feb. 23rd - Caregiver Cafe Support Group. Contact Karen at 701-781-4890

NOTE - THE LLL CENTER WILL BE OPEN EVERY TUESDAY AND THURSDAY AFTERNOON FROM 1-3 PM FOR CREATIVE ARTS, GAMES, PUZZLES, SOCIALIZATION AND MUSIC!

In This Issue

- *The Edge of Humility* by Mark Bratlie
- "Still Here, Still Me- Self portraits by William Utermohlen
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- Building Skills and Community - Giving Hearts Day
- The Transformative Power of Art in Dementia Care
- Why a Timely and Early Diagnosis is Important
- The Positive Language Guide
- How to Have a Successful Visit - Jolene Brackey
- Redefining Memory Loss Caregiver Conference

Happy New Year Memory Cafe friends!

Famously, Charles de Gaulle begins his memoirs with the declaration: "I have always had a particular view of France." Similarly, the world has always had a particular view of dementia and we have always had a particular view of Memory Cafe of the Red River Valley.

The artist William Utermohlen powerfully illustrates the stereotypical view of dementia with his self portraits (featured on page two). Commonly held experiences of people living with dementia include feelings of judgement, sadness, anxiety, resignation, anger, depression and shame. Their care partners often feel deserted, fearful, exhausted, guilty, angry, and ill-equipped to handle the daily challenges of caregiving.

Since our inception in 2017, our view of Memory Cafe has been that of a safe, welcoming gathering where people who are forgetting aren't forgotten. Where people living with dementia are seen as people, not a diagnosis or disease. A place for them to make new friends, socialize, learn, laugh, engage in our wonderful community and the creative arts, and to participate in various community service projects for those in need. In the past four years we have created hundreds of these opportunities for the memory loss community.

"Memory Cafe is so warm and welcoming. The fun atmosphere makes you feel happy to be there. The quality programs and the useful resources make you glad you went." Bob S.

At Memory Cafe we believe it's possible to *live* and *live well* with dementia provided you have sustained and healthy friendships, strong community support, high quality education, meaningful purpose and a true sense of belonging - which every human being craves, including, of course people living with dementia. Our weekly programming and our new Linger, Laugh and Learn Center are places people like William Utermohlen and his wife, Patricia, might have gathered with dear new friends to experience moments of joy and find hope.

We have ambitious plans for 2022! We desire to continue shifting the view of dementia from one of hopelessness, helplessness, and isolation to one of empowerment, hope and meaningful relationships. And, to enthusiastically expand and deepen our community's view of the unique and powerful resource Memory Cafe offers. Won't you please join us?

Eagerly and gratefully,

~ Deb

HAPPY
NewYear

"Humility is not thinking less of yourself, it's thinking of yourself less." ~C.S. Lewis

The Edge of Humility

by
Mark Bratlie



Striving for true humility
can be a dicey affair
For should you achieve success
it may be difficult to bear

Walking on the edge of humble
is likewise a chancy goal
But effort may be well worthwhile
if one sees the picture whole

Humbleness need not preclude
firm voice and strong opinion
Still, it's not far over the edge
to the land of cerebral dominion

Courage to take a definite view
and to stand up to opposition
Need not tip toward obstinance
and unwillingness to listen

True humility stands tall for truth
with awareness of partial vision
Gentle strength and calm resolve
are part of the humble equation

A humble spirit strives for balance
without egotistical flair
And the journey toward true humility
is awaiting those who dare



Next Step in Care provides easy-to-use guides to help family caregivers and health care providers work closely together to plan and implement safe and smooth transitions for chronically or seriously ill patients.

Transitions are moves between care settings, for example, hospital to home or rehab facility, or the start or end of home care agency services. Because transitions are often rushed, miscommunication and errors can occur.

Next Step in Care materials emphasize careful planning, clear communication, and ongoing care coordination.

www.nextstepsincare.org

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

Self-Portrait Paintings

by William Utermohlen

Excerpts from New York Times, October 26th, 2006

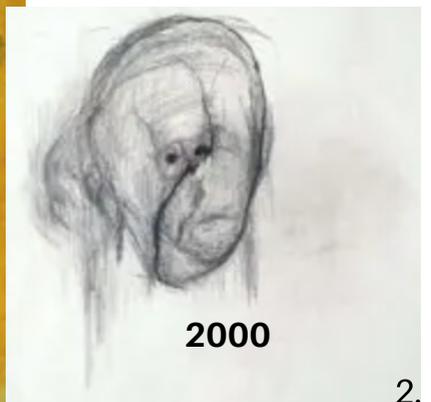
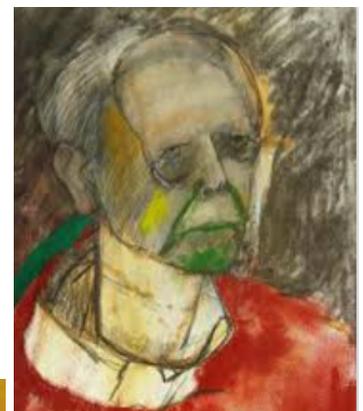
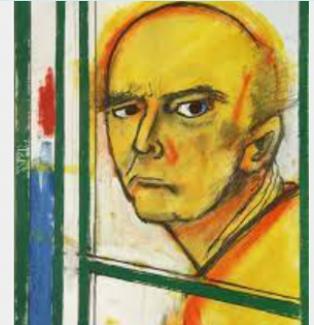
On Art and Aesthetics.com Sept 8th, 2018

When he learned in 1995 that he had Alzheimer's disease, William Utermohlen, an American artist in London, responded in characteristic fashion. "From that moment on, he began to try to understand it by painting himself," said his wife, Patricia Utermohlen, a professor of art history. A psychoanalyst wrote that the paintings depicted sadness, anxiety, resignation and feelings of feebleness and shame.

In his last works, the self-portraits of 1995-2000, Utermohlen's style changes dramatically. Terror, sadness, anger and resignation are expressed as the artist fights to preserve his artistic consciousness against the gradual progress of dementia. Patricia Utermohlen comments on this time: "as each small self-portrait was completed, William showed it to his nurse, Ron Isaacs. Ron visited the studio, photographing every new work. Ron's conviction that William's efforts were helping to increase the understanding of the deeply psychological and traumatic aspects of the disease undoubtedly encouraged William to continue."



1996



2000

A quick, inexpensive, and effective way to reduce caregiver stress and improve health is to write in a journal. Writing down your thoughts and feelings on a regular basis has been proven to have a long list of mental and physical benefits. These include reduced stress and depression, improved ability to withstand stress, infection, and disease, and improved sleep. Here are ten of the twenty-five prompts suggested by Odessey.com to get you started:

<https://www.theodysseyonline.com/journal-prompts-anxiety>

1. List five good things about today.
2. What is one thing you can improve on (time management, communication, etc.), and how can you do this?
3. What is one adjustment you would like to make to your morning routine?
4. What is one adjustment you would like to make to your nighttime routine?
5. Make a list of twenty things that make you happy.
6. What is a new skill that you would like to learn and how can you learn it?
7. What is one long-term goal you wish to work towards?
8. Was today a difficult day? If so, what made it difficult and what can you do to prevent from having days like this in the future?
9. What is one problem you had today, and what was your solution to this problem? Was it the best way you could have handled it?
10. Are you taking time to care for yourself? Do you allow yourself time to relax and breathe? If the answer is no, what can you do to give yourself this time?

Just for Laughs!

Content
Provided by
Steve Frosie
and Friends!



Robert Orben says:
"My wife claims I'm a baseball fanatic. She says all I ever read about is baseball. All I ever talk about is baseball. All I ever think about is baseball. I told her she's way off base."

What's a sure sign you're flying the wrong airline? The pilot has a heart attack, and the air-traffic controller talks a flight attendant through takeoff.

They say we can have gatherings for up to eight people without issues. I don't even know eight people without issues.

I still have a full deck. I just shuffle a little slower.

I fell off my bike and skinned my knee in the 1980s. I'm just telling you this now because we didn't have social media back then.

"Movie cowboys mystify me." says Bob Hope. "How can they jump off a porch roof and onto a horse, and still sing in a normal voice?"

Man to friend: "I figured out why the Postal Service raised the postage rates. The extra four cents is for storage."

Covid-19 fact: 87% of gym members don't even know their gym is closed.

Aging and Pharmacodynamics - Anticholinergic Medication Risks Dr. Robert Olson and <https://www.healthline.com/health/anticholinergics>

Anticholinergics are drugs that block the action of acetylcholine which is a neurotransmitter, or a chemical messenger. It transfers signals between certain cells to affect how your body functions. Anticholinergics can treat a variety of conditions, including: urinary incontinence, overactive bladder (OAB), chronic obstructive pulmonary disorder (COPD) and certain types of poisoning. They also help block involuntary muscle movements associated with certain diseases such as Parkinson's disease. Sometimes, they're used before surgery to help maintain body functions while a person is treated with anesthesia. They should be used with caution in seniors.

The diminished ability of the brain to remodel or adapt with age causes a slower rate of response, a slower recovery from toxicity and increased sensitivities to side effects. Common side effects include central nervous system issues such as impaired concentration, memory problems, balance disturbances, anxiety, depression, paranoia and sleep issues. Other common side effects include constipation, dry mouth, blurred vision, and urinary retention.

Common anticholinergic medications include: Diphenhydramine (Benedryl) which is found in all medications that use 'PM' in their name, scopolamine, antipsychotics, oxybutynin, benztropine, glycopyrrolate, tiotropium, ipratropium, zyprexa and others. Be sure your medical provider(s) are aware of ALL medications you are taking.

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.

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

~Edith Sitwell



Building Skills and Community



Thank you FM Area Foundation and Our Donors!



Because of your generosity we were able to raise \$10,500 during the FM Area Foundation's annual Caring Catalog campaign this year, \$500 more than our goal! Special thanks to Dawson Insurance, a Marsh McLennan Agency LLC company, for the \$2000 award they blessed us with and FMAF for a \$500 social media award. Wow, we are so grateful for all of it!



Dawson Insurance Marsh McLennan Agency Awards Memory Cafe \$2000!

"We have a Community Relations team here (at Dawson Insurance, Marsh McLennan Agency) that helps us make decisions where we give our funds, time and attention. Our team uses five pillars to help us make these decisions and one of them is to be a leader in our community, in the insurance industry for our clients and colleagues. One of the recipients of the money is an organization that we really care a lot about. It is an organization that is also a leader in their industry helping to help people help other people throughout our community. We are so excited that \$2000 is going to be given to the Memory Cafe of the Red River Valley!"

~Wendy, Spokesperson for Dawson Insurance Marsh McLennan Agency



Jayne Clairmont, Nationally Recognized Dementia Expert is coming to Memory Cafe!

**Topic: A Place to Belong
February 2nd, 1-2:30 pm.**

At Bethel Church.

Don't miss it!

We are delighted to announce that Jayne Clairmont will be our featured speaker on Feb. 2nd! She will be speaking on humanity's universal need for a sense of belonging. This special program will be a Giving Hearts Day promotional event.

Celebrating Gifts of Art and Creativity!



Deb's talented cousin, Brenda Yirsa, an award winning quilt designer from Big Sandy, Mt. donated these two gorgeous quilts for the LLL Center! THANK YOU so much Brenda for inspiring us with your beautiful work!



friends

New in 2022!

friends

Starting this month (Jan. 4th) the Linger, Laugh and Learn Center (LLL) will be OPEN every Tuesday and Thursday afternoon from 1-3pm for socialization, music, games, creative arts, or just hanging out! Join your friends and resolve to make a few new ones at the LLL Center in 2022! Masks are required.

friends

friends



December photos

Photos from our wonderful Christmas party and community service blanket project. We were so thankful for the help of Mr. Odland's 2nd grade class from Oak Grove Elementary school!



Caring For Others:

MEMORY CAFE BELL RINGERS!

Memory Cafe is dedicated to community service! Thank you to those who donated their time to ring bells for the Salvation Army last month. We pulled in over \$200 during our designated time slot at West Acres! Way to go team Memory Cafe!



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 masks for your added safety. We will also provide a "to go" snack on your way out the door instead of serving refreshments during the meetings. This policy will remain in place at all Memory Cafe gatherings until the Covid infection rate falls to 5% or below.



Building Skills and Community



Memory Cafe of the Red River Valley

Help someone.

Memory Cafe of the Red River Valley is excited and thankful to be participating in Giving Hearts Day (GHD) again this year.

GHD is an annual 24-hour online fundraising event that will be held on February 10th, 2022. This is our biggest fundraising event of the year!

Contributions of \$10 or more will be matched by the generous donors who contributed to Memory Cafe's GHD matching fund. There are several ways to support Memory Cafe and have your donation matched:

1. **Schedule your gift** by going to the GHD website: www.givingheartsday.org starting **Jan. 3rd through Feb. 8th**.
2. Go to the **GHD website on Thursday, February 10th**.
3. **Checks may be written out and sent** to Memory Cafe (**Dated for 2/10/22 with GHD written in the memo line**). These checks need to be RECEIVED on or before February 10th! Our address is Box 883, Fargo, ND 58107.
4. **Checks may be delivered** to our Memory Cafe office (1122 1st Ave North - WEST ENTRANCE) or Dakota Medical Foundation (4141 28th Ave S. Fargo) **on or before Feb. 10th**.

Testimonials

Dr. Lindsey Dahl, Geriatrician, Sanford Health

"The first thing I do when diagnosing someone with dementia or Mild Cognitive Impairment (MCI) is tell them about the Memory Cafe program. It's a wonderful program that not only educates but also gives the socialization, groups and friendships that are so necessary for people who are going through dementia and their caregivers.

It is a great place to meet and make new friends, especially when this is such a difficult time to maintain friendships. You can learn from other people how to navigate changes that are happening and how to interact with your friends you've had forever - what has worked well with people and what hasn't. It's a good place to continue to grow with dementia."

Jamie Moch, Bell Bank HR Specialist

"I would like to donate my Pay It Forward Funds to Memory Cafe. You have created such a special organization. I can't wait to see the impact it has on the community as Memory Cafe grows!"



Recent Major Pledge 2022 (\$10,000)

Jayne Clairmont

Recent Major Gifts (\$2000 and above)

Mike and Kim Slette

Dawson Insurance, a Marsh McLennan Agency

Recent Major Gifts (\$1000 and above)

Anonymous

Anonymous

John and Laura Fairfield

Drs. Benjamin and Lindsey Dahl

James and Angie Schlitz

Jason and Kristie Eid

Lew Wilson

Jamie Moch

John Bower

Memory Cafe had over 100 NEW DONORS in 2021!

More Ways to Give

Gifted appreciated assets such as stocks, real estate, or business interests before the sale allows you to reduce your capital gains taxes and are wonderful ways to give to Memory Cafe and other causes you love.

In the same way, required withdrawals from your 401K or retirement plan may also be a practical and convenient way for you to give.

Now Available!
QR Code for Paypal!



Memory Cafe of the Red River Valley Endowment fund

Did you know through the N.D. Charitable Income Tax Credit, you can claim a credit of 40% on a minimum donation of \$5,000 to a qualified endowment? Memory Cafe of the Red River Valley has such an endowment. This credit is on top of the savings you may be able to receive on your federal return by itemizing your qualifying charitable donations. If you'd like to learn more about the 40% tax credit and how you can turn this year's giving into a forever gift, please contact Greg Diehl at FM Area Foundation at 701-234-0756.



The Transformative Power of Art in Dementia Care

<https://www.beingpatient.com/art-dementia-daniel-potts/>



Painting by Lester E. Potts

Expressive arts like music, painting, and even dance have the potential to evoke powerful emotion and long-buried memories in people living with Alzheimer's. For Lester E. Potts, Jr., who was diagnosed with Alzheimer's at the age of 72, watercolor painting became an

avenue to express his life experiences.

Lester created more than 100 art pieces after discovering his artistic talents at Caring Days Day Care facility in Tuscaloosa, Alabama — and his artwork has lasting impacts. His journey with Alzheimer's, and the creativity that emerged during that journey, changed the way his son, Dr. Daniel C. Potts, a neurologist at the Tuscaloosa Veterans Affairs Medical Center, cares for patients in his own practice. After Lester passed away in 2007, Dr. Potts also established the nonprofit organization Cognitive Dynamics, educating students about Alzheimer's and other dementias, and connecting them with people who have the disease.

Why a Timely and Early Diagnosis of Dementia is Important

U. Wisc. Alzheimer's Center

- The symptoms might be reversible or treatable
- Certain treatments are more effective when started early
- Some dementia conditions may not get worse and having that awareness may decrease anxiety
- Understanding the type of changes happening with a dementia condition can help avoid other medical issues
- Early diagnosis allows the person and their family to educate themselves, seek support, and make informed decisions and plans
- Early diagnosis allows the person and their family to focus on quality of life, independence and their wishes

If you have concerns about memory loss, thinking skills or behavioral changes in yourself or a loved one, contact your primary care provider

Testimony

"As bad as it sounds, Memory Cafe is encouraging to me because sometimes I come to the meeting feeling a little sorry for myself but then I look around and see there are others dealing with the same thing. Sometimes people are dealing with things that are worse than what I'm dealing with. It makes me reflect and know I can keep going."

~John

The Positive Language Guide (Excerpted)

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

Talking About People With Dementia

People with dementia are individuals with a history, personality, relationships and desires. Their diagnosis is not the defining aspect of their life, nor does it mean that their life is over. We should use language that reflects this. Use the following when talking about a person with dementia:

- A person (or people) with dementia
- A person (or people) living with dementia
- A person (or people) with a diagnosis of dementia (if appropriate – remember not all people with dementia get a diagnosis).

Using these terms helps to maintain the person's dignity. They put the person first and don't make assumptions or pass judgment on people because of their dementia.

Never use the following:

- sufferer, suffer from, afflicted, victim or any other words that disempower people with dementia by making them seem passive, childlike, or worthy of pity.
- senile, pre-senile or demented
- patient – don't describe someone as a 'dementia patient'. The term 'patient' should only be used specifically if a person is in hospital, or in relation to seeing their GP or other healthcare professional.

Book Discussion anyone?

Last Ocean, a Journey Through Memory and Forgetting

by Nicci Gerrard is a powerful and beautifully written book for our Memory Cafe community. We have extra copies so let us know if you'd like a copy and want to join a discussion group!

People stop visiting people with dementia because they don't know how to have a successful conversation. ~ Jolene Brackey

- Write on the back of a collage how visitors can successfully spend time with your loved one who lives with dementia. Write answers to questions your loved one asks frequently on the back & share with **everyone!**
- Bring a can of Bud Light and many people will feel comfortable with you instantaneously!
- Talk about golfing, quilting, recipes, fishing etc.
- Avoid questions that require them to remember, "Did your son come to see you?" Instead just give him/her your memory, "I say your boy. He is pretty ornery, isn't he?"
- If he/she asks about their spouse simply say, "She's getting her hair done."
- Bring anything fresh from home to nibble on together.
- When he/she repeats himself, just listen.
- When you don't understand what he/she is saying, just act like you do, "Wow, that's interesting. I didn't know that!"

Mark Your Calendars!

Redefining Memory Loss Caregiver Conference

June 2nd, 2022 Holiday Inn, Fargo

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



As the Founder and Lead Coach of Gemini Consulting, Erin Bonitto provides hands-on dementia communication coaching at partner communities across the nation, including skilled nursing homes, assisted living centers and memory care providers. Using the 'Buddies Forever Dementia Communication

Coaching System,' Erin's partner communities learn how to provide persons with dementia the gifts of pleasure, purpose and peace - while making measurable impacts on clinical and operational goals related to psychotropic use, behavioral outcomes, fall rates, team member morale and family satisfaction. These projects have been grant-funded in several states and described by providers as their 'missing link' to culture transformation. When Erin is not providing coaching, she can be found as a popular featured speaker at aging services conferences. Additionally, Erin is a frequent presenter and coach for family, community, and lay caregiver groups - providing strategies with empathy - having a close loved one with dementia herself. She has been described as a speaker who "can bring tears to your eyes and make you laugh out loud," all while delivering real-world, nuts and bolts tools that participants can put to use immediately.

Dementia Communication Skill:

Utilizing Endorphin Boosts

By Erin Bonitto

Endorphins are naturally-occurring chemicals in our brain - and when they are released - we experience feelings of positivity, overall well-being and simply being 'energized.'

These mood-elevating chemicals can be released in countless ways: During a brisk walk or exercise, during a hearty belly laugh, when receiving a much-needed backrub, or singing in the shower. In dementia care, we refer to the act of intentionally triggering these endorphins as an "Endorphin Boost."

When might it be useful to utilize an Endorphin Boost? One example might be entering your dad's nursing home room to begin a visit. Greeting him with "Hi Dad, how are you?" while pleasant, likely won't be a mood-elevating tool. Instead, you might open with something unexpected or irreverent - designed to get a good belly laugh: "Dad, I was taking a look at all the guys around here... You are easily the 7th best-looking man in the place!" Or, "Ah Dad, my partner in crime! Let's see if we can get into some trouble..."

Utilizing Endorphin Boosts at the beginning of a visit, before assisted with care, during caregiving, or when concluding a visit can often be the best 'medicine' for someone experiencing mood or behavioral challenges due to dementia - and it's great medicine for the care partner, too.



**SEE THE PERSON
NOT THE DEMENTIA**

Inclusive Communities

Written by persons living with dementia from **Dementia Alliance International**

Excerpted from <https://www.dementiaallianceinternational.org/dementia-friendly-communities/>

- If our deficits are what are focused on, then we will never transform the way the world thinks, acts and talks about the condition. Therefore, these campaigns, all campaign material, and campaign media, must never focus on our deficits, but instead on supporting our disability and human rights.
- Our **disAbilities** must be fully supported, and employing us to work on the initiatives is also important. After all, if we were setting up an Indigenous or LGBTIQ friendly community, we would employ people from that cohort. Any organization, wanting to work on something new, would contract or employ the experts of the lived experiences.
- People with dementia are the experts of the lived experience, and would [and should] significantly and positively impact this work.
- In reality, especially in the earlier stages, people with dementia are simply living with **disAbilities**, that can be supported, in the early stages of the disease. Yes, it is a terminal illness, and yes, it may not be a fun experience all of the time, but it is possible to live much better, for much longer than the expectations and perceptions.
- We still have a lot to contribute to society, and our own lives.

PO BOX 883

FARGO, ND

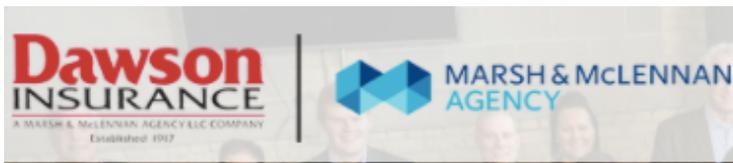
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