



March/April Meeting Schedule

All meetings held from 1 - 2:30 pm

March 2nd - Accessing Community Resources. Suzi Efferts, Randon Lovering and Joan Windus. At Bethel

March 9th - Exploring Brain Health Diet Plans. Nicolle Aukland. At Hjemkomst.

March 16th - Music with Steve Kraushaar Oldies and Goodies; Movement with TNT Fitness.

March 23rd - Caregiver Cafe. Contact Karen at 701-781-4890.

March 30th - No Memory Cafe (5th Wednesday)

April 6th - Integrative Health Care Overview. Christina Hoff, RN Clinical Care Leader, Sanford Integrative Health. At Bethel.

April 13th - Financial Planning for Seniors. Tom Stadum, Fjell Capital and Jamey Pesek, Principal Financial. At Hjemkomst.

April 20th - Music with Touchmark Choir; Movement with TNT Fitness. At Bethel.

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

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- Celebrating Six Months - Leeora Windingland
- Mind-blowing Generosity! - Giving Hearts Day Overview
- The Caregiver Cafe - Karen Beutler, RN
- Getting Over the Winter Hump: *Why We Travel and Joy in Others*, New York Times

Hi Memory Cafe friends,

I appreciate living in an area of the world with distinct seasons of the year. And, typically I enjoy and find amusement in even the harshest of winters, at least for a few months! But the past month has been especially long and cold. At the time of this writing we're anticipating our seventh blizzard of the year and another six inches of snow this week. I'm afraid I'm losing my seasonal sense of humor.

Because I know I'm not alone in my impatience for spring to arrive I chose to devote a good portion of the March newsletter to get us over the hump of winter. You'll see articles reinforcing proven healthy coping strategies such as the creative arts (Mark's poetry), cleansing our brains through sleep, humor (I included extra doses of Steve's jokes), prayer, gratitude, caregiver support opportunities, and celebrating the astonishingly generous community in which we live. Adding to the mix are a couple articles I found in the New York Times recently regarding new coping strategies such as intentionally orchestrating novelty in our day to day lives, implementing a technique called "behavioral activation" and finding joy in others. I hope you find them interesting and supportive.

You'll also take pleasure reading a lovely piece written by Leeora. She shares what she's discovered about the power of our Memory Cafe community during her first six months of working at Memory Cafe and the value of developing new relationships as we journey through memory loss together.

In her book, *The Gift of Years, Growing Older Gracefully* Joan Chittister says it this way, "The fact is that relationships are the alchemy of life. They turn the dross of dailiness into gold. They make human community real. They provide what we need and wait in turn for us to give back. They are a sign of the presence of a loving God in life. There is no such thing at any stage of human development as life without relationships. In this later stage of life then, the only uncertainty is whether we will decide to live within ourselves, along with our past relationships, or trust that the life made glorious by others in the past can be made glorious again --by new meetings, new moments, new spirit."

Here's to creating glorious new meetings, moments and spirits together - blizzards or not!

~Warmly,
 Deb

March 1st - Happy Peanut Butter Lover's Day, Dadgum That's Good Day!



Retire Means

by
Mark Bratlie



Retirements are great events
of that I am quite sure
No more bosses--except for spouses
and for that there is no cure

Work goes on when jobs are gone
but at a chosen pace
And watching clocks throughout the day
is one thing we can erase

Shall I bake a cake or take a break?
I had better stop and think
Meanwhile I will recline myself
and catch a few quick winks

A pension fund can help a ton
when the budget stretches tight
While Social Security in reserve
can bring us true delight

The greatest gift to give a lift
is the chance to shape our days
Time to do the things that we love
is a thing that truly pays

THANKYOU

The gratitude our family feels for Memory Cafe is hard to express in words. You provided an outlet for both Clark and I that was fun, loving and supportive. We admire your commitment to the community and people like us. What you do is so needed. Thank you!

The Weisser family

Our Warm Condolences

It is with sadness we announce the passing of another one of our Memory Cafe participants, Doug Knutson. Our warm condolences to his beautiful wife, Eileen, and their family members.



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.

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



Dementia Does Not Define Me

by Laurie Scherrer
www.dementiadaze.com

Dementia does not define who I am. It is merely a small part of the many facets of my life, affecting decisions and changes in how I live.

I am Laurie Scherrer, and I am a wife, a writer, a SCUBA Diver, an educator, and an advocate. I'm a traveler and a speaker. Oh, and I am also living with dementia.

People that live with dementia should not be reduced to simply a diagnostic label pronounced by a doctor. Nor should they be stigmatized by a society that sees the diagnosis rather than individual abilities and identities.

Living with dementia does not automatically equal total memory loss, inability to make our own decisions, nor undeserving of living an independent life enriched with purpose, beauty, and fulfillment.

We are not defined solely by a label of dementia. As with most people, we are the cultivation of our upbringing, culture, spiritual fulfillment, lived experiences, accomplishments, failures, and our many challenges.

The medical profession and those in our communities often perceive us as incapable of contributing to any aspect of daily living. We are viewed as dying of dementia rather than LIVING WITH dementia. We are viewed as having limitations, which makes us feel worthless and incompetent.

Together, we will lift our voices to shout out that we are not a label and dementia does not define who we are. Together we can focus on our abilities, not our inabilities, and on how we can be of help to others and thus help ourselves.

Love & Laughter,

Laurie

For Our Health
Brain Cleansing - How Good Sleep Can Reduce the Risk of Dementia

By Jessica Schmidt
<https://integrativealchemists.com>



**Bob S. and his daughter,
Jessica Schmidt**

It's common knowledge that sleep is important for health and wellness, but why? We've known for decades that REM sleep helps the brain with learning and memorization of things. We've also known that REM's lesser-known sibling Non-REM (insanely creative, I know) is crucial for helping the body regulate itself and restoring tissue.

But in recent years, we've also learned that sleep can play a key role in preventing degenerative neurological conditions like Alzheimer's and other forms of dementia. Why is this? Let's get into the nerd science!

The brain has a glymphatic system which is responsible for carrying toxins out of the brain. The name is a portmanteau of glial (a kind of nerve cell) and lymph (the fluid which circulates and drains various substances in the body). The glymphatic system is a very new concept- first described in 2012. You may have heard of the blood-brain barrier- it's not easy to get things in or out of the brain. The only substance that passes between the brain and the rest of the body is cerebral spinal fluid (CSF). What we've learned is that there's a plumbing system in the brain which circulates CSF and it's this system which helps get rid of dead cells and other toxins.

What kind of toxins? You may have heard of two key ones- beta amyloid and tau proteins, considered to be the substances which form plaques producing the symptoms of Alzheimer's.

Research has also found that this brain self-cleaning system works best when we are asleep (specifically in deep NREM sleep also known as "slow wave sleep." During slow wave sleep, the neurons of the brain fire rhythmically and synchronously. Here's a pretty picture of that- note how the brain waves (in black) all follow a similar pattern.

The cool thing is those waves you see on the EEG (electroencephalograph) are more than a description of electrical energy. It is now thought that they also correspond to undulations of the CSF through the glymphatic pathways. In other words, when the neurons fire in synchrony during deep sleep, they are actually creating mechanical movement to push out toxins! Specifically, when the neurons all fire 'off' at once, they seem to create a space for CSF to rush into the brain. When they fire back "on," they then create a pumping action to move the fluid along. (Con't p. 6)

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



I read that 4,153,237 people got married last year. Not to cause any trouble, but shouldn't that be an even number??

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

I finally got eight hours of sleep. It took me three days, but whatever.

My youngest grandson called the other day to wish me a Happy Birthday. He asked how old I was, and I told him, 72. He was quiet for a moment and then he asked, "Did you start at 1?"

I can't understand why women are OK that JC Penny has an older women's clothing line named, "Sag Harbor."

Big Ole, 82, went to the doctor to get a physical. A few days later, the doctor saw Ole walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Ole and said, "You're really doing great, aren't you?" Ole replied, "Just doing what yew said, Doc. Get a hot mamma and be cheerful." The doctor exclaimed, "I didn't way that! I said you've got a heart murmur, be careful."

Lena once had two chickens. One of them got terribly sick. So she killed the other one to make soup to help the first one feel better.

I didn't realize how bad a driver I am until my navigation app said, "In 400 feet, make a slight right, stop and let me out."

You're not fat, you're just easier to see.

QUOTE OF THE DAY

"You know, I think everybody longs to be loved, and longs to know that he or she is lovable. Consequently, the greatest thing that we can do is to help somebody know that they're loved and capable of loving."

~Fred Rogers



Stanford Caregiver Guide
<https://med.stanford.edu/survivingcancer/cancer-and-stress/when-your-spouse-has-cancer.html>

Editor's note - *Even though this excellent article focuses on cancer it has many applications for other chronic medical conditions, including dementia. Here is an excerpt:*

Illness, incapacity, and the threat of death are difficult subjects for a patient and his or her family and friends to discuss together. You may want to talk to each other but be hindered because you want to protect one another, or because you do not wish to face the truth yourselves. The inability to communicate can occur with all people at any time, but it is usually heightened under conditions of stress.

Families and friends faced with the life-threatening illness of a loved one have the dual problem of trying to control their own fears and anxieties while giving support to the patient. They may spend their time wondering how to ease the patient's emotional suffering, while the patient is busy worrying about the despair of those he or she loves. Each is searching for the most tactful way to deal with the other.

Our experience with patients has shown, however, that a deliberate policy of candor and openness will create an atmosphere that is beneficial to all concerned. It can remove the burden of secrecy and open the door for the alleviation of apprehensions. Candor may not be easily achieved, for often people are not in the habit of speaking about their deepest concerns. Even those who have established close relationships may become fainthearted in the presence of cancer and the threat of death. To achieve openness and to maintain it under stress is part of the challenge of living with cancer—for both the patient and the patient's family and friends.

Hearing what the others are experiencing is never as devastating as what the imagination can conjure. Fears and frustrations should be talked about as they arise, rather than being left to fester until they become too frightening to mention, or until a habit of withholding evolves into inevitable isolation. Confronting each other's fears, therefore, becomes a means of keeping those fears under control. Candor will allow relationships to operate in a new realm, in which despair can be minimized or set aside and enjoyment and pleasure can resume their rightful places.

Candor between a patient and his or her family and friends includes recognizing one another's needs as well as one another's fears. Family and friends need to give, to feel they are doing something practical to help.



Celebrating Six Months with Leeora!

"We don't meet people by accident. They are meant to enter our life for a reason."

- Bill Parcells

Six months ago, I humbly came on board with Memory Café feeling like I had much to learn. I was so encouraged as Memory Café instantly embraced me with open arms. Everyone was so warm and friendly. I was so grateful.

Since then, I have witnessed how the community of Memory Café is truly a unique and special place. The Memory Café community helps and supports one another. It's open and authentic. We share our story. We learn from each other. We laugh and brighten one another's day. All these attributes of Memory Café help develop relationships, opportunities for friendship, and give a true sense of belonging. It offers everyone the opportunity to find their place. Jayne Clairmont recently shared with us how each of us has this need; a true longing of acceptance for who we are, and a place to feel comfortable. This longing never goes away, so as Memory Café continues to grow how can we meet this need for everyone who visits Memory Café?

I recently read this quote by Jean Vanier "One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals." Yes, each person is uniquely designed and equipped with talents and life experiences that no one else has. While each of us is unique we still have so much in common. We all crave authentic friendship. We all have good days and bad days. We all love to laugh. We all desire to be valued and respected.

These are our building blocks. As we gather and spend time with one another, we are gifted an opportunity to encourage and support one another along life's journey. That is community. That is Memory Café.

I look forward to seeing the Memory Café community grow and flourish as we gather each week. I get excited as new members join in and we get to see new relationships grow. Please join us each Wednesday for our large group time. You'll enjoy the education, presentations, and activities. Then invite a few friends and meet at the Linger Laugh and Learn Center on Tuesdays and Thursdays from 1:00-3:00. We'll gather together to play cards, work on projects, share great stories and listen to some fun tunes. We'll have a great time!

See you soon!

Leeora

When Visiting Your Loved One With Dementia

Avoid words. Instead, bring something to look at or share.

Examples: peanuts in the shell, a deck of cards, dice, a bag of costume jewelry, a toolbox, bowl of ice cream or grapes, photos, record albums, a pet.



FEBRUARY 10 Giving Hearts Day



THANK YOU, THANK YOU, THANK YOU!!!!

We surpassed our Giving Hearts Day match!

Our hearts are OVERFLOWING WITH GRATITUDE FOR YOUR HELP and GENEROSITY! Every gift, no matter how large or small contributed to our successful campaign. We are so very grateful for every gift and every donor. Thank you!

A special THANK YOU to our volunteers; guest artist, Emily Brooks; and Oak Grove Elementary school for loaning us Ms. Swanson and her 4th graders. They all helped us create beautiful thank you cards to send to our GHD donors!



Volunteers writing thank you notes



Guest Artist, Emily Brooks and her mother - in-law, Ann.



Memory Cafe participants and Oak Grove students creating thank you cards.



Major Gifts (\$5000 and over)

Vanneisa Hartmann
Ken and LuAnn Regan

Major Gifts (\$1000 and over)

Drs. Benjamin and Lindsey Dahl
Jason and Christie Eid
Kim and Deb Kaul
David and Nancy Liffbrig
Brenda and Carl Loge
Dr. Taylor and Jessie Mertz
Ann and Roger Olson
Peter and Karen Paulson
Tom Stadum (Fjell Capital)
Dawn and Ron Robson
John and Joyce Stende
Randi Weisser
James Wieland



Oak Grove students and MC participants



Our "GHD Poster Couple" Bob and Mary S.



Jayne Clairmont Speaker



Ms. Swanson and her 4th grade students, her grandmother, Dorothy and her parents, Bob and Deb Remark.



We uncovered new talent among us while creating our thank you cards. Our regular attender, Lenny V. modestly claims he's "just a doodler" but we are very impressed!



Thank you Kilbourne Group!

We are VERY grateful for a recent generous donation from Kilbourne Group to be used for a ceramic art project at the Katherine Kilbourne Center for Creativity! The projects we create will be sold as a fund raising project this summer. This is the second ceramics project they have funded for us and we are so thankful!



SAVE THE DATE!!!

**Redefining Memory Loss Caregiver Conference
"I Already Told You...Don't You remember? "
Understanding Memory Loss, Dementia and
Dementia Communication**

June 7th, 9am-4pm

Holiday Inn, Fargo

Keynote speaker: Erin Bonitto

Cost: \$20 Community Members; \$50 Professionals

Includes lunch, snacks and refreshments

Approved for 4 NDLSW CEU hours

Chances are good that someone in your life is, or will be, affected by dementia - a neighbor, a friend, or a loved one. Or, perhaps you are a professional serving people living with dementia. Knowing what you should do can be confusing, as you sort through the unending stream of information from doctors, authors and experts. This conference will help you re-focus on what the person with Alzheimer's Disease or other dementia needs you to know. A variety of topics will be covered throughout the day, concluding with a panel of experts and community members who will share their experiences, strategies and insights.

**Brain Cleansing
Con't from p. 3**

As sleep deprivation has been associated with increased risk for Alzheimer's disease, this make sense. Additionally, when we age, we naturally sleep less so it could also mean that as our sleep drive drops over time, our risk for dementia can increase.

What does this mean in practical terms? Certainly it reinforces the need to make sleep a priority for your long-term health and to help in aging gracefully. If you're having issues sleeping, we have many other resources on our website in prior blogs and in our Sleep Coaching section to help. For those who already have dementia, perhaps this new insight will help scientists find ways to capitalize on the glymphatic system to help remove some of the bad stuff clogging up the brain and impeding clear thought and concentration. As the daughter of a patient with dementia, we can only hope!

Jessica Schmidt has been a sleep professional for over 15 years and holds both a registry in Sleep Technology (RPSGT) and an advanced credential in Clinical Sleep Health (CCSH).

She is Immediate Past President of the international credentialing organization for Sleep Technologists (www.brpt.org) and gives sleep lectures on the national circuit and to major Academic Medical Centers regionally. She believes the key to sleep wellness is an integrative approach which looks at the whole person in seeking to find lasting solutions to troubled sleep.

Email integrativealchemists@gmail.com today to set up an initial intake/consultation. All visits are currently virtual.

Linger, Laugh and Learn Center Happenings
Address: 1122 1st Ave N. Park and use the WEST entrance.

T'ai Chi Chih® Classes

We're delighted to announce that Barbara Edin will be conducting three T'ai Chi Chih® classes at the LLL Center in March! They will be held from 1-1:30pm on Tuesday, March 8th, 15th, and 22nd. Free. **There is a limit of 6 people per class so please sign up early to hold your spot! Call 701-404-6712.**



Intergenerational Board Games!

We are connecting with local home school families who may be interested in joining us at the LLL Center on Tuesday and Thursday afternoons to play chess, cards, Rumikub, Skippo and other fun games with our Memory Cafe participants! The LLL Center is well stocked with Chess boards, a dart board, various board games, puzzles and fun-loving people to enjoy them with!! Join the fun each Tuesday and Thursday afternoon from 1-3 pm!

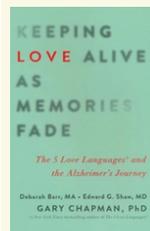


The Arts Partnership (TAP) Connection

The Arts Partnership (TAP) is committed to cultivating community through the arts. They achieve this by their three core values: 1. Support local art and the artists who make it. 2. Advocate the arts' role in a vibrant economy. 3. Promote a creatively enriched community. Memory Cafe is eager to continue discussing ways we might partner with them to bring meaningful art to our participants at the LLL Center.



Keeping Love Alive as Memories Fade, The Five Love Languages and the Alzheimer's Journey by Deborah Barr, MA; Edward G. Shaw, MD; and Gary Chapman, PhD



After hearing from several Memory Cafe care partners how helpful this book is we decided to purchase copies for our members. Copies will be at the Caregiver Cafe each month and at our other weekly gatherings. It's an excellent resource! Please let us know if you'd like a copy and we'll be sure you receive it.

Testimony

"Thank you for all you and the volunteers do to make everyone feel so special. I will always cherish and love you all for the beautiful ministry you are a part of. Dementia can be so lonely and hateful without support from family, community, church and friends. I am so proud to be a part of Memory Cafe! I hope my support and help adds to the continual success of the LLL Center and Memory Cafe. God's richest blessings on all involved." ~ Betty, MC participant

Getting Over the Winter Hump!



The Caregiver Cafe
by
Karen Beutler, RN



Caregiving is one of the greatest acts of love we can bestow to another. Your role as a caregiver is so important as you assist another in daily needs. Despite personal rewards, the role can bring feelings of resentment, guilt and isolation.

Balancing tasks and daily needs for our loved ones and ourselves is so important. It is easy to become so focused on giving care that we neglect self care which can lead to irritability, fatigue, headaches, muscular aches, insomnia and depression. Identifying what the stressors are may be helpful. Too much to do? Uncertainty over the future?

Family disagreements? Inability to say no? Feeling inadequate?

Healthy eating, adequate sleep and time for exercise and interests as well as relaxed breathing and seeking support from others are important in the day of a caregiver.

Caregiver Cafe was started in June of 2017. It is a safe place to gather and share and offer support and encouragement to each other on the caregiver journey. Relationships and camaraderie are built and nurtured. Attendees have referred to the support group as "a rock in the community", a compass through a fog" and "a help to be with others in like situations".

Join us the 4th Wednesday of the month at 1pm at the Laugh, Linger and Learn Center at 1122 1st Avenue N. Fargo. No reservations are necessary. Please park and enter the building on 12th St. For more information please call Karen at 701 404 6712.

Caregiver **Warrior**
Prayer

caregiverwarrior.com

Please help me stay calm, patient and kind

Please help me be at my personal best

Please stop me from taking blame for things beyond my control or place that blame on someone else

Give me grace under fire, strength when I'm weary, courage when I'm scared

Grant me the ability to be in touch with the love that lives in my soul so I may feel it for myself and spread it to those who need it

Let me be grateful beyond measure for this day I have been granted so that I can make it the best of days

The Morning: Why we Travel (Excerpted)

Melissa Kirsch, New York Times

February 5th, 2022

My coach-class aisle seat with limited reclining ability was far from the satin sheets and heart-shaped pillows of Love Cloud's private cabin. But both my flight and Love Cloud's offerings reminded me of a fundamental premise of any long-planned vacation or Vegas attraction or purchase of a new brand of detergent: We are nourished by novelty. Too much sameness and the world goes gray.

You can orchestrate novelty on a grand scale, take a trip to someplace new, do something you haven't done. You can insert bits of it into your everyday. Some friends and I once experimented for a month with making small daily changes — wearing two different socks one day, eating only green foods the next — just to see the effect. The novel interventions themselves weren't what made the experiment rewarding. It was the vigilance the project awakened in us: We were looking for things to notice, alert to the ways in which our days might be different.

Novelty doesn't have to announce itself. Small moments of noticing small things, new or forgotten sensations that provoke new or forgotten thoughts — you don't have to travel very far or very high to experience them.

Joy in Others (Excerpted)

by Melissa Kirsch, New York Times

Feb. 19, 2022

I went to the movies because going to the movies is, theoretically, enjoyable. It's one of the activities that, before the languishing set in, was central to my idea of a life well lived. I went because I was attempting to practice behavioral activation, the theory that your actions can influence your mood. When motivation is in short supply, "you shift the focus to getting started with what you have planned in front of you," says Brad Stulberg, "taking your feelings, whatever they may be, along for the ride. You don't need to feel good to get going. You need to get going to give yourself a chance to feel good."

My friend Andy, a clinical psychologist, says for a lot of people the key isn't making themselves do things that they think they *should* be doing, but being in contact with and getting comfort from others. Of course, the part about going to the movies that was so thrilling was not the film itself but being around other humans, tearing up at the end and realizing that the people on either side of me were sniffing, too.

And so it made sense that the best part of my week was the virtual documentary-watching party some friends and I have held since the pandemic began. A weekly video date, it's equal parts watching and socializing. What started as a substitute for socializing has become a source of joy in its own right.

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FARGO, ND

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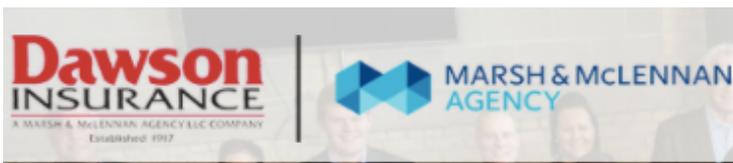
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Connecting people and purpose.



ALEX STERN FAMILY FOUNDATION

Remember to follow us on Facebook and Instagram. And be sure we have a current email address for you or your loved one. Thank you!