



January/February Wednesday Schedule

All meetings held from 1 - 2:30 pm

Jan. 4th - SPECIAL EVENT: ERIN BONITTO Caregiver training and GHD fund raiser! SEE PAGE 5 FOR DETAILS!

Jan. 11th - "Refresh, Renew, and Reconnect in 2023" Melissa Marshall, Co-owner Dale Carnegie of ND and MN. At Hjemkomst Center

Jan. 18th - Fall Prevention and Safety for Seniors, Nicky Holzworth, OTR Essentia Health & Coach Jake, CrossFit Fargo. At Bethel

Jan. 25th - Caregiver Cafe Support Group. 1-2:30 pm. 1122 1st Ave N. Fargo. Call 701-404-6712 for details.

Feb. 1st - Fun with Balloon Twisting, Jeffrey Salvesson, Comedy Magician & Balloon Twister! At Bethel

Feb. 8th - Intergenerational Art Project with Oak Grove Elementary Students and Emily Brooks, Artist. At Hjemkomst Center

Feb. 15th - LIVE Singing and Dancing with Steve Kraushaar & Coach Jake, CrossFit Fargo. At Bethel

Feb. 22th - Caregiver Cafe Support Group, 1-2:30 pm. 1122 1st Ave N. Call 701-404-6712 for details.

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- Thank you Lenny!
- Scenes from our Holiday Open House
- Safe Telephone Options for People with Dementia
- "Please Ask for Help, Memory Cafe will Help You!" - Erv and Linda Inniger

Happy New Year Memory Cafe!

I'm typically not a big fan of television advertisements. But I always smile and actually feel my spirits lift whenever I watch the current CHI ad celebrating 'Humankindness'.

The ad opens with the greeting, "Hello Humankindness" and features an older gentleman mimicking the energetic dancing of a precious little girl while she spins and whirls on a city street. The lyrics of the song proclaim, "The future looks great! The future looks great to me!" Viewing this advertisement creates feelings of enthusiasm, positivity, and encouragement within me.

Saying goodbye to 2022 and eagerly welcoming 2023 creates similar sentiments within me...feelings of enthusiasm, positivity, and encouragement!

The new year kicks off with a BANG with Erin Bonitto's community education event on January 4th! What better way to start the new year off than with her energizing dementia education? Then, throughout the winter/spring semester we have an amazing variety of quality programming involving our own children (from our partnering elementary schools) and dancing, as well as animals, music, art, and, of course, high quality dementia education. Summer at Memory Cafe will be ushered in with our annual Redefining Memory Loss Caregiver Conference at the Holiday Inn on June 7th. A dementia expert from the highly regarded Hearthstone Institute from Boston will serve as our keynote speaker this year. Mark your calendars!

With your participation and financial support, Leeora's capable administrative skills, our deeply committed 'Dream Team' of volunteers, and our incredibly accomplished board of directors led by our President Mike Slette, the future does indeed 'look great to me'!

Happy New Year Memory Cafe!

~Deb

BACK BY POPULAR DEMAND!

Don't miss Erin Bonitto's return visit on Jan. 4th!

**1-3pm at Bethel Church
2702 30th Ave S. Fargo**

Her presentation will inspire and educate professionals, clergy, community members and families alike! This important community educational event is sponsored by Memory Cafe and is FREE for all attendees!

**Please RSVP by calling 701-404-6712 or email us at:
hello@memorycaferrv.org**

Mission Statement

The mission of Memory Cafe of the Red River Valley is to recognize the intrinsic beauty and value of those living with mild to moderate memory loss while inspiring in them and their care partners hope, joy, and a sense of empowerment.



The Guest House

by
Rumi

Taken from *AllMark Songs and Poems*

by Mark Bratlie

This being human is a guesthouse.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorable.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.



Thank you Memory Cafe by John Stende



All forms of dementia require much of the care partner. Although it is hard to quantify them, the benefits from taking part in Memory Cafe are numerous and they have become essential in our everyday lives.

Every gathering of the group is a real shot in the arm for us. Being with so many others who share the memory loss life lightens the load for us in ways that are hard to explain but that are real and important.

We are so glad that this organization functions so well. We are proud to be part of this exclusive 'club'.

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

Excerpted from *Living with Dementia* by Social Care Institute

I'm Peter, this is my story with dementia.

The day I knew something was wrong was when I went to the ATM and I looked at it and had no idea what it was. It looked familiar but I had no idea what to do. I was scared, confused and I got very depressed starting that day. I didn't see any hope. This was not me; not my personality. I started to spiral out of control that day. I decided since I was so ashamed of this disease maybe I should end it all. People are shocked to hear that now but it is true.

But then something happened. I met Elaine. She wrote me a letter; she ended up saving my life. She invited me to a gathering. She worked with people with dementia. This gathering was for people with dementia. I didn't want to go but my brother made me promise I would attend. I walked in, but I instantly said I am not staying. I was overwhelmed. I came alone. It was scary. Elaine was there and she said that is fine.

I left that day but Elaine followed me and we visited instead. She saved my life. She listened to me; listened to my frustrations and fears. As we visited a light bulb went on. I realized there was life after the horrible diagnosis and when you think it is all over.

You ask why did it change? People. Relationships. I realized a group of people was important. We want to know people. We want to be part of something. We talk, we have thoughts, we can get to know each other. I can still help people. We can help each other.

I now think this life is full of opportunity. I take it with both hands. I meet with people every week. I have friendships. I have hope. I say don't isolate yourself, don't give up, keep looking until you find your friends.

Remembering Gary



"Gary loved Memory Cafe and did not want to miss a gathering. He felt accepted and at ease there. It wasn't that way at other gatherings. Thank you."

~Phyllis Olson

Phyllis and Gary have been members of Memory Cafe since our inception over five years ago. When we think of them, we smile and give thanks for the privilege of knowing them. Their joy, wisdom, strength, and love for one another was unmistakable and contagious. Phyllis, our thoughts and prayers are with you and your family during this time of mourning Gary's passing.

**For Our Health:
Diabetes and Dementia Risks (Excerpted)
ALZinfo.org**



Diabetes is known to be associated with damaged blood vessels throughout the body, including in the brain, and diabetes is already a well known risk factor for dementia. One earlier study found that patients with untreated diabetes developed signs of Alzheimer's disease 1.6 times faster than people who did not have diabetes. People with Type 2 diabetes should be treated promptly and consistently for their disease, which will not only help to manage their diabetes but may also help keep Alzheimer's disease and other forms of dementia at bay.

Scientists have also found links between insulin, a crucial hormone that helps the body maintain healthy levels of blood sugar and that is used as a treatment for diabetes, and the memory problems of Alzheimer's. Preliminary studies even suggest that delivering squirts of aerosolized insulin deep into the nose, where it can easily access the brain, may improve memory and thinking skills in those with Alzheimer's disease.

Better understanding of the link between diabetes and Alzheimer's could lead to better treatments for the devastating disease, though more studies are needed before doctors should begin prescribing diabetes drugs for Alzheimer's.

Preventing diabetes in the first place may be one way to help maintain long-term brain health. Keeping weight down, getting regular exercise and eating a Mediterranean-style diet rich in fresh fruits and vegetables may all help to keep diabetes at bay - and in the process may help to stem the memory loss of Alzheimer's.

By ALZinfo.org, The Alzheimer's Information Site. Reviewed by Marc Flajolet, Ph.D., Fisher Center for Alzheimer's Research Foundation at The Rockefeller University.

Christmas Celebration JOY!



Bitter cold temperatures couldn't keep almost fifty Memory Cafe volunteers and participants from attending our annual Christmas concert in December at Bethel! Our beautiful musicians, Sarah Morrau and Rebekka DeVries provided such lovely music and Christmas joy again this year. We've already booked them for next year! Thank you Sarah and Rebekka!!

Just for Laughs!
Content Provided by Steve Froslie and Friends!



I did a push up today. Well, actually I fell down, but had to use my arms to get back up so...you know, close enough.

I ate a salad for dinner! Mostly croutons and tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza for dinner.

A Sunday school teacher asked her children as they were on the way to church services, "And why is it necessary to be quiet in church?" One bright girl replied, "Because people are sleeping."

Before becoming a parent I didn't realize I could ruin someone's life by asking them to put their pants on.

My wife just stopped talking and said, "You weren't even listening to me, were you?" I thought that was a pretty strange way to start a conversation.

My goal for 2022 was to lose 10 pounds. I only have 15 to go.

How to prepare tofu: Throw it in the trash. Grill some meat.

A recent study has found that women who carry a little extra weight live longer than men who mention it.

I once dated a girl with a twin and people always asked me how I could tell them apart. It was simple - Alison painted her nails red and Bob had a beard.

I took my 8-year-old daughter to the office on take your kid to work day. But when we walked into the office she started to cry. As concerned staff gathered around, I asked her what was wrong and she said, "Daddy, where are all the clowns you said you worked with?"

I told my wife she should "embrace her mistakes." She reached out and gave me a hug.

SHATTERING RECORDS!

Wow, what a success! Thank you everyone who gave so generously to Memory Cafe during the two week Caring Catalog campaign. We raised over \$50,000 which is phenomenal! We are also very grateful for the new partnerships we established with other beautiful nonprofits in the area. Thank you FM Area Foundation for including Memory Cafe in the campaign this year!



Deb, Eric, Michelle and Lexi from FMAF

WE DID IT!!

Thanks to MANY donations - large and small, we met our \$50,000 2022 match challenge! Thank to all who donated so generously and to the anonymous donor who offered this incredibly generous match!



THANK YOU WESTERN STATE BANK!!



We were stunned, delighted and humbled to learn Memory Cafe was nominated and selected as a recipient of the Western State Bank 'Cause in Your Community' donation this year! What an unexpected honor! THANK YOU WESTERN STATE BANK!!



Memory Cafe is so wonderful! I tell everyone about it because it's been so great and we're learning so much! We are so grateful for everything Memory Cafe does for us. We've only been attending for a short time but we've already made such close connections with the other participants. We winter in Arizona and we hate to leave FM this year because we're learning so much and will miss all our new Memory Cafe friends!

~Lois and Larry Statler



Giving Hearts Day

Help someone.

Giving Hearts Day is a 24-hour giving event for nearly 550 charities across North Dakota and northwest Minnesota on Thursday, Feb. 9th, 2023. This exhilarating day is coming right up and we couldn't be more excited!! GHD provides Memory Cafe with our largest influx of income of the entire year!

It's easy to donate to Memory Cafe and the other worthy nonprofits during this campaign. Here are your giving options:

- **Schedule a donation** January 2, 2023 through February 7th by visiting www.givingheartsday.org.
- **Visit the GHD website** on February 9th: givingheartsday.org
- **Write a check** - checks may be written out to Memory Cafe and dated 2/9/22 with GHD written in the memo line. These checks need to be RECEIVED on or before February 9th! Our address is Box 883, Fargo, ND 58107.
- **Deliver your check** to our Memory Cafe office at 1122 1st Ave North, Fargo. Please use the WEST ENTRANCE on 12th St. N. Or your check can be dropped off at Dakota Medical Foundation located at 4141 28th Ave S. Fargo on or before Feb. 9th.

THANK YOU SO MUCH FOR SUPPORTING MEMORY CAFE OF THE RED RIVER VALLEY ON GIVING HEARTS DAY!!

THANK YOU FOR YOUR END OF YEAR DONATIONS!

We are very encouraged with the outpouring of financial support we are receiving as we close out 2022! Each gift is so important to us. Several of our larger gifts were made by new Memory Cafe donors who wish to remain anonymous but care deeply about supporting our mission. THANK YOU SO VERY MUCH TO EACH OF OUR GENEROUS FRIENDS!



NEW PARTNERSHIP! THE RED RIVER ZOO!



"The Red River Zoo has desired to develop a program to engage members of our community with early to moderate stages of Memory Loss for a long time. With the help of Memory Café, we are beginning that journey. We plan to develop an outreach option that encourages reminiscing, sensory activities, and close encounters with our Ambassador Animals. We are grateful for the opportunity to partner with Memory Café to help us better understand this unique community as we work towards this goal, and we look forward to where this journey will take us."

Heather Harelson Nutick, Director of Education
DEIA Committee Chair



Building Skills and Community



A MESSAGE FROM ERIN BONITTO



Erin Bonitto

"I Just Told You...Don't You Remember?"

PLUS "Strategies for Keeping Your Loved One Engaged During the Winter (and beyond!)"

FREE!!

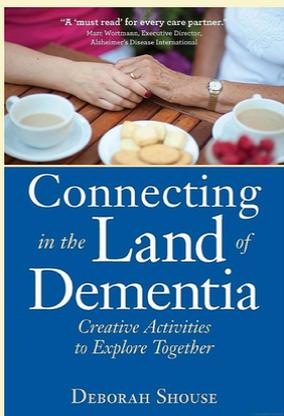
Families, Community Members and Professionals WELCOME!

Wednesday, Jan. 4th, 1-3pm
Bethel Church
2702 30th Ave S. Fargo

"An important take-away for me as my family and I supported my father who recently passed away from Alzheimer's disease in September, 2022: **Surviving the dementia journey requires a community.** A community in which it's okay to cry and laugh and be mad and be glad. A community where resources and knowledge are available - and grace is abundant.

To me, it seems the Memory Café of the Red River Valley is a true model for community support during the dementia journey. In January 2023, your Memory Café will be raising funds for Giving Hearts Day, an opportunity to earn a significant matching grant to support the growth of the services available. I hope you will spread the word of this wonderful opportunity - and as you are able - consider making a contribution. I will be helping kick-off this fundraising opportunity with a Refresher Course on January 4th. I hope to see many of you again that day!"

During Erin's presentation on Jan. 4th, she will reference the book, *Connecting in the Land of Dementia*. It is one of her favorite resources for caregivers concerned about discovering new ways to meaningfully connect with their loved ones with dementia. Memory Cafe has purchased 75 copies of this beautiful resource to be distributed to our participants at our gathering at the Hjemkomst Center from 1-2:30pm. Come listen to our fabulous motivational speaker, Melissa Marshall, as she inspires us to *Refresh, Renew and Reconnect in 2023!*



THANK YOU FIRST INTERNATIONAL BANK FOR SPONSORING A PORTION OF THE COST OF THIS WONDERFUL DEMENTIA RESOURCE!



JOYFUL MONDAYS

Linger Laugh and Learn Center!

1122 1st Ave N. Fargo. Park and use the WEST entrance on 12th St. N.

Coffee & Conversation
MONDAYS
9:00 - 11:00 AM

Questions? Call 701-404-6712

Join us on Monday mornings from 9:00 - 11:00 for coffee, hot chocolate and refreshments. Come and go as you wish!



Some of our beautiful new volunteers Betty, Ann, Carol and Emily! Thank you ladies! It's so much fun having you here with us! We appreciate your time and smiles so very much!

Gentle Yoga Class



Carolyn Espel is a community treasure! She is devoted to caring for members of our community from all walks of life and is also a Certified Yoga instructor. She is volunteering her time and expertise to lead us in a Gentle Yoga class on Jan. 9th. Please let us know if you can join us! No experience or supplies necessary but participants should be able to get up and down from the floor.

MONDAY AFTERNOON PROGRAMMING

Jan. 2nd - CLOSED

Jan. 9th - 1:30 - Gentle Yoga with Carolyn Espel and Woodburning with Jerry & Janine

Jan. 16th - 1:30 - Popping Fun Art with Tia Permenter

Jan. 23rd - 1:30 - *Creating Moments of Joy Book Discussion* - pp 108-149 & Creative Arts with Joan

Jan. 30th - *Music, Memories & Musings* with Music Therapist, Deb McTaggart



Thank you Lenny!

If you've received a thank you note from Memory Cafe recently chances are good you received artwork created by Lenny. Lenny is one of our wonderfully gifted and humble Memory Cafe participants. He refers to his charming artwork as "doodling" but we think it's simply beautiful! Thank you Lenny for creating this special artwork for us to share with our Memory Cafe friends and partners!



Lenny



Scenes From Our Holiday Open House!



Fall Prevention

Grab bars	Non-slip soles	Regular physical activity	Yearly vision check-ups	Yearly hearing check-ups
Tai Chi	Yoga	Good lighting	Pace yourself	Eat Healthy
Scan your environment	Eliminate floor clutter	FREE SPACE	Water exercises	Avoid obstacles
Know medication side effects	Avoid floor rugs	Life Alert	Avoid slippery surfaces	Lock your brakes
Don't stand-up too quickly	Elevated Toilet	Avoid uneven surfaces	Focus	Careful of pets

myfreebingocards.com

FALL PREVENTION BINGO!

We are looking forward to learning more about fall prevention and safety on Wednesday, January 18th when Nicky Holzworth, OTR from Essentia Health and Coach Jake lead our discussion and exercise session! In preparation for that meeting you may want to play a round or two of Fall Prevention BINGO!

Advanced Care Planning & Power Of Attorney Training



Joy Mickels from Legal Services of Northwest Minnesota, will discuss all you need to know about advanced care planning and power of attorney during this important educational event. Free.

When: January 9th, 10:30am, Hjemkomst Center

WEATHER CLOSURES

We will post our weather related closures on facebook, email, and local TV and radio stations as they allow.

QUOTE OF THE DAY

"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."
~ Mother Teresa



Safe, Convenient and Easy to Use Phones for Individuals Living With Dementia

Cell Phone Options www.Alzstore.com

RAZ Memory Cell Phone w/ Speakerphone & GPS Tracking
Cost - \$369 + tax

Other options also available at the Alzheimer's Store and other retailers

- One touch picture dial phone.
- Can be used at home, on-the-go and in assisted living & memory care facilities as no phone line or internet is required.
- Know where they are w/ GPS tracking, limit call capabilities, both in & outbound + easy emergency 911 calling!
- Compatible with ALL wireless providers including Verizon, AT&T, Consumer Wireless, T-Mobile, Cricket Wireless, Mint Mobile, Straight Talk, Red Pocket Mobile, and TracFone.
- Designed for ease-of-use and set-up in minutes.
- The screen includes 3 elements: Pictures and names of up to 30 contacts; A button to call 911; Time and battery power.
- No applications or settings to cause confusion. No notifications or operating system updates. No voicemail. No distractions. Simply tap the picture of the person you wish to call.
- Caregivers can remotely create and edit contacts, send the senior reminders, set up hours during which the senior cannot place calls, track the location of the phone/user, check the phone's battery power or signal strength, select certain options such as the option to disable the power button or restrict incoming calls to contacts, preventing unwanted predatory robocalls.
- Remote Manage can be used by caregivers from anywhere in the United States or Canada; changes made with Remote Manage are reflected on the RAZ Memory Cell Phone right away.
- ADDED EMERGENCY SERVICE - OPTIONAL SCREENING OF 911 CALLS

Wall and Table Phone Options Picture Care Phone

These phones are available locally at ND Assistive (701-365-4728) and numerous other online and local retailers. This Picture Care Phone is only one of the many options available. Cost varies but averages around \$60 per unit.

- Telephone with large number buttons and photo dialing capability allows the user to dial someone by simply pressing their picture.
- Phone can also be set to only receive calls if the person struggles to remember how often they make calls.
- Bright LED Lights for Incoming calls.
- Ringer with switch Hi/Lo/Off
- 10 two-touch or 10 one touch memories with pictures backed up even if the unit is unplugged from the line.
- Red 911 Emergency Key. This number is backed up even if the unit is unplugged from the line.
- Store on/off switch (Prevents memories accidentally being erased or changed).
- Picture size 1" by 1 1/2" X 10 pictures.
- Handset volume control.
- Receiving volume gain +40dB
- Hearing aid compatible.
- Big Dial keypad with "Photo Frame".
- Redial / Pause Key.
- Flash Key for call waiting.
- Desk and wall mountable.

HELP IS AVAILABLE!

The Alzheimer's Foundation of America (AFA) National Toll-Free Helpline is staffed entirely by licensed social workers and is available seven days a week by phone (866-232-8484), web chat (www.alzfdn.org) and text message (646-586-5283).

CALMING THE CAREGIVER MIND ~CERESTI

Whether your role as a caregiver increased gradually over time or was suddenly thrust upon you, it's natural for a jumble of emotions to begin to bubble up to the surface. But, it's important to remember that whatever feelings you have - good or bad - they are valid and important and must be dealt with. Otherwise, they will continue to nag at you - affecting your sleep, your stress levels, your ability to cope. So it's essential to find productive ways to express them and deal with them in a healthy way.

Talk to your healthcare provider for a referral to a mental health professional at the first signs of depression. Find a counselor who is compassionate and understands the caregiver experience. Also, consider joining a support group for dementia caregivers. When you talk to others who are walking in your shoes, you're almost certainly guaranteed to learn that you are not walking alone.

INVITE OTHERS TO HELP YOU!

~By Linda and Erv Inniger



Memory Cafe is an organization everybody should be involved with who is having problems with memory loss. There are so many educational classes and programs. And they are all **FREE**. We wish Memory Cafe would have been available to our family because it would have taken the pressure off us. Linda's dad died an earlier death because he didn't ask and reach out for help. Don't be afraid to ask for help. That's number one priority! Memory Café makes a difference! For those of you who are hurting, get involved! Reach out! Go to Memory Café! They will help you.—Erv and Linda

MEMORY CAFE

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www.MemoryCafeRRV.org

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The Marv Bossart Parkinsons Foundation

