



# Memory Cafe of the Red River Valley

People Who Are Forgetting Shouldn't Be Forgotten  
February, 2023



## February/March Wednesday Schedule

All meetings held from 1 - 2:30 pm

**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.**

**March 1 - Escapes Around the Globe & Right in Our Own Backyard, Cindy Tyo, Travel & Travel. At Bethel**

**March 8 - Accessing Community Resources and Emergency Planning, with Kristine Thompson, LLS ND; Cassie Walsh, LLS MN; and Suzi Effertz, ND Aging Services. At Hjemkomst Center**

**March 15 - Neuro-psychiatric Testing, Dr. Susan Wood, Sanford Health and CrossFit Fargo. At Bethel Church**

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

**March 29 - No Memory Cafe**

### In This Issue

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Hi Memory Cafe!

Nurturing the health and well-being of individuals living within the memory loss community is why Memory Cafe exists. Studies from around the world suggest one key factor determining a person's sense of well-being is the degree to which they feel a sense of belonging. In the belonging there is trust, security, intimacy, and shared experiences that strengthens and sustains us. It gives us hope.

Overwhelmingly, people living 'the memory loss life' describe a devastating sense of loneliness and feeling 'deserted' by those around them, including their closest circle of friends and family members who feel ill-equipped and uncomfortable interacting with this disease. "We were warned that even our closest friends would ignore us but I didn't believe them...until it happened to us." one of our care partners recently confided. Compounding this issue is that members of the memory loss community often resist going out in public for fear of being embarrassed, put on the spot, judged, or marginalized. So they hide in the safety of their homes and become depressed, anxious, and isolated.

Scattered throughout this newsletter you will find numerous testimonials from our care partners on the powerful impact Memory Cafe is having in their lives. The sense of belonging and feeling understood and accepted by our Memory Cafe 'family' nourishes their spirits; our high quality education and engaging programs offer opportunities for them to socialize, learn and laugh together with others who understand, and the tender support we offer our care partners is empowering.

You will also discover how quickly and dramatically we are expanding our reach throughout ND and NW Minnesota, pursuing the local Hispanic community, expanding our programming to include Music Therapy and possibly a new Dementia Friendly Dementia Chorus, and planning our annual RML Caregiver conference at the Holiday Inn in June. Our momentum is exhilarating!

Of course, as we expand and deepen our reach throughout the region our financial pressures also intensify, especially as we try to secure a permanent meeting space for our LLL Center this fall. Will you please generously support Memory Cafe on GHD on Feb. 9th as we generously support the regional memory loss community?

THANK YOU!

~Deb

### OUR GIVING HEARTS DAY HERO COUPLE: JAN AND GENE JONES



Special thanks to Jan and Gene for serving as our 'Hero Couple' for GHD this year! Jan is a retired Physical Therapist and Gene an Electrical Engineer. They spent many years serving as missionaries around the world. We are so grateful to have them in our lives! See p. 7 for Jan's comments on the impact Memory Cafe is having in their lives.

### 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.



### Speechless

by  
Timothy Dale Jones  
from *Down Where The Soul Is*  
~ Submitted by Jean Anderson

It's okay to say  
that you don't know what to say. It's especially okay to  
say it when someone you care about is breaking  
apart.

Your presence is eloquence. Your everyday life, a gift  
of shelter.

Have you ever noticed how  
pine tree forests swallow up sound? All those  
evergreen needles working together to shush the  
world and devour the wind.  
Inside, it's a cathedral  
where quiet moves in every direction. Inside, silence  
has substance  
over textured roots in acid soil.  
Inside, you don't even know it's raining.

Be that for your friend.

Sometimes the greatest work of love is to help keep  
the noise out.

### Speaking of Keeping the Noise Out... Gentle Yoga



**"What a lovely afternoon spent doing gentle yoga  
and getting in touch with ourselves. After all the  
holiday running around it was wonderful to have an  
hour of meditation and stretching.**

**Thank you so much for having Carolyn help us gentle  
down our souls and bodies."  
~Elizabeth Lonergan**

### Memory Cafe's Regional Impact!

Just in the past TWO WEEKS we've been approached or  
become aware of opportunities to support the memory loss  
community across the region! These areas include the NW  
region of MN, Valley City, Williston, Minot, and Bismarck! We  
are TRULY changing the landscape of care for individuals  
living with memory loss and their care partners in the region!  
What an incredible privilege!

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

### *Different Minds, Living with Alzheimer Disease (Excerpted)* by Lorna Drew & Leo C. Ferrari

For most people a conversation is usually a pleasant, almost  
effortless verbal interaction, with fairly spontaneous give-  
and-take bouncing back and forth and equal interaction  
between the two participants (somewhat like playing tennis).

A while ago, it struck me that the case was quite otherwise, as  
experienced internally by an Alzheimer survivor (as I refer to myself,  
so far!), who carries the burden of trying to act an expected part in a  
conversation, but without a memory script. Cues become extremely  
important. I was so struck by this revelation that immediately after a  
very recent dialogue between Lorna and me, I quickly  
reconstructed it for purposes of illustration. In the following  
interaction my **thoughts are italicized**, and the **scary parts are bold**:

**"What did you do this morning?"** She asks innocently.  
*Panic! How do I cope with this big, shapeless clump of words?  
I play for time, trying to get a grasp on the clump. But what  
can I grab onto? Ah, thank God!* She happens to look at my  
hair with an approving expression. Hmmm. *Yes! By George,  
I've got it.*

**"I got a haircut!"** I blurted out. "It's neat. I like it. **Where did  
you get it?"** She asked so casually.  
*Quick! Think! Quick!*

**"Errr- in a barbershop,"** I respond hopefully.

**"Which one?"** She asks with innocent curiosity, but still  
sounding like an inquisitor.

*Quick! Think! Yes, the list! I had a list of in my top pocket!  
Sooo, I say the shopping mall!*

In the shopping mall, yes.

*Great, but what next?*

**"And?"** she says expectantly.

*Shopping mall... Yes! The list! I must still have the list. I hope! I  
reach into my top shirt pocket. Relief! At last I have  
something concrete to go by!*

With a big, inner, silent sigh, I read out aloud all the items on  
the list. All purchased, present and correct.  
*Whew! I'm home and dry! At least for now.*



Mardy and Paul

**"Memory Cafe is a great resource  
for the community and for Mardy  
and me personally. A great place to  
meet familiar friends and make new  
ones. The environment is always  
encouraging and the messages and  
activities are valuable. Thanks to  
the staff and volunteers who  
envision and bring life to this  
program."**

~ Paul and Mardy Dovre

For Our Health:

**Caregiver Burnout: 11 Signs of Depression**  
*Surviving Alzheimer's: Practical tips and soul-saving wisdom for caregivers*  
By Paula Spencer Scott

## DEPRESSION

As a dementia caregiver, it's important to understand depression. It's not just a bad or sad mood; it's a physical disease that can affect both you and your loved one. You are both at elevated risk. Almost half of those with Alzheimer's disease become clinically depressed, so some of the changes you write off to the disease may actually be reversible because they're caused by the depression, which is treatable. What's more, **caregivers develop dementia at twice the rate of non-caregivers**. Spousal caregivers are at highest risk. Depression can make it challenging, or even impossible, to continue providing care.

The following 11 warning signs indicate that someone isn't dealing with the normal, temporary emotions, but instead with the illness of depression. Symptoms vary by individual: A depressed person isn't likely to have all 11 symptoms at once, and their severity may shift. Depression can be mild or major; either way, if several symptoms are present and last for more than two weeks, you or someone you are concerned about may need medical help.

### 1. Persistent sad, anxious, or "empty" feelings

Often the depressed person isn't fully aware of this symptom. Try asking, "When's the last time you were happy?"

### 2. Feelings of hopelessness, worthlessness, or helplessness

Listen for comments like: "It's hopeless." "I can't do anything about it." "I have no choice." "Nobody cares." "I'm stuck." "I should have/could have/if only..."

### 3. Frequent crying episodes

Not every depressed person cries; in fact, some never do. Crying isn't related to the severity of depression and people who cry more may have briefer depressive episodes.

### 4. Increased agitation and restlessness

For the depressed person everything seems magnified. So small irritations become giant boulders. Look for the inability to relax, pacing, irritability, lashing out at others.

### 5. Fatigue and decreased energy

The person may complain of having no energy, of feeling unproductive, or of "slowing down." He/she may quit exercising, seem more tired, move more slowly, and have slowed reactions.

### 6. Loss of interest in activities or hobbies that were once pleasurable

The person no longer feels enjoyment from things that he/she once did. Caregiving itself can become all-consuming, but someone who is depressed won't even find joy in brief encounters with family or friends.

### 7. Difficulty concentrating, remembering details, and making decisions

Forgetting appointments and/or names, making checkbook errors, misplacing objects, avoiding making plans, postponing decisions, or deferring them to others. Loss of focus - it takes longer to read a book or perform more complicated tasks.

(Con't p. 7)

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



I am not an early bird or a night owl. I am some form of permanently exhausted pigeon.

I'm not much on seizing the day...I just kind of poke at it with a stick.

I may not have lost all my marbles yet but there is a small hole in the bag somewhere.

It turns out that when asked who your favorite child is you're supposed to pick one of your own. I know that now.

I burn about 2000 calories every time I put fitted sheets on by myself.

Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.

Just once, I want the prompt for username and password to say, "Close enough."

I'm watching my weight. It's still there.

I decided to stop calling the bathroom "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a very inconvenient time.

Dad, are we pyromaniacs? Yes, we arson.





Help someone.



Thank you Memory Cafe!



Dear Memory Cafe, Our mission this year is to help and give back! Our employees are honored to present to you this donation in loving memory of our loved ones and your ongoing love and support of the families during this difficult time in their lives.

The loving and compassionate care Memory Cafe supplies not only to the people living with memory loss but also their families is something to be recognized and more than a worthy cause that our employees have decided to contribute to this year.

This year, our company decided to give each employee a dollar amount that they could choose which charities they wanted their money to go to. Memory Cafe was one of ten charities put on this list. Mission Mechanical is donating \$1000 in the names of our employees, Bob Smith and Joe Dooley.

To say you are appreciated for all you do is an understatement!

From all of us at Mission Mechanical we extend our heart-felt gratitude and thanks for everything you do!

With love and support from our Mission Mechanical Family!

"Who is Your Heart For" Social Media \$10,000 Challenge - sponsored by Bell Bank!

Here is all you have to do:

Create a video showing why your heart loves a GHD charity (Memory Cafe!)

- 1. Post your video on ANY social media page and Tag @GivingHeartsDay; use the hashtag #whoyourheartfor
2. Tag the Giving Hearts Day charity of your choice to nominate to receive the \$10,000 donation!

Anyone who completes this challenge now through Feb. 8th (day before GHD) will be entered in a random drawing to win \$10,000 for the charity tagged in their video! Let's do it!



VISIONBank Video Contest



Starting February 1st, VISIONBank's Giving Hearts Day Video Contest will begin! Please vote for Memory Cafe. The top three videos receive a prize on GHD on Feb. 9th! Please visit www.visionbank.com to vote.

A Message from our President Mike Slette Giving makes the mission possible; caring brings the mission to life.

Giving Hearts Day provides a tremendous financial boost to Memory Cafe and hundreds of other wonderful charities across our region. This 24-hour fundraising event generates a sizable portion of Memory Cafe's annual operating funds needed to carry out our mission. In a very real sense, Giving Hearts Day makes our mission possible. With hope and appreciation, we ask for your generous support of Memory Cafe on Giving Hearts Day this February 9th.

If giving makes Memory Cafe's mission possible, it is caring that brings our mission to life. Those of you who have experienced Memory Cafe have seen firsthand the staff and volunteers who serve their friends with love and commitment. This level of caring truly brings Memory Cafe's mission to life, a reality perhaps best seen through the bright eyes and big smiles of those living with memory loss and, just as importantly, in their care partners too.

Thank you so much for being a valuable partner in Memory Cafe's mission this Giving Hearts Day 2023!

How to Donate on GHD

Giving Hearts Day provides Memory Cafe with our largest influx of income of the entire year!

It's easy to donate to Memory Cafe and other worthy charities:

- Schedule your donation 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. They need to be RECEIVED on or before February 9th! Our address is Box 883, Fargo, ND 58107.
• Drop off your check at DMF at 4141 28th Ave S. Fargo.

THANK YOU SO MUCH FOR SUPPORTING MEMORY CAFE!



Gate City Bank GHD Giveaway Be a Good Heart NOW THROUGH FEBRUARY 2ND!



\$100,000

Gate City Bank is celebrating 100 years by going BIG on GHD! One lucky charity will win \$100,000 and 5 charities will each win \$5000!

Please visit Gate City's website www.gatecity.bank to nominate Memory Cafe. There is NO limit on how many times you can nominate your favorite charity! You can nominate AS MANY CHARITIES AS YOU'D LIKE AS MANY TIMES AS YOU'D LIKE!

Visit: gatecity.bank

Contest ends February 2nd!!!



# Building Skills and Community



## SAVE THE DATE!

**June 6th, 2023, Holiday Inn, Fargo  
Annual Redefining Memory Loss Caregiver Conference**

**Keynote speaker: Sharon Johnson, Hearthstone Institute,  
Boston, MA**

**THANK YOU JENNY AND RYAN OLSON AND  
THEIR 'TRIBE' OF YOUNG VOLUNTEERS!**



Special thanks to Jenny and Ryan Olson and their wonderful group of Oak Grove students and neighbors who came to help us write GHD thank you notes! It was a delightful afternoon and we are so grateful for your help and interest in our mission!

### **Panel Discussion: Transitioning to Respite or Memory Care: When, Where, How?**

**Facilitated by Memory Cafe Care Partners Jean Anderson,  
Phyllis Olson and Steve Froslic  
Feb. 13th, 1:30-2:30pm, LLL Center**

Inviting others to help care for your loved one - either through a respite program or by transitioning him/her to a different living environment is very difficult. Most care partners agonize over this decision for months. If this is something you are considering please join our discussion as our experienced care partners Jean, Phyllis, and Steve share their insights on this decision and adjustment.

We will follow up with this discussion on March 8th from 1-2:30pm at the Hjemkomst Center. Our community resource experts Kristine Thompson, LLS ND; Cassie Walsh, LLS MN; and Suzi Effertz, ND Aging Services, will educate us on various local respite and emergency service options.

### **Music Therapy Every Month!**

Due to the monthly generosity of Morgan and Sam Olson (and Microsoft who matches their bi-monthly donations), and Jean Anderson, we are now able to fund monthly Music Therapy! Thank you so much Morgan, Sam, Jean, and Microsoft!



**Morgan, Sam and Sawyer**



**Jean**

## JOYFUL MONDAYS

**Linger Laugh and Learn  
Center!  
1122 1st Ave N. Fargo.  
Park and use the WEST  
entrance on 12th St. N.**



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

**Questions? Call 701-404-6712**

### **MONDAY AFTERNOON PROGRAMMING 1:30-2:30 PM**

**Feb. 6th - Lovin' Music - Vinyl Listening Party with Dan Cushing**

**Feb. 13th - Transitioning to Respite or Memory Care - When, Where, How?; Woodburning with Jerry & Janine. NOTE - This session will last from 1:30-3pm.**

**Feb. 20th - Music Therapy with Deb McTaggart**

**Feb. 27th - Maggie Ness w/ Alzheimer's Association: 'Brain Tour and AA Services Walk-thru'; Arts & Crafts with Joan & Marian**



**Woodburning fun!**



**Three generations of Rehder family artists!**

### **Dementia Friendly Chorus Anyone??**



**Deb M.**

Deb McTaggart, Memory Cafe's fabulous Music Therapist is very interested in starting a Dementia Friendly chorus in FM! And we are very interested in helping her! Please let Deb know if you are interested in participating, assisting, or sponsoring this chorus! Her number is 651-263-3131



# Wow!



**Memory Cafe just received an anonymous and unsolicited grant of \$5000 from a fund called 'The Greatest is Love' from the Greater Horizons Foundation. If any of you readers are responsible for this incredible gift, thank you so very much! What an encouragement!**

## A Message from Deb McTaggart Certified Music Therapist



Over the next few issues of this newsletter, I want to share some useful information about the benefits of music for persons with dementia, caregivers and family. In this article, I will focus on music and primary caregivers.

Recent research supports the use of music therapy for caregivers of persons with dementia. There are several ways music can provide respite from the often-overwhelming stress felt from the responsibilities of daily caregiving. Music also provides opportunities for spouses and families to enjoy special time with loved ones.

Caregivers can include music as part of self-care by listening to music, using music with breathing exercises, progressive relaxation, movement, and visualizations to help manage stress and cope with the demands of caregiving. Playing an instrument or songwriting can also provide therapeutic benefits.

Sharing active music experiences can have a positive effect on moods and mental health for caregivers and persons with dementia. Listening to music and engaging in music-related activities provide wonderful ways for spouses and families to experience closer connections with their loved ones, while creating precious memories together.

Next month, I'll focus on the power of using favorite and preferred music. Feel free to contact me for more information and resources.

Deb McTaggart, Board Certified Music Therapist  
651-263-3131  
deb@sagemusicservices.com

## WELCOME

### Hispanic Community!

We are eagerly looking forward to expanding our reach into the local Hispanic community this year! And we are VERY grateful for two of our AMAZING bilingual volunteers who will spearhead this outreach in Moorhead on Sunday, Jan. 29th at 1pm at St. Francis parish. Thank you Ady Johnson and Elizabeth Longeran! Please let us know if you have any connections to the Hispanic community or would like to be involved in this important community outreach effort.

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

~ Bob

## Our Dementia Journey With Memory Cafe by Jan Jones



Gene and I got involved with Memory Cafe on Zoom during the Covid crisis and it really helped us feel like we were still involved in some activities outside of the doors of our home. Once meetings resumed in person we started attending and began to feel a part of "The Group"!

Since then Memory Cafe has really grown, expanded its direction and attracted many new people. We both enjoy the Monday morning Men's and Women's group - which has turned into the best support group I have in this long journey involving dementia. We attend the Wednesday afternoon activities whenever possible, as well as some of the Monday afternoon gatherings. I also attend the Caregiver Cafe, the last Wednesday of each month. I truly enjoy being involved with a group of people who understand our situation and in which you don't have to worry about behaviors or difficulty speaking.

I have learned so much about the many memory-related diagnoses, programs and professionals who are available to help us through this difficult time. Most of all I love the support of the staff and the other people who are on the same road with us.

Memory Cafe's desire to inform the public about the need for educating the general population and our families about this awful disease is the goal that impresses me the most. I hope they can get the funding they need to expand their programs and get the kind of facilities they require to truly serve this population!!

We are blessed to have this group in our area. What an amazing resource!!!



**Thorey Green**

Memory Cafe was honored to receive a generous memorial given in honor of Thorey Green, the mother of my (Deb) sister-in-law Julie Liffbrig. Thorey was an incredible woman who lived humbly, compassionately, sacrificially and faithfully. She was also an active participant in the Memory Cafe and *The Unforgettables* dementia chorus in Grand Forks. Thorey's legacy of compassion and living with graceful acceptance of life, even with its many hardships will live on in the lives of her family and friends for generations. Thank you Thorey!

## QUOTE OF THE DAY

"A nickel ain't worth a dime anymore."

-Yogi Berra



**Depression (Con't from p.3)**

**8. Sleeping too much or too little**

Regular sleep is disrupted; never feels rested, excessive napping during the day. Depression is the leading cause of sleep problems, in part because it interferes with natural biological rhythms. Sundowning is linked to depression.

**9. Poor appetite or overeating**

Changes in appetite or responses to food such as missing meals, picking at food, lying about food intake, mindless snacking, unintentional weight gain or loss.

**10. Expressing thoughts of dying or suicide**

Depression is the leading condition associated with suicide. It begins to seem like a logical way to end the pain and suffering. If someone you know may be suicidal don't leave that person alone. Ask questions such as: "How are you feeling?" "Are you feeling depressed or hopeless?" "Are you wondering if life is worth living?" "Are you considering suicide? Have you made a plan?" Encouraging the person to talk about the intended suicide actually lowers (but does not eliminate) the risk of following through. Keep the person safe until her/she can be brought to a doctor or therapist. Or call 911 or a suicide hotline. The National Suicide Hotline number is: 800-273-8255. If you are considering suicide, get help immediately.

**11. Persistent aches or pains, headaches, cramps or digestive problems that don't ease with treatment**

Depression is stressful. The physical effects of chronic stress, added to poor self-care brought on by changes in energy levels, sleep, and appetite, can cause a variety of health problems.

**Alzheimer's Genes: Are you at Risk? (Excerpted) ~Mayo Clinic**

Certain genes make you more likely to develop Alzheimer's Disease (AD). Researchers have identified genes associated with AD. Some increase your risk and others guarantee that you will develop the disease although these are rare. However, genetic risk factors are just one of the factors involved in getting AD.

The most common type of AD develops after age 65 (late-onset AD). The most common gene associated with this type of AD is a risk gene called apolipoprotein E (APOE).

APOE has 3 common forms:

- APOE e2 - the least common - appears to reduce risk of AD.
- APOE e4 - a little more common - increases risk of AD.
- APOE e3 - the most common - doesn't appear to affect the risk.

Genes aren't the only factor. Because you inherit one APOE from your mother and another from your father, you have two copies of the APOE gene. Having at least one APOE e4 gene increases your risk of developing AD. If you have two APOE e4 genes, your risk is higher. But not everyone who has one or even two APOE e4 genes develops AD. And AD occurs in many people who don't even have one copy of the APOE e4 gene, suggesting the APOE e4 gene affects risk but is not a cause. Other genetic and environmental factors are also likely involved in developing AD.

**The Art of Persuasion for Dementia Caregivers**

by Pam Ostrowski

Alzfdn.org



If you're a family member interacting with your loved one with Alzheimer's, it's pretty safe to say you've gotten frustrated with how to get them to do tasks that seem pretty straightforward to you.

It is common for those with early-stage Alzheimer's to not recognize they have the disease, creating the potential for some difficult conversations. The medical term for this is anosognosia. With anosognosia, there is a limited ability to have insight into one's abilities, which can impact memory, general thinking skills, emotions and physical abilities.

Depending on your loved one's stage, you might meet with resistance when it comes to their leaving the house, especially for social situations. It's common for someone who is struggling cognitively to feel embarrassed about their condition and fear embarrassing family. It's safer to stay home and isolated. However, that's not good for their brain health.

**• Keep it simple**

It's best to keep leaving the house simple. So often, family will say, "Joan, we have to go to (Memory Cafe) at 10 a.m. Get ready. We'll leave at 9:30 and stop at the bank." That's too much information, and some of it is vague. What does "get ready" mean? What time is 10 a.m.? Keep it simple. Less information can be better. "Joan, let's go out for coffee this morning."

**• When in doubt, act it out**

"Joan, let's put on our shoes so we can go out for coffee." Bring her shoes and set them down next to her and bring yours, too. Put on your shoes to show her what she needs to do. After everyone's shoes are on, do the next step, whatever that might be. There's no need to overshare where you're going ("out for a drive" is fine) and when. That information may cause resistance, so it's best to keep it to yourself.

So, get creative. Keep your sentences short and simple. When in doubt, act it out.

**"People just don't understand..."**



Larry and Gail

...how helpful, encouraging, and fun Memory Cafe is! It took us awhile to start attending because I thought, "Really, how much difference could attending Memory Cafe make for us?" Memory Cafe made such a beautiful difference in our lives! I now tell everyone about it and strongly encourage them to attend." Gail Nelson

Reach out to Memory Cafe for dementia caregiver information and support. Call 701-404-6712 or visit us at:

[www.MemoryCafeRRV.org](http://www.MemoryCafeRRV.org)

MEMORY CAFE

PO BOX 883

FARGO, ND

58107

701-404-6712

www.MemoryCafeRRV.org

hello@memorycaferrv.org



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