



April/May Wednesday Schedule All meetings held from 1 - 2:30 pm

May 3 - Cranio-Sacral Therapy, Katie Karn, LMT, CST, CBIS, Apex Physical Therapy and Wellness. At Bethel Church

May 10 - Music & Laughter, Jerry Barnum. Hjemkomst Center

May 17 - Driver Safety for Seniors Panel Discussion with Joy Tanberg, OTR/L,DRS; DJ Colter, DJ Colter Insurance; and Jordan Weir, Attorney, Vogel Law. At Bethel Church

May 24 - Caregiver Cafe Support Group, 1-2:30 pm. 1122 1st Ave N. Call 701-404-6712 for details.

May 31 - No Memory Cafe

June 6 - Redefining Memory Loss Community Conference, 8:30am - 3:15 pm, Holiday Inn Fargo (Registration is required: See Pg 5 for more details.)

June 7 - No Memory Cafe Meeting

June 14 - Live Singing and Dancing with Steve Kraushaar, Hjemkomst Center

June 21 - Blooming Summer Celebration, Urban Plains Park Shelter A, Fargo

June 28 - Caregiver Cafe Support Group, 1-2:30 pm. 1122 1st Ave N. Call 701-404-6712 for details.

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- Northern Ambassador - Mark Brattlie
- Still Here, Still Me - Brian LeBlanc
- Avoiding Depression - A Pocket Guide for the Alzheimer's Caregiver - Daniel and Ellen Potts
- For Our Health - Stress Management and the Creative Therapies - MDPI
- Just for Laughs - Steve Froslic and friends
- Celebrating our Volunteers!
- Community Service - Blankets for Matthew's Voice
- RML Conference information/registration
- Linger, Laugh and Learn Center updates/schedule
- "Start Spreading the News!" - Deb McTaggart
- Creative Arts Therapies - Art and Dance/Movement
- "What I've Learned About Grandma's Memory" - Elion Caspe

Hi Memory Cafe!

The past several weeks have been a whirlwind of activity and opportunity at Memory Cafe. We've seen record crowds during our Monday events at the Linger, Laugh and Learn Center; our Board of Directors held our first Long-term Strategic Planning meeting at Concordia; within ONE WEEK we pulled off a last minute invitation from the Matthew's Voice Project to tie fleece blankets for twenty five homeless high school graduates living in Fargo, Moorhead and West Fargo; we celebrated our dedicated 'Dream Team' volunteers during National Volunteer Week; we distributed hundreds of flyers for our RML conference around the community; and we participated in numerous community engagement educational opportunities around the area. It's been fantastic!

During our Volunteer Celebration last month I offered my perspective on the success of Memory Cafe of the Red River Valley. It's simple...since our inception we have recognized the need to surround ourselves with loving, dedicated people who share a "Can-be" and "Can-do" approach to life. Our volunteers, board members and community friends and supporters have always recognized the need to improve the quality of life for people living within the burgeoning memory loss community (individuals with the disease **and** their families). And, we have always understood that **together** we can make a difference! Thanks to YOU, we **are** making a tremendous difference within the memory loss community! Thank you!

Here is an excerpt from the poem "A Thousand to One" by Berton Braley:

There's a thousand "Can't be done-ers"
For the one who says, "It can!"
But the whole amount of deeds that count
Is done by the latter clan.

For the "Can't - be - done-ers" grumble,
And hamper, oppose and doubt,
While the daring folks who say, "It can!"
Proceed to work it out.

But it's better to be a "Can-be,"
And labor and dream -- and die,
Than the one who runs with the "Can't - be - done's"
Who haven't the pluck to try.

Warmly and gratefully,
~Deb



Welcome Spring!

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.

Northern Ambassador

by Mark Bratlie

First there are your ghostly calls
echoing off both
wave and rock

Telling us we have arrived
to the place
we long to be

You may be calling
to your mate
"come here, come here"
and "here I come"

But I think you also
call to us
"you're here, you're here"
"you're back again"

We strain to hear
your piercing calls
the hoots, the wails
and tremolos

We listen with expectancy
as days wind down
and sun hangs low

May your music
always greet us
and remind us that
we, too, belong

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

Brian LeBlanc, Pensacola, FL
Diagnosed with Alzheimer's Disease in 2015

LeBlanc was painfully familiar with Alzheimer's disease --his mother, grandfather and great-grandmother had it, and receiving his diagnosis was devastating. But, he said, "I did not want to stay in that dark place."

His mother never wanted to talk about her Alzheimer's and became withdrawn after her diagnosis. But LeBlanc's background was in public relations and marketing, so he started doing what he knew best: traveling and speaking publicly, hoping to educate people about how Alzheimer's feels from the inside.

"People would walk up and turn to whoever I was with and say, 'How is he doing?' I'd turn to them and say, 'I'm doing pretty good and I can still hear you.'"

From the early days of his diagnosis, LeBlanc used humor as a coping mechanism. After he learned he had the disease, a friend sent him a picture of a T-shirt that read:

"Roses are red
Violets are blue
I have Alzheimer's
Cheese on toast."

"I thought that was the funniest thing," he said. "those are the type of things that keep me going. I get enough of the stigma of people saying I don't look like I have Alzheimer's. But it's the people who are really my friends who will stick with me and joke and say, 'Hey, do you have the 20 bucks you owe me?' And then I have to stop and think, and they'll start laughing."

Avoiding Depression (Excerpted)

A Pocket Guide for the Alzheimer's Caregiver
Daniel C. Potts, MD & Ellen Woodward Potts

Consider the story of Lester Potts, who could repair just about anything before he got Alzheimer's disease. As symptoms of the disease became more apparent, he was aware of his own dwindling capabilities, and so became depressed. He stopped smiling and grew frustrated with his own inept attempts to accomplish tasks. After he lost the ability to hammer a nail or change a light bulb, he began attending Caring Days, a local adult day programming center for those with memory disorders. Here, he was exposed to art and music therapy. He learned to paint beautiful watercolors, although he had never painted anything more artistic than a wall or a fence before his diagnosis. By the time of his death, he had painted nearly 100 water colors which have been exhibited all around the country.

After he began painting he regained his smile and took tremendous pride in his artistic ability. Music therapy was equally beneficial.



Painting by Lester Potts

Additional Research on Why Memory Cafe Promotes the Creative Arts for EVERYONE!

Stress is one of the world's largest health problems, leading to exhaustion, burnout, anxiety, a weak immune system, or even organ damage. It is the most widespread disease of the modern age. Based on current integrative and embodied stress theories, Creative Arts Therapies (CATs) or arts interventions are an innovative way to prevent stress and improve stress management. CATs encompass art, music, dance/movement, and drama therapy as their four major modalities. In order to obtain an overview of CATs and arts interventions' efficacy in the context of stress reduction and management, we conducted a systematic review with a search in the following data bases: Academic Search Complete, ERIC, Medline, Psyn dex, PsycINFO and SocINDEX. Studies were included employing the PICOS principle and rated according to their evidence level. **We included 37 studies, 73% of which were randomized controlled trials. 81.1% of the included studies reported a significant reduction of stress in the participants due to interventions of one of the four arts modalities.**

By conceptualizing body, mind, action, and perception as a unity, CATs, such as Music, Dance/Movement, Art, and Drama Therapy, as well as simple arts interventions, use artistic media to approach the client on a creative and nonverbal level [15]. In addition to cognitive ways of coping, CATs target (en-)active creation, interoception (body experience), and expression in order to access emotions and change behavior (embodied appraisal) [16]. Utilizing a solutogenic approach of health and disease [17], CATs provide action opportunities geared toward health maintenance and focus on health promoting aspects. The recently developed model of embodied aesthetics by Koch [15,18,19] underlines the embodied enactive nature of CATs.

Different from conventional therapies, all CATs encourage and enable their clients to actively create or generate. Attention and concentration, for example, are influenced by the perception, exploration, and creation of artistic content as well as by the explicit use of the body (body perception and expression). The respective art media (art, music, dance, theater) thereby provide different methods to activate resources and coping abilities and increase action flexibility, self-efficacy, and empowerment [18,20,21].

Due to the increasing mobility, flexibility, and performance demands in today's society, it is assumed that individuals' stress exposures will increase further in the future [3]. Therefore, innovative and embodied strategies for stress prevention and health promotion are needed more today than ever before.

(Con't on p. 6)

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



A man walked into a magic forest and tried to cut down a talking tree. "You can't cut me down," the tree complained. "I am a talking tree!" The man responded, "You may be a talking tree but you will dialogue."

Just as the graveside service finished, there was a distant lightning bolt accompanied by a tremendous burst of thunder. The little old man looked at the pastor and calmly said, "Well, she's there and it's His problem now."

Some people are alive only because it's illegal to kill them. - John Wayne

Out of my mind.
Back in five minutes.

Wrinkled was not one of the things I wanted to be when I grew up.

My sixty year kindergarten reunion is coming up soon and I'm worried about the 195 pounds I've gained.

The road to success is littered with many tempting parking spaces.

A Sunday school teacher began her lesson with a question, "Boys and girls, what do we know about God?" A hand shot up in the air. "He is an artist!" said the little boy. "Really? How do you know" the teacher asked. "You know, 'Our Father who does art in heaven.'"

My parents grew so fond of my girlfriend that they came to see her as their own child. Recently Mom started to look for a proper boyfriend for her.

For eight years my co-workers have voted me "most secretive guy" in the office. Can't tell you how much this means to me.

QUOTE OF THE DAY

"I'm a great believer in luck, and I find the harder I work the more I have of it."

~ Thomas Jefferson

THANK YOU DREAM TEAM VOLUNTEERS!

"The gnome cupcakes were ADORABLE!! Thank you Heather H. for baking them for us!"



There is a fervent realization within the hearts and minds of everyone involved with leading Memory Cafe that we simply wouldn't exist without the powerful support and tender influence of our devoted volunteers. The trust, deep sustained friendships, and sense of truly belonging experienced by our participants is due to their willingness to share their time, talents and numerous acts of non-judgmental kindness with each other and everyone who attends our gatherings. Our strength comes from YOU! THANK YOU!

"The room looked so beautiful! Thank you First Lutheran Church!"



"The speakers were inspiring!"



"I found a family at Memory Cafe."

"It warmed my heart to see our MC participants welcoming and serving us! What a beautiful role reversal surprise!"

"I can't believe I won a door prize, AGAIN!"

I've seen volunteers thanked but never 'CELEBRATED' like this! It was great!

"What a lovely gathering!"



"Would Memory Cafe make 25 fleece blankets for homeless high school graduates from the FM area?" "OF COURSE WE WILL!!" AND WE DID!!

We were delighted and honored to be approached by the board of Matthew's Voice Project (MVP) to create fleece blankets for 25 area homeless graduates! Within one week, we found a sponsor and purchased the fabric, tied the blankets and presented them to Katie Karn from MVP! GREAT JOB EVERYONE! Word is getting out that MCRRV is ACTIVELY living out our mission by demonstrating the **INTRINSIC BEAUTY AND VALUE OF PEOPLE LIVING WITH MEMORY LOSS!!** We couldn't do what we do without YOU!



**"We would be DELIGHTED to buy the fleece for this project!"
~Mayor Bruce Furness and his wife Lorraine**

Matthew's Voice Project (MVP) is a registered non-profit 501c3 that focuses its efforts on assisting students in our public schools who are identified as experiencing homelessness. Much of MVP's focus is on unaccompanied youth (identified by the school system as living on their own with very little to no support), providing them with the support and encouragement they need to complete high school and graduate. Please email them directly at matthewsvoiceproject@gmail.com if you have questions or would like to donate.



REDEFINING MEMORY LOSS: Learning to Live Well with Dementia COMMUNITY DEMENTIA EDUCATION CONFERENCE



Keynote Speaker

SHARON JOHNSON The Hearthstone Institute, Boston, MA

Tuesday, June 6, 8:30 - 3:15 pm, Holiday Inn, Fargo

For over two decades, the Hearthstone Institute has been a catalyst in shifting the prevailing "despair narrative" into one aimed at providing a life worth living for people experiencing the challenges associated with dementia.

This inspirational conference will provide insight into a major paradigm shift taking place in the field of dementia care: the realization that every community member and care partner has the opportunity to make a positive difference in the lives of people living with memory challenges.

This interactive course will also provide instruction in effective research-based verbal and nonverbal techniques for successfully communicating with those experiencing all stages of memory loss.

Program Schedule:

- 8:30 - 9:00 - Registration, Silent Auction & Vendor Exhibits
9:00 - 9:15 - Welcome & Introductions
9:15 - 10:45 - Session 1: Hope vs. Despair
10:45 - 11:15 - Break, Silent Auction & Vendor Exhibits
11:15 - 12:15 - Session 2: That's a Good Question!
12:15 - 1:00 - Lunch, Silent Auction & Vendor Exhibits
1:00 - 1:15 - Video, Testimony & Debut Performance by the Dementia Friendly Chorus
1:15 - 2:45 - Session 3: P.O.W.E.R.™ for creating successful non-pharmacologic interventions for common challenging behaviors
2:45-3:15 - Closing, Giveaways, Silent Auction Winners

REGISTRATION required by May 26

* 4 hours ND and MN Social Workers CEUs approved

Cost: \$40 Community Members; \$65 Professionals

*Scholarships available

After May 26th/Walk-in Registration:

Cost: \$50 Community Members; \$75 Professionals



Registration includes lunch, refreshments, and a book

Register: www.eventbrite.com (scan QR Code or search - Redefining Memory Loss)

or mail registration to Memory Cafe PO Box 883 Fargo, ND 58107

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

- May 1 - Music, Memories & Musings with Music Therapist Deb McTaggart
May 8 - Bingo with Prizes, Popcorn, Laughter & Joy! Dancing with Ellia!
May 15 - Travis Olson, West Fargo Fire Dept., How to Prepare and Respond to an Emergency with Q&A; Woodburning with Jerry & Janine
May 22 - Creative Therapies with Tia, Joan & Marian and Ellia!
May 29 - Closed for Memorial Day

Introducing Ellia Dalzell

Ellia Dalzell is a 2023 graduate of Concordia College where she majored in Business with concentrations in Healthcare Leadership and Healthcare Financial Management.



Our Special Guest Kiwi with Dan and Puffi C.



**"Start Spreading The News!"
A Message from Deb McTaggart,
Certified Music Therapist**

There is a new chorus in town - SING FROM YOUR HEART!
This is an inclusive chorus for persons with memory loss or dementia and a care partner to share in the joy and power of music through singing together. It is primarily designed as an opportunity for persons still living at home to engage in a community activity.

Singing together in a chorus replaces isolation and loneliness with belonging, acceptance and community. The joy and hope created through singing together can help overcome feelings of loss and sadness. Sing From Your Heart Chorus (SFYHC) provides opportunities and support for persons with dementia to live a life of purpose and meaning.

The mission of the Sing From Your Heart Chorus is to encourage and inspire persons with memory loss and dementia to live well through the power and joy of singing together.

We embarked on this mission on Thursday afternoon, April 27 at 1:00pm at Memory Cafe with our inaugural rehearsal!
The chorus will continue to meet weekly on Thursdays from 1PM-to-2PM at Memory Cafe for six (6) weeks in preparation for a promotional performance of two songs at the Community Dementia Education Conference at the Fargo Holiday Inn on June 6th.

We have a marvelous core of singers already and now is the perfect time to join us! No previous singing experience is required and there are no auditions. The only pre-requisite is a heart that loves to sing! Singers sign-up as a "duet" comprised of the person with cognitive loss and their primary care partner or other support partner. If you are interested in joining, please email or call me!

There is also a need for volunteers to help support SFYHC. If you would like more information on the volunteer opportunities, please contact me.

With a grateful song in my heart,
Deb McTaggart, SFYH Director
Email: deb@sgemusicservices.com; 651-263-3131

**Creative Arts Therapies
(Con't p. 3)**



Based on current integrative and embodied stress theories, Creative Arts Therapies (CATs) or arts interventions are an innovative way to prevent stress and improve stress management. CATs encompass art, music, dance/movement, and drama therapy as their four major modalities. In previous articles and in her article this month, "Start Spreading the News!" Deb McTaggart identifies the many holistic benefits of music; the following information addresses the benefits of Art Therapy and Dance/Movement Therapy.

Art Therapy (AT), clients work with different materials (e.g., water colors, crayons, clay). Through the process of creation as well as through relating to one's own art work, possibilities of expression are created. Previous experiences can be symbolized and expressed in a safe way. Through the fostering of symbolization and (nonverbal) communication, new perspectives and insights can be gained [20,29]. Specifically, the revival and/or fostering of creative resources increase self-efficacy and coping abilities in stressful situations [29]. Clinically, AT is used with patients who have had traumatic experiences or oncological patients among others [30].

Dance/Movement Therapy (DMT) is defined as the therapeutic use of movement to further the emotional, cognitive, physical, spiritual and social integration of the individual [31]. Physically, DMT stimulates the vestibular and cardiovascular system [32]. Psychologically, embodied impression and expression improve interoception, body schema, and body image [32]. Exploring one's own movement abilities and limitations helps to increase emotion regulation, impulse control, and relation to reality (for example for people with schizophrenia, see [33]). Experiencing the own body in aesthetic movement and flow can increase self-efficacy. This is of particular importance for patients with Parkinson's disease [34].

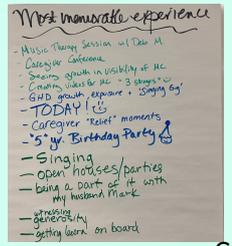
Silent Auction Items Anyone??



Due to the hard work and generosity of many friends Memory Cafe's first Silent Auction at the RML Conference last year was a whooping success! Would you help us again this year by donating items or soliciting donations from area businesses and organizations? Thank you!

Long-term Strategic Planning Process - Off to a Strong Start!

With the experienced guidance of Leann Wolff from Great Outcomes Consulting our board of directors and Leora held our first Strategic Planning meeting on April 12th. It was inspiring to review how MCRRV has evolved over the years and strategically plan for our future!





What I've Learned About Grandma's Memory

By Elion Caspe, 10 years old

www.Aboutaging.org



Some of my best memories are visiting Grandma Ida at her farmhouse. I love my grandmother very much.

A few years ago, she started forgetting things. She has Alzheimer's, a brain illness that changes the way a person thinks, communicates, and remembers things. Kids can't get it, only older people.

I've been told that there is no point visiting her because her mind no longer works – "she is no longer there," as they say.

Growing up, grandma was always there for me.

Now she needs me to be there for her.

So...I decided to visit her once a week this summer at the nursing home where she lives.

I've been told that she won't recognize me, but I can tell that she does.

I've been told that she won't respond to me, but when I slowly come close, look her in the eye, and hug her, she responds with all her heart.

I've been told that she doesn't remember as much. I do notice that, but I also notice she remembers things from her early life such as the joyful times growing up on her parents' farm. I simply need to ask: How was it for you to grow up on a farm?

I've been told that she won't remember the names of people in our family, but when I show her an old picture album, I can tell that she recognizes many of them.

I've been told that there isn't much we can do together, but she always enjoys planting flowers with me.

I've been told that she won't be able to sing the way she used to, but she enjoys humming and tapping her foot to the rhythm of the songs she loved listening to when she was young.

I've been told that she won't be able to dance the way she did, but when I play her favorite song, hold her hands, and move slowly from side to side, she dances beautifully!

I've been told that she no longer likes to be touched, but when my mother gives her a gentle hand massage with lavender oil, she loves it.

I've been told that she won't let the staff do her hair, but when I do it the way I know she always liked it, she is more than willing to let me do it.

I've been told that she no longer wants to eat much but when I make her favorite pie, go at her pace, and encourage her, she eats better.

I've been told that she's no longer able to paint the way she did, but when I give her a brush and guide her occasionally, she seems delighted to watercolor.

I've been told that Grandma won't understand my words, but she clearly senses and responds to the way I feel. I've also learned that using fewer words usually works much better.

I've been told that I should correct her when she says something that doesn't make sense, but what I've found is that correcting her often frustrates her. I've learned that accepting and supporting her feelings – rather than insisting on the facts – work much better.

I've been told to "ignore it" when she repeats the same question – like "When's lunch?" – but I learned that she can't remember the answer and that each time she asks, she believes it is the first time. So...I try not to get frustrated and do my best to answer it calmly each time. On her good days, especially when she is well rested, it sometimes helps to write it down – Lunch at 12:30pm.

I discovered that she tends to repeat her questions when she feels bored and becomes worried about something – So I gently hold her hand to make her feel safe and assist her to engage in an activity she enjoys doing.

I've also been told "just ignore her" when she becomes sad or fearful, but I've found that's when she needs me most.

I've been told not to bring my little brother with me to a nursing home where old and frail people live, but when I do, they have a *great* time playing together.

I've also been told not to bring our dog Laila, but when we say goodbye and Laila gives her a wet kiss, she laughs and makes me promise that I'll bring her again next time.

I've been told that she can no longer walk far but she is able to walk with me short distances and sit together on a bench at the nearby lake. I always make sure to hold her hand and be ready to support her if she is not steady on her feet. In fact, every week, she seems stronger and more sure-footed.

I've been told that she won't remember that I just visited her, but the staff tell me that the good feelings we've shared remain for a few hours after I leave.

During our visits this summer, the most important thing I learned about Grandma Ida's memory is that...

I simply need to forget a lot of what I've been told about Alzheimer's.

And...I've learned that Grandma is *always* there!

That is, if I make the time to be with her.

MEMORY CAFE

PO BOX 883

FARGO, ND

58107

701-404-6712

www.MemoryCafeRRV.org

hello@memorycaferrv.org



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