



Memory Cafe of the Red River Valley

People Who Are Forgetting Shouldn't Be Forgotten

June 2023



HELLO SUMMER!

June/July Wednesday Schedule
All meetings held from 1 - 2:30 pm

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 Meeting

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

June 21 - Blooming Summer Celebration with Hope Blooms. Urban Plains Park Shelter A, 3020 51st St. S. Fargo.

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

July 5 - July 4th Celebration - Root beer floats, patriotic music, and reflections on our freedom. Urban Plains Park Shelter A. 3020 51st St. S. Fargo.

July 12 - Intergenerational/family Community Service Project. Bring your kids, grandchildren, and friends to help tie blankets for the Women's Care Center! Hjemkomst Center.

July 19 - Speech, Language, and Cognitive Therapy Overview, Nan Kennelly, Onword Therapy; CrossFit Fargo. Bethel Church

July 26 - Caregiver Cafe Support Group. 1-2:30 pm. 1122 1st Ave N. Fargo. Call 701-404-6712 for details.

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Hi Memory Cafe!

I recently attended a conference in the Twin Cities with one of my lovely daughters-in-law called "Calming the Overactive Brain." Although the presenter left a little to be desired much of the content was excellent.

One of my key takeaways from the conference was the power of smiling and laughing in developing resiliency. Smiling and laughing is good for us, even when it's a forced response. Have you ever looked at yourself in the mirror and forced yourself to smile or laugh in the midst of a difficult situation? Or have you pulled up YouTube videos of babies laughing, animal tricks, Johnny Carson, Carol Burnett, or Ed Wynn singing, "I Love to Laugh" while floating near the ceiling in *Mary Poppins* when you're feeling anxious or discouraged? If not, try it sometime. It really works!

Current research demonstrates that laughter helps lower blood pressure, reduce stress hormones, give our muscles a workout, increase the response of tumor and disease-killing cells, defend against respiratory infections, and even increase our memory and learning capacity! It can reflect reality, include misdirection or exaggeration and it can be delivered verbally, auditorily, visually, or physically. Did you know there are clinical practices called "Humor Therapy", "Laughter Therapy", and "Laughter Yoga"? Several years ago Memory Cafe sponsored a wildly popular session on Laughter Yoga led by Jan Nelson from the HeartSprings Community Healing Center; we're looking at getting another session scheduled soon!

The other very positive aspect of smiling and laughing is that they are powerfully contagious, especially with individuals living with memory impairment. If you are a care partner and find yourself in a difficult situation throw out a random joke and start laughing out-loud to yourself and your loved one. The joke doesn't even need to be funny...just force yourself to laugh! What happened? Did you feel better? Did your loved one feel better? Were you both distracted from the stressful situation for just a minute or two? If so, how did that feel?

There are hundreds of quotes from many cultures and people from around the world that speak to the power of laughing and joy:

"A joyful heart is good medicine, but a crushed spirit dries up the bones."
Proverbs 17:22

"With mirth and laughter let old wrinkles come." William Shakespeare

"A small cottage where laughter lives is worth more than a castle full of tears." Chinese Proverb

"I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person." Audrey Hepburn

With a joyful heart,

~ Deb

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.

What I Slow Down For



I slow down for flowers
I slow down for trees

I slow down to notice
the birds and the bees.

I slow down for beauty
I slow down for grace

I slow down for
the kiss of the sun
on my face.

I slow down to meditate
I slow down to pray

I slow down at the beginning
and the end of the day.

I slow down for my body,
my nerves, and my heart.

I slow down for music.
I slow down for art.

I slow down when it matters
I slow down when I care

I slow down for clean water,
fertile soil, and fresh air.

I slow down to notice
I slow down to feel

I slow down to relax,
replenish, and heal.

I slow down to listen
I slow down to see

I slow down to remember
I slow down just to be.

By Kai Siedenbug, from her book
Space Between the Stones

SpaceBetweenTheStones.com

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

A Time to Grieve: A Normal and Natural Process.

(Excerpted)

By Cynthia Huling Hummel, Diagnosed at 57 with Alzheimer's

As I pulled into the parking lot, I felt a wave of sadness come over me. I turned off the car and sat there, as my sobs came in waves, I went through every tissue in my car, wiping my tears. Why me?

Here I was at the peak of my career, and it felt like I had the rug pulled out from under my feet.

I was mad at life, and I was mad at God.

The reality is that life happens and our dreams for our future are sometimes dashed. In times like these, our reactions may include rage, depression, exhaustion, and grief. It's important to remember that grief is a normal reaction to loss. Throughout our lives, we will experience times of loss and grief.

In times like these, grief moves in - like an uninvited guest, disrupting our lives. Grief turns things upside down. Grief affects each of us differently. And differently on different days.

Please be gentle with yourself and patient with the grief, because grief is helping you to adjust to a new reality. In this case, living with dementia. Grief may be helping you to move from the "Why me?" to "What next?" If we let it, grief will *help* us begin to move to a place of acceptance, where we can begin to *rediscover* joy in our lives and in our journey. Grief may help us to move from despair to hope.

My mother used to tell us, "no one ever promised you a rose garden." What mom wanted us to know, from very early on, is that EVERYONE faces disappointments, heartaches, and losses in life, and she reminded us to focus on our blessings.

Blessings - Some people will keep a blessing journal and take note of the good things and the good times in their life. Some may keep a blessing jar where they jot a blessing on a piece of paper and watch as the blessings jar fills and fills.

Here's some tips:

1. Don't focus on what you can no longer do, but how you can still make a difference. Help someone else on their journey.
2. When we help others, we help ourselves. Volunteer.
3. Get up. Get moving. Set a daily goal.
4. Grief often comes in waves. Find a way to get it out.
5. Reframe your experiences of changing abilities. Change your mindset.
6. Try something new. New hobbies, take a new class. You never know what new interests you may find.
7. Check out what's happening in your community.
8. Learn to ask for help.

Clinigen March Madness Donation



**Thank you Clinigen for
choosing Memory Cafe of
the RRV as your March
Madness charity recipient!
We deeply appreciate your
thoughtful generosity!**

**For Our Health:
Our Journey: The Importance of Faith and
Community (Excerpted from the Holy Spirit *****
~ Mary and Bob Schmidt**



Bob and Mary Schmidt

Bob and Mary Schmidt are living one of the vows they promised at their marriage, to love one another in sickness and in health. Bob was diagnosed with Alzheimer's Disease seven years ago at age 66. Bob continues to love Mary and tells her constantly. Mary loves him back as she hears him tell her this repeatedly. Mary smiles and offers any impatience up to Jesus. Mary says she has many images of Jesus around the house so whenever she feels stressed she sees Jesus and asks for His help. She says Bob is such a nice person, he constantly smiles and is so easy going. He rarely becomes annoyed with anything.

Besides asking Jesus for help another source Mary has come to rely on for support has been the friends they have made at Memory Cafe of the Red River Valley. The Memory Cafe is 'dedicated to providing support to care for partners and/or family members of those living with memory loss and/or dementia.' It is a free social gathering where people living with early to mid-stage memory loss and their families can go to socialize with other families affected by dementia. Mary says it has been a life-saver for them and cannot say enough good things about the Cafe. Mary recommends anyone who has a family member living with early to mid-stage memory loss should check it out. The local non-profit organization hosts gatherings three times every week for education and socialization; a monthly Caregiver Cafe support group; art, music therapy, and wood burning classes; and dementia-related educational sessions.

Mary is also grateful for her parish family. She stays active in the parish and volunteers by accepting jobs she can do at home while caring for Bob. She helps washing Alter Linens and helps maintain the Parish Prayer Chain. Thank you Mary for all you do for your parish family and for lovingly caring for Bob. May God bless you both!

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



The good thing about the good old days was that I wasn't good and I wasn't old.

A bank robber pulls out a gun, points it at the teller and says, "Give me all the money or you're geography!" The puzzled teller replies, "Did you mean to say, 'Or you're history?'" "Don't change the subject!"

If you're happy and you know it it's your meds.

A little grey hair is a small price to pay for all this wisdom!

I'm sorry I'm late...I didn't want to come.

Ronald Reagan speaking to surgeons as he entered the operating room following a 1981 assassination attempt..."Please tell me you are Republicans."

On your mark, GET SET...Go AWAY!

A banker fell overboard from a sailboat. A friend grabbed a life preserver and held it up, not knowing if the banker could swim, and shouted, "Can you float alone?" "Obviously," the banker replied, "but this is a heck of a time to talk business!"

You are about to EXCEED the limits of my medication.

Patience is a virtue. It's just not one of my virtues.

QUOTE OF THE DAY
"I married Miss Right. I just didn't know her first name was Always."
~ Red Skelton



Join the FUN by attending the Moorhead Cruise Night! And be sure to stop by Memory Cafe's booth on the North side of Moorhead Mall Thursday, June 1st 5 - 8:30pm

Photo Gallery

"A friend knows the song of my heart and sings it to me when my memory fails."

Donna Roberts



Beautiful friends - Carol and Afton



May Day Baskets from Mike and Sue!



Jerry Barnum, our joy-filled friend



Ellia Dalzell, Creative Therapies

Mindfulness Moment

The Dementia Care-Partners Workbook

Tuning out your worries of the past and future and turning all your awareness and attention on the present moment is a very effective stress reduction strategy. Giving your brain a break, calmly, non-judgmentally, and compassionately accepting your current thoughts, emotions, and body sensations without feeling as though you need to change them is very good for your brain and overall health. Try this simple breathing exercise:

1. Sit in a comfortable chair with both feet on the floor, clasp your hands over the middle of your belly, and close your eyes.
2. Scan your muscles from head to toe and intentionally relax them. Unclench your teeth, let your shoulders sag, and relax your legs and buttock.
3. Take in a slow, deep breath through your nose (count slowly to six), then slowly exhale through your mouth to the same count, feeling the rise and fall of your belly. Do a total of ten slow, deep breaths like this. Focus solely on the gentle flow of your breath, in and out. Each time you exhale, consciously blow out any negative thoughts, emotions, and stress you are feeling.
4. After ten breaths, open your eyes.

Welcome to Memory Cafe Brian Arett!



We are thrilled to announce that Brian Arett has accepted our invitation to join our Board of Directors! Brian served more than 44 years in leadership with Valley Senior Services and the Fargo Park District. His impact in the Fargo-Moorhead community and entire region is extensive. In 2018, he also stepped in as Director of the Fargo Park District Foundation. Under his direction, VSS expanded services to rural Cass County and Richland, Traill, Steele, Ransom and Sargent Counties. "I am excited to join Deb and the Memory Cafe Board in their efforts to assist individuals and family members living with memory loss. I'm looking forward to helping in any way I can with the incredible services Memory Cafe provides in our community. Welcome to MCRRV Brian!!



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

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

After May 26th/Walk-in Registration:

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

* 4 hours ND and MN Social Workers CEUs



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

Put on your DANCING SHOES!

Steve Kraushaar will be providing live music for us to dance to on June 14th at the Hjemkomst Center! Don't miss out on the fun!



JOYFUL MONDAYS!

Linger Laugh and Learn Center 1122 1st Ave N. Fargo.

Park and use the WEST entrance on 12th St. N.

Please note: Monday gatherings will not be held at the LLL Center during the month of August.



Join us on Monday mornings from 9:00 - 11:00 at the LLL Center for coffee and refreshments. Come and go as you wish!

Questions? Call 701-404-6712

MONDAY AFTERNOON PROGRAMMING 1:30-2:30 PM LINGER LAUGH AND LEARN CENTER

June 5 - Music, Memories & Musings with Music Therapist Deb McTaggart

June 12 - Summer Celebration! Games, bingo, puzzles, and ice cream!

June 19 - Effective Communication Strategies, Abby Pappenfuss, Alzheimer's Association; Woodburning with Jerry & Janine

June 26 -Creative Therapies - Art with Tia and Dancing with Ellia!



Travis & Dell, West Fargo Fire Department



Art class with Tia, Joan, and Mirian



AND...WE'RE OFF!"

**A Message from Deb McTaggart,
Certified Music Therapist**



Sing From Your Heart Chorus celebrated its inaugural rehearsal on Thursday, April 27th at Memory Cafe with nearly 20 singers! This core group of singers has been gathering to rehearse for a promotional performance at the Community Dementia Education Conference on June 6th at the Fargo Holiday Inn. Through this performing opportunity, we hope to encourage others in the community who are living with cognitive loss to join their voices and hearts with ours in this fun, positive and affirming endeavor for our fall season.

Sing From Your Heart is pleased to announce that our website is now live! The website address is www.singfromyourheartchorus.org (you can also use www.singfromyourheart.org)

The website has lots of information about the Chorus, with pages and links about joining the Chorus, rehearsal schedules, volunteering and giving. The pictures on the site are temporary and we will add our own soon! We will update the information on the site as needed.

Please share this website with your family and friends to help get the word out about our [Sing From Your Heart Chorus!](http://www.singfromyourheartchorus.org)

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

**When is it Time to Move? (Excerpted)
Creating Moments of Joy
by Jolene Brackey**

Women caring for men: Physical aggression is one of the main reasons women concede to giving up care. He no longer has the ability to control his emotions/reactions. So when he gets angry or frustrated his way of responding is by hitting or yelling.

Men caring for women: Incontinence is the main reasons men move their wives. Typically men aren't caregivers by nature. In the caregiving role they believe, as they always have that they can "fix it". Many men insist that their wife can still make meals, keep the house clean, and serve as she always has. But she cannot. Abuse is common due to fatigue and extreme frustration. Men also tend to be in denial longer.

When considering moving their spouse or parent out of their home it is important to recognize you are making the best choice in this moment. There is no best choice, just the better choice.

**Don't Let Guilt Get in The Way of Proper Care
-Advice for adult children
www.seniorcareauthority.com**

Many adult children feel an enormous weight of guilt and sometimes even a sense of failure for the inability to care for aging parents. Guilt, helplessness, and the pain of realizing that you may no longer be suited, or able, to give your elderly parent what he or she needs is a huge burden for any child to feel. Coming to a decision that your parent may need more specialized care and time than you are able to provide is not easy. Some things to consider:

- Is my parent safe in the current living environment?
- Can I devote the time necessary to adequately care for him/her?
- Do I have what it takes to deal with a progressive cognitive disorder on a long-term basis?
- Am I able to help him/her with mobility issues?

These decisions often bring a heavy emotional toll such as feeling like:

- Should I be doing more? Better?
- Am I doing things right?
- Is my elderly parent too much of a burden for me?
- I'm just so tired!
- I just want my 'old' life back!
- I'm inadequate, ill-equipped or emotionally weak.

Consider the following advise from William Bakkus in his book called "Telling Yourself the Truth":

1. You did not cause this disease.
2. Your loved one would not want you to stop living.
3. Being a caregiver was one of the most noble and wonderful things someone can do for their parent.
4. You did the best you could under the most extreme care giving circumstances.

It is very important that you find support from others you trust and allow yourself time to grieve and adjust.

**'Adopt Me!' Bandanas
Community Service Opportunity
for
Homeward Bound Animal Shelter
A Partnership with Bio-Girls**



Tuesday, June 22nd from 12:00 to 1:30pm

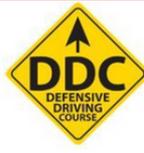
Memory Cafe is gaining a well-deserved reputation for community service! What a fabulous reputation to have!

Our most recent opportunity came from Bio Girls who is making 'Adopt Me' bandanas for Homeward Bound animal shelter. They asked if Memory Cafe would like to join them with this project! Refreshments will be served and if we finish early there might even be time for a game of bingo!

Please let us know if you are interested in participating in this fun event! Deb is planning to be there with her granddaughter Lilli who participates in Bio-Girls in Perham!



Driver Safety Course Options



Driving Safety Panelists:

Jordan Weir, Vogel Law Firm; Joy Tandberg, DakMin Driving; DJ Colter and Mike Sojka (missing from photo), DJ Colter Agency

- **The North Dakota Safety Council:** Offers several different courses, each with its own unique method of improving driver skills. You may opt for individual, group, classroom or online courses. To learn more visit their website - www.ndsc.org
- **AARP Online Driver Safety Program:** AARP Driver Safety Program is available online to those drivers age 50 and older. The program will allow you to tune up your current skills while learning valuable defensive driving techniques. To learn more, visit their website - www.aarp.org
- **I Drive Safely:** I DRIVE SAFELY has offered online drivers instruction to Drivers 55 and over for more than 10 years, boasting an A+ rating with the Better Business Bureau. To learn more, please visit their website - www.idrivesafely.com
- **Minnesota Mature Driver Basic Course -drivesafeonline.org** Senior drivers who earn a DriveSafe Online Minnesota Basic Course completion certificate are eligible to receive a discount up to 10% on auto insurance.
- **Minnesota Defensive Driving Information can be found at www.defensivedriving.org**

Human Rights

I believe that one of the biggest and most ignored human rights for people living with dementia is the right to have hope, to be able to live positively, meaningfully, and as fully as possible. ~ Allen Power, MD

Dementia doesn't strip a person of their essential humanity. There's so much more to who are as human beings than our cognitive function. And if people can embrace all those other aspects of what makes us human, they can more readily live well with dementia. ~ Jennifer Carson, PhD

Rally for Access in North Dakota

The Alzheimer's Association will be holding a rally to encourage Center for Medicare/Medicaid Services (CMS) to approve medications that are believed to remove beta-amyloid from the brain. The Veterans Health Administration has approved these medications for veterans at the VA.

The rally for #AccessNow will be held on June 20, 2023, on Veteran's Memorial Bridge at 12:30 PM. Please register to attend and receive more details. For more information contact Maggie Ness, LBSW, Program Manager | Alzheimer's Association MN/ND Fargo, ND 58103 | p 701.356.2085 ext. 8639

Getting Lost or Losing Things Advice from people living with dementia -Pathways to Well-Being With Dementia

It is frustrating and frightening to get lost or misplace articles. It is very upsetting when people respond in a way that does not validate our feelings.

- Don't say, "I lose things all the time, too.", or "Why didn't you put it where it belongs?"
- Don't say, "It's not important anyway", or "You don't need it right now."
- Realize that it is important to me or I wouldn't be looking for it.
- Offer to help look for the items or help with reminders and establish a routine.
- Say, "We don't have a lot of time now, but I can help you later."
- Help us label cupboards and closets.

Advice to Avoid Getting Lost or Losing Things

- Go on walks with trusted friends and family members.
- Get to know staff at stores so they can assist you.
- Constantly use the same stores to help familiarize yourself with surroundings.
- Organize your time and belongs.
- Try to have a place for things and try to remember to put them there.
- Establish a routine.
- Do only one thing at a time.
- Write down what you have been asked to do or what you are planning to do.
- Use labels on cupboards and closets.
- Write out directions before you leave the house and reverse them to get home.



Our New Horace Friends!

Deb recently had a fabulous opportunity to speak for the Horace Seniors which was so encouraging, they were so attentive and gracious! And not only that, they were also incredibly GENEROUS! They gifted Memory Cafe with a \$100 donation and this gorgeous quilt to be auctioned off during our Silent Auction on June 6th! Thank you Horace for your kindness, thoughtfulness, and beautiful generosity!

MEMORY CAFE

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www.MemoryCafeRRV.org

hello@memorycaferrv.org



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