



Hanging out at the Zoo!

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IN APPRECIATION FOR MEMORY CAFE

By DR. PAUL DOVRE



Paul and Mardy

In the past two years Mardy and I have made many new friends thanks to Memory Cafe. I have learned that one of them, John, is a natural artist, that Tim and Joy are quality musicians, that Steve and Linda are better than average humorists, that Leonard and Carol are lively dancers---and the list goes on for there are people of many talents gathered here. (Con't on p. 7)

Hi Memory Cafe!

I officially returned from maternity leave on June 24th! We are now a family of 4. We are blessed with two boys, Griffin and Jayce (our newest little love). While it was tough to leave Jayce for his first day of daycare, it was so great to see familiar faces and new faces on my first day back. I also missed some faces as there have been some changes for some of our friends; some whom we have lost and some who have had changes in their disease resulting in it becoming too difficult to attend Memory Cafe programs. I have been thinking of you all.

On my first days back, I heard the word “**gratitude**” come up a few times. You may notice, on my wrist I wear a bracelet that has the word “gratitude”. I was given this bracelet by a good friend's Dad who passed away in 2023 from Lung Cancer. After he received his diagnosis of cancer, he started his journey of practicing gratitude. He found practicing gratitude to be so beneficial for him that he wanted to share this practice with others by making bracelets.

When we are impacted by dementia or another form of memory loss, our days can be filled with ups and downs. Practicing gratitude can be a simple practice to incorporate into our daily routine to help improve our mental and physical health. Per Mayo Health, “studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease.”



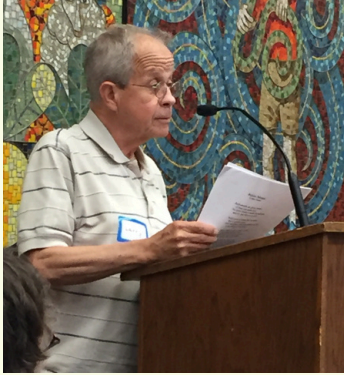
(Bracelets Jim Jeske made for guests of his daughter, Hannah's wedding in 2022)

With gratitude,

Maggie

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

The Friend by Larry Nelson



We walk in the sand this day
Remembering the love we have
for a friend
And noting his quietness ahead
on the path
The pace is slow
As he prepares to pause and
To look back – are they still
on the trail?

Soon time has passed
Now we walk together
There are smiles
There is rest
And we say thanks for
the treasure it is
To have and be a friend.

Small as this short moment is
Only we know how sweet it is
When Grace comes
with a friend

Deb's note - Larry (Gail) Nelson faithfully attended Memory Cafe for several years prior to Larry's death in 2022. This photo of Larry was taken as he read his poem, The Friend written one afternoon during a Memory Cafe poetry session. It remains one of my favorite poems. Gail continues to attend our events on occasion and volunteers as her busy schedule allows.



"STILL HERE, STILL ME"

Voices of Those Living With Memory Loss

By Jarem Sawatsky, Dancing With Elephants (excerpted)
Remembering Forgetting is OK



One day I lost my wallet--three times! Each time, I retraced my steps to try to find it. I found it once in the Safeway parking lot. I must have looked like I was searching for a bomb as I ran around the parking lot looking under cars.

I am also good at losing iPhones. I think I've lost my phone three times now, although not all on the same day. I'm learning this is a good way to meet the neighbors. One time, a woman said she found my phone right in the middle of the street. One time, I lost it with the battery dead. After a couple days, I used my "find my iPhone" that had been charged by the storeowners that found it. Each time, it has been returned to me in perfect condition. Oh, yeah, there was the time I left it in the rain. That one died. Now our family rule is that I get the oldest hand-me-down phone we have.

I'm not bragging. I am just trying to show that remembering is an hourly activity for me. Sometimes I succeed. Sometimes I don't. Before I was sick with Huntington's, losing my wallet would upset me and throw me for a loop. But with Huntington's my view has changed. Now, instead of going into a rage, I get to meet friendly neighbors!

At some stage, my forgetting could endanger my health or the health of those around me. At that point, I still think forgetting will be okay but I will need to trust my community of caregivers when they say it is time to make different living arrangements. I've recorded this hope in this book so in the event I forget, please just show me this page!

If I am going to have to work through anger, frustration, and anxiety every time I forget something, I will have no time to do anything else. I do not want my days to be filled with anger.

When I do forget, most of the time I'm going to be kind to myself. I can smile and say there is more of that to come, When others forget things, I tell them we are part of the same club.

FOR OUR HEALTH: THE NEXUS OF WELL-BEING AND ART

Anne Labovitz, Artist



The Nexus of Well-Being and Art is a new body of work by noted international and Minnesota-based artist Anne Labovitz. The exhibition includes painting, sculpture, installation, and public participatory works created specifically for the Rochester Art Center. These artworks are an examination and experimentation with light and color, and are underpinned by the concept of art connecting to well-being. Each work reflects extensive research and interviews with health professionals and is manifested through the materiality, intense mark-making, abstracted text, and precise and intuitive color selection.

The interconnection of health and art provides space for creativity and the opportunity for us to consider ideas of wellness and emotive responses. The artist assembled the exhibition to be an active place for creativity, contemplation and conversation. Light, words, voices and text become mediums in the work. Key words gleaned from the research and interviews include:

Hope	Connection
Love	Community
Rest	Purpose
Resilience	Peace
Wellness	Calm

For decades, Labovitz has examined and engaged with the importance of human connection and its visual representations. Themes of connection, seeing one and other, community building, and relational exchange have been the driving force of her art practice. For Labovitz, color is a language, transforming the space in which it is viewed. "As an artist, I alter the atmosphere in a site. Creating a deep transformation of space, which then can change the way the visitor feels."

NO ACT OF LOVE IS EVER WASTED

Jane Marie Thibault, PhD & Richard L. Morgan, PhD

"The more we are with our loved ones the more we realize there is a spiritual dimension we can reach, and likewise, they can touch us."

JUST FOR LAUGHS!

Content Provided by
Steve Froslic and Friends!



Steve and his lovely wife, Linda

An old man is on his deathbed. He becomes vaguely aware of the aroma of chocolate chip cookies. The smell becomes so strong that the man, in his delirium, says to himself, "If it's the last thing I do, I must have one of those cookies!"

Summoning all his strength, the man flings himself off the bed and pulls himself along the floor and into the kitchen. There, on the table above him, is a plate of fresh cookies. With one withered, shaking hand, he reaches for a cookie, only to be smacked by a spatula.

"Those are for the funeral!" his wife snaps.

I used to have long hair, take acid and go to hip joints. Now I long for hair, take antacid and need a new hip joint.

I was walking in the park and this guy waved at me. Then he said, 'Sorry, I thought you were someone else.' I said, 'I am.'

A teenager told her friend, "For the prom, I'm renting a limo, spending \$500 on a dress and having a makeup artist do my hair." A teacher listening nearby exclaimed, "That's more than I spent for my wedding!" The girl replied, 'Yeah, well, you can get married three or four times, but a prom is a once in a lifetime experience.'

Two passengers on a ship are talking. "Can you swim?" asks one. "No," says the other, "but I can shout for help in nine languages."

St. Peter halted a man at the entrance to heaven. "You've told too many lies to be permitted here," he said. "Have a heart," replied the man. "Remember, you were once a fisherman yourself."

QUOTE OF THE DAY

"What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment."

~Victor E. Frankl



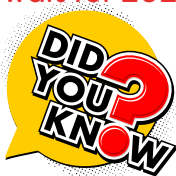
Redefining Memory Loss Conference 2024

Double the attendance! Double the learning! Double the impact!

Thank you to each of our sponsors and a special shout out to Bell Bank for your CHAMPION LEVEL SPONSORSHIP AND DAKOTA PAPER CO FOR YOUR ADVOCATE LEVEL SPONSORSHIP! Thank you to ALL of our sponsors, vendors, raffle sponsors and everyone who recruited their 'Table of Six' to attend this vitally important annual community event! We can't wait for 2025!

Facts

Attendance - 352
Tables of Six - 28
Tables of Eight - 4
Sponsors - 18
Vendors - 31



Impact

"The eighteen team members who attended the conference loved it!! They all came back with notes, and ideas, and ways they were going to work differently. It was so fun to see them excited to try new ways. We spent yesterday adding new interventions to care plans talking and with residents, it was great!" ~ Carmon Escobar, Executive Director, River Pointe Senior Living





JULY MEETING SCHEDULE

Questions? Call 701-404-6712

MONDAY SCHEDULE

Meet at Bethel Church (2702 30TH Ave S. Fargo)
Monday Schedule:

9:00-11:00 am - Coffee and Conversation Groups *The Gathering* Support Group for men and women recently diagnosed with Mild Cognitive Impairment or early stages of neurocognitive impairment. Separate caregiver support groups for men and women care partners. Trained Memory Cafe volunteers engage with your loved one with entertaining activities in a separate room during these support groups. Free. No reservation required.

1:00 - 2:30 pm - Afternoon Programming:

- **1st** - Music Therapy with Deb McTaggart
- **8th** - Education - Hospice Care and Living Well at Home, HRRV; *Joyful Moments* with Val
- **15th** - Creative Therapies with Kristen Young
- **22nd - 11:30 - 1:30** - Dine and Dance, Moorhead American Legion. 303 30th St. N. Moorhead
- **29th** - Game Day! Bingo and card games!

SING FROM YOUR HEART SUMMER SING

Thursday July 11, 1pm - 2pm (Social time 2:00-2:30pm)
WHERE: Bethlehem Lutheran Church (613 16th Street South, Fargo)

YOUNG ONSET DEMENTIA SUPPORT

Newcomers and their loved ones warmly welcome!
Monday, July 22nd, 6:30 - 8 pm
Speaker: Maggie Ness, new Executive Director of MC!
Linger, Laugh and Learn Center
1122 1st Ave N. Fargo. Use west entrance on 12th St.

'DINE AND DANCE'

Monday, July 22nd, 11:30 - 1:30 pm
Moorhead American Legion
303 30th St N. Moorhead
Musician - Fan favorite, DJ Duster!

Celebrating our Freedom July 3rd

Join us as we celebrate our nation's freedom and honor the veterans who secure those freedoms! Deb McTaggart will lead a patriotic Singalong and Dan Cushing will lead a time of sharing and testimonies.



**Hope Lutheran Church,
South campus
Wed. July 3rd, 1-2:30pm**

WEDNESDAY SCHEDULE

All meetings are 1-2:30pm at the specified locations
Wednesday Schedule:

3rd - Celebrating our Veterans and Freedom. Testimonies and patriotic music sing-a-long. Hope Church, South campus

10th - Dakota Brass Music in the Park! Urban Plains Park Shelter B. 3020 51st St. S. Fargo

17th - Meet and Greet Local Resources from ND and MN Aging and Disability Resource LINK. Hope Church, South campus

24th - Caregiver Cafe, Call 701-404-6712 for details
Laugh & Learn Center, 1122 1st Ave N, Fargo

31st - 5th Wednesday, No Program Today

VOLUNTEER MEETING AND TRAINING

July 9th, 1 - 2:30 pm - **Grief in the Workplace** led by Kriston Wenzel, LSW, Bereavement Counselor. Hope Lutheran Church, South. All volunteers and MC participants welcome.

'THE GATHERING'

We are very pleased to announce we have started a new support group for men and women recently diagnosed with early stage memory loss

caused by any neurocognitive health condition including Mild Cognitive Impairment, Alzheimer's disease and Parkinson's disease. There is a separate support group for family members.

Mondays, 9-11 am Bethel church

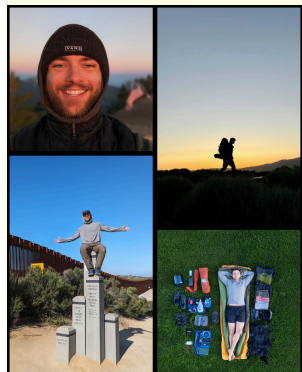


June meeting of the Young Onset Dementia Support group with guest speakers Paul Campbell and Cathie Bishop.



SAMSON HAGEMAN - RAISING FUNDS FOR MEMORY CAFE!

(Grandson of Bill and Sharon Lipp)



Grandpa Bill and Sharon

Hello, my name is Samson Hageman, and I am an adventure-seeking 22-year-old. My goal for the first five years of my 20s is to explore and experience as many different parts of life as possible. In the last couple of years, I have worked at a ski resort in Colorado, traveled to El Salvador and Mexico, worked as a forestry technician in Montana, and solo-traveled through Argentina, Peru, Chile, and Antarctica. I am currently hiking the Pacific Crest Trail, a 2,653-mile trail that runs from Mexico to Canada.

I have dedicated my hike to my Grandpa Bill, who was diagnosed with dementia over a year ago. My goal is to raise one dollar for every mile I walk, with a large portion of the funds going to Memory Cafe. I chose Memory Cafe because of the support they have provided to my grandparents. They offer programming and a community that makes all the difference for my grandparents, giving them opportunities to socialize and share the difficult journey with people in similar situations.

Feel free to follow along and support me on my journey through social media. I'll set up a GoFundMe account soon.

Instagram: @hagz11

Facebook: Samson Hageman

Thank you Noridian!

noridian
Healthcare Solutions

We were THRILLED to learn that Noridian's Employee's Committee chose Memory Cafe to receive funds donated at a recent Charity Softball game against their sister company BCBS of ND! Thank you, Brittany Finn for nominating us, thank you to each employee who contributed to this fund, and thank you Noridian for matching the funds raised at the corporate level!

We are so grateful!!!



REMEMBERING OUR FRIEND, JANINE

Thank you 



Most of you readers are already aware but for those who do not receive our email updates it is with a sad heart that I inform you that our dear friend and long-time volunteer, Janine Stene passed away unexpectedly on June 15th from complications from several heart procedures over the past several months. She passed away at Abbott Northwestern hospital in Minneapolis with her devoted husband, Jerry and her family by her side.

As many of you know, Janine and Jerry have been very generous over the years sharing their time and artistic talents by volunteering together at Memory Cafe on Monday afternoons. For many of you, this wood-burning event was a highlight of your month and you now possess many beautiful wooden coasters, rosary/gift boxes, and seasonal ornaments to pass along to your children and grandchildren. Janine was also one of our lead volunteers for our annual fleece blanket project and often the first to sign up for additional opportunities to volunteer with Memory Cafe as her busy schedule allowed.

We will miss Janine's laugh, kind generosity, and gentle presence so very much but we give thanks for the many opportunities we had to learn from her and be encouraged by her frequent smiles, cheerfulness and acts of kindness.

Thank you FM Area Foundation!



We are incredibly grateful for the ongoing GENEROUS support we receive from our dear friends at the FM Area Foundation! We just learned that our grant application was approved, and we were awarded a grant in the amount of (\$12,000)! The FM Area Foundation is dedicated to promoting and investing in initiatives that have a positive and lasting impact on our community. Thank you so much FM Area Foundation for your belief in our mission and your generous support which allows us to bring it to life!



IN APPRECIATION FOR MEMORY CAFE (CON'T FROM P. 1)

By Dr. Paul Dovre

Memory Cafe is a place of welcome where, like the Cheers bar, everyone knows your name, where hugs are accepted, where one's previous station in life is irrelevant, where there is no wrong in the room, and where one doesn't need to have all the answers.

Memory Cafe is a place of learning. We are all on journeys none of us anticipated or prepared for, that's why Memory Cafe is such an important resource to us. I have learned much about memories lost and memories saved, about mindfulness and hopefulness, about self-care and partner care, about guilt management and grace.

I especially appreciate that Memory Cafe is a place of sharing where inhibitions give way to honesty and candor, where suggestions come with grace, where stories of hope and miracles are celebrated, where there is no blame gaming or shaming, where the goodness of living is front and center.

Memory Cafe is a place of grace. I don't have all the answers, I'm often not able to provide the care that's needed, I get anxious and downhearted. But this is a community that understands the present in terms of the ultimate which makes this a community of hope and possibility. Volunteers, sponsors, board members, and staff—we salute you this day with grateful hearts.

Deb's note - Dr. Dovre's comments were offered to attendees at our recent RML conference on June 3rd.

GRIEF AND LOSS TRAINING

Tuesday, July 9th 1 - 2:30 pm
Hope Lutheran Church, South campus

Facilitator, Kriston Wenzel, LBSW

What is Grief? Grief is the deep sadness caused by a loss.

What is Sorrow? Sorrow is mental suffering, anguish – the internal works of grief.

What is mourning? Mourning is the observable display of grief and sorrow.

With the recent passing of our devoted volunteers and dear friends Karen Beutler and Janine Stene, we're pleased to offer this high quality bereavement support to all volunteers and Memory Cafe participants.



SING FROM YOUR HEART CHORUS

BY DEB MCTAGGART



This is why we sing!

"Music isn't some frivolous pastime. For so many people, music is a lifeline. A lifeline for expression. A lifeline for connection. A lifeline for understanding. A lifeline for creativity. A lifeline for confidence. A lifeline for friendship. The value of music cannot be overstated."

Vaughn Fleishfresser, Music Educator

YOU ARE INVITED!

WHAT: A Summer Sing!

WHEN: Thursday July 11, 1pm - 2pm (Social time 2:00-2:30pm)

WHERE: Bethlehem Lutheran Church (613 16th Street South, Fargo)

This will be a fun hour of singing familiar songs with family, friends and neighbors and a terrific opportunity to connect or re-connect with the chorus. This gathering is FREE and we urge you to join us and invite your friends and family!

'DINE AND DANCE' CELEBRITIES!

As usual, everyone who attended the June 'Dine and Dance' at the Moorhead American Legion had a blast! But little did we know that a local dance celebrity and ballroom dance instructor, Deb Ernst would show up to effortlessly glide us across the dance floor! And we had no idea how famous our fantastic musician, Tim Mosser was in this region! Who knows what surprises the July 'Dine and Dance' will bring!



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