



Memory Cafe of the Red River Valley

PEOPLE WHO ARE FORGETTING SHOULD NOT BE FORGOTTEN



October 2024



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WHY WE SUPPORT MEMORY CAFE

By Ann and Roger Olson



"During my (Ann) mom's journey with memory loss, Memory Cafe was a wonderful resource for our family. We were able to use and share some of what we learned and experienced through Memory Cafe with those who were providing her care. We've also benefited first hand from the resources Memory Cafe offers and seen the impact and important place it has in our community. We are delighted to support this wonderful organization!"

Hi Memory Cafe Friends,

Fall is officially here! Every September we roll out a new Fall and Winter program schedule. Before I share updates on our upcoming programming, I'd like to take a moment to reminisce on a few summer highlights from this year.

We kicked off summer with our 5th Annual Redefining Memory Loss Conference. What an incredible conference and turnout it was! It was a record breaking year for us at Memory Cafe with over 350 attendees and 30 vendors joining us to learn more about best practices in caring for someone living with dementia. It is absolutely incredible to think about the lives we touched through this one day of education.

We celebrated our incredible team of volunteers at our Volunteer Celebration Party! Our volunteers are truly the heart of Memory Cafe. Mayor Tim Mahoney joined us to share a very powerful message to our volunteers. Thank you to our participants who helped us host this event with our exceptional Memory Cafe hospitality.

We had a wonderful (and windy) friends and family day at Urban Plains Park. We welcomed children, grandchildren, great grandchildren, etc. of Memory Cafe participants to join us for a special afternoon to be together, listen to music, and meet animals from Harvest Hope Farm.

There are so many wonderful summer moments we had at Memory Cafe; I wish I had room to list them all. We are grateful for the people we were able to serve and the programs we were able to offer this summer.

We look forward to being with you all this fall and winter. We have officially released our fall and winter program schedule and are excited for the programming we will be offering! In the program schedule you will find opportunities for high-quality education, intergenerational connections, our annual community service project, musical entertainment, a day to celebrate our caregivers, and much more! Please grab an updated program schedule at the next Memory Cafe event or check out our website for updates.

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.

LET FALL COME

Submitted by Jean Anderson



Quiet lake front,
Empty beaches,
Gentle ripples,
Silent trees.

Nothing moves
But the subtle waves
And the tender air
Against my hair.

Remember summer
When this peaceful place
Was throbbing with children,
Resounding with joy?

It hurts none that
The colors have gone.
Now shades of brown,
Gently drifting down,

Will save the scene
For next year's green
And the return of more
to the lake's wide shore.

~Charlotte Cox

MEANING (Excerpted)

By Joan Chittister, The Gift of Years,
Growing Older Gracefully



"A blessing of these years is that we can come to understand that it is the quality of what we think and say that makes us valuable members of society, not how fast or busy we are."

STILL HERE, STILL ME

Voices of Those Living With Memory Loss
By Kate Swaffer

The Loneliness of Dementia By Kate Swaffer

Only a person with dementia truly understands...
That speaking or getting dressed to go out is like a major exam
What running on less than empty really feels like
The fear and guilt felt due to dependence
The sadness and grief of those things we can no longer do
Or the memories we can no longer recall
Only a person with dementia
Understands the loneliness of dementia.



Kate Swaffer © 2017

Image source: Jacinta Lynch © 2017

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RECIPROCATED LOVE (EXCERPTED)

By Priyamvada Muddapur, Health-Care Professional
LOVE, LOSS, AND LAUGHTER: SEEING ALZHEIMER'S
DIFFERENTLY BY CATHY GREENBLAT, PHD



Deb's dad, son, and daughter

With dementia, you lose parts of the brain of a person's capacities bit by bit. But there is so much life left and it is up to us to cash in on it. I see some of my clients who lead successful lives-now throwing tantrums when eating or insisting on doing an activity over and over again, or asking questions repeatedly. But I also find that they are often nonjudgmental, loving, caring, and as pure as snow. They reciprocate love. They are perfect sounding boards. They give back what you offer to them. No guru has taught me so much as they have taught me and I bless them. Being with them, I am reminded of the impermanence of life. I express my love to them every day.



FOR OUR HEALTH: ALCOHOL MISUSE AMONG PEOPLE WITH DEMENTIA AND CAREGIVERS

Submitted by Patti Senn, ED/Clinical Director,
Soul Solutions Recovery Center, Fargo.
soulsolutions.org



“As caregivers of individuals with memory problems, your role is essential—but it can also be incredibly stressful and demanding. One issue that often goes unnoticed is the impact of alcohol use on both those with cognitive decline and their caregivers.

Recent studies through the NIAAA (National Institute on Alcohol Abuse and Alcoholism) suggest that **2 - 10% of older adults** struggle with Alcohol Use Disorder (AUD). For individuals with memory problems, alcohol can worsen confusion, memory loss and mood instability. In some cases, early signs of dementia lead to increased alcohol consumption as a way to cope with one's anxiety, depression, fears, or frustration. Unfortunately, alcohol accelerates cognitive decline, creating a vicious cycle. In fact, chronic drinking can result in **alcohol-related dementia**, further complicating care.

Caregivers face their own challenges. Burnout, stress, and emotional exhaustion are common and 25-30% of caregivers report using alcohol or medication as a way to relieve their stress. While alcohol may seem like a quick solution for stress, it can lead to dependency and negatively affect your ability to provide care.

In our upcoming talk (October 14th from 9:30 - 10:10 at Bethel church), we will explore the signs of alcohol misuse in individuals living with memory issues and their caregivers. We'll discuss various resources that are available to you, and emphasize the importance of self-care. I hope you can join us to learn how you can support yourself and your loved one through healthier coping strategies.”

THE DANGERS OF ALCOHOL AND DEMENTIA: WARNING SIGNS AND RESOURCES A Special Presentation

Monday, October 14th, 9:30 - 10:10am. Bethel Church
Speaker - Patti Senn, Founder and Executive Director Of
Soul Solutions Recovery Center. Everyone welcome.

JUST FOR LAUGHS

STEVE FROSLIE AND FRIENDS



Steve and his lovely wife, Linda.

Wife: “Honey, did you notice I got a new toilet brush?”

Husband: “Yes, I did. But I still prefer the paper.”

What do you call a Minnesota Viking with a Super Bowl ring? A thief.

Bread is a lot like the sun. It rises in the yeast and sets in the waist.

What's the most unfair thing about American politics? We get fifty choices for Miss America but only two for President.

What's the difference between a Target Field hotdog and a Yankee Stadium hotdog? A: You can buy a Yankee Stadium hotdog in October.

I gotta stop saying, ‘How stupid can you be?’ I’m beginning to feel like people are taking it as a challenge.

If you want someone to listen, start the conversation by saying, “I really shouldn't tell you this...”

We don't agree with political jokes. We've seen too many get elected.

I met a microbiologist the other day. He was much bigger than I expected.

QUOTE OF THE DAY

“No amount of skillful invention can replace the essential element of imagination.”

~ Edward Hopper





Support Memory Cafe with your RMD this year! Here's how...

By Steve Nelson
Prairewood Wealth Management



Are you at least 70 1/2 years old with an IRA? QCDs are for you!

Individuals who are age 70 1/2 and older can direct up to \$105,000 per year, tax-free from their Individual Retirement Accounts (IRAs) directly to charities through Qualified Charitable Distributions (QCDs).

Individuals over age 73 who also have required minimum distributions (RMDs) can count their QCDs toward their RMDs. Individuals who are eligible to make QCDs, will often find that QCDs are an extremely efficient way to make their charitable gifts and support the causes they are passionate about, including Memory Café!

QCDs are charitable gifts made directly to the charity from an individual's traditional (pre-tax) IRA accounts. To be eligible, the individual making the gift must be at least 70 1/2 years old, and the gift must go directly from the IRA to the charity (i.e. the check cannot be made out to the account owner).

The benefit of QCDs for the taxpayer is that the distribution is excluded from their income. This is advantageous because it avoids all tax on the distribution which often would be difficult to achieve by taking the distribution personally and then making the gift to charity given most seniors do not itemize their deductions.

Contact Steve at steve@pw-wm.com or 701-234-0521 with questions or if you need help with this process.

LOOKING FOR A ENGAGING SPEAKER?



Maggie Ness, our fabulous new Executive Director is a terrific public speaker! Please get in touch with her if your church or service organization is needing inspiration and would like to learn more about the mission of Memory Cafe RRV!
Email:
maggie@memorycaferrv.org or call: 701-404-6712

TOGETHER SENIOR HEALTH

www.seniorhealth.com

Recommended by Dr. Rodney Swenson,
Neuropsychology Associates, Fargo



Together Senior Health is a brain health company delivering evidence-based solutions to improve quality of life and health outcomes for individuals with Alzheimer's, dementia, and cognitive decline. Founded by brain science researchers and business leaders, Together Senior Health's integrated solution combines over a decade of clinical evidence, real-world user experience, and engaging, community-based programming. The company partners with risk-bearing healthcare organizations to provide tailored solutions and deliver impact.

Together Senior Health built its products on a foundation of world-class clinical research in collaboration with leading institutions like the National Institutes of Health (NIH) and the University of California, San Francisco (Our clinical trial demonstrated that Moving Together™ improves quality of life and reduces falls for people with dementia and reduces stress for caregivers. These robust research results provide scientific evidence to support what our participants have been telling us for years—that Moving Together helps them feel better physically, socially, and emotionally).

To learn more, visit togetherseniorhealth.com.

Tools and Strategies to Improve Memory

Submitted by Janet Grove, MS, CCC-SLP, CBIS, ADHD-RSP, Progressive Therapy Associates



- Planner/calendar/notebook/diary or other consistent planning tool/visual cuing/Alexa
- Checklist (Hanging on the door, things I need when I go to.....). Write it down. Be organized.
- Memory strategies/tools require practice and lots of repetition. Medication dispenser or reminder as an example.
- Decrease distractions. The sensory load in an environment can be overstimulating. Reduce clutter.
- Therapeutic routines- predictability can help with supporting memory (Eat at the same times, bath day and time)
- Cuing strategies to support memory and strategies. Group things together and use the location to remind you. Habit stacking such as putting your medication box by your coffee cup in the morning. (see p. 7)
- Time-Energy management- being rushed or stressed adds to confusion. Fatigue worsens presentation of cognitive skills and emotional control too.
- Use timers, cell phones or calendar clocks that display the time, date and day of the week.



OCTOBER MEETING SCHEDULE

ALL MEMORY CAFE GATHERINGS ARE FREE!

NO RESERVATIONS OR DOCTOR'S ORDERS ARE REQUIRED!
NEWCOMERS ARE ALWAYS WELCOME!

MONDAY SCHEDULE

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

9:00 - 11:00 am - Coffee and Conversation Groups

Separate caregiver support groups for men and women care partners. **NOTE: trained volunteers engage with your loved one in a separate room during these support groups.**

The Gathering: A support group for men and women experiencing early stages of memory changes caused by aging or any medical reason.

Special Monday morning programs this month:

Oct. 7th - Intergenerational Christmas Ornament Project with Ed Clapp students and the Plains Art Museum (for participants who attend Maria's morning group).

Oct. 14th - 9:35 - 10:10 - Alcohol use/abuse among dementia caregivers and those living with dementia (for the men's and women's caregiver groups). Speaker: Patti Senn, Soul Solutions Recovery Center.

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

- **7th - Music, Memories and Musings** with Deb McTaggart, Music Therapist
- **14th - Education** - Fighting Scams that Prey on Seniors, Pam Strait, Fargo Library; Wood burning with Jerry Stene (welcome back, Jerry!!); and Joyful Moments with Val
- **21st - Creative Therapies** with Kristen Young
- **28th - 11:30 - 1:30** - Halloween Dine and Dance with Tim Mosser, Moorhead American Legion, 303 30th St. N. Moorhead. Wear your costume!

'DINE AND DANCE' WITH TIM MOSSER

Monday, Oct. 28th, 11:30 - 1:30 pm

Moorhead American Legion

303 30th St N. Moorhead, Musician, Tim Mosser

SING FROM YOUR HEART CHORUS

Thursdays, 1pm - 3pm (Social time 2:00-2:30pm)

Bethlehem Lutheran Church

613 16th Street South, Fargo

WEDNESDAY SCHEDULE

All meetings are held from 1 - 2:30pm at various locations as noted:

2nd - **Dementia Variants and Why it Matters**, Dr. Bess Martin, PhD Neuropsychologist, Essentia Health. Hope Lutheran church, South campus.

9th - **Teepa Snow GEMS Stages of Dementia**, Arlene Correia, Hospice of the Red River Valley. Hjemkomst Center, Moorhead.

16th - **Bring and Brag!** Bring your favorite memorabilia or craft item, story, poem, memories, joke, or recipe! Hope Lutheran church, South campus

23rd - 9:30 - 11am - Moving Ahead: Life After Loss Support Group* For widows/widowers who have lost loved ones from dementia.

23rd - 1 - 2:30 pm - Caregiver Cafe Caregiver Support Group*

*Both support groups meet at the Linger Laugh & Learn Center, 1122 1st Ave N, Fargo. Call 701-404-6712 for additional details.

30th - 5th Wednesday of the month - no programming

MOVING AHEAD: LIFE AFTER LOSS SUPPORT GROUP

For widows/widowers who have lost their loved ones from dementia. See listing above for meeting time and location.

VOLUNTEER MEETING AND EDUCATION

Tuesday, Oct. 8th, 1 - 2:30pm, LLL Center

Education - Helpful Nuggets for Engaging Individuals Living With Dementia, Arlene Correia, Certified Teepa Snow trainer

YOUNG ONSET DEMENTIA SUPPORT GROUP

Monday, Oct. 28th, 6:00 - 7:30 pm

Pizza will be served!

1122 1st Ave N. Fargo. Use west entrance on 12th St.

'THE GATHERING' SUPPORT GROUP

New support group for men and women who are experiencing early stages of memory loss caused by aging or any medical reason. No diagnosis of dementia or any neuro-degenerative condition necessary. Every Monday, 9-11am, Bethel church. No reservations necessary.



SING FROM YOUR HEART CHORUS

By Deb McTaggart, Director



"There's something truly magical about music. The power it has to speak to every emotion is unparalleled. The power it has to energize and comfort is absolutely indispensable. The power music has to make life more bearable is truly life-saving. Music adds something very special to life." Vaughan Fleischfresser

This is why we sing...not only to experience the power of music, but also the joy of singing in community! There are over 60 dementia-friendly choruses across the country that are positively impacting individual lives and communities. These choruses are changing the often negative narrative of what it is to live with dementia. Sing From Your Heart is making a difference through music!

The chorus began its third season in August and we have grown to nearly 30 singers! We've been gathering weekly to rehearse for our fall concert, Thanks-Singing! The concert will be held at Bethlehem Lutheran Church at 1:00pm on Saturday, November 16th. Mark your calendar!

For more information about the chorus, visit our website. singfromyourheartchorus.org

MEMORY CAFE NATIONAL DIRECTORY

Did you know there are hundreds of Memory Cafes around the WORLD? And did you know none of them are affiliated with each other or connected to any type of governing organization or board? Anyone can start a Memory Cafe and structure it the way they believe it will work best for their local community. Most cafes meet once a month for coffee and education; some meet weekly. Memory Cafe of the Red River Valley has taken our local MC to new heights by meeting three times every week, sponsoring 15 support groups every month and hosting a large regional annual conference every spring! Wow!

If you would like information on other Memory Cafes around the country visit: memorycafedirectory.com

REDUCING SELF CRITICISM (Excerpted)

By Angela Haupt

June 9, 2023. Time.com



There are two broad types of self-criticism, notes Lakeasha Sullivan, a clinical psychologist based in Atlanta. Some of these thoughts are first-person "I statements," like: "I'm so lazy." Others use second-person language: "You didn't go to the gym all week." The latter tend to be particularly insidious. "Our brains process those thoughts as if someone in a position of authority is talking to us," she says. "They know all our flaws, and they pretend like they can predict the future." Here are 9 tools to overcome critical self-talk:

1. Investigate the origins. The first step to thwarting self-criticism is understanding where the thoughts originated, says Tiffany Green, a psychotherapist in Chicago. When her clients say negative things about themselves, she often asks them, "Where did this come from? Who was the first person you heard say this about you?"
2. Change the language around it. We are not our thoughts—we're people who access those thoughts. That language helps create powerful distance. For example, we can respond to a hurtful thought by saying, "My inner critic says I'm lazy," vs. "I'm being lazy." "We can talk back to the critic. We can ignore the critic. We can see if there's something there that's valuable from the critic, instead of it as some kind of self-condemnation."
3. Set up a self-criticism jar. "Every time you catch yourself engaging in a critical thought, throw a coin or piece of paper into a jar. Green recommends displaying it somewhere that's ultra-visible.
4. Enlist support. A trusted confidante can help you notice patterns that otherwise wouldn't have been on your radar.
5. Practice Loving-kindness mindfulness. Research suggests that a type of mindfulness called loving-kindness meditation can improve emotional well-being. It can also help change up your self-talk.
6. Try a breathing exercise. Simply say "inhale, my friend" as you breathe in, and "exhale, my friend" as you breathe out. Notice the feeling of breathing in, and referring to yourself as a friend.
7. Celebrate your wins. Every night before you go to bed, write down 10 things you did that day that benefited you, somebody else, or the world at large. "No item is too small. You texted your friend, you got out of bed, you took your vitamin," she notes. "It generates this sense in your brain, like, 'I am doing these good things.'" That can be a powerful antidote to self-criticism: and the all-too-familiar feeling that you didn't get enough done that day. (Con't p. 7)



REDUCING SELF CRITICISM (CON'T)

8. Correcting negative thoughts isn't easy, and it doesn't happen overnight. Green suggests first countering them with neutral thoughts; you can work your way up to the positive ones later.

Imagine, for example, that you routinely criticize your hair. Instead of telling yourself it's lush and gorgeous, try this: "What if I'm wrong? What if my hair is fine?" That delivers you to a place where you can question the negative thought—and it's more realistic (and genuine) than forcing yourself to embrace a positive attitude.

9. Look for the (gentle) message. Self-criticism can sometimes contain important information and even prove helpful. You might, for instance, be hard on yourself for not keeping in good touch with your friends. "That's valuable information," she says. "I think it's ultimately coming from this place inside that does want to nourish your friendships." Or, if you're upset with yourself for not making it to the gym, that could signal a desire for a healthier lifestyle.

Shift how you talk to yourself, and reframe the message. Instead of "You suck at keeping in touch," try "This is really important to me. I wonder how I can make it happen more often."

TEN TINY CHANGES (EXCERPTED)

THE ARTIST'S WAY, BY JULIA CAMERON



List ten changes you'd like to make for yourself, from the significant to the small or vice versa ("get new sheets so I have another set, go to China, paint my kitchen, dump my friend Alice"). When we focus on the present moment and pay more attention to our current lives, a small change like a newly painted bathroom can yield a luxuriously large sense of self-care.

Here is how to do it:

1. Make a list of the tiny changes you would like to make.

- I would like to _____
- I would like to _____
- _____

2. Select one of the small changes you'd like to make and make it a goal for this week.

3. Do it.

Habit Stacking (Excerpted)

Jamesclear.com

When it comes to building new habits, you can use the connectedness of behavior to your advantage. One of the best ways to build a new habit is to identify a current habit you already do each day and then stack your new behavior on top. This is called habit stacking.

Habit stacking is a special form of an implementation intention. Rather than pairing your new habit with a particular time and location, you pair it with a current habit. This method, which was created by BJ Fogg as part of his Tiny Habits program, can be used to design an obvious cue for nearly any habit.

For example:

- After I pour my cup of coffee each morning, I will meditate for one minute.
- After I take off my work shoes, I will immediately change into my workout clothes.
- After I sit down to dinner, I will say one thing I'm grateful for that happened today.

Again, the reason habit stacking works so well is that your current habits are already built into your brain. By linking your new habits to a cycle that is already built into your brain, you make it more likely that you'll stick to the new behavior.

Once you have mastered this basic structure, you can begin to create larger stacks by chaining small habits together. This allows you to take advantage of the natural momentum that comes from one behavior leading into the next.

Your morning routine habit stack might look like this:

1. After I pour my morning cup of coffee, I will meditate for sixty seconds.
2. After I meditate for sixty seconds, I will write my to-do list for the day.
3. After I write my to-do for the day, I will immediately begin my first task.

Once you get comfortable with this approach, you can develop general habit stacks to guide you whenever the situation is appropriate:

1. When I see a set of stairs, I will take them instead of using the elevator.
2. When I want to buy something over \$100, I will wait 24 hours before purchasing.
3. Healthy eating. When I serve myself a meal, I will always put veggies on my plate first.
4. When I buy a new item, I will give something away. ("One in, one out.")

CONTACT US: MEMORY CAFE RRV

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hello@memorycaferrv.org

Memory Cafe of the Red River Valley

memorycafe_rrv



Thanks to everyone who joined us at
the Walk to End Alzheimer's last
month! It was GREAT!

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