



Memory Cafe of the Red River Valley

PEOPLE WHO ARE FORGETTING SHOULD NOT BE FORGOTTEN

March 2025



MARCH

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ATTENTION MEN!

By Deacon Bruce Dahl, M.D.

Memory Cafe was very helpful at the time I was caring for my wife at home with Alzheimer's Disease. We would go Monday mornings and my wife would meet with the volunteers and the women with dementia and I would meet with the men who were the caregivers for their spouses with dementia.



I am very grateful to Deb and Kim Kaul and for the wonderful, caring volunteers at Memory Cafe for the support and help in knowing how to best manage care for my wife with dementia. I highly recommend getting involved in the programs Memory Cafe offers for support to those dealing with dementia.

It was very helpful to learn from others and share our experiences of caring for someone with dementia. My wife and I both enjoyed our Monday mornings with the Memory Care team. I wish that I had started to attend Memory Cafe earlier in the course of my wife's dementia.

Hi Memory Cafe Friends,

Thank you for your generosity on Giving Hearts Day to Memory Cafe of the Red River Valley. We had an incredible day and were blown away by the support we received to help us continue to fulfill our mission. It is hard to put into words how grateful we are for the way our community supports Memory Cafe; through financial gifts, donating goods, and donating your time through volunteering, we are grateful.

One thing we have been working on behind the scenes at Memory Cafe of the Red River Valley is creating a new position! You may have seen, we recently posted that we are searching for a full-time Program Manager. Through strategic planning processes and board discussions, we believe hiring a Program Manager will help us continue to enhance and grow programming available at Memory Cafe.

We look forward to interviewing and finding the best fit for our Program Manager position.

If you know someone interested in this position, encourage them to visit the job posting on Indeed. Or have them connect with Maggie at maggie@memorycaferry.org.

Again, we sincerely appreciate our community's support to allow us to serve the memory loss community well.

With gratitude,

Maggie Ness

Bison Football Friends!



We had an awesome time interacting with members of the Bison football team who came to exercise with us and participate in our Men's group last month! Some of their comments:

- "Everyone is so joyful and excited to work out!" Owen Johnson
- "Great workout with great people! Very rewarding experience." Bryce Lance
- "Awesome workout with even better people!" Jack Iuliano
- "Great working and getting to know these people! Love it here!" Donovan Woolen
- "Very welcoming and everyone is so friendly!" Noah Stommes
- "I had an amazing experience with such a wonderful group!" William Frattalone

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 Peace of Wild Things

By Wendell Berry



When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives
may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great
heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still
water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am
free.

STILL HERE, STILL ME

Voices of Those Living With Memory Loss

**Walking the Urban Pilgrimage (Exerpted) Dancing With
Elephants by Jarem Sawatsky**

One of the big elephants in my life is Huntington's disease. It's an incurable, genetic, progressive, fatal brain disease. It is kind of a combination of Parkinson's Alzheimer's and Schizophrenia.

I've never really known life without Huntington's disease lurking in the corner. It is a slow train wreck of a disease, sometimes lasting up to 25 years from first symptoms to death.



When I first went on long-term disability, I started walking. I had in mind the voice of a Buddhist nun whom I had met earlier. I asked what she thought was the most important mindfulness practice for non-Buddhists. To my surprise, she responded immediately, "Walking Meditation." So, I walked. But the question of where to walk arose. What if I walked every street in Winnipeg (our home), to see how my neighbors lived? What if I walked this an an urban pilgrimage? Could I learn to walk as if each place was a sacred pilgrimage?

I bought a city map, a highlighter, and some refillable water bottles. At some points, I felt like failure for not meeting my goal for walking every street in Winnipeg. But now my focus is less on covering every part of the city and more on simply taking each step in gratitude for life. This is a happiness project.

This was a beautiful time for me and I highly recommend you set up your own approach for doing a pilgrimage where you are.

DEMENIA ACTION ALLIANCE (www.daanow.org)

VIRTUAL DISCUSSIONS

To register: email DAA at virtualprograms@daanow.org



WEEKLY GROUPS:

MONTHLY GROUPS:

1. Caring Connections

An open discussion hosted by individuals living with dementia or MCI. Monthly on 2nd Wednesday at 8 pm Eastern time.

2. Our Stories

Build friendships by sharing past and present life experiences of people living with dementia or MCI. Monthly on 2nd Wednesday at 4pm Eastern time.

3. Dementia Men

An open discussion, hosted by men living with dementia or MCI. Monthly on 3rd Thursday at 3pm Eastern time.

4. Dementia Women

An open discussion, hosted by women living with dementia or MCI. Monthly on 4th Thursday at 3pm Eastern time.

1. Drop in With DAA

An open discussion hosted by individuals living with dementia or MCI

Weekly on Tuesdays at 4:00 pm Eastern time.

2. Dementia Discussions

Specific topics discussion hosted by individuals living with dementia or MCI.

Weekly on Thursdays at 12:30pm Eastern time.

3. Faith Hope & Love

A non-denominational discussion about spirituality, hosted by individuals living with dementia or MCI.

Weekly on Fridays at 12:30pm Eastern Time.



FOR OUR HEALTH

“Forgiveness: Letting Go of Grudges and Bitterness” (Excerpted)

Healthy Lifestyle: Adult Health, Nov 11, 2014 Mayo Clinic Staff

ForGivE

What is forgiveness? Forgiveness means different things to different people. But in general, it involves an intentional decision to let go of resentment and anger.

The act that hurt or offended you might always be with you. But working on forgiveness can lessen that act's grip on you. It can help free you from the control of the person who harmed you. Sometimes, forgiveness might even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you. It also doesn't necessarily mean making up with the person who caused the harm. Forgiveness brings a kind of peace that allows you to focus on yourself and helps you go on with life.

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships.
- Improved mental health.
- Less anxiety, stress and hostility.
- Fewer symptoms of depression.
- Lower blood pressure.
- A stronger immune system.
- Improved heart health.
- Improved self-esteem.

What are the effects of holding a grudge?

If you struggle with finding forgiveness, you might:

- Bring anger and bitterness into new relationships and experiences.
- Become so wrapped up in the wrong that you can't enjoy the present.
- Become depressed, irritable or anxious.
- Feel at odds with your spiritual beliefs.
- Lose valuable and enriching connections with others.

Forgiveness is a commitment to change. It takes practice. To move toward forgiveness, you might:

- Identify what needs healing and who you want to forgive.
- Acknowledge your emotions about the harm done to you and recognize how they impact your behavior.
- Choose to forgive the person who's offended you.
- Release the control and power that the offending person and situation have had in your life.

JUST FOR LAUGHS

STEVE FROSLIE AND FRIENDS



Steve and his lovely wife, Linda.

“I really don't think I need buns of steel. I'd be happy with buns of cinnamon.”

-Ellen Degeneres

“My idea of exercise is a good brisk sit.”

-Phyllis Diller

“Exercise...the poor person's plastic surgery.”

-Unknown

What should you say to someone running a St. Paddy's Day marathon?

Irish you luck!

What did the leprechaun say when the football game ended? Game clover.

“Aerobics: a series of strenuous exercises which help convert fats, sugars, and starches into aches, pains, and cramps.”

-Unknown

“I believe the Good Lord gave us a finite number of heartbeats and I'm darned if I'm going to use up mine running up and down the street.” - Neil Armstrong

Time flies like an arrow.
Fruit flies like a banana.

A grenade thrown into a kitchen in France would result in Linoleum Blownapart.

Home is that warm feeling you get when you walk in the door and everyone ignores you.

QUOTE OF THE DAY

“Be joyful though you have considered all the facts.”

~Wendell Berry



BUILDING SKILLS AND COMMUNITY



ARE YOU A SAFE DRIVER?
Open to the General Public
Invite Your Neighbors and Friends!
Wednesday, March 5th 1-2:30
Hope Lutheran Church, South Campus

How will you know if you, your parent, or your loved one is still a safe driver? Is the fact that they've never had an accident adequate information? Or does the fact that they only drive on familiar roads to get to familiar places - like church or the grocery store, provide adequate reassurance that they are still a safe driver? Join us for this important community educational seminar with local experts who will equip us with current data and information regarding this consequential decision. Topics covered will include the medical assessment process, various driving test options, and pertinent insurance and legal issues.



Medical Requirements for Driving Safely
Dr. Lindsey Dahl,
Geriatrician



The Driving Evaluation Process
Joy Tandberg,
OTR/L,
DakMinn Driving



Insurance Liability Considerations
DJ Colter,
American Family Insurance



Civil Liability and Criminal Culpability Concerns
Kylee Carlin,
Attorney
SW&L Attorneys

ART AND CREATIVITY (Excerpted)

By Rachael Wonderlin with Geri M. Lotze
 Johns Hopkins University Press



People living with dementia do not quickly lose their ability to create music or art. Often, they just need a little bit of coaxing or a slightly modified activity to get started. Studies have shown that when caregivers and their loved ones work together on creative art projects, caregivers develop an increased awareness and understanding of their loved ones, as well as discovering an enjoyable activity they can share.

Telling someone with dementia to paint a picture is too complicated and open-ended. Instead, give them a specific object, such as a flower arrangement or the house they grew up in, to paint. This will engage long-term memories, helps facilitate conversation, and may even open up some interesting topics that you may not have known your loved one was able to talk about.

Other art projects to consider creating include:

- Walker bags using blank canvas bags and stamps, paints and/or markers.
- Gingerbread houses
- Bird feeders
- Flower Suncatchers
- Tape art



FEBRUARY
 13

Giving Hearts Day **500 DONORS!**

Thanks to over 500 generous friends, 2025 was another incredibly successful GHD for Memory Cafe! Thank you friends, donors, volunteers, board members, and DMF for your amazing support!

Special thanks to our new corporate donors this year:

Western State Bank (\$10,000)
 Goldmark Property Management (\$10,000)

Also, special thanks to our many major donations from families and friends, many of whom prefer to remain anonymous. Every donation, no matter how large or small allowed us to achieve this tremendous success!

**THANK YOU FOR SUPPORTING
 MEMORY CAFE OF THE RED RIVER VALLEY!**

CARE PARTNER OR CAREGIVER?

The term *care partner* acknowledges the reciprocal relationship that can continue to exist between a person with dementia and a spouse, partner or other relative.

The term *caregiver* better describes a role in which the caring responsibility moves to a place beyond partnering and includes more care giving.



MARCH 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 - 9:30 - Fitness and Friends with Coach Jake
9:30 - 11:00 am - Coffee and Conversation Groups
Separate caregiver support groups for men and women care partners with a monthly education session. NOTE: trained volunteers engage with your loved one in a separate room during these support groups.

March 17th - Morning Caregiver Education - ND Long-Term Care Ombudsman

The Gathering: A support group for men and women experiencing early stages of memory loss or other neurological changes from advancing age or other medical reasons.

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

March 3rd - Music, Memories, and Musings with Music Therapist, Deb McTaggart

March 10th - Education: Tips and Tricks to Downsizing Your Home, Joan Windus; Wood burning with Jerry and Joyful Moments with Val

March 17th - Creative Therapies with Kristen Young

March 24th - Dine and Dance with Tim Moser!

March 31st - Walking for Wellness, Taking Steps Towards Health

'DINE AND DANCE' WITH TIM MOSER!

March 24th, 11:30 - 1:30 at the Moorhead American Legion. 303 30th St. N. Moorhead. Non-dancers welcome!

'THE GATHERING' SUPPORT GROUP

Support group for individuals experiencing early stages of memory loss caused by aging or any medical reason. No diagnosis or reservation necessary. Every Monday, 9-11am, Bethel church.

WEDNESDAY SCHEDULE

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

5th - Driver Safety for Seniors Panel discussion with Dr. Lindsey Dahl, Sanford Health; Joy Tanberg, OTR/L, DakMn Driving; DJ Colter, DJ Colter Insurance; Kylee Carlin, Attorney, SW &L Attorneys - Hope Lutheran Church, South Campus

12th - St. Patty's Day Party - Bingo (with prizes!) and Music by Zippity Zingers. Hjemkomst Center, Moorhead.

19th - Pharmaceutical Safety for Seniors and Those Living with Dementia - Dr. Robert Olson, Hope Lutheran church, South Campus.

26th:

9:30 - 11am - Moving Ahead: Life After Loss Support Group.
1 - 2:30pm - Caregiver Cafe. Both groups meet at the Linger, Laugh and Learn Center, 1122 1st Ave N. Fargo

MOVING AHEAD: LIFE AFTER LOSS SUPPORT GROUP

For widows/widowers who have lost their loved one from dementia.

March 26th, 9:30-11am, Linger Laugh and Learn Center

VOLUNTEER MEETING AND EDUCATION

March 11th, 1 - 2:30PM

Linger, Laugh and Learn Center

Education - Dementia Action Alliance (daanow.org) podcast

YOUNG ONSET DEMENTIA SUPPORT GROUP

March 24th, 6 - 7:30 pm

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

Education - Advance Care Planning

WALKING FOR WELLNESS!

Monday, March 31st, 1 - 2:30pm

The Bethel Gym is reserved for a special event we are calling, "Walking For Wellness!" The idea is for us to get some exercise while we walk and talk together...a walk and talk party! Motivational music will be played while we walk laps around the gym, or perhaps shoot some hoops! All levels of walkers are welcome; chairs will be available around the perimeter. Corn hole and other large muscle games will also be available!





Sing From Your Heart

Making music with others provides a physical, emotional, social and spiritual lift. It doesn't matter what kind of day you had; the music and the ensemble lift each other to somewhere better, somewhere calmer, somewhere happier, somewhere healthier. Music is powerful." Vaughan Fleissfresher

"Singing in this chorus is so much fun!" A recent quote from a current Sing From Your Heart member.

This is why we sing!

If you are interested in the **Sing From Your Heart Chorus** but not sure what it's all about, you are welcomed to experience a rehearsal as a guest! The ability to read music or previous choral experience is not required. We believe everyone can sing from their heart! It's not too late to join!!

We gather for rehearsals at Bethlehem Lutheran Church (613 16th Street South, Fargo) on Thursdays from 1-2:30 followed by a social time.

For more information about the chorus, you can contact us via the following:

website: singfromyourheartchorus.org.

email: singfromyourhearchorus@gmail.com

phone: 701-369-0629

REMAINING STRENGTH: EMOTIONAL MEMORY (Excerpted)

Mayo Clinic on Alzheimer's Disease and other dementias

Everyone feels emotions, even without recalling what sparked them. The ability to experience and maintain emotions, as well as to accurately perceive others' emotions, remains intact for many people with dementia throughout the course of their disease. This is particularly true for people living with Alzheimer's dementia.

This offers an important lesson for care partners, friends and community members alike. People living with dementia may not remember your name, recognize your face or recall how they know you, but that doesn't change how much your visits and interactions matter.

Key takeaways:

- The emotion caused by an event may be remembered even if the even is forgotten. This relates to both positive and negative emotions.
- Everyone plays an important role in creating the emotional imprint left on someone with dementia.

CARE PARTNER CORNER

By Teryl Clausen, LSW (retired)

Care Partner Support

Group Facilitator

A cheerful heart is good medicine. Have you heard that before? It's found in the Bible in Proverbs 17:22.

Being cheerful includes laughter and I got to researching what is so healthy and good about laughter and this is what I found:



Teryl

Laughter actually causes physical changes in your body:

- It increases intake of oxygen, stimulates the heart, lungs and muscles, and increases the endorphins released by the brain which are the body's natural feel-good chemicals.
- It can help relax you when stressed (good belly laughs help the most).
- It can stimulate circulation and aid muscle relaxation.
- In the long run, it can improve your immune system, relieve pain, increase personal satisfaction and improve your mood.

So what can you do to get this medicine in you?

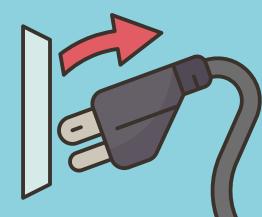
Gather up things that make you laugh-funny cards, good joke book, cartoons, etc and put them where you'll see them. If you have access to the internet, search for laughing babies and that will get you going. Reminisce about funny times you've had together. Look for the funny in the events of the day. You might be surprised at what you find if you look. Learn to laugh at your own imperfections (we all have them). A shared laugh can diffuse anger and conflict. Decide you'd rather laugh than cry. Avoid negative people and don't put yourself down.

Consider a good day as one in which you laughed. Experience the change in perspective it can bring. And share this medicine with someone else!

UNPLUGGED

"Almost everything will work again if you unplug it for a few minutes, including you."

-Anne Lamott



WINTER WEATHER CANCELLATIONS



Reminder: If **FARGO PUBLIC SCHOOLS** ARE CLOSED DUE TO INCLEMENT WEATHER, MEMORY CAFE WILL BE CLOSED.



VOLUNTEER SPOTLIGHT

By Val Mogard

After retiring from working at a long-term care facility three years ago, I decided to stay involved in working with senior citizens. I heard about Memory Café and decided to check it out. After learning everything they do for people dealing with Alzheimer's and dementia, I wanted to get involved.



I volunteer on Monday afternoons. It is such a joyful moment for me. I tend to dress in some fun leggings throughout the year and have a costume of some sort for every holiday. If I wear plain clothes, the clients do not recognize me!

I love to greet the participants with a big smile. I want to give the caregivers the comfort that their loved ones are safe. It is such a blessing when I share a moment with the caregivers on what we did and how their loved one participated in the activity that day.

I go home filled with smiles and love from all of those I work with at Memory Café!

FREE INCOME TAX ASSISTANCE

AARP and the IRS are once again sponsoring free income tax services to seniors and low and moderate income taxpayers of all ages.



Thursdays, 9 - 3pm, Hjemkomst Center

Mondays and Wednesdays, 9-3pm, Moorhead Public Library

Tuesdays, 10-4pm, Dr. James Carlson Library, Fargo

By appointment only! Call or text 701-355-6509

BRAIN HEALTH QUIZ

alzheimersresearch.uk.org

Your brain is the most complex thing in the universe. It's what makes you ... you.

Billions of cells working together to control your emotions, memories, movement and speech.

But many of us take our brains for granted.



Just as we can protect other areas of our health, we can take steps to keep our brains healthy and reduce our risk of developing dementia later in life.

Explore your brain healthy habits and discover how to look after your incredible brain with the Think Brain Health Check-in. Visit www.alzheimersresearch.uk.org to get started.

“WANDERING’ (Excerpted)

By Angela Lunde, MA, Mayo Clinic
RML Keynote speaker, June 3rd

Although the term ‘wandering’ is often used for people with dementia, the term suggests that there’s no purpose to the person’s walking, which is usually not the case. There is almost always a reason why someone with dementia wants to walk, pace or wander. Your loved one might be searching for an item, a person, or a location. Or it could be that the person is bored and wants to release some energy.



Some people living with dementia try to follow past routines, such as going to work or the grocery store. But they can get lost even in familiar places because dementia affects the parts of the brain important for visual guidance and navigation. Simply having a diagnosis of dementia doesn’t automatically mean that someone can’t cross the road safely or take a walk around the block. Some can, some can’t.

If you feel your loved one shouldn’t walk alone consider these suggestions:

- Provide supervision
- Install alarms and locks
- Camouflage doors
- Keep keys out of sight
- Ensure a safe return.
 - Have the person carry an identification card or wear a medical bracelet, and place labels in the person’s garments. Also, consider enrolling in the MedicAlert and Alzheimer’s Association safe-return program. For a fee, participants receive an identification bracelet, necklace or clothing tags and access to 24-hour support in case of an emergency. You might also have your loved one wear a GPS or other tracking device.

If your loved one tends to wander, search the immediate area for no more than 15 minutes and then contact local authorities and the safe-return program (if you are enrolled). The sooner you seek help, the sooner your loved one will likely be found.

SAVE THE DATE

REDEFINING MEMORY LOSS CONFERENCE

Tuesday, June 3rd, 2025, 9:00 am -4:30 pm

Holiday Inn, Fargo

Keynote Speakers: Dr. Graff-Radford and Angela Lunde, Mayo Clinic

Stay tuned for registration information!

CONTACT US: MEMORY CAFE RRV

PO Box 883, Fargo, ND 58107

701-404-6712

www.MemoryCafeRRV.org

hello@memorycaferrv.org

Memory Cafe of the Red River Valley

memorycafe_rrv



A few of our new friends from the Bison football team! We are looking forward to another visit from them on the morning of March 3rd. Join us!

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Connecting people and purpose.



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