

Memory Cafe of the Red River Valley

PEOPLE WHO ARE FORGETTING SHOULD NOT BE FORGOTTEN

September 2026

SEPTEMBER

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SWEET SISTERS' KEYCHAINS



How adorable and sweet is this?! Maggie's nieces stopped by the office recently and surprised Maggie by informing her they have been making and selling keychains with their Grandma to help raise funds for our friends at Memory Cafe! **They raised \$500!** How inspiring and amazing! Thank you, girls!

Hi Memory Cafe Friends,

Can you believe it's already September? It's hard to believe how quickly the summer has gone! September often feels like a time of new beginnings; kids are heading back to school, families are settling into new routines, and there's a renewed sense of energy as we head into fall.

We're feeling that same excitement at Memory Cafe as we get ready for our fall kickoff! It's been a busy Spring and Summer as we've settled into our new home and continued to grow our programs and community. Our space has quickly become a place filled with connection, laughter, learning, and friendship, and we continue to pinch ourselves that this is now our home away from home for the memory loss community.

Our additional Tuesday morning program is going well, with Coach Jake now leading exercise two days a week, and we've added an Early-Stage Care Partner Group to provide another opportunity for care partners to connect and support one another. Along with hosting all of our regular programs onsite, we recently had the opportunity to host a virtual conference with ND Aging Services.

These past few months have reassured us that we made the right decision to expand. We continue to welcome new individuals and families and see the significant need for more space to serve our growing memory loss community.

As we look toward fall, we're excited to welcome familiar faces back from summer and continue welcoming new friends into our community. And as we step into this new season, we want to pause and say thank you. To everyone who has supported Memory Cafe through donations, volunteering, attending programs, spreading the word, and believing in our mission. Your support has helped us get to where we are today and continues to make it possible for us to grow and create a place where people impacted by memory loss can connect and thrive.

Here's to a new season, new routines, and another wonderful fall together at Memory Cafe!

With gratitude,

Maggie Ness

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.

FOR YOUR HEALTH: LINE DANCING

ROLLINGGREENVILLAGE.COM (EXCERPTED)



Line dancing might not be the first thing you associate with senior wellness, but it offers surprising advantages beyond just being a good time. Here are just a few:

Community Connection

Line dancing is a social affair, bringing people together in a shared pursuit of rhythm and fun. Whether you're dancing in a class, at a community center, or in your own living room, you'll find camaraderie and friendship among fellow dancers. It's a chance to laugh, learn, and lift each other up.

Mind-Body Harmony

Beyond the physical benefits of staying active, line dancing offers a mental workout, too. Remembering steps, following patterns, and syncing movements to music engage the brain in a delightful dance of coordination and concentration. Plus, the endorphin rush from dancing can elevate your mood and leave you feeling uplifted and energized.

Accessible for All

Line dancing is wonderfully inclusive, welcoming dancers of all abilities and backgrounds. Whether you're a seasoned pro or taking your first steps, there's a place for you in the line. Plus, many dances can be adapted to accommodate different mobility levels, ensuring that everyone can join in the fun.

Music Magic

From classic country tunes to upbeat pop hits, line dancing offers a diverse soundtrack that spans genres and generations. Whether you're a fan of twangy guitars or funky beats, there's a dance for every musical taste.

Health and Wellness

Dance is not just for the body; it's for the heart, mind, and spirit, too. Studies have shown that dancing can improve cardiovascular health, balance, and flexibility while also reducing stress and anxiety. Line dancing offers a low-impact way to reap these benefits, making it the perfect choice for seniors looking to stay active and healthy.

Interested in giving it a try? **'Dancing With Friends'** with instructor, Deb Ernst will be held on Sept. 3rd and 17th at 1pm at Memory Cafe or visit seniorsneakers.com.

STILL HERE, STILL ME

Voices of Those Living with Memory Loss

by Mary Hall with assistance from her granddaughter, Alexandra



Hi, my name is Mary! I was born in Fargo, North Dakota in the year 1945. From an early age I was always on the move and never let anything get in the way from having a good time.

I attended St. Anthony's, Shanley High School and later graduated from Moorhead State University with a degree in sociology. My career spanned over many decades as the Director of Juvenile Court Services of East Central and Southeast Judicial Districts of North Dakota. In the year 2006, I retired.

Growing up I was raised by a single mother who instilled the importance of being independent. Having been taught this lesson in life helped me achieve one of my proudest and greatest professional honors of being selected by former Mayor Bruce Furness to represent the state of North Dakota at the Presidents' Summit for America's Future, America's Promise Alliance founded by General Colin Powell in Boston, Massachusetts.

Having the diagnosis of memory issues has been difficult for someone like myself who has always been self reliant and very strong willed. Memory Cafe has been a vital lifeline not only for myself but also for my husband. Memory Cafe has provided us with a vast array of opportunities to socialize with others that are experiencing similar stages of life. The Men's Caregiver Support Group has been most beneficial for my husband.

Memory Cafe truly is a great way to start my day with people I enjoy getting to know whether that be the exercise class with Coach Jake or attending Dancing With Friends. It is important to me that even with a memory loss diagnosis, it doesn't stop me from living life. My advice is just to keep moving!

I would like to thank Memory Cafe for helping me to embrace what life has in store for me from here on out.

THE GUIDE PROGRAM: NO-COST DEMENTIA CARE



This federally-funded program includes \$2,625 in annual respite care services for qualifying families - equivalent to 76 hours of in-home care. No copays - ever.

Eligibility:

- Has moderate to severe dementia and a family or unpaid caregiver (does not need to live with the person living with dementia).
- Has traditional Medicare Parts A and B as primary insurance (not Medicare Advantage)
- Is NOT currently enrolled in hospice
- Lives at home (no memory care, assisted living, nursing homes, etc. - temporary rehab stays and independent living are allowed)
- VA and Dually Eligible Medicaid patients and Palliative Care patients can be eligible.

Call the ND Aging and Disability Resource Line for more information: **1-855-462-5465**

THANK YOU PLAINS ART MUSEUM!



Maren Johnson
Sweet Summertime, 2023

We were honored to receive a complimentary private tour of the **Color Improvisations 3** at the Plains Art Museum recently. This traveling quilt exhibition featured pieces by 38 quiltmakers from around the world. The diversity and innovation of these works was truly remarkable!

JUST FOR LAUGHS STEVE FROSLIE AND FRIENDS



Today I'm counting my blessings instead of calories.



Steve and his lovely wife, Linda.

At my age, the only pole dancing I do is holding on to the safety bar in the bathtub.

I have a photographic memory, but I forgot to load the film.

Why did the Twins hire a baker? They needed a new batter.

I think tossing and turning all night should count as exercise.

I started belly dancing today. It was so easy, no effort at all. All I did was give it a little shake and it danced all on it's own.

Why did the golfer wear two pairs of pants? In case he got a hole in one.

QUOTE OF THE DAY

"Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let's not be afraid to receive each day's surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity."

— Henri Nouwen



SEPTEMBER MEETING SCHEDULE

*ALL PROGRAMS HELD AT THE **NEW MEMORY CAFE BUILDING** (3910 25TH ST. S, FARGO)
UNLESS OTHERWISE NOTED

MONDAY SCHEDULE

Sept. 7th:

- **No Programming - Happy Labor Day!**

Sept. 14th:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - "The Social Club"
 - Men Caregiver Support Group
 - Ladies Caregiver Support Group

Sept. 21st:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - Groups as listed above

Sept 28th:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - Groups as listed above
- **12:00-2:00 PM:** Dine and Dance: Moorhead American Legion (303 30th St N, Moorhead, MN 56560)

TUESDAY SCHEDULE

Sept. 1st:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - "The Gathering" and Care Partner Support Group
- **1:00-2:30 PM:** Education: "Choosing What Matters Most to Me"& Advanced Care Planning"
 - Woodburning w/ Jerry; Joyful Moments w/Val

Sept. 8th:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - "The Gathering" and Care Partner Support Group
- **1:00-2:30 PM:** Music, Memories and Musing w/ Deb M.

Sept. 15th:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - "The Gathering" and Care Partner Support Group
- **1:00-2:30 PM:** Open Social Time

Sept. 22nd:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - "The Gathering" and Care Partner Support Group
- **1:00-2:30 PM:** Open Social Time
- **5:00-6:30 PM:** Young Onset Dementia Support Group

Sept. 29th:

- **10:00-10:30 AM:** Exercise w/ Coach Jake
- **10:30- 12:00 PM:**
 - "The Gathering" and Care Partner Support Group
- **1:00-2:30 PM:** Open Social Time

WEDNESDAY SCHEDULE

Sept. 2nd: 1:00-2:30 PM

Musical Performance By: **Dakota Brass Band**

Sept. 9th: 1:00-2:30 PM

"Bands, Bouquets and Bingo!" With Growing Together Gardens and Deb McTaggart

Sept. 16th: 1:00-2:30 PM

Education: *"It's Not Just Memory: Understanding the Changes We Don't Always See"* with Amanda Roberts, APRN, CNP

Sept. 23rd- Monthly Support Group Meetings:

- 9:30 -11:00 am - Moving Ahead: Life After Loss Support Group (*Grief group for spouse/partners who have lost loved one to dementia*)
- 1:00-2:30 pm - Caregiver Cafe (*monthly caregiver group; open to anyone caring for a loved one living with memory loss*) ***Respite available***
- 3:30-5:00 pm- Club Sandwich (*Adult Children Group*)

THURSDAY SCHEDULE

DANCING WITH FRIENDS

THURSDAY SEPT. 3RD AND 17TH: 11:00 AM- 12:00 PM

This welcoming dance class is designed for all skill levels and abilities—no experience needed!

SING FROM YOUR HEART CHORUS

THURSDAYS IN SEPTEMBER: (3RD,10TH,17TH AND 24TH)

1:00-2:30 PM (Rehearsal) 2:30-3:00 PM (Coffee)

Special Educational Event

THURSDAY SEPTEMBER 24TH: 10:00-11:00 AM

Medicaid Overview for Long Term Care

The presentation will go over eligibility requirements related to income, assets, spousal impoverishment, and will also provide time for questions from the attendees. ***Respite available***

September Education

Tuesday, Sept. 1st: 1:00-2:30 PM

"What Matters Most & Advanced Care Planning" This session will focus on what matters most to patients in their healthcare and how to communicate those goals with their healthcare team. Participants will learn practical strategies for making sure their care aligns with what matters most to them. Presented by Dr. Winston (retired from family/geriatric medicine), social worker Katie Ambuehl and Chaplain Chelle Lyons Hanson.

Wednesday, September 16th: 1:00-2:30 PM

"It's Not Just Memory: Understanding the Changes we Don't Always See" Amanda Roberts, APRN, CNP will explore changes in thinking, communication, emotions, behavior, and everyday abilities—and how understanding these changes can help us respond with greater patience and compassion.

PHASE 2 PROGRESS REPORT:

WE ARE STILL ON TRACK!

Project Goals For September:

- Frame soffit
- Demo existing site concrete and fence
- Install and complete drywall
- Prep site and install walking garden
- Install site concrete
- Install interior door frames
- Paint



PHOTOS FROM OUR SECOND ANNUAL CAR SHOW!

Thank you to our sponsors Johnson Auto Repair and Bernies!



SING FROM YOUR HEART CHORUS

By Deb McTaggart, Chorus Director

This Is Why We Sing!

"Joining a choir is more than just making music. It is about finding purpose, friendship, joy, and connection in a season that can often feel isolating." Giving Voice Initiative

"Singing in a choir has been an important part of my life. I am so grateful I can continue with the Sing From Your Heart Chorus." Quote from a current member.

Experience a Rehearsal as Our Guest!

Curious about the Sing From Your Heart Chorus? Come sit in on a rehearsal and see what we're all about!

- **No experience required:** You do not need to read music or have previous choral background—we believe everyone can sing from their heart!
- **Registration:** If you'd like to officially join, enrollment is open through September 15th.

Rehearsal Details

- New Location: Memory Café (3910 25th Street South, Fargo)
- When: Thursdays from 1:00 PM – 2:30 PM (stay after for Coffee, Cookies and Conversation!)

Contact Us

- Website: singfromyourheartchorus.org
- Email: singfromyourheartchorus@gmail.com
- Phone: (701) 369-0629

TESTIMONIAL: SING FROM YOUR HEART CHORUS

"My mother has dementia and my father is her caregiver. Memory café has given them social activities designed for their situation, another circle of support and resources (especially for my father). They especially enjoy being part of the choir and going to the dances as they both enjoy being around music and the nostalgia around certain songs."



CARE PARTNER CORNER

By Teryl Clausen, LSW (retired)
Care Partner Support Group Facilitator



As a friend was talking to me one day about the help she was getting from attending Al-Anon. I thought of the phrase they use, "One day at a time" and remembered that I've also heard that phrase from some caregivers and spoken it often to myself. I wondered if that isn't an apt phrase for living with memory loss, supporting a loved one with memory loss, or any other challenging situation.

This phrase is a reminder to stay in the present moment and not dwell on the past or worry about what might happen in the future. Looking at yesterday may recall blessings received for which to be thankful, but might also stir up feelings of regret for past mistakes or memories that are best forgotten.

Looking at the future can cause fear of the unknown as we can't know what lies ahead on the journey, and we may have a tendency to think of worst-case scenarios which create anxious thoughts.

What might "staying in the day" look like for those on the dementia journey?

- Establishing a realistic daily routine may be helpful, with a balance of activities and times of rest.
- Making a decision to look for the good that comes our way each day, regardless of how minor, like sunshine, laughter, connection with another person.
- Seeing the new day as a gift and determining to do the best you can in caring for your loved one and yourself.
- For some especially difficult days, the motto may need to change to "one hour at a time."
- Then it's time for some positive self talk, "I am doing the best I can."

TESTIMONIAL: CLUB SANDWICH

"A prior co-worker has utilized Club Sandwich as both of her parents have had dementia. She expressed gratitude for the services and ability to cope best with not just being a caregiver to her parents, but continuing to be a wife, mother and grandmother herself."



FRONTOTEMPORAL DEGENERATION (FTD) AWARENESS WEEK

September 28 - October 4, 2026

Source: Alz.gov

Frontotemporal dementia is caused by a group of disorders that gradually damage the brain's frontal and temporal lobes. These damages cause changes in thinking and behaviors.

Symptoms can include unusual behaviors, emotional problems, trouble communicating, challenges with work, and difficulty with walking.

Frontotemporal dementia (FTD), sometimes called frontotemporal disorders, is rare and tends to occur at a younger age than other dementias. About 60% of people with frontotemporal dementia are 45 to 64 years old.

FTD is progressive, meaning symptoms get worse over time. Some people live more than 10 years after diagnosis, while others live less than two years after they are diagnosed.

High levels of care, such as 24-hour care, may be needed over time. Once the person is diagnosed, it is important to plan ahead for financial and legal assistance, as well as other cares that may be needed as the disease progresses.

The Alzheimer's & related Dementias Education & Referral (ADEAR) Center is a service of the National Institute on Aging at the National Institutes of Health. Call [800-438-4380](tel:800-438-4380) or email adear@nia.nih.gov to talk with an information specialist.

**PLEASE REMEMBER
MEMORY CAFE OF THE
RED RIVER VALLEY WITH
YOUR YEAR END GIVING!
THANK YOU!**



Donate online or by mail: Visit our website (memorycaferrv.org) to make a secure online donation or mail your donation to Memory Cafe.
Address: 3910 25th St. S. Fargo, ND 58104

Call us at 701-404-6712 with questions.

Thank you!

CAREGIVER SUMMIT TAKEAWAYS



It was thrilling to serve as one of the state-wide hosts for the Caregiver Summit on August 20th! This inspiring event was sponsored by the ND HHS I /Adults and Aging Services Section. We hope this was the first of MANY local and regional educational opportunities we will host in our lovely new building in the future!

Geriatric 4Ms Framework of Aging: Dr. Donald Jurivich, D.O. UND

An evidence-based framework for healthy aging that centers on four key areas:

1. What matters most to the patient
2. Medication safety
3. Mental sharpness
4. Mobility

Navigating the Caregiver Career: Trajectories and Transitions: Dr. Joseph E. Gaugler, PhD, University of MN

What is a Trajectory? "A pattern of health behavior that a person engages in over a period of time." Also refers to a state of health that develops and persists over time and social factors that may be associated with the maintenance of health. Difficult to move or change.

What is a Transition? "A change in social roles or responsibilities." A significant change to an existing role. A Turning point. Both the result of and result in change in lives, health, relationships, and environments.



Because the life expectancy for individuals living with Down's Syndrome is increasing, there is a higher incidence of dementia among them. We are delighted to see these tender-hearted and delightful individuals participate in our various music and entertainment programs! WELCOME! **7.**

CONTACT US:
MEMORY CAFE RRV

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701-404-6712

www.MemoryCafeRRV.org

hello@memorycaferrv.org

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