

Memory Cafe of the Red River Valley

PEOPLE WHO ARE FORGETTING SHOULD NOT BE FORGOTTEN

October 2026

OCTOBER

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"I FELT LIKE I WAS BEING HUGGED"

By Vanneisa Krenz Hartmann



I live in Nashville, TN but had the opportunity to spend the morning with 'The Gathering' last week. I was deeply moved by what I saw, heard, and experienced that morning. Memory Cafe is amazing. The hope, love, and caring is so evident there. It felt like I was being hugged the entire time I was there. Your staff and volunteers are so great; you are all my heroes! God is so good. Thank you, Memory Cafe!

Hi Memory Cafe Friends,

As we head into October, I want to take a moment to celebrate two amazing women who are a big reason Memory Cafe is where it is today!

In September, Deb Kaul and Leeora Windingland both celebrated work anniversaries with Memory Cafe! For several years, Deb and Leeora were the only two staff members leading Memory Cafe. When I think about all they accomplished together during those early years, I am truly amazed! They wore countless hats, served our participants, built relationships, kept programs moving, and helped shape Memory Cafe into the organization it is today.

Deb not only founded Memory Cafe, but she has continued to be a driving force behind our mission and our commitment to serving the memory loss community. She brings so much heart and passion to the groups she leads and is deeply committed to making sure people impacted by memory loss can find the support, connection, and knowledge they need throughout their journey. Her vision, compassion, and belief in the importance of community helped lay the foundation for Memory Cafe, and we are so grateful that she continues to help us build upon that foundation today. So much of who we are as an organization began with Deb's vision, and we are incredibly fortunate to have her continued dedication and leadership.

Leeora wears many hats in her role at Memory Cafe, and her dedication to our mission shines through in everything she does. Her incredible ability to organize our team, create and maintain high-quality programs, and jump in wherever she is needed has played such an important role in the growth of Memory Cafe. She brings so much knowledge, creativity, and care to her work, and we are continually amazed by all that she is able to accomplish. We are so fortunate to have Leeora on our team, and we all love learning from her and benefiting from the many gifts she brings to Memory Cafe!

So, let's give it up for these two incredible ladies! We are so grateful for the heart, history, and dedication you both bring to our organization, our team and our participants.

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: DO NUTRITIONAL SUPPLEMENTS (PREVAGEN) IMPROVE YOUR MEMORY? (EXCERPTED)

Keep Your Wits About You
BY Vonetta M. Dotson, PhD



Dietary supplements for brain health are a waste of money. Consider the case of Prevagen.

Prevagen made more than \$165 million from 2007 to 2015, according to the Federal Trade Commission - by making unsubstantiated claims that it was the answer to memory and cognitive concerns of older adults. A Federal Trade Commission report concluded: "The marketers of Prevagen preyed on the fears of older consumers experiencing age-related memory loss. But one critical thing these marketers forgot is that their claims need to be backed up by real scientific evidence."

Prevagen is a prime example of the problem with dietary supplements, but it is only one of the estimated 50,000 supplements that claim to improve mood, brain function, and overall health with little or no evidence. In 2015, a meta-analysis combining the results of 24 different studies on brain health supplements concluded that supplements had no impact on cognitive functioning in middle-age and older adults.

Supplements are not a good choice for building and maintaining a healthy brain. This is not to say that the vitamins and minerals in some supplements are unimportant. Actually, there *is* evidence that nutrients such as omega-3 fatty acids and Vitamin D play an important role in health. But experts advise that most people will get enough of these vitamins from food if they follow a healthy, varied diet. So unless your provider has told you that you have a specific nutritional deficiency, then diet, not taking supplements, is the best way to get important nutrients.

STILL HERE, STILL ME

Voices of Those Living with Memory Loss

By Mary Lien with assistance from her granddaughter, Josey Wilson



My name is Mary Bogan Lien. I was one of seven children and grew up in Grand Forks, ND. I graduated from UND as a speech-language pathologist.

One experience that remains especially meaningful to me was being part of an effort through Grand Forks Public Schools to build character among students from kindergarten through 12th grade. The program focused on several important character pillars and worked to bring those values into the everyday lives of students. I was also involved in an effort to build awareness and a commitment to volunteerism and service among students in sixth through 12th grade. One of the programs that grew from this work was "Helping Hands," a summer volunteer program for students in grades 6 through 12 that is still being used.

Today, I am a grandmother to seven grandchildren. My oldest granddaughter, Josey, is a volunteer at Memory Cafe; I attended for the first time with her on a Tuesday morning and quickly fell in love with both the people and its purpose.

Receiving a dementia diagnosis has been a new kind of change in my life. When I first learned I had dementia, I was a little surprised, but I wasn't shocked. Family members had talked with me a few months earlier about noticing some early signs, so the diagnosis was not completely unexpected. Since then, I have put a lot of thought into what my future might look like. The truth is, what will be, will be. I am a very blessed person, and I trust that God will be my guide.

I have learned that living well with memory loss means continuing to do my best and continuing to live the life I have. My past accomplishments and experiences are still a part of me. They have not disappeared because I have a diagnosis. They helped shape the person I am today, and they continue to have value in my life. (cont p.6)

THE ST. LOUIS UNIVERSITY MEMORY SCREENING TEST (SLUMS)



The "St. Louis Memory Test" refers to the Saint Louis University Mental Status (SLUMS) Examination, a brief 30-point, 11-item screening tool used to detect early signs of mild cognitive impairment and dementia.

What the SLUMS test evaluates:

Orientation: Checks if you know the date, day of the week, and current state.

Memory & Recall: Tests short-term retention by asking you to memorize and later recall a list of objects or a short story.

Attention & Calculation: Measures focus through digit repetition (forward/backward) and basic math word problems.

Visuospatial & Executive Function: Involves tasks like drawing a clock face, setting a specific time, and identifying larger geometric shapes.

Scoring and Administration:

Length & Format: Takes about 7 to 15 minutes to complete. Scoring Range: Scored out of 30 points total.

Interpretation: Cut-off scores vary based on the patient's level of education (high school education vs. less than high school).

Purpose: It is only a screening tool, not a formal medical diagnosis. A low score indicates that a patient needs a more comprehensive evaluation by a specialist.

You can review the official details and guidelines on the [SLU Mental Status Exam Guide](#).

JUST FOR LAUGHS

STEVE FROSLIE AND FRIENDS



Two guys are walking down a street in hell when it begins to snow, and one says, "Well, it finally happened. The Cubs just won the World Series."



Steve and his lovely wife, Linda.

How do you know when a Norwegian has been using your computer? There are eraser marks on the screen.

I like long walks, especially when they're taken by people who annoy me.

Why are most jokes about North Dakota so short? So Minnesotans can remember them.

Why don't Iowans make Jell-O? They can't figure out how to get two cups of water into those little bags.

A programmer is someone who solves a problem you didn't know you had in a way you don't understand.

The only reason I'd take up jogging is so I could hear heavy breathing again.

If we're not supposed to eat animals why are they made of meat?

QUOTE OF THE DAY

Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing.

~William James





OCTOBER MEETING SCHEDULE

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

MONDAY SCHEDULE

Oct. 5th:

- **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

Oct. 12th:

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

Oct. 19th:

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

Oct. 26th:

- **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

Oct. 6th:

- **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:** “How to Prevent Scams” With Jeff Carney, DarkHorse IT
 - Woodburning w/ Jerry; Joyful Moments w/Val

Oct. 13th:

- **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.

Oct. 20th:

- **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

Oct. 27th:

- **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

Why Socialization Matters

Socialization is an important part of life for people living with dementia. Staying connected with others can provide a sense of belonging, purpose, and enjoyment, while meaningful social engagement may also support cognitive health and quality of life. The Alzheimer’s Association encourages people living with dementia to stay socially connected and participate in activities they enjoy.

WEDNESDAY SCHEDULE

Oct. 7th: 1:00-2:30 PM

Fall Festival Celebration! Come and join us for an afternoon of creative arts, connection and celebrate the fall season!

Oct. 14th: 1:00-2:30 PM

Musical Performance by: Valley Ukes (*A local Ukulele group*). Come for an afternoon of fun music!

Oct. 21st: 1:00-2:30 PM

Education: “What I Wish I Knew Then....What I Know Now!” with Mary Ann Devig, RN

Oct. 28th: 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 OCT. 1ST AND 15TH: 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 OCTOBER**

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

October Education

Tuesday, Oct. 6th: 1:00-2:30 PM

“How to Prevent Scams” Jeff Carney, owner of DarkHorse IT will join us to provide education on scams. Learn how to recognize common scams and warning signs that target older adults. This session will provide practical tips to help you protect your personal information, finances, and peace of mind.

Wednesday, October 21st: 1:00-2:30 PM

“What I Wish I Knew Then....What I Know Now!” Mary Ann Devig is an RN who spent 15 years caring for her husband with Lewy body dementia and her parents with Alzheimer’s. Along the way, she made mistakes, learned a lot, and discovered what she wishes she had known from the beginning. Mary Ann will share those lessons and practical insights to help others feel a little more prepared for their own caregiving journey.

PHASE 2 - RAPID PROGRESS EVERY DAY!

Scheduled to be complete by the end of the year!



OUR WALKING PATH IS GETTING PAVED!



VISUAL PROOF OF OUR NEED FOR THIS EXPANSION!



4,400 SQ. FEET OF ADDITIONAL MEETING SPACE!

MOMENTS OF CONNECTION AND JOY!



A MESSAGE FROM OUR TREASURER

By Steve Miller, CPA, BOARD TREASURER



As the year comes to a close, we are grateful for the community that makes the Memory Café possible and are mindful of our responsibility to use every donation wisely. We operate with careful planning, attentive oversight, and a commitment to directing resources where they have the greatest impact.

We review expenses closely, make thoughtful choices, and focus funding on programs that directly support guests and their care partners. Every gathering, conversation, and cup of coffee is managed with purpose to create a welcoming place where no one has to face memory loss alone.

Over 90% of our revenue comes from our donors, so we never take your generosity or trust for granted. Gifts of every size sustain compassionate programs, meaningful connections, and warm hospitality while helping us plan responsibly for the future. As you consider a year-end gift, please know that your contribution will be handled with care and put to purposeful use.

Thank you for investing in a dependable, sustainable Memory Café where people can find comfort, friendship, encouragement, and hope.

SING FROM YOUR HEART CHORUS

By Deb McTaggart, Chorus Director

We Are Off and Singing!

There was energy and excitement in the room Thursday, August 27th as the **Sing From Your Heart Chorus** kicked off its Fall 2026 season at Memory Cafe! With **over 30 singers** gathered together, our fourth year is off to an incredible start.

This season, we are celebrating the bright lights and memorable music of Broadway. From the classic ballpark cheers of *Damn Yankees* to the heart-felt melodies of *Wicked*, our rehearsals are resounding with familiar Broadway melodies.

Mark Your Calendar: Our fall concert is scheduled for **Saturday, November 14, 2026, at 1:00 PM** (location to be determined.) This free public performance is a wonderful opportunity to celebrate community and song!

STILL HERE, STILL ME (CONT)

Memory Cafe has been a great gift to me. I love the staff, the environment, the people, and the educational support. I believe everyone who attends Memory Cafe feels the same sense of appreciation for what it provides. When I leave Memory Cafe, I am always happy, calm, and smiling. I find myself looking forward to the rest of my day.

To anyone who has recently received a dementia diagnosis, my advice is simple: stay active, talk and listen to others, greet people with a smile, and laugh every day. There is still so much life to live.

I am still here. I am still me.

“ALZHEIMER’S IS A DISEASE, NOT A CHARACTER FLAW”

Excerpts from an interview with “Sully” Sullenberger and his wife, Lorrie.

Source: Good Morning America, Sept 23, 2026



- We are focusing clearly on the high priority items in our lives and ignoring the distractions.
- We all need to talk about Alzheimer’s more openly and maybe others can do the same.
- An early diagnosis is so important. Get tested if you are concerned about changes in how your brain is working.

CARE PARTNER CORNER

By Teryl Clausen, LSW (retired)

Care Partner Support Group Facilitator



Somewhere along the dementia journey, a caregiver may notice that their care receiver is following them around most, if not all, the time. This is called “shadowing” which can stem from confusion and anxiety. Some people with dementia may become agitated if

their care partner leaves their sight as they forget they do come back. The brain loses its ability to self-regulate anxiety, making the world feel unpredictable and frightening. They might be hungry, thirsty, in pain, or under-stimulated, but lack the communication skills to express it.

This behavior makes it very difficult for the caregiver to have privacy to use the bathroom, sleep soundly, talk on the phone, get stuff done, or have their own quiet time. Due to impaired judgement and social skills, care receivers commonly fail to realize that their behavior is a source of frustration for their caregivers.

It may help to consider why the shadowing is occurring. Is the care receiver trying to be helpful? If so, are there jobs he or she can be given to do that they can feel good about? Is person bored or lonely? Is there a way to provide more activities and social opportunities with other people? Does person need to be near you or in their line of sight to relieve anxiety?

Some things to try:

- Tell them where you are going, even if just to another room.
- Set timer where they can see it and tell them you will be back when it goes off.
- Put on a movie or familiar music.
- Have person sit near you if you are doing tasks that allow for this.
- Use a calm, gentle tone to remind them often: “You are safe, and I am right here.”

When frustrated, remind yourself they’re not doing it to frustrate you, but it’s a way for them to meet a need.

Saturday, Oct 10th, 9am
The Lights, West Fargo

To register: act.alz.org
Walk in participants are welcome!



AARP DRIVER SAFETY: WE NEED TO TALK



How do you know when it's time for your loved one to limit or stop driving? It's a tough subject for most families, but it's a serious matter. Now there's help. AARP offers a **free online seminar** called *We Need to Talk* that will help you determine how to assess your loved ones' driving skills and provide tools to help you have this important conversation. And since it's online, you can set your own pace. This seminar is free and self-paced. To participate in the seminar visit:

[Aarp.org/auto/driver-safety/we-need-to-talk](https://aarp.org/auto/driver-safety/we-need-to-talk)

MAKE FRIENDS WITH YOUR ENEMY (DEMENTIA)

Dancing With Elephants (Excerpted)
By Jarem Sawatsky (lives with Huntington's Disease)



The Huntington's doctors don't speak much about tunnel vision (doing one thing at a time), but they have their own way of naming that experience. They speak of

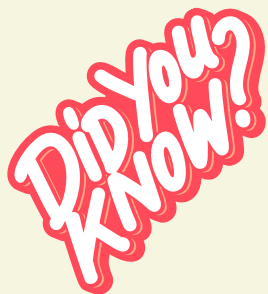
compulsive behaviors and obsessive, intrusive thoughts. They say holes in my frontal lobe are making important tasks more difficult: organizing, prioritizing, controlling impulses, self-awareness, initiating and ending activities.

But I think this is a fear-based way of seeing my life. The focus is on the negative, on the loss. Battling this loss is a battle that can never be won. So instead, I try to tell my symptoms:

- I am not going to treat you like an enemy.
- I know you.
- I am you.
- You are welcome here.

Rather than treating my symptoms as an enemy invading, I try to welcome them as a friend. Making friends with enemies is about letting go of the horizon of fear so that a new, more healing horizon might emerge.

Whatever you are afraid of in yourself, address it, name it yourself, welcome it, and replace fear with compassionate curiosity.



- Memory Cafe has welcomed 60 NEW people since June 1, 2026
- Our weekly attendance:
 - July and August 2025 = 164
 - July and August 2026 = 216
- Volunteers donated 3169 hours - Sept. 2025 - Sept 2026 (\$114,527 Federal hourly rate)
- Under the experienced guidance of our Board President, Mike Slette, we canned 60 jars of grape jam in our lovely new kitchen last month!

PLEASE SUPPORT MEMORY CAFE WITH YOUR YEAR END GIFT



Options for making a donation to Memory Cafe of the Red River Valley include:

- Donate securely online by visiting our website: **memorycaferrv.org**
- Mail or deliver your donation to us at 3910 25th St. S. Fargo, ND 58104
- Call us at 701-404-6712 with questions.

Thank you!

CONTACT US:
MEMORY CAFE RRV

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