

# MEMORY

cafe *where every story counts*

Our Memory Café offers joy, support, and connection to those with memory challenges, care partners, and loved ones, in a welcoming space for social engagement and community building.





## ONE YEAR IN, COUNTLESS CONNECTIONS MADE


April marks the one year milestone for Memory Café! Each month includes light movement, a short educational session, an engaging activity, and plenty of time to socialize with others who understand the dementia journey.


Over the next several months, we have a thoughtful lineup of topics designed to support families at every stage of memory loss.


 **April 23 | Daily Support Services**  
Explore Perham Living's resources and services that can make everyday life a little easier. *Activity: May Day Baskets + Attendee Portraits*

 **May 28 | Care Partner Burnout**  
A real and honest conversation about caring for yourself while caring for someone else. *Activity: Spring Watercolor*

 **June 25 | Breaking the News**  
Guidance and support for navigating difficult conversations with loved ones, including kids. *Activity: Patriotic Cookies*

 **July 23 | Tools to Support Communication**  
Practical tips and simple tools to help stay connected and understood. *Activity: Flower Jars*

 **August 27 | Summer Beach Party**  
A chance to relax, laugh, and enjoy a little summer fun together. *Activity: Beach Party + Sing-Along*

 **September 24 | Grieving the Changes**  
Creating space to talk about the emotional side of memory loss and how to move forward. *Activity: Bingo*

Each Memory Café gathering is free and open to the community. Whether you are living with memory loss or supporting someone who is, you'll find education, encouragement, and a welcoming place to connect.



Being a caregiver often means noticing changes before anyone else does. Trusting those observations and asking for help early can make a big difference for both you and your loved one.

### Make a New Connection!

Memory Café is all about community and meeting others who understand and support one another.

Use this space to write down names and numbers so you can keep in touch, share a laugh, or plan a visit between gatherings.



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### Daily Support Services

As memory loss progresses, many individuals benefit from daily support that helps them stay safe, active, and connected. Perham Living will share how Home Health and Adult Day Services provide care at home and engaging daytime support. *Presented by Perham Living's David Lilja and April Greisen Agather.*

**THURSDAY, APRIL 23**

from 1-3pm at Crosspoint Alliance Church  
 600 NE 8th St, Perham

*An RSVP is appreciated, so we can make sure we have enough snacks and materials for everyone! Sign up online at [elevateotc.org](http://elevateotc.org) or give us a call at 218-347-1974.*

### SIGNS IT MAY BE TIME FOR EXTRA SUPPORT

- Increased difficulty managing medications
- Missed appointments or confusion about time
- Safety concerns at home (stove, falls, wandering)
- Caregiver fatigue or feeling overwhelmed
- Changes in nutrition or personal hygiene

*Recognizing these signs doesn't mean giving up independence — it means finding the right support to continue living well.*

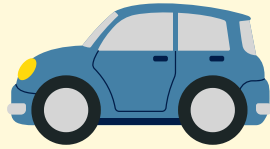


### A SPECIAL ADDITION FOR APRIL!

We'll have a photographer joining us in April to capture complimentary portraits of attendees. It's a relaxed, low-pressure opportunity to get a meaningful photo—whether on your own or with a loved one.

## Provider Q&A

with *Tim Fresonke, PA-C,*  
*MPAS, NRP*



### My husband is not driving but he is a VERY active co-pilot. It's driving me crazy. Any suggestions?

This is extremely common. When someone loses the ability to drive, they often feel a loss of independence and control. Being a “co-pilot” can be their way of still feeling useful, involved, or in charge.

First, remind yourself: this usually isn't about criticizing your driving. It's about anxiety and loss of control.

A few ideas that can help:

- **Give them a job on purpose.** You might say, “Can you watch for our turn?” or “Let me know when the light changes.” Giving a specific role can channel that energy in a more helpful way.
- **Set gentle boundaries.** Calmly say something like, “I've got the driving part covered. I'll let you know if I need help.” Then repeat it consistently if needed.
- **Keep responses short.** Long explanations often make it worse. A simple, steady response works best.
- **Use distraction.** Music, conversation, or even asking them about something unrelated can shift the focus away from the road.

Over time, as driving becomes less familiar to them, the “co-pilot” behavior often decreases. Consistency and calm repetition usually work better than correction or debate.

## Did You Know?

**Most caregiving happens at home.** Nearly 80% of people living with dementia are cared for by family members or friends, often with little formal training. Support services can make a big difference in preventing caregiver burnout.



**ELEVATING VOICES**   
MEMORY LOSS CHORUS

### SING WITH US!

With about 35 voices already filling the room, Elevating Voices is in full swing... and there's still time to jump in! We're singing favorites like White Sportcoat, Amarillo by Morning, Remember When, and Can't Help Falling in Love... the kind of songs that bring back memories and get everyone smiling.

**Rehearsals continue through May**  
(no rehearsal April 7 or May 5)  
*Tuesdays from 1–3pm at Crosspoint Alliance Church*



### *Spring has sprung! (almost...)*

Check out the Media Kits at your local libraries to start conversations and spark favorite memories about topics such as: birds, spring, and even farming! Look through a collection of books, photos and other items to get you and you loved one talking about the warm weather ahead.

# NOTES

Use this space to jot down helpful tips, ideas you want to remember, or anything that stood out to you today!

## UPCOMING EVENTS!

There's always more activities to enjoy. Check out these events for connection, fun, and community.

### Connections Lunch

*Monday - Thursday starting at 11:30am at Perham Area Community Center - 620 3rd Ave SE*

Come enjoy a delicious, nutritious lunch and good company! Start your morning with coffee and conversation at 10am, then settle in for lunch at 11:30am. Meals are a suggested \$6 donation—please reserve yours by leaving a message at 218-347-1974 by 12pm the business day before.

### Healthier Happy Hour

*Mondays starting at 1pm at Perham Area Community Center - 620 3rd Ave SE*

Join us for Healthier Happy Hour, where we kick things off with light movement to wake up the body, followed by a healthy snack and simple games that get people laughing and connecting.

### Nosey Neighbor: Maple Lane Syrup

*Thursday, April 2 from 1-3pm at Maple Lane Syrup - 29463 460th St, Vergas*

The trees are ready for tapping! Join us to tour and learn about the process of making maple syrup. We'll get a look at the equipment, have a tasting, and if weather permits, we'll take a walk through the woods! **RSVP required.**

### Caregiver Support Group

*Tuesday, April 7 at 3pm at Perham Living - 735 3rd St SW, Perham*

Connect with others who understand the journey of caregiving. Supervision for your loved one during the meeting is available by advanced request.

### The Mixer: Pizza Ranch


*Tuesday, April 21 from 4:30-6pm at Pizza Ranch - 720 3rd Ave SE, Perham*

Join us for our monthly Mixer as we head out to explore local restaurants and enjoy a casual night of good food and even better company. This month, we're gathering at Pizza Ranch for their delicious buffet! **RSVP requested.**



*Connect with  
our team!*

 [connect@elevateotc.org](mailto:connect@elevateotc.org)

 (218) 347-1974

 318 6th Ave SW, Perham