



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.

# NOVEMBER IS ALZHEIMER'S AWARENESS MONTH SHINING A LIGHT ON MEMORY LOSS AND THE POWER OF CONNECTION

Each November, we pause to recognize Alzheimer's Awareness Month — a time to bring visibility, understanding, and compassion to the millions of individuals and families touched by Alzheimer's and other forms of dementia.

While memory loss affects each person differently, one thing remains true for all: no one should walk this journey alone. Awareness Month is about more than statistics or research. It's about people. It's about honoring the stories, the laughter, and even the challenges that shape the path of living with memory loss.

By talking openly about dementia, we help remove stigma and replace it with understanding and community support. Awareness leads to earlier diagnosis, better care, and more opportunities for individuals to live well with dementia for as long as possible. It reminds us that life after diagnosis can still be full of meaning, connection, and joy.

At our Memory Café, we see this every month in the smiles shared, friendships formed, and hope renewed. These moments matter. When we come together, we're not just raising awareness; we're building a dementia-friendly community where everyone feels seen, valued, and supported.

So this month, wear purple, share a kind word, and take a moment to learn something new about dementia. Every small act of awareness helps create a brighter, more compassionate world for those living with memory loss and their care partners.



## DEMENTIA FRIENDLY MOVIE



Join us for a special Dementia Friendly screening of *A Christmas Story*, designed to offer a nostalgic, inclusive movie experience for those living with memory loss, their loved ones of all ages, and the community.

**WEDNESDAY, DECEMBER 10**

**at Comet Theater, Perham**  
Starting at 1pm | Doors open 12:30pm

**Cost: \$8**  
includes a pop and popcorn

**All are welcome to join! RSVP Appreciated.**  
Visit [elevateotc.org/events](http://elevateotc.org/events) or call 218-347-1974

## 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.



## EXCITING NEWS!

Perham Health & Elevate have received a \$150,000 grant from the Minnesota Board on Aging to help create a more dementia-capable community in Otter Tail County.

Over the next two years, this initiative will focus on:

- Earlier detection and testing for memory concerns
- Personalized support for caregivers and those living with dementia
- Community education and training to build understanding and confidence
- Expanded respite options for families

Together, these efforts will strengthen local dementia care and create a more supportive, informed community for all.

## Did You Know?



The purple ribbon is the symbol of Alzheimer's awareness. Wearing or displaying purple shows support for those affected and keeps the conversation going.

## *Stay Connected Beyond Memory Café*



We've created a new Facebook group just for our Memory Café community! It's a space to share resources, ask questions, and stay connected in between gatherings. Search Elevate Memory Café on Facebook to join!

# NOTES

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

## 5 Helpful Ways to Respond When Someone with Dementia Says, "I Want to Go Home"

*(Adapted from guidance by the Alzheimer's Society)*

Hearing "I want to go home" can be heartbreaking, especially when your loved one is already there. This phrase often reflects a longing for comfort or familiarity, not a specific place. Here are five ways to respond with empathy and understanding:

### 1. Don't argue or correct them.

Avoid explaining that they're already home. For many people with dementia, "home" represents a time or place where they felt safe and secure, rather than their current surroundings.

### 2. Offer reassurance.

A calm tone, kind words, or a gentle touch can help them feel safe and cared for in the moment. Sometimes, hearing "You're safe here, and I'm with you" is all they need.

### 3. Look for the feelings behind the words.

This request may signal that they're feeling anxious, lonely, or unsettled. Try to uncover what emotion might be driving the statement, and respond to that feeling rather than the words themselves.

### 4. Gently redirect.

Ease the moment by shifting the focus: look through a photo album, talk about familiar people or favorite memories, or play soothing music. Simple conversation starters work better than direct questions.

### 5. Notice patterns and triggers.

Keep a short journal of when these moments happen. You may find patterns, such as time of day, noise levels, or activities, that help you anticipate and reduce stress in the future.

## Did You Know?

Alzheimer's Awareness Month was established in 1983 by President Ronald Reagan, who later was diagnosed with the disease himself.



## Managing the Holidays

Join us in November to talk through Managing the Holidays. We'll talk through how you can prepare for the holidays to reduce stress for you and your loved ones. From slight modifications to traditions, having smaller groups get together, or other intentional ways we can make everyone's holidays safe and enjoyable. Presented by Chuck Hofius, Perham Health CEO.

**THURSDAY, NOVEMBER 20 FROM 1- 3PM**

at Crosspoint Alliance Church - 600 NE 8<sup>th</sup> St, Perham

*RSVP Appreciated*



Plus, join us in wearing purple at November's Memory Cafe for Alzheimer's Awareness Month!



## Community Paramedics

Many communities offer Community Paramedics to stop in and assist in your home in a variety of ways and is often times covered by insurance when prescribes this service. They assist with things such as Hospital discharge follow up, Fall Prevention Assessments, Medication Management at home, appointment scheduling and lab collections.

In Perham you can learn more by calling Perham Area EMS at 218-347-1314 or email: [dennis.ehrichs@perhamhealth.org](mailto:dennis.ehrichs@perhamhealth.org)

# UPCOMING EVENTS!

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

## Caregiver Support Group

*Tuesday, November 4 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.

## Coffee Talk: The Buzz on Protein

*Wednesday, November 5 from 10-11am at PACC - 650 3rd Ave SE, Perham*

We've all been hearing the buzz about the benefits of getting enough protein, but what's fact, what's hype, and what's right for you? Learn all about protein from fitness trainer Pete Marjamaa. No RSVP needed.

## Dementia Friends

*Wednesday, November 5 from 1-2pm at Perham Living Basement Board Room - 735 3rd St SW, Perham*

Dementia Friends is a global initiative aimed at transforming how people perceive, interact with, and discuss dementia. Join us for an information session where we'll explore what dementia is, what it's like to live with the disease, and effective communication tips. No RSVP needed.

## Dementia Live

*Monday, November 10 from 2-4pm or 4:30-6:30pm at Elevate - 318 6th Ave SW, Perham*

Have you ever wondered what your loved one living with dementia might be experiencing? Come join us for a hands-on experiential opportunity designed to help understand the physical and mental challenges of those living with Alzheimer's and other dementias. **RSVP required.**

## Parkinson's Support Group

*Tuesday, November 11 at 2:30pm at Elevate - 318 6th Ave SW, Perham*

This month's meeting will feature Licensed Professional Clinical Counselor Bridgit Pankonin, who will lead a discussion on mental health focusing on depression and suicidal thoughts among those living with Parkinson's. **RSVP appreciated.**

## Nosey Neighbor: Adult Day Services

*Tuesday, November 11 from 4:30-5:30pm at Perham Living Adult Day Services - 665 3rd St SW, Perham*

Discover how they provide social and health services in a safe, home-like setting for adults needing supervised care. This valuable program offers a comfortable space for activities or relaxation while giving caregivers a much-needed break. **RSVP appreciated.**

## Coffee Talk: Making Your Visit Count

*Wednesday, November 12 from 10:30-11:30am at New York Mills Public Library - 30 Main Ave, NYM*

Join Mindy Anderson, FNP at Perham Health, for a practical talk on how to feel prepared and confident before your next appointment. Learn simple tips to organize your thoughts and share your concerns. No RSVP needed.

## Foot Care Clinic

*Tuesday, November 18 from 9am-2pm at Perham Living Salon - 735 3rd St SW, Perham*

Let Christina from Polished Beauty & Wellness Spa take care of your feet! Appointments are \$30 and cover nail trimming and filing, as well as filing of calluses. Contact Christina at 218-371-8888 to book your appointment.

## Healing Through the Holidays

*Thursday, November 20 from 2-3pm at Elevate - 318 6th Ave SW, Perham*

The holidays can be especially hard after the loss of a loved one. Join us for a supportive gathering where we'll share practical tools and encouragement for the season. Contact Trisha Zimmerman at 320-759-4925 to RSVP.



*Connect with  
our team!*



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

 (218) 347-1974

 318 6th Ave SW, Perham