



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.

WELCOME TO THE MEMORY CAFÉ NEWSLETTER!

We're so glad you're here. This is the beginning of something special—a space for connection, support, and joy. Whether you're living with memory loss or caring for someone who is, our Memory Café is here to offer community, encouragement, and meaningful moments together.

Each issue will be filled with practical ideas, a few smiles, and a whole lot of heart. From brain-boosting activities and caregiver tips to local happenings and inspiring stories, we hope this newsletter brings a little extra joy and support to your day.

Thanks for being part of the Memory Café family. This is just the beginning, and we can't wait to share more with you!



DEMENTIA FRIENDLY MOVIE



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

WEDNESDAY, JUNE 11

at Comet Theater, Perham

Starting at 1pm | Doors open 12:30pm

Cost: \$8

includes a pop and popcorn

Did You Know?

Alzheimer's disease is the most common form of dementia, but not the only one—dementia can result from many different conditions that affect the brain. There's always more to learn, and knowledge is power!

RSVP Appreciated!

Visit elevateotc.org/events or call 218-347-1974

Why It Matters:

CARING FOR THE CAREGIVERS

Being a caregiver for someone living with dementia is a deeply meaningful role—but it can also be exhausting. Many caregivers juggle appointments, medications, meals, and emotional support, often while managing other responsibilities like work or family. Over time, this can lead to caregiver burnout, a state of physical, emotional, and mental exhaustion.

Taking time to rest, recharge, and ask for help isn't selfish—it's essential. When you care for yourself, you're better able to care for your loved one.

Did you know? Informal caregivers—like family members and close friends—provide nearly 50% of all dementia care globally. Your care matters so much more than you may realize!

Whether it's sharing tasks with family members, attending a Memory Café, or simply going for a walk with a friend, finding moments for yourself can help lighten the load. You're not in this alone—and you deserve support, too.



Caregiver Cards Available

Did you know we have small, discreet cards available for caregivers to carry? These can be quietly shared with waitstaff, receptionists, or others to let them know you're with someone living with memory loss—and to thank them for their patience and understanding. It's a simple tool that can make outings a little easier and more comfortable for everyone. Ask us if you'd like a few to keep on hand!



A Dementia Support Guide

Build Your Team is a dementia support guide designed to help individuals and caregivers feel more prepared, connected, and confident. It includes local resources, expert advice, and practical tips on everything from healthcare planning and Meals on Wheels to financial planning, counseling, and more. This free guide empowers families to navigate dementia with clarity and care. You're not alone—Build Your Team and navigate dementia with confidence.

Fill out the registration form to get started!

Did You Know?

Nearly 10 million people are newly diagnosed with dementia every year—that's a lot of new families learning and adjusting together. You're not alone on this journey!

Grow Your Memory Café Circle!

One of the best parts of Memory Café is meeting new friends who truly understand your journey.

Use this space to jot down phone numbers or contact info so you can stay connected, share stories, and support each other between gatherings.

Friendship makes the journey brighter!



2025 MEMORY CAFE SPONSORED BY
TERRY KARKELA FAMILY

FILL IN THE BLANKS

Try filling in the missing words—there's no right or wrong answer! Just go with what comes to mind and have fun. Do this together with a friend or family member to spark a good conversation.

My favorite time of day is _____.

I always smile when I see _____.

The best smell in the world is _____.

I feel happiest when _____.

My favorite treat is _____.

OTHER WAYS TO CONNECT

Looking for simple, joyful ways to spend time with others? Try one of these local ideas:

- Join Another Elevate Event** – View a list of upcoming events on the backpage or visit our website!
- Cheer on the Perham Pirates** – Nothing says summer like a local baseball game!
- Breakfast or Lunch Meet-Up** – Catch up over a hot meal at Gathering Grounds or Lakes Café.
- Explore Local History** – Tour the Perham History Museum or the ITOW Veterans Museum.
- Bake (or No-Bake!) Together** – Make cookies or homemade trail mix to enjoy and share.

Pro Tip: Invite one of your new Memory Café friends!

Why Memory Café Matters

– A Volunteer's Perspective from Cindy
"While we've only had the first one, I felt it was very evident given the tremendous response and attendance, that we have a need to come together to support each other, to learn valuable information, to visit while we have a snack. I thoroughly enjoyed each person I met and spent time with and look forward to the next Memory Cafe."

UPCOMING EVENTS!

There's always more activities to enjoy. Join us at these events for connection, fun, and community.

Perham Farmers Market

Wednesdays & Fridays, 9am-1pm
Find fresh produce, homemade goodies, and local crafts!

Connections Lunch

Monday–Thursday at 11:30am
Join our friendly crew for lunch and conversation at the PACC!

Caregiver Support Group

Tuesday, June 3, 3pm at Perham Living
Connect with others who understand the journey of caregiving.

Dementia Friendly Movie

Wednesday, June 11 at 1pm at Comet Theater, Perham

A relaxed, inclusive movie experience for those living with memory loss and their loved ones of all ages.

The Mixer: Silvermoon

Tuesday, June 17 at 4:30pm

Join us connect with new and old friends while supporting a beloved local restaurant.

Turtle Fest Parade Watch

Friday, June 20 at 6pm at Elevate

Join us to cheer and wave on the floats and enjoy the Turtle Fest fun!

Learn more at elevateotc.org!

JUNE MEMORY CAFÉ

Thursday, June 26 from 1-3pm
at Crosspoint Alliance Church
RSVP Appreciated



Join us in June for a warm and welcoming afternoon focused on *Responding to Dementia-Related Behaviors*, with guest speakers from Perham Health, plus a creative mosaic garden stepping stone activity!

NOTES

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