



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.

Why It Matters: SAFETY IN DEMENTIA CARE

Safety isn't just a checklist; it's the foundation of compassionate, effective caregiving, especially when supporting someone with dementia or memory loss. When memory fades and confusion grows, everyday environments and routines can suddenly feel unfamiliar and even risky. That's why prioritizing safety isn't about restricting freedom; it's about creating a secure space where your loved one can live with dignity and confidence.

For caregivers, safety means more than just preventing accidents; it means anticipating challenges before they happen. It means recognizing when a familiar home might need small adjustments to reduce fall risks or when a conversation needs to slow down so it doesn't overwhelm. It's about being prepared for moments when your loved one might wander, ensuring there are clear plans and tools in place to bring them home safely.

Ultimately, focusing on safety is an act of kindness wrapped in common sense. It builds trust, eases anxiety, and lets everyone breathe a little easier. In the world of dementia care, safety isn't just important; it's essential. It's the quiet assurance that while memory may change, your loved one's comfort, security, and dignity remain unwavering.

DEMENTIA FRIENDLY MOVIE



WEDNESDAY, AUGUST 13

at Comet Theater, Perham

12:30pm Doors Open

1pm Movie Starts

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

RSVP Appreciated!

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

Cost: \$8 including pop and popcorn

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.



Empty space for writing names and numbers.

"The Socks Are in the Freezer Again"

The socks are in the freezer,
The keys are in the bread,
The cat's been named "Banana,"
And the goldfish now wears red.

We've buttered toast with shaving cream,
And answered spoons that rang,
We've told the same sweet story
Since the coffee pot went "clang."

You ask me who I'm married to—
I say, "Someone pretty neat,"
And though you might not place my name,
You smile when our eyes meet.

The days are filled with puzzles,
Some pieces gone astray,
But love is still the picture
That guides us through each day.

So we dance to tunes from long ago,
And laugh when socks appear—
Tucked in the freezer, cold but clean,
Just glad to have you near.



Join us in August at Memory Cafe to explore practical ways to enhance safety for individuals living at home with dementia.

Rob Hendrickson from Lakes Home Solutions will share tips on using alarms, emergency notification systems, Smart911, and tapping into local community support.

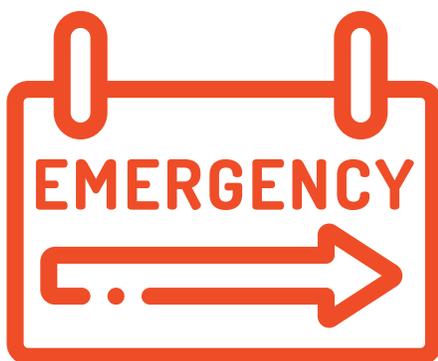
THURSDAY, AUGUST 28 FROM 1-3PM
at Crosspoint Alliance Church

RSVP Appreciated

Did You Know?

60% of people with dementia will wander at least once, and many do so repeatedly. This can lead to injury or getting lost, even in familiar places.

Source: Alzheimer's Association



Scan the QR code
to sign up today!



Be Prepared with Smart911

Otter Tail County offers Smart911, a free service designed to help keep you and your loved ones safer in an emergency. By creating a Safety Profile ahead of time, you can provide critical details (like medical conditions, mobility challenges, or emergency contacts) that 9-1-1 call takers can instantly access if you ever need help.

Whether you're calling from a landline or a cell phone, Smart911 links your phone number to your profile so dispatchers get the info they need, even if you can't speak. It's private, secure, and only visible to emergency responders when you dial 9-1-1.

Take a few minutes now to create your profile during a calm moment. It could make all the difference in a crisis.



Mobility Market

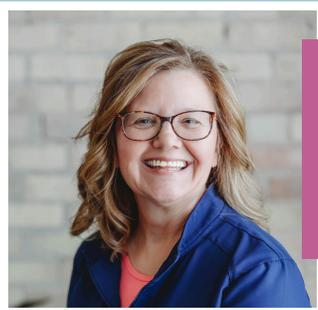
Gently used. Greatly needed.

Stay Safe and Mobile with the Mobility Market

We're launching the Mobility Market, a free community resource offering gently used medical and mobility equipment to help you stay safe and independent at home. Whether you need a walker, cane, or shower chair, having the right gear can prevent falls and make daily tasks easier.

We're currently collecting donations to stock the market. If you have equipment you no longer need, consider passing it along to someone who could use it.

If you or someone you know needs mobility help, don't hesitate to reach out. Call 218-347-1974 ext 4, or email connect@elevateotc.org. We're here to support your safety and comfort every step of the way.



Ask
Nurse
Jean

What are some signs that you shouldn't drive with dementia diagnosis?

1. Problems with multitasking
2. Unexplained new dents or scrapes on car
3. Ignoring traffic signs or getting traffic tickets
4. Driving too fast or slow
5. Confusing the brake or gas pedals
6. Difficulty remembering regular route home or getting lost

Discuss with your regular doctor about a referral for a driving evaluation.

Did You Know?

Even individuals with mild Alzheimer's disease show impaired driving abilities—slower reaction times, reduced attention, and poor decision-making. It's one of the reasons having a supportive plan in place helps everyone stay safe and confident!

(Source: Alzheimer's Association)

Driver Rehabilitation Testing Available

Lake Region Healthcare in Fergus Falls offers driver rehabilitation testing through their Occupational Therapy department. The evaluation costs \$350 and must be paid upfront. Some insurance plans may cover a portion, but you'll want to contact them directly for specific billing questions.

Occupational Therapists Kate and Lisa conduct the testing. To schedule or learn more, call 218-736-8388 and ask for Occupational Therapy. A referral is typically preferred before the assessment can be scheduled.



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.

Senior Day at EOTC Fair

Friday, July 25 from 11am-2pm at Perham Fairgrounds

Browse the tables and meet providers to learn more about resources for seniors and caregivers in Otter Tail County. Come find our Elevate table!

Caregiver Support Group

Tuesday, August 5 at 3pm at Perham Living

Connect with others who understand the journey of caregiving.

Dementia Live

Monday, August 11 from 10am-12pm or 1-3pm at the Elevate Office

This eye-opening hands-on experience builds empathy, understanding, and insight for caregivers, family members, and anyone who wants to better support those living with memory loss.

Space is limited. Please RSVP!

Dementia Friendly Movie: Grease

Wednesday, August 13 at 1pm at Comet Theater, Perham

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

Nosey Neighbor: Raspberry Picking at Otter Berry Farm

Wednesday, August 27 from 1-2pm at Otter Berry Farm, NYM

Join in on a tour of the farm and all of their operations. We'll also explore the raspberry patch, and everyone will get a pint of raspberries to bring home with them! RSVP required.

"Your care may not cure—but it always comforts, and that is powerful."