



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.

ASKING FOR HELP WITHOUT THE GUILT

Caring for someone living with memory loss is an act of love, but it's also a marathon. Caregivers often feel they need to “do it all,” but the truth is, sharing the load is not only okay, it's essential. When you invite others in, you protect your own health, energy, and patience. That means better care for both you and your loved one.

Here are a few ways to make asking for help feel easier:

- **Be specific.** Instead of a broad “I need help,” try something clear: “Could you stay with Dad for two hours on Thursday?”
- **Match tasks to strengths.** Ask the friend who loves cooking to drop off a meal, or the neighbor who drives often to run an errand.
- **Start small.** If asking feels overwhelming, begin with a tiny request—like picking up a grocery item. Small helps add up.

Why it matters:

Caregivers who share responsibilities report less burnout, better sleep, and more patience. Because when you take care of yourself, you're also taking care of the person you love.

Be sure to explore the other resources and expert tips in this newsletter, and check out the variety of handouts we have available to support you on your caregiving journey.



Scripts to ask for help:

“Could you visit Mom on Sunday from 1–3 so I can recharge?”

“You're great with tech—would you set up medication reminders on my phone?”

“We have a medical appointment on Wednesday. Can you drive us there and back?”

Tools that can make it easier:

- A shared calendar (paper or digital) where helpers can sign up.
- A short “care cheat sheet” on the fridge: key meds, routines, and emergency contacts.
- A simple group text with three rotating options each week (meals, rides, visits) so people can choose what works.

Set kind boundaries:

It's okay to say, “I can't do evenings,” or “We're sticking to two visitors a day.” Limits don't push people away. They guide them to show up in ways that truly help.

Remember – You are doing something extraordinary. You don't have to do it alone.

Community CLEANUP

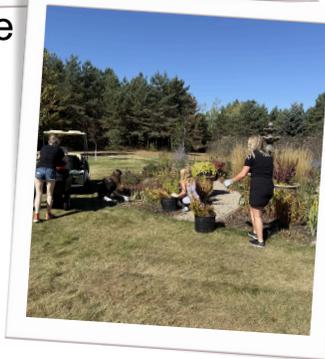
Need a hand with fall chores?

We're looking for projects to help local seniors during Homecoming Week!

We can help with:

- ✓ Raking Leaves
- ✓ Cleaning Gardens
- ✓ Washing Windows
- ✓ Fall Decorating
- ✓ Storing Outdoor Furniture
- ✓ Lightbulbs & Batteries

To submit your project, fill out a Project Registration Form. Find and return the forms at United Community Bank or the PACC!



Did You Know?

Most people with dementia who go missing are found within 1.5 miles of where they disappeared. Quick action and involving neighbors or local authorities right away can make a big difference in a safe return.

Source: Alzheimer's Association



Resources to Support Memory & Connection

Did you know the Perham Area Public Library has books, activity kits, and other tools designed for those living with memory loss? These resources are free to borrow and can bring connection, comfort, and joy at home. Check out the full list at our info table during Memory Café and see what sparks your interest!



Today's Speaker
Rob Hendrickson,
Lakes Home Solutions
Founder & *Certified*
Dementia Practitioner

His mission with Lakes Home Solutions is to help those living with dementia and their caregivers live a quality life in their home. He believes teaching caregivers necessary skills to manage behaviors. Utilizing the abilities of the person with dementia is essential for a healthy home environment.

Contact Lakes Home Solutions:

☎ 218-298-0869

✉ lakeshomesolutions@gmail.com

🌐 www.lakeshomesolutions.com

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.



BUILD YOUR TEAM



A Comprehensive Guide for Navigating Dementia



A Guide for Dementia Support

Build Your Team is a free, practical guide designed to help individuals and caregivers feel more supported, connected, and informed. Inside, you'll find local resources, expert tips, and helpful information on everything from healthcare and counseling to Meals on Wheels and financial planning. It's all about making the journey a little easier with guidance every step of the way.

Have you built your team yet? Ask us for a copy and start building your circle of support today.



In Loving Memory of
Denny Drummond

Denny Drummond was a valued member of the Perham Community and a singer in our Elevating Voices Chorus. We enjoyed Denny being with us each week and spending time with his wife Laura and other choir friends. We send our thoughts and love to Laura, Chandler and Dacia and their extended family and friends.



MEMORY cafe *where every story counts*

**THURSDAY, AUGUST 28
FROM 1- 3PM**

at Crosspoint Alliance Church
600 NE 8th St, Perham

RSVP Appreciated

September's session will focus on a vital topic: **Living Wills and Power of Attorney**. Join us as Sam Felix walks us through why these documents matter in dementia care and how they help ensure that medical and legal decisions reflect your loved one's wishes. It's a conversation that brings peace of mind today while protecting choices for tomorrow.

Did You Know?

An estimated 36% of people with Alzheimer's who live at home will wander. Of these, up to 80% will leave their safe area. Understanding the likelihood helps caregivers stay alert and build safe routines in and around the home.

Source: National Council on Aging

Beautiful Questions

A Beautiful Question is an open-ended prompt that sparks curiosity, connection, and meaningful conversation without a right or wrong answer. Try these out and see where the conversation takes you!

- What is something you are proud of?**
- What is something in nature that brings you joy?**
- What kind of food makes you happy?**

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.

Caregiver Support Group

Tuesday, September 2 at 3pm at Perham Living - 630 5th 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.

Parkinson's Support Group

Tuesday, September 9 at 2:30pm at Elevate - 318 6th Ave SW, Perham

Led via Zoom by Sanford Neurologist Dr. Sarah Matcha, each session features insightful guest speakers, valuable education, and a supportive community for those affected by Parkinson's disease.

Digital Life Skills: Getting Started with Email

Thursday, September 11 from 10-11am at Elevate - 318 6th Ave SW, Perham

Email is like online mail, and it's easier than you think! Join us to learn how to create your personal email address and understand the basics of sending and receiving messages. Hosted by Arvig.

Celebrate Aging Expo

Wednesday, September 17 from 9am-1pm at Perham Area Community Center - 620 3rd Ave SE, Perham

Join Elevate and 50+ other vendors for an educational community event that is geared towards aging adults and designed to help attendees navigate the maze of resources available in Central MN.

Foot Care Clinic

Tuesday, September 23 from 9-2pm at Perham Living Salon - 630 5th St SW, Perham

Appointments will cover nail trimming and filing, as well as filing of calluses. Cost: \$30. Call or text Christina at 218-371-8888 to book your appointment!


elevate
elevateotc.org

Connect with
our team!


 connect@elevateotc.org

 (218) 347-1974

 318 6th Ave SW, Perham