



Silver Quill

MOVEMENT & MENTAL HEALTH

How moving your body can improve your mind

Most people are aware of the benefits exercise can bring to our physical health, but did you know that it can also have a significant positive effect on your mind as well? From reducing risks to improving brain function, below are a few of the many ways moving your body can help improve your mental health.

1. Decreased risk of depression.

According to a study done by JAMA Psychiatry, "adding four hours of exercise a week could lower the risk of a new episode of depression by 17%." The study found that not only did high-intensity exercise, such as aerobics, help reduce your risk, but low-intensity exercise, such as yoga and tai chi, helps reduce your risk as well.

2. Improves brain health.

Much of the research done in recent years shows that even small amounts of physical activity can help keep your mind sharp and can significantly reduce your risks for dementia. One study by the American Academy of Neurology showed that consistent physical activity has the potential to lower your risk for dementia by 34%.

3. Improves sleep.

Another study done by John Hopkins Medicine states that moving your body each day can help prepare your body for a better night's sleep by helping to quiet your mind and stabilizing your mood. It can also increase the amount of deep sleep your body gets, which allows your mind and body the time it needs to recuperate.



4. Reduces anxiety.

There are various ways physical activity can help decrease anxious feelings, from providing a distraction from what is making you anxious to helping build up coping skills to combat future anxious feelings. According to Harvard Health, it also increases the production of neurochemicals, such as serotonin, that help regulate anxiety and stabilize your mood.

The beauty of any of the above benefits is that the effects can be immediate. And, they don't require you to commit to hours and hours at the gym each day. Whether it's a brisk walk, aerobics class, or a quick yoga session, find what works for you, and get moving on the path to an improved mind and body today.

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Valley Senior Services will be closed Monday, May 30th in observance of Memorial Day. No Meals on Wheels, Senior Center meals/activities or transportation.

SANFORD
HEALTH

 Senior Life Solutions®

Our senior centers offer exercise classes - check out page 2 in the Center Highlights for more information

Valley Senior Services

P.O. Box 2217

Fargo, ND 58108

www.valleyseniorservices.org

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If you are qualified, your rights to receive the services provided by this organization without regard to race, color, religion, sex, national origin, age or handicap are protected by Federal Law. If you believe you have been discriminated against, please contact: Brian Arett, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108. (701) 293-1440.

SENIOR CENTER HIGHLIGHTS

Ed Clapp Park Center

2801 32nd Ave S, Fargo
Kim Ingebretson 298-3976

May 11 - 12:30 AARP Safe Driving class
(see page 12)

May 17 - 9:00 Exercise; 10:00-2:00
Foot care

May 18 - 10:00-2:00 Foot care

May 19 - 9:00 Exercise; 10:00-2:00 Foot
care; 2:45 Birthday & anniversary lunch

Every Monday - 12:30 Pinochle, cards or
dominoes

Every Tuesday - 9:30 Free exercise;
12:30 Pinochle, cards or dominoes

Every Wednesday - 12:30 Mahjong,
bridge, cards, dominoes

Every Thursday - 9:30 Free exercise;
1:15 Bingo

Every Friday - 9:00 Mahjong; 12:30
Bridge, cards, dominoes

*To reserve meals, please call 298-3976
by 12:00 pm the day before.*

Trollwood Village

3105 Broadway, Fargo
298-3975

May 2 - 12:30 Church (Rosewood room)

May 4 - 10:00-2:00 Foot care; 1:00
Birthday cupcakes

May 5 - 10:00-2:00 Foot care

May 9 - 1:00 Crafts

May 10 - 11:00 Fargo Public Library

May 16 - 12:30 Church (Rosewood room)

May 23 - 1:00 crafts

May 24 - 11:00 Fargo Public Library

Every Monday - 9:30 Exercise
(Rosewood room)

Every Tuesday - 1:00 Grocery bus; 2:00
Bible study in library

Every Wednesday - 9:30 Exercise
(Rosewood Room); 12:30 Domi-
noes & pinochle

Every Thursday - 10:00 Bible
study; 12:30 Bingo; 12:30 Bridge
in library

Every Friday - 12:30 Crafts; 2:00
Chat & chew

*To reserve meals, please call 298-3975
by 12:00 pm the day before*

West Fargo High Rise

230 8th Ave W, West Fargo

May 2 - 12:15 Fire talk

May 3 - 12:15 Mexican train

May 9 - 12:15 Cop talk

May 10 - 12:00 Birthdays; 12:15 Prize
bingo

May 16 - 12:15 Crafts

May 17 - 1:00 Coffee with a cop @
Deaner's Diner

May 18 - 1:00 Book club @WF Library

May 19 - 6:30 Book club @WF Library

May 23 - 12:15 Sheriff talk

May 24 - 12:15 Prize bingo

May 31 - 12:15 Speaker TBA

Every Monday - 8:45 Sail @ RRC

Every Tuesday - 8:45 & 10:00 Bone
Builders @ Veterans Memorial

Every Wednesday - 8:45 Sail @ RRC;
12:30 Social events TBA

Every Thursday - 8:45 & 10:00 Bone
Builders @ VMA

Every Friday - 8:45 Sail @ RRC

*All activities at West Fargo High Rise
unless otherwise noted. Call 433-5460 to
register for library events*

*Meals served at Monterey and WFHR at
11:30 am. To reserve meals, please call
356-2047 at least one day in advance.*

Broadway Station

1461 Broadway, Fargo
Em Janes 232-7936

Every Monday - 10:15 Balance Builders;
1:00 Open activities

Every Tuesday - 1:15 Bingo

Every Wednesday - 12:45 Pinochle

Every Thursday - 9:00-3:00 Sewing/Craft
day; 1:00 Open activities

Every Friday - 1:15 Bingo

*To reserve meals, please call 232-7936
by 12:00 pm the day before.*

Statement of Identification - Silver Quill
Published Monthly by:
Valley Senior Services, Inc.
2801 32nd Ave. S, P.O. Box 2217,
Fargo, ND 58108
To receive the Silver Quill
call 293-1440
or toll free 1-877-827-1916
or e-mail: info@valleyseniors.org



Sanford Home Care will provide a nurse to cut and file your toenails at the following locations:

Trollwood Center
3105 Broadway, Fargo
Wednesday, May 4
Thursday, May 5
Wednesday, June 1
Thursday, June 2
10:00 am - 2:00 pm

West Fargo High Rise
230 8th Ave W,
West Fargo
Wednesday, May 11
Wednesday, June 8
10:00 am - 2:00 pm

Ed Clapp Park Center
2801 32nd Ave. S,
Fargo
Tuesday, May 17
Wednesday, May 18
Thursday, May 19
Tuesday, June 14
Wednesday, June 15
Thursday, June 16
10:00 am - 2:00 pm

Call **701-234-3204** for an appointment, please leave a message, someone will get back to you. The fee for foot care is \$25 (cash or check) at senior centers.

Valley Senior Services

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Welcome

Valley Senior Services has staff changes:

We are very excited to announce the appointment of Kassie Emanuel as Nutrition Manager for Valley Senior Services. In this position, Kassie will manage our Nutrition Services throughout the six-county region we serve. Kassie has worked for VSS as a Resource Specialist since 2017 and provides a wealth of experience in the operation of our Meals on Wheels programs in Fargo/West Fargo. She was particularly instrumental in the development of our new MOW routing software that was implemented in 2021. Please join us in welcoming Kassie to this new role for our program!



Jamie Freitag, VSS Resource Specialist



Jamie Freitag has joined Valley Senior Services as a Resource Specialist and the West Fargo Meals on Wheels Coordinator. Jamie interned for VSS fall semester and after graduating in December from Minnesota State University Moorhead with a degree in Social Work and Gerontology she accepted our offer to join our Resource team. Jamie lives in South Fargo with her fiancé and their dog, Zoey.

Jennifer (Jen) Erickson, Meals on Wheels Volunteer Coordinator

Valley Senior Services is happy to announce the hiring of Jennifer (Jen) Erickson as our Meals on Wheels Volunteer Coordinator. This is a new position for VSS, added to meet the demand of our growing Meals on Wheels program and the need for recruiting additional volunteers and the daunting task of scheduling volunteers for 54 Meals on Wheels routes each day. Jen's previous experience was with Job Service for two years and over 18 years at NDSU as a Disability Specialist.



Please help us welcome these employees to our TEAM!

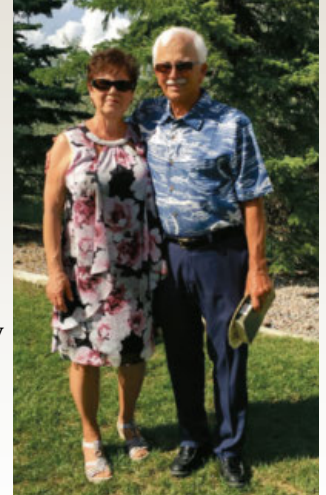
Volunteer Spotlight

This month we are featuring John who has been volunteering most of his adult life, which includes delivering Meals on Wheels. Here's what he has to say about volunteering:

Tell us a little about yourself: I am happily married to my wife of 56 years. Betty and I have 3 adult children and 9 grandchildren. I was a high school English teacher for 30 years, and after taking early retirement, I spent the next 21 years as a fundraiser for Jamestown College, Michigan Tech University, Sanford Health Foundation and First Lutheran Church in Fargo. I thoroughly enjoy reading, walking and hiking, traveling and spending time with family and friends.

What got you interested in volunteering? What got me interested in volunteering is my gratitude for how I have been blessed in my life in so many ways. I just enjoy helping others and to try to bring a smile to their faces and provide a touch of joy in their lives

Jesus said, "Truly I say to you, to the extent that you did it to one of the least of these brothers, you did it to me." I really enjoy reaching out and responding to the needs of my fellow men and women with love and hope.



Many thanks to John for his volunteer service to Meals on Wheels!

Valley Senior Services

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Wound Healing

By Lane Lipetzky, RDN

It is estimated that 2% of the U.S. population suffer from chronic wounds. Wounds may develop from having surgery or trauma, from uncontrolled diabetes, poor blood flow to extremities due to venous or arterial disease or even from skin breakdown from a pressure ulcer. Aging makes us more susceptible to developing wounds and less able to repair them. Nutrition plays a vital role in wound repair; we require more protein, calories, vitamins, minerals and adequate fluid intake when healing.

Wound healing - the process of taking injured body tissue and replacing it with new and healthy tissue.

Protein

Protein maintains and repairs body tissue. For this reason, protein is vital for wound repair. Depending on the severity of your wound, your dietitian or doctor may recommend anywhere from 1.2 - 2 grams per kilogram of protein. What this means is for every kilogram of body weight you weigh, you will need 1.2 – 2 grams of protein to maintain your muscle mass and repair your wound. Ex. Someone weighs 150 lbs and needs 1.2 grams per kilogram of protein:

$$150 \text{ pounds} / 2.2 \text{ pounds in a kilogram} = 68 \text{ kilograms}$$
$$68 \text{ kilograms} \times 1.2 = \text{about } 82 \text{ grams of protein needed in one day}$$

Common foods containing protein:

| Serving | Protein Source | Grams of Protein |
|-------------|-------------------------------------|------------------|
| 3 oz. | Cooked beef, chicken, pork or fish | 21 grams |
| 1 large egg | Eggs | 7 grams |
| ½ Cup | Cottage Cheese | 14 grams |
| 1 Cup | Milk | 8 grams |
| ½ Cup | Greek Yogurt | 15 grams |
| 1 oz. | Tofu | 8 grams |
| ½ Cup | Black beans, kidney beans & lentils | 7 grams |
| 2 Tbsp | Peanut Butter | 7 grams |

Calories

Repairing a wound takes energy, meaning your body will need extra calories for healing. Without adequate energy intake (calories), body tissues such as muscle and ligaments may start to break down, adding to the time it will take to recover. In general, it is recommended to eat 30-35 calories per kilogram of body weight to make up for the extra energy needs and to maintain body weight. For someone who is underweight, this number increases to 35-40 calories per kilogram of body weight. For someone who is overweight or obese your dietitian or doctor may recommend to consume between 20-30 calories per kilogram. Ex. An elderly adult with a pressure ulcer who weighs 150 lbs is recommended by their dietitian or doctor to eat 30 calories per kilogram of body weight:

$$150 \text{ pounds} / 2.2 \text{ pounds in a kilogram} = 68 \text{ kilograms}$$
$$68 \text{ kilograms} \times 30 \text{ calories per kilogram} = 2,040 \text{ calories per day}$$

Fluids

Being hydrated will help improve skin elasticity and blood flow. Better blood flow will help bring more nutrients and oxygen to the wound as well as remove waste. Fluid needs vary based on age, sex and diagnosis but a good goal is to drink at least 8 cups of fluids a day.

Vitamins and Minerals Needed for Wound Healing

Vitamin and mineral needs also increase when your body is trying to heal from a wound. The vitamins and minerals that are particularly important to help you heal are Vitamin A, C and Zinc. They help your body repair tissues, fight infections and keep skin healthy.



(Continued on page 9)

May 2022

VALLEY SENIOR SERVICES - FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS
 TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL BEFORE 12:00 NOON ONE DAY IN ADVANCE
 FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT 701-293-1440
 MENU SUBJECT TO CHANGE

To reserve a meal at a site
 Please call:

Ed Clapp 701-298-3976
 Trollwood 701-298-3975
 Broadway Station 701-232-7936

| ALL MEALS INCLUDE 8 oz 1% MILK | | | | | |
|---|---|---|---|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| 2 Chicken Moutarde Smashed Potatoes Diced Beets Fruit Cocktail Whole Wheat Dinner Roll | 3 Beef Stew California Blend Vegetables Fresh Fruit Biscuit | 4 Salsa Chicken Breast Brown Rice Best Black Beans Mangos Sour Cream Bar | 5 Fish Sandwich w/Tartar Sauce on a Whole Wheat Bun Crispy Cubed Potatoes Creamy Coleslaw Peaches | 6 Baked Ham Au Gratin Potatoes Broccoli Salad Applesauce Heath Cookie Whole Wheat Dinner Roll | |
| 9 Chicken Wild Rice Hotdish Key West Vegetables Mandarin Oranges Whole Wheat Dinner Roll | 10 Lasagna Steamed Broccoli Fresh Fruit Garlic Breadstick | 11 Baked Cod w/Tartar Sauce Parmesan Garlic Mashed Potatoes Creamed Peas Pineapple Tidbits Blonde Brownie Whole Wheat Dinner Roll | 12 Meatloaf Baked Potato w/Sour Cream Stewed Tomatoes Pears Whole Wheat Bread | 13 Lawry's Chicken Breast Cheesy Whipped Potatoes Creamy Cucumbers Cherry Jell-O w/Peaches & Whipped Topping Sister Schubert Roll | |
| 16 Cheesy Egg Bake Rosemary Roasted Potatoes Mixed Vegetables Tropical Fruit Whole Wheat Bread | 17 BBO Pork Chop Scalloped Potatoes Brussel Sprouts Berries Corn Bread Muffin | 18 Beef Stroganoff Egg Noodles Lettuce Salad Fresh Fruit Peanut Butter Cookie | 19 Roast Turkey Mashed Potatoes & Gravy Roasted Carrots Fresh Fruit Whole Wheat Dinner Roll | 20 Sloppy Joe on a Whole Wheat Bun Pasta Salad Baked Beans Strawberry Jell-O Salad w/Whipped Topping | |
| 23 Tater Tot Hotdish California Blend Vegetables Mandarin Oranges Whole Wheat Dinner Roll | 24 Bronze Pork Loin Mashed Potatoes & Gravy Green Beans Fresh Fruit Whole Wheat Dinner Roll | 25 Breaded Lemon Pepper Fish w/Tartar Sauce Vegetable Rice Pilaf Chunky Vegetable Salad Rhubarb Crisp w/Whipped Topping | 26 Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Potato Salad Steamed Baby Carrots Fresh Fruit Cup | 27 Chicken Tortellini Broccoli Cuts Pears Lemon Cookie Garlic Breadstick | |
| 30 Closed | 31 Country Meatballs Mashed Potatoes & Gravy Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread |  | |  | |




May 2022

VALLEY SENIOR SERVICES- WEST FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Meal reservations for WF High Rise - North Sky - WFACP

Call **701-356-2047** one day in advance before 12:00 PM

For Meals on Wheels contact the main office at **701-293-1440**

| ALL MEALS INCLUDE 8 oz 1% MILK | | Meals served at WFHR and Monterey @ 11:30 | | | | |
|---|---|--|---|---|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
| 2 | 3 | 4 | 5 | 6 | | |
| Salsa Chicken Breast Rice Blend Prince Edward Vegetables Grapes Whole Wheat Bread | Beef Stew over Biscuit Lettuce Salad w/Dressing Pineapple Upside Down Cake & Whipped Topping | Baked Ham Au Gratin Potatoes Baked Beans Jell-O w/Fruit & Whipped Topping Whole Wheat Dinner Roll | Chicken Wild Rice Casserole Green Beans Fruit Cup Cookie Whole Wheat Bread | Taco Casserole w/Chips Cheese & Lettuce Mexicorn Carmel Applesauce Garlic Toast | | |
| 9 | 10 | 11 | 12 | 13 | | |
| Hamburger Gravy over Mashed Potatoes Captain Salad w/Dressing Fruit Cup Whole Wheat Dinner Roll | Chicken Alfredo over Noodles Mixed Vegetables Peach Cobbler with Whipped Topping Banana Bread | BBQ Ribs Baked Potato w/Sour Cream California Vegetables Fruit Cup Cookie Croissant | Hamburger on a Whole Wheat Bun Potato Salad Baked Beans Fruit Cup | Chicken Tortellini Casserole Key Largo Vegetables Sliced Cucumbers Vanilla Pudding w/Bananas Whole Wheat Bread | | |
| 16 | 17 | 18 | 19 | 20 | | |
| Chicken Breast Boiled Potatoes & Gravy Country Vegetables Fresh Strawberries Whole Wheat Bread | Lasagna Wax Beans Coleslaw Jell-O w/Fruit & Whipped Topping Garlic Breadstick | Roast Turkey w/Dressing Mashed Potatoes w/Gravy Baby Carrots Lemon Fruit Salad | Stuffed Peppers Parsley Buttered Potatoes Mixed Vegetables Chocolate Date Cake & Whipped Topping Whole Wheat Dinner Roll | Pub Fish on a Whole Wheat Bun w/Tartar Sauce Garlic Herb Potatoes Creamed Peas Fruit Cup | | |
| 23 | 24 | 25 | 26 | 27 | | |
| Tater Tot Casserole Lettuce Salad w/Dressing Fresh Fruit Whole Wheat Bread | BBQ Chicken Cheesy Hashbrowns Prince Edward Vegetables Angel Food Cake w/Strawberries & Whipped Topping Whole Wheat Dinner Roll | Beef Stroganoff over Noodles Peas & Carrots Fruit Cup Zucchini Bread | Chicken A La King over Biscuit Country Vegetables Coleslaw Rhubarb Crisp & Whipped Topping | Sloppy Joes on a Whole Wheat Bun Pasta Salad Calico Beans Fruit | | |
| 30 | 31 | | | | | |
| Closed  | Swiss Steak Mashed Potatoes Carrots Fruit Cup Brownie Whole Wheat Dinner Roll |  |  | | | |

Wound Healing

(Continued from front page 6)

Food sources of vitamin A, vitamin C and Zinc:

| Vitamin A | Vitamin C | Zinc |
|----------------------------|--|----------------------|
| Carrots | Sweet Peppers | Meat & Poultry |
| Apricots | Cruciferous veggies like Broccoli & Brussels sprouts | Fish |
| Cantaloupe | Strawberries | Whole Grains |
| Sweet Potatoes | Tomatoes | Eggs |
| Pumpkin/Squash | Citrus fruits like oranges | Milk |
| Liver | Grapefruit | Liver |
| Kale, Spinach, Swiss chard | Papaya | Legumes, nuts, seeds |

Tips for Wound Healing

- Eat a source of protein with every meal.
- Try to include protein with your snacks. Examples include eating cottage cheese with fruit, edamame, peanut butter on toast or celery, Greek yogurt with berries, etc.
- Talk to your dietitian or doctor about recommended calorie needs.
- Control your blood sugar levels.
- Make sure to drink plenty of fluids.
- Look for food sources high in vitamin A and C like fruits and vegetables.
- Consume food sources high in zinc, they are also generally high in protein!
- If you're unable to consume the amount of protein or calories that are recommended, talk to your dietitian or doctor about a nutritional supplement such as Juven, Premier Protein, Muscle Milk, Ensure, Boost, Glucerna, etc.
- Talk to your dietitian or doctor about taking a vitamin and mineral supplement.

Valley Senior Services

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Valley Senior Services, Fargo, ND

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We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

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Rural Cass News

Congregate Dining: Now Open along with Pick Up & Take Out:

Hunter Cafe & Bakery, Hunter, ND (874-2253): Monday, Wednesday, Friday at 11:00

Page Cafe, Page, ND (668-2254): Tuesday, Thursday, Friday at 11:30-12:30

Leonard Cafe, Leonard, ND (645-2240): Monday, Wednesday, Friday at 11:00

Please call ahead to order your meals.

Cass County Council Meeting: Monday, June 20th at 11:00 am in Embden.

Cass County Rural Bus Schedule:

| Routes: | North Cass County | South Cass County |
|-----------|-------------------|-------------------|
| Hunter | 8:00 a.m. | Leonard 8:00 a.m. |
| Arthur | 8:20 | Kindred 8:30 |
| Casselton | 9:00 | Horace 8:45 |
| Fargo | 9:45 | Fargo 9:15 |

North route runs May 3, 10, 17, 24 & 31. South route runs May 4, 11, 18 & 25. Express van runs Mondays and Thursdays. Please call 356-7433 for more information or to schedule your ride. For Page residents: you can use Steele County bus to Fargo on May 9 & 20. Please call 1-800-845-1715 for pick-up information and to reserve a ride.



Just for You Foot Care

Jill Kent, RN of Just For You Foot Care will be providing foot care services at:

Page Senior Center

**Call Jill at
218-242-1379
for an appointment**

Valley Senior Services

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| | |
|--|--|
| <p>Evergreens of Moorhead 512 3rd Avenue South Moorhead, MN 56560 218-233-1535 ecumenevergreensmoorhead.org</p> <p>Memory Care</p> | <p>Evergreens of Fargo 1401 West Gateway Circle Fargo, ND 58103 701-239-4524 ecumenevergreensfargo.org</p> <p>Basic Care Memory Care</p> |
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Events 2021:

Veterans Memorial Event:
May 28th

4th of July Event:
July 4th

First Responder Appreciation Night:
September 23rd

Trunk or Treat at "Boo-nanzaville"
October 31st

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December 4th

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Fraud up significantly in 2021 - Protect yourself!



The numbers are in. The Federal Trade Commission released its fraud report from last year, and the news is shocking. Over the past three years, reported losses to consumer fraud has tripled, coming in at a reported \$5.9 billion in 2021.

Most fraud is committed through online scams – usually via social media. But, these numbers only reflect the fraud that is reported. Often, people don’t report fraud due to the shame they feel. The language used suggests that scams are the victim’s fault -- she was duped, he was swindled, they fell for it. AARP is working to change that approach. Scams are conducted by criminals, and criminals are clever. They prey on our vulnerabilities and are masterful at their craft. If you believe yourself to have been scammed or the victim of fraud, it’s important to report it.

Fraud and online scams are as rampant in North Dakota as they are elsewhere. According to the North Dakota Attorney General’s office, online scams in the state usually fall into the following categories.

- Shopping on social media: A consumer orders an item via a social media link and either never receives it or receives an item they did not order, usually shipped from overseas. If the consumer contacts their credit card company to dispute the charge the “merchant” will provide a tracking number and the dispute is often rejected.
- Marketplace buyer scam: A consumer sells an item on Marketplace and the form of payment provided by the “buyer” bounces.
- Fake job: A consumer responds to a fake job listing; typically associated with work from home opportunities.
- Contests and gift cards: A consumer receives a message from a friend about a contest/sweepstakes/lottery or asking for help in purchasing a gift card. Often the friend’s account was hacked.

If you think you have experienced a scam, remember that you are a victim of a crime. Call the AARP Fraud Watch Network Helpline at 877-908-3360 for guidance and support, or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork

AARP Driving Class is Back

Take the AARP Smart Driver Course and you may be eligible for a discount on your auto insurance premium of at least five percent. You could also receive a three-point reduction on your driver’s license.

The four-hour class is taught by trained AARP volunteers. There are no tests.

What: AARP Smart Driver Course
 When: Every month, starting Wednesday, May 11th
 12:30 pm to 4:30 pm
 Where: Ed Clapp Senior Center
 2801 32nd Ave South, Fargo.

Cost is \$15 for members and \$20 for non-members.
Call Kim at 298-3976 to sign up.

2022 Events Bonanzaville:

Veteran's Memorial Event: May 26th, 2022

4th of July event: July 4th, 2022

Pioneer Days: August 27th & 28th, 2022

First Responder Appreciation Night: September 22nd, 2022

Paranormal Investigations: October 14th, 21st, 28th and 29th, 2022

Trunk or Treat at "Boo-nanzaville": October 30th, 2022

Christmas On The Prairie: December 3rd, 2022

Summer Hours: May-August M-F 10am-7pm • September M-F 10am- 5pm
Saturday 10am-5pm • Sunday 12pm- 5pm

Winter Hours: Saturdays 10am-5pm • Sundays 12 pm to 5 pm
Monday—Friday By Appointment

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CASS COUNTY HISTORICAL SOCIETY

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Bonanzaville.org

Valley Senior Services

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Caregiver Conference

REDEFINING MEMORY LOSS:

I Already Told You...Don't You Remember?

Understanding Memory Loss, Dementia & Dementia Communication



For those who want to learn practical strategies to support those living with dementia.

Keynote Speaker:

ERIN BONITTO



A presenter at nearly 500 aging services and dementia care conferences, Erin is a nationally-known educator and dementia communication coach. She has a rich career in healthcare and an extensive education including a B.A. in Psychology, an M.S. in Gerontology, and an Activity Director Certification. In 1998, Erin founded Gemini Consulting and created the Life Enrichment Systems for Dementia, a dementia education, programming and skill coaching framework. As Lead Coach, Erin provides hands-on dementia communication coaching to families and in CCRCs, skilled nursing homes, assisted living centers and memory care neighborhoods. Her coaching allows caregivers to become the very best dementia communicators they can be. Trainees also learn how to provide individuals living with dementia the vitally important gifts of pleasure, purpose and peace while making measurable impacts on clinical and operational goals related to psychotropic use and behavioral outcomes, fall rates, team member morale and family satisfaction. Erin's coaching system has been described by many care communities as their "missing link" to culture transformation. Despite Erin's expansive education, she will tell you that most everything she has learned about dementia has been learned in the real world. A recent diagnosis of dementia in her own family underscores this belief and has added a depth to her knowledge that only those who have a loved one with dementia can understand. As a healthcare professional and family caregiver, Erin truly understands what it is to simultaneously grieve the person's losses while celebrating their remaining strengths.

REGISTRATION required by May 20

Cost: \$30 Community Members

\$60 For Professionals

***4 hours CEUs available for ND Social Workers**

After May 20/Walk-in Registration

Cost: \$45 Community Members

\$75 For Professionals

Lunch, Snacks & Refreshments Included

Tuesday, June 7, 2022

8:30 - 4:00

Holiday Inn

3803 13th Ave S, Fargo

A diagnosis of dementia can be devastating. It typically leads to feelings of fear, guilt, anger, anxiety, depression, hopelessness, and despair for both the people living with the disease and their care partners. Additionally, these couples often feel ill-equipped, overwhelmed, and deserted by their friends, family, medical providers and communities of faith. Well-intentioned community members often feel frightened and ill-equipped to deal with dementia so they pull away. If you are personally or professionally impacted by this disease, or if you are simply interested in gaining practical knowledge and real life skills in knowing what to expect and how to comfortably respond to individuals living with this disease this conference is for you. It will help you focus on what's most important - the person living with the disease and their on-going need to be understood, respected and loved throughout the course of their disease.

Program Schedule:

- 8:30 - 9:15** Registration
Silent Auction & Vendor Exhibits Open
- 9:15 - 10:00** Welcome & Introductions
- 10:00 - 11:30** *Session 1: Deepening our Understanding of the Disease Process*
- 11:30 - 12:15** Lunch
Silent Auction & Vendor Exhibits Open
- 12:15 - 12:45** Video & Testimonies
- 12:45 - 2:00** *Session 2: Strategies for Promoting True Well Being for those Impacted*
- 2:00 - 2:15** Break
Silent Auction & Vendor Exhibits Open
- 2:15 - 3:30** *Session 3: From the Inside Out: Panel Discussion and Q & A*
- 3:30 - 4:00** Closing

See page 15 for registration information

Caregiver Conference Registration

(see page 14 for more information)

REGISTRATION: Required by May 20

Cost: \$30 Community Members | \$60 for Professionals (ND LSW CEUs 4 hrs)

Note: Registrations *after* May 20 are \$45 Community Members | \$75 for Professionals

Register: www.eventbrite.com (scan QR Code or search - Redefining Memory Loss)
or send Registration form with check to Memory Cafe PO Box 883 Fargo, ND 58107



Scan & Register Now

Name

Phone

Address

City

State

Zip Code

Email Address

701.404.6712 | www.memorycaferrv.org | hello@memorycaferrv.org | PO Box 883, Fargo ND 58107

Valley Senior Services

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PARKINSON'S SUPPORT GROUP

Monthly Education/ Support Group Event

2nd Tuesday of every month 2:30 - 4 p.m.

Join in person: Please RSVP at: (701) 234-4170 or
ParkinsonsResearch@SanfordHealth.org

Sanford Brain and Spine Center
2301 25th St. S., Fargo, ND 58103
(Enter Door A, North Wing)

Join virtually on Webex:

Go to Webex.com, click "Join a meeting" and enter meeting ID
Meeting ID: 161 186 4614
Passcode: 4170

Or call in by phone: (312) 535-8110

Upcoming Dates: March 8, April 12, May 10, June 14



This program is supported
by a community grant from
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