



The Paddlewheel

Moorhead Rotary Club

Volume 101—Number 13

September 29, 2020

**Moorhead Rotary Club 970
District 5580**

President Jerry Roger
President-Elect Gina Monson
President Nominee 2021-2022
David Sederquist
Treasurer Emily Gess
Secretary Teresa Joppa
Past President Steve Schaefer

Directors (2020) Ernie Simmons,
Pat Gulbranson and Greg Johnson
Directors (2021) Kevin Heazlett
and Tracey Moorhead
Directors (2022) Tammy Finney
and Steve Astrup
RYLA Coordinator Randy Farwell
Polio Plus Coordinator Cindy Nolte
Sergeant at Arms Team
Dave Sederquist, Eric Johnson
& Jean Hannig
Program Chair Jean Hannig
Pianist Sharon Fangsrud
Song Leaders Bill Schwandt,
Bob Hanna
Photographer Russ Hanson
Paddlewheel Editor
Nancy Edmonds Hanson

Other F-M Rotary Meetings

Monday: FM/PM Rotary
5:30 p.m., Lucky 13 Pub
Monday: Fargo West Rotary
Noon, Holiday Inn
Wednesday: Fargo Rotary
Noon, Radisson
Thursday: FM/AM Rotary
7 a.m., Ramada Plaza



COMING UP TUESDAY

Alena Pringle of Engineers Without Borders shares information on one of Rotary International's priorities, "Improving Access to Water & Sanitation Around the World," this week. Steve Schaefer is sergeant at arms, and Randy Farwell is our Rotarian of the Day/

Memory Cafe director talks about making memories with loved ones with dementia

President Jerry Rogers welcomed a dozen members to Moorhead Rotary's Zoom get together. The meeting began with reports by several members:

Gina Monson, service committee: Our second quarterly drive-by food drive Sept. 15 netted about 750 pounds of donated food for Churches United and its programs. The next event is set for Nov. 3 (Election Day). We will again set up at the Moorhead Center Mall. Depending on the weather, mall management says we are welcome to use the parking ramp or even move the collection inside.

Violet Deilke: "We all should be busy selling our Travel Giveaway tickets!" If you haven't picked yours up yet, call her at the Centre for Hair and Wellness, 236-6000; she will bring them out to you.

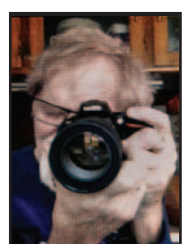
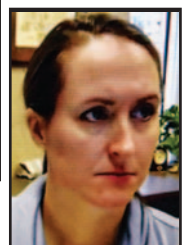
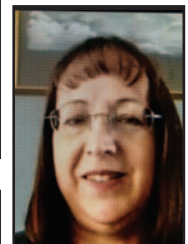
Jerry reminded members to pick up their Rotary face masks.

Sarge Gina: Ways to make a difference

Sergeant at Arms Gina Monson recommended that members take time to read their Rotarian magazines and think about ways in which they can

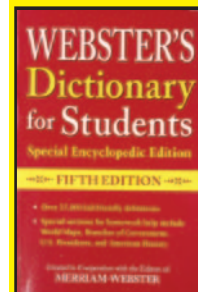


Deborah Kaul (above), director of the Memory Cafe, talked about creating joyful moments for persons living with mild to moderate memory loss and their loved ones. For more information, go to memorycafeofrv.com.



The Dictionary Project needs you!

Our dictionaries are here, and the 3rd graders of Clay County are waiting! Join us at the School Operations Center Friday to help with the massive job of individually labelling more than 900 books.



Choose a 2-hour shift or stay longer! Shifts begin at 8 and 10 a.m., noon and 2 p.m. Many hands make light work! We could use four helpers for each.

Please call Russ Hanson, 218-790-1489, or email russ@hansonphoto.com to indicate the time you prefer.

Guest 9/22

Deborah Kaul, Memory Cafe

September Birthdays

Lorenson, Pat	Sep 01
Schaefer, Steve	Sep 01
Hanna, Bob	Sep 13
Nolte, Cindy	Sep 15
Simmons, Ernest	Sep 19
Craft, William	Sep 22

Wedding Anniversaries

Hetland, Dale & Ruth	Sep 01 1990	30 years
Andreasen, John & CarolSue	Sep 02 1972	48 years
Kolb, Ronald & Judy	Sep 05 1959	61 years
Deilke, Violet & Karl	Sep 12 1975	45 years

Rotary Anniversaries

Nordin, Adam	Sep 08 2015	5 years
Erbes, Roger	Sep 09 2017	3 years
Craft, William	Sep 13 2011	9 years
Hendrickson, Chuck	Sep 15 2015	5 years
Remark, Rob	Sep 18 2018	2 years
Shockley, John	Sep 21 2015	5 years

make a difference. "And think about all you take for granted," she added, mentioning the internet, food and other daily blessings.

Her call for happy dollars elicited many good things. Jean Hannig noted how much fun it was to work together on the food drive with fellow Rotarians, as well as the postcards that are helping prime our past Travel Raffle customers. Teresa thanked other Rotarians who covered for her at the drive when she was called away by her husband who had a serious medical issue. ("He's fine," she added.) Russ was grateful for KVRRTV's covering the drive on its news broadcasts that night.

Gary reported that he'd made reservations a month ago at a restaurant in Walker, MN, for Cindy's birthday last week ... but when they got there, the restaurant was closed. Brent Brandt expressed happiness and gratitude for the food drive and the club's support.

Gina wrapped up by encouraging each member to bring a friend to a virtual Rotary meeting on Zoom.

Overcoming the stigma of dementia

Rotarian of the Day Brent Brandt introduced our speaker, Deborah Kaul, founder and director of the Memory Cafe. Deb, a nurse with Hospice, quite her job to care for her parents, both of whom had dementia. Now, she says, she has returned to work with a very different perspective ... one that inspired her to establish the nonprofit, which serves individuals with dementia and their caregivers.

Both she and cofounder Beth Ustanko have brought their personal experience with their parents' experience with dementia-related

conditions to the project, which is available to all at no charge. "We both noticed and felt the tremendous impact of the stigma, isolation, embarrassment, and loneliness our parents experienced as their health declined, and we wanted to do whatever we could to lessen those impacts for others living with dementia and their family members," she says.

Dementia, she told the Rotarians, is not a diagnosis in itself. "It's a group of conditions involving memory loss, thinking and reasoning skills and behavioral changes, all of which may interfere with daily life. "Unfortunately, society makes a lot of judgments and places a heavy stigma on folks with dementia," she observed.

The goal of Memory Cafe, she says, is to provide empowerment, hope, and joy through socialization, education, creative arts and community engagement.

The organization has sponsored Tuesday and Saturday get-togethers for individuals and their caregivers in the past. Now, though, they have moved online to keep everyone safe. "We emphasize laughter and gratitude. We want to emphasize abilities, not disabilities," she explained.

The Memory Cafe has offered a variety of experiences. They do art projects and have welcomed young dancers of Just for Kix. Grandchildren have sometimes joined them. Pet therapy is encouraged. They have attended the Blenders' holiday concerts together and taken part in other outings.

They also sponsored a regional conference for caregivers in 2019 and help them find resources to understand their loved ones' retained abilities and potential.

Looking Ahead

September 29 ... Zoom

Sergeant at Arms.....Steve Schaefer
Rotarian of the DayRandy Farwell
ProgramAlena Pringle, "Engineers Without Borders: Improving Access to Water & Sanitation Around the World"

October 2 — Dictionary Project Day

Volunteers gather at School Operations Center to label dictionaries for Clay County 3rd graders. Shifts begin at 8 and 10 a.m., noon and 2 p.m.

October 6 ... Zoom

Sergeant at Arms.....Dave Sederquist
Rotarian of the Day

Program.....Alicia Belay, Rotary International
Microloan Program in Ethiopia

October 13 ... Zoom

Sergeant at ArmsDale Hetland
Rotarian of the Day

Program.....Dorie Leslie, Friendship Inc., Fargo organization provides housing & job support to people with developmental disabilities

October 20 ... Zoom

Sergeant at ArmsJean Hannig
Rotarian of the Day

ProgramJustin Kristan, Active Transportation Alliance, bike safety & transportation issues