

It is September 11 as I start this newsletter, and I have been watching the coverage of the events surrounding the attack on our country. I think back to being in my 4th grade classroom, when my wife called me to tell me what was happening. I turned on the TV, as I realized this was history happening. What I remember was that the children were afraid it would happen here in our area. They needed to be reassured. We eventually turned off the TV and went back to our work, but it was hard to be thinking about learning math or language lessons. Teachers would have to help students understand how and why this could happen. It was different being a part of history, rather than just reading about it. It still breaks my heart to see what happens today, but I feel the resilience of how our country came together to support each other and those mostly affected after being at these sites when it happened, and the families that lost loved ones. It is my wish and prayer that we could come together again, and learn to work together on accepting others' opinions. Sorry, I usually keep editorials out of my work.

Lastly, I try to personally check with members of this group occasionally to see if I'm meeting their needs, and what I'm missing. I don't need pats on the back or encouraging words, I get that from God, but I would like to know what works and what doesn't so I can get the right material to you. If you aren't interested anymore in the newsletter, no problem. I can take you off the list. Many have said to me: *I like the caregiver newsletter. I may not read everything, but the things I do need to see, come at the right time.* Folks, that is God working in us.

I also have an invitation for you to participate in a Zoom meeting for "Age-Friendly Communities," in section **E**. I was a part of this effort with the local team for Moorhead, but had to drop out to focus on my grief class. I hope you will check it out. My experience on this topic was eye-opening about the needs of seniors in my community. Moorhead has been very open to these new ideas. This is not just for Moorhead, but every community. This is a national push and sponsored by AARP.

I'm sorry, I'm sharing a lot of material, but with this format, I can share more with you and not worry about it flying into cyber space, or having to invest in a data center with all my files. I can just imagine what Luann would be saying to me now. It seems that I get behind not doing two newsletters a month. Please let me know if this works.

A. Short clips from Facebook that I have collected. I don't think I have shared these yet. If I have, it was meant to be. In this section, a professional shares his information to help us be more aware in dealing with dementia. To be honest, watching these will increase their presence on Facebook Reels, but only under Reels (not threads) as Facebook collects different shared pieces you have shown an interest in, and puts them into reels. I'm sharing some because my file is getting too big. What I hope is that those of you faced with dementia issues especially, will find them helpful. Copy them, or write them down in your journal as reminders. I have been impressed. I hope that you will be able to open them easily by clicking on the link. I work hard to make it as easy for you as possible, but I must follow copyright laws. If I didn't, I would be doing a GoFundMe to pay for the fines, and reaching out to you to save me. Please let me know if they are not valuable or don't work. I don't know how long they will be available.

<https://www.facebook.com/share/r/1CsYwcd23M/?mibextid=wwXlfr>

You aren't my spouse

<https://www.facebook.com/share/r/1EeuHfqSCp/?mibextid=wwXlfr>

When they get anxious

<https://www.facebook.com/share/r/1cB4eGcbwC/?mibextid=wwXlfr>

don't challenge the story

[neverwww.facebook.com/share/r/1Eo3ZLhMBb/?mibextid=wwXlfr](https://www.facebook.com/share/r/1Eo3ZLhMBb/?mibextid=wwXlfr)

Train others before it's needed

[XXXhttps://www.facebook.com/share/r/1GEMmoipY9/](https://www.facebook.com/share/r/1GEMmoipY9/)

Sundowning-behaviors change

[XXXhttps://www.facebook.com/share/r/1Pi7bCicBZ/](https://www.facebook.com/share/r/1Pi7bCicBZ/)

Showtime behavior for doctors

<https://www.facebook.com/share/r/1VRf3uaUfi/> A polite church goer suddenly

B. AgingCare Links—As I have mentioned in the past, this website has not given me permission to share their articles this year. I think I found a way that you can see the beginning of the article and decide if you want to continue. If so, then you would have to click on the link in blue that says to continue. Remember that this website uses mostly questions and answers from non-professionals. Occasionally, they have a professional author share an article. One of my favorite authors is from Minding Our Elders. The first two below are the “question and answers” and the third is Minding Our Elders. She has great advice.

FROM DEL: Please send money if I get sued, or need bail to get out of jail for doing this. I wonder what God would think of this approach?

1 Crestwood

Asked August 17, 2026

Anyone found a properly designed accessible universal tv remote control?

I'm looking for a universal tv remote control that is compatible with cable tv services, including record/play functions, for a 94yo with dementia. The regular remote control that he's used to using has become too difficult for him - he gets the buttons mixed up, and has trouble placing his fingertip on the correct button. The "accessible" remote controls that I've found online have too few functions. The ideal remote control would have haptic cues, effective colour-coding, icons instead of words wherever possible, and no extraneous buttons. Keywords I have already used include "accessible", "dementia", "dementia friendly", "assistive", "assistive technology", and have come up with bupkus.

I am also exercising tremendous self-restraint by not including my own rant about the terrible design of every single remote control in existence - they don't even work for fully-abled people! And the designs that are passed off as "accessible" are not worth the time to consider. Click on [AgingCare.com](https://www.facebook.com/share/r/1VRf3uaUfi/)

From Del: I totally understand this. I bought a TV at a “big box” store and went back to get help with the remote. The salesman told me his 92 year old grandfather didn't have any problems, so I went home and got the TV and returned it, because of his response. I got another TV at a different store, but still struggle with the remote because it doesn't always do what it should when I do push the right button. I have to push it three times.

2. Stardust

Asked August 19, 2026

What happens if she no longer qualifies medically for LTC?

Mom lived with us for four years before she finally qualified for LTC through Medicaid. Dementia and some blood pressure issues are her only dx. Last year, when she qualified, she was doing things like going outside, taking her clothes off, or going outside with her clothes off, trying to "leave" to go "home," etc. Those are the things that qualified her because they had a doctor take another look at those things, not because she ticked the normal boxes.

Fast forward to today, she's in a memory care facility and doing REALLY well. Like she's the most "with it" person in the facility. She has a review tomorrow and I just found out that they can kick her out of the program for no longer qualifying medically.

She CANNOT come back to my house. I almost didn't survive the first round of her living here. She has no other options of places to go. She can't afford self-pay at the facility. What do I do to prepare for this so I'm not caught with my pants down??

3. After you read the question you will need to click on the link in the story

AgingCare



By Carol Bradley Bursack, Minding Our Elders

Breaking the News That a Loved One is Going on Hospice Care

When the paperwork was finally signed to get hospice care for my dad, I was grateful. There would now be a routine of care for him where he could live in comfort. That's all he really wanted. However, I knew that breaking this news to Mom would be difficult. She'd have to finally admit, and somehow accept, the fact that Dad was dying. After all, hospice care is for people diagnosed as terminally ill.

A brief time after Dad's death, Mom's own terminal condition required hospice care in order to control her pain. She had told me numerous times that she was tired of living and ready to "go." Yet, I believe it still was hard for her to accept that she needed hospice care and what that meant.

Our culture has historically been devoted to curing illness at all costs, and death is often looked at as "failure," no matter the age or condition of the person being treated. Many other cultures readily accept death as part of the life cycle. I believe we, as a culture, are making progress in this direction, but death still tends to be a word people avoid. If it's up to you to inform a loved one that he or she would be more comfortable under hospice care – or that a person they love will be on hospice care – there are steps you can take to get you through this difficult transition.

Steps to Take When Transitioning into Hospice Care

- If possible, make sure the whole family is on board and understands that hospice care is **palliative (comfort) care**. Hospice care is not meant to cure the incurable. To be eligible for hospice care, a doctor must already have stated that the person is terminally ill with a life expectancy of six months or less.

Continue reading on agingcare.com Breaking the News That a Loved One is Going on Hospice Care. Paste the title in the search bar.

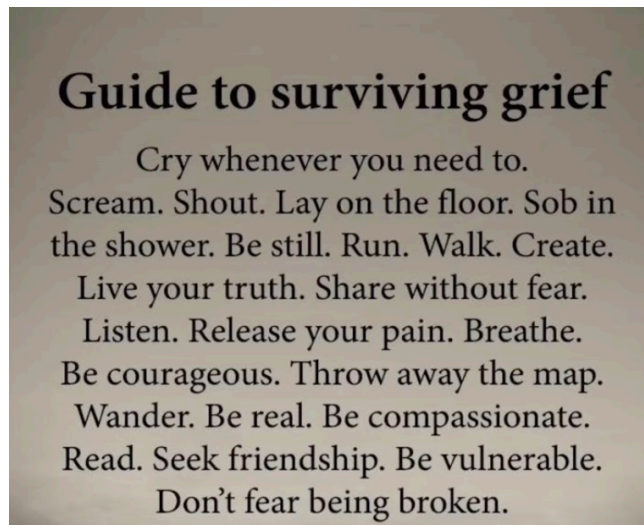
C. The three below, I stumbled on and figured out how to make it work by clicking on them. I hope. Click on the title

[How do I tell my husband he is going into care? - AgingCare.com](#)

[How do I tell my husband of 54 years that I need to put him in a ...--AgingCare.com](#)

[How do I tell my husband that he will be moving to a Memory Care —AgingCare.com](#)

D. NUGGET:



E. This is a zoom meeting on Age Friendly Communities. I served on the board in Moorhead until I started my grief training. There isn't enough hours in the day.

Resources

Age Friendly MN <https://www.agefriendlymn.org>

AARP Livability [AARP.org/Livable](https://www.aarp.org/livability)



Ready to make your living space a lifelong home?

This is where we can help.



HomeFit: Making Home Safe and Livable for All

How can you make your home safe and livable? AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Join us for a HomeFit event, where you and your family can explore how to make your current or future residence your “lifelong home.”

We'll explore:

- How Universal Design can accommodate all people
- Room-by-room suggestions to improve your current housing
- Quick fixes that can be implemented across many housing types

This event is brought to you in partnership with Age Friendly Moorhead, whose mission is “Creating together, a supportive, healthy, and vibrant community!”

Join us via Zoom on September 22 from 4:30 to 5:30 p.m.

Register today on Eventbrite or call Stephanie at 320.766.1856

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ABOUT AARP MINNESOTA

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

