

# Brain Waves

NOVEMBER 2021



## Inside This Issue ...

Leah's Notes  
Volunteer Corner  
Giving Campaign  
Memory Minute  
Upcoming Events

## Contact us ...

We are a ministry of  
**St. Paul Lutheran Church**  
730 County Road PPP  
Sheboygan Falls  
(920) 627-6847  
Email: [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com)  
Web: [memorymattersmost.com](http://memorymattersmost.com)

 Follow Us!

## Quote of The Month ...

*"How beautifully leaves grow. How full of light and color are their last days."*  
~ John Burrows

## Leah's Notes ...



**Leah Zehel,**  
*Director*

This past month we were able to host a volunteer training again, it had been a while and it was so great to gather and learn!

We had guest Mary Pitsch, from Embrace Care, and the Dementia Crisis taskforce, lead our "All behaviors are communication," training and we all learned a lot. Some information was brand new and other information that is always good to hear! We talked a lot about different types of behaviors we may see, wandering, rummaging, verbal aggression, and then discussed, "whose

problem is it really?" Is the behavior such that it needs to be fixed? Does it put someone at risk? If the answer is no, it is us volunteers and staff that need to change our perspective, let it go, don't sweat the small stuff, and pick your battles.

As a volunteer at The Gathering Place, we often need to be investigators, we need to figure out if a behavior could be an unmet need? Pain, hunger or thirst, needing to use the bathroom, illness, reaction to medication, fear, boredom, or many other factors. Mary talked to us about necessary things that need to be done in order to have success like paying attention to your approach, come from the front, go slowly and use their preferred name. Some things we at The Gathering Place make sure to do are getting to know

the participants through their social history, validate their feelings, compliment, and make sure you let the individual know they are safe! Use simple directions, never argue and listen to emotions rather than words. One quote that Mary used really stood out to me, "Remember the person with dementia is not giving you a hard time, the person with dementia is having a hard time."

***"Coming together is a beginning. Keeping together is progress. Working together is success."***  
– Henry Ford.





**HOW CAN YOU HELP?**

**NOVEMBER  
GI♥ING  
CAMPAIGN**

**YOUR DONATION SUPPORTS:**

**Music and Entertainment  
Arts and Craft supplies  
Outings • Meals and Snacks**

**Please contact us at  
920-627-6847  
or visit us at  
[memorymattersmost.com](http://memorymattersmost.com)  
for more information.**





# Memory Minute

By Leah Zehel

## Tip for becoming more grateful today and every day!

- 1.) Create a Grateful Ritual. Close your eyes and take a couple of minutes to think of the people and things that you are grateful for, including loved ones and friends in your life.
- 2.) Send a thank-you note. You know, it's nice to get a little note thanking you for something you did. You don't need to send someone a formal thank-you card, but just a little note saying thank you for a specific thing the person has done for you can go a long way, and it only takes minutes.
- 3.) Give a free hug. Often we can go too long without showing our affection and gratitude, even to those who are closest to us. Don't neglect this important part of your relationship.
- 4.) Give thanks for today. You don't even have to thank a person...you can thank life itself! Wake up and greet the day with gratitude. Be thankful you're alive!
- 5.) Do someone a free favor. Without expecting anything in return, do something nice for someone. Just something small. Get them a drink or a coffee, do a chore for them, offer to do an errand; anything they'd appreciate. Think of what that person likes, wants or needs, and try to do something to help them. Actions speak louder than words, and doing something nice will show you're grateful more than just saying it.
- 6.) Give a little gift. It doesn't have to be fancy or expensive, but a little gift can be a tremendous gesture.
- 7.) Give someone a list of all they've done that you're grateful for. Take five minutes and make a list of 10 to 50 things you love about someone, or things they've done for you that you appreciate.
- 8.) Surprise them with kindness. Similar to number five above, but with a twist-add a surprise to it. For example, make your spouse a dinner, when they least expect it. Give a little of appreciate to someone.
- 9.) Say thanks for the negative things in your life. This is the hard part, truth be told. When things go wrong, when you're not happy, when people are mean to us, when we are down by the millions of slings and arrows of everyday life... we don't want to say thank you. But in truth, this is the time when it matters the most.

Words can lose their meaning when said too often or without feeling. Allow yourself to truly feel thankful for what you have in life, so that when you are ready to thank others for what they have done to help you, or what they have done to help others, your words ring true with meanings from your heart. So show your gratitude...Start today! ■

## Memory Matters Calendar

**November 4** Optimism and Gratitude

*-Gratitude Journals*

**November 11** Exercise with guest  
**Margo**

**Brain Games**

**November 18** Socialize out to Lunch  
**at Firehouse Pizza**

**November 25** Closed  
*-Happy Thanksgiving!*



## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- November 3** *Sing-a-long with LuAnn*
- November 4** *Family Trees with Linda*
- November 9** *~ Music with Rob Peterson*  
*~ Sing- A – Long with Thomas and Karen*
- November 10** *Music with Dan Ognevic*
- November 11** *Veterans Day, Peter Cromer Art*
- November 15** *Music with Bob Welsch*
- November 16** *Music with Two Sharps and Two Flats*
- November 17** *Music with Eric Cox*
- November 18** *Rocke Brother Concert, 1:30, All Families and Friends invited!*
- November 22** *You be the Judge*
- November 23** *Music with Eric Cox*
- November 24** *Music with Jim Ohlschmidt*
- November 25** *CLOSED*
- November 29** *Square Dancing with Sue Alby*
- November 30** *Bell Choir with Ruth*

