



strengthening the roots of brain health

Mind & Soul

A Monthly Newsletter

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We are Ministry of:

St. Paul Lutheran Church
730 County Trunk PPP
Sheboygan Falls
(920)627-6847

TGP & MM Happenings

A letter from our Executive Director

Happy New Year! I am still wondering what happened to 2013. That was a big year for us, celebrating our 5th anniversary in April, hosting our 2nd annual Creativity is Ageless event in May, having our first Roaring 20's party in August, 4th annual Autumn Auction in November and ending with our participation in the 2nd annual Christmas Festival, a multigenerational Christmas program. It was our first time performing with a praise band – which we did magnificently!

We hope this newsletter finds you in good health as we enter into the hard winter season. I want to do a friendly reminder about our **cancellation policy**. If the weather is bad, please turn on your radio to WHBL. If the Sheboygan Falls School District is closed, St. Paul Lutheran Church is closed. If you feel the roads are too dangerous for travel, please call and let us know that you are not coming. If we don't hear from you, we will be calling to check on your well-being.

As we look forward into 2014 we begin to plan for our 3rd annual Creativity is Ageless event in May. We will be adding new artists to work with us throughout the year. Fiber artist Colleen Ansbaugh will begin working with us beginning Thursday January 9th. Colleen believes that we should design our own fabric for the project. She requests that people wear old clothes so if a permanent stain gets on clothing, you will not be upset.

Cindy Musial
Executive Director

Happy Birthday!

January Birthdays:

- Pat P.6
- Bob Fr.....7
- Chris K.11
- John P.....17
- Chris G.....18
- Sandy Van D.26
- Tom B.26
- Carolyn G.....26

Winter Wellness tips for your mind and body

Baby it's cold outside!

Be cautious of ice

To help prevent wintertime falls, wear shoes with non-skid soles, stay only on sidewalks or areas that have been cleared, use handrails when available and avoid going out after dark or in hazardous weather conditions.

Get in from the cold

When it's frigid, postpone outdoor activities. If you must engage in activities outside, start slowly and don't overdo it. Short intervals of activity alternating with periods of indoor rest are best.

Maintain strength and balance

Frigid temperatures, snow, and ice are no reason to stop exercising. The flexibility, balancing, and strength exercises you've learned here can also be done in the comforts of your home too. Plus, a little bit of exercise can help to boost your mood, and beat the winter blues.



Memory Matters exercise session with Ruth.

Winter Wonderland Puzzle

Z A B O T M I T T E N S E E A
 E I E M B K C B U N D L E D R
 B Y H M L P S H R M C G X W C
 R S D P A F K Z O I R W M F T
 D J L C S R A D C C C N S H I
 U J E E T V T I Q R O Q W O C
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 H C L F O D S N O W F L A K E
 W K I R V N I K U Y R F T T N
 F E Z E A J G N I Z X X E R E
 M T Z E I J L J G R Y A R S A
 W P A Z C J M J O W A R M T H
 A I R I E K K I H H W E V O F
 M O D N S N O W M A N M C X P
 T F H G S H O V E L T S R Q W

ARCTIC, BLAST, BLIZZARD, BUNDLED, CHOCOLATE, FREEZING, HAT, HOT, ICICLE, JACKET, LONGJOHNS, MITTENS, SHOVEL, SKATES, SKI, SLEDDING, SNOWFLAKE, SNOWMAN, SWEATER, WARMTH

Volunteer



As you know, our volunteers are critical to the success of our memory loss programs. Our team of volunteers are compassionate, caring, people who always have a helping hand, or an ear to listen available for all our participant friends.

Want to brighten someone else's day? Consider volunteering with The Gathering Place and/or Memory Matters day programs. Please contact Cindy Musial at (920)627-6847, or send an email to tgp@stpaulfalls.com today, to find out how you can help us to help those with memory loss in our communities.

Member of the Month

Earl

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Coupon from our Sponsor of the Month

We're Growing

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