



# Brain Waves

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 5<sup>th</sup> anniversary in April, hosting our 2<sup>nd</sup> annual Creativity is Ageless event in May, having our first Roaring 20's party in August, 4<sup>th</sup> annual Autumn Auction in November and ending with our participation in the 2<sup>nd</sup> 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 3<sup>rd</sup> 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 9<sup>th</sup>. 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  
 X A B L D E E U S T Z L E T P  
 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](mailto:tgp@stpaulfalls.com) today, to find out how you can help us to help those with memory loss in our communities.

# Memory Matters

Memory Matters is a 4-hour, education based, class designed specifically for individuals recently diagnosed with memory loss or who are concerned about their memory. We meet every Thursdays from 9:00am to 1:00pm. Marisa Underhill is the Memory Matters instructor. We currently have openings for Memory Matters, and enrollment is open throughout the year.



# January Lecture Topics

- January 2 ..... Closed
- January 9 ..... Travelogue on Australia
- January 16 ..... Writing creatively
- January 23 ..... Graphic and Color Design  
(Guest lecturers: LTC students)
- January 30 ..... Physical Fitness and Memory

Visit us on the web at [www.memorymattersmost.com](http://www.memorymattersmost.com) or [www.tgp4memory.com](http://www.tgp4memory.com)

# Special Events

On occasion various restaurants and establishments come in and cook for The Gathering Place.

**Chef of the Day:** Tyler Menzer, *Lakeland College*, will be our guest Chef on January 2nd.

**Featured Artist:** Colleen Ansbaugh, fiber artist, will be our featured artist for the month of January.  
(Please wear old clothes every Thursday)

**Did you know?** We employ the Sports Core staff to lead exercise on Mondays.

Their exercise program rotates between chair yoga, and balance exercises.

On Tuesday/Thursdays we lead the general exercise program that focuses on range of motion and maintenance of current abilities.