



# 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

We are so pleased to share with you our expansion! We just hired Sharon Tyszka, as our Communications Assistant Director. I refer to Sharon as the “growth plate of TGP.” Sharon’s role will be to manage our two websites (www.tgp4memory.com & www.memorymattersmost.com), Facebook, and LinkedIn. She is the producer of this newsletter, and she will assist us in advertising and publicity. Read more about her in this issue of Brain Waves Newsletter.

This has been quite a winter and it is only January! We were closed 3 days last month, due to weather, which has cost TGP over \$2,000.00 in revenue. Your savings is our loss. Last year we did not increase the daily fee because of the generosity of so many people. If our winter continues to bring severe weather, we may have to look at our fee structure. Your job is to pray for better weather!!

What a way to start off the New Year! Are you staying warm enough? Typically people set resolutions that last a few weeks into the New Year and poof, they simply disappear. If you set a goal of improving fitness, you may be interested in this. The Sheboygan YMCA offers full body, minimal impact, aquatic classes. **Ai Chi** is an exercise program performed in shallow water using a combination of deep breathing and slow broad movement of the arms, legs, and torso. It will improve range of motion, promote blood circulation, and increase metabolism. **Arthritis Foundation Aquatic Program** provides a series of specially designed exercises which help improve joint flexibility. This class will help add muscular strength and endurance with a minimum of injury. **Aqua Fitness** is a total body workout using the resistance of water. All three of these programs are in a smaller pool that is heated warmer than the large pool. There is a lift to assist people with difficulty into and out of the water. The locker room that adjoins this pool is specially designed with “family rooms,” so you can assist someone else with dressing. The cost for non-members of the Y is \$5.00 per class. For more information, please call the YMCA.

*Cindy Musial*  
Executive Director

## Happy Birthday!

### February Birthdays:

- Don H. ....2
- Penny L.....3
- Shirl K. ....7
- Gerald R.....12
- Eileen S.....16
- Ed H.....20
- Sandy L.....25



## A new face around TGP & MM

We have expanded our team!

Hello, I am Sharon Tyszka, Communications Assistant Director of The Gathering Place and Memory Matters. As Cindy mentioned, my new role will be to not only promote these excellent programs within our community, but to also keep you informed on whatever is happening here... this Newsletter for starters.

I am a full-time student in the Graphic and Web Design program at Lakeshore Technical College, and set to graduate this May. I am from Sheboygan, and married to my high school sweetheart (Peter), we have two amazing children (Tyler, 13 & Ashley, 9), and two fur babies (Charlie, and Dickens). I love spending time with my family, and being outdoors (not in this bitter cold!). Gardening, cooking, and landscape photography are some hobbies that I enjoy.

Although it was through a class project that I was first introduced to Cindy and both of these great programs, a few months ago, after one visit it became clear that it was more than a class project that brought me to TGP & MM. Every time that I stopped by, I could not miss the incredible amount of passion, care, and friendships the staff and volunteers have for each participant here. I am thankful for this opportunity, and am excited to meet everyone soon!

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

# Sudoku Challenge

Fill in the grid with digits in such a manner that every row, every column, and every 3x3 box accommodates the digits 1-9, without repeating any.

6		3	7				5	1
5	9	2	1	6	8			3
			4			2	6	
3	5	4	8	1		9		6
2				4		3		5
		7		5	3		8	
	8	5		2	4			
4		6	9		1	5	3	8
7			5			4		2

FYI: We received a donation of incontinence products, to share with anyone that can use them. Please contact Cindy Musial for more information.

# Volunteer

We thought it would be nice for families to get to know our volunteers who dedicate so many hours to make your family member's day special here. Volunteers comprise 96% of our workforce and without them, we would not exist.



Meet **Sally Krubsack**, she started volunteering six years ago, and has given our program over 1600 hours of her time.

*"I started volunteering because of an article I read in our church News and Notes Bulletin. The article described the program and what would be expected of the volunteers. I felt it would be something that I would enjoy doing, so I signed up. None of us really knew what to expect or how it would grow. I truly enjoy volunteering here on Tuesdays. The participants are great, and we have a lot of fun together. Volunteering for The Gathering Place is very rewarding, we are like a family, and you get back a lot more than you give. I believe that God has blessed this ministry from the beginning!"*

# Special Events

It is time again to schedule the semi-annual service plans in March.

The letter will go out in mid – late February.

**The Winter Olympics are here!** February 6th and 10th: TGP hasn't yet made it to national coverage, but we will do our best to provide a unique experience. See the calendar for details.

## Chef of the Day—

Monday February 17th: is the Vollbrecht family. This is the third time the Vollbrechts have sponsored a meal for the TGP and all church staff. It is a mid-winter brat fry, so our day events are scheduled around a picnic theme.

## Automobiles —

Tuesday Feb 18th: The discussion group theme is automobiles. Please note, anyone can bring a photo of their favorite car.

## Entertainment —

Thurs Feb 27th: Music entertainment by: Marty Gross.

2	1	4	9	8	5	6	3	7
8	3	5	1	7	6	9	2	4
7	6	9	4	2	3	5	8	1
4	8	1	3	5	2	7	9	6
5	7	3	6	4	9	8	1	2
6	2	6	6	1	7	8	4	3
6	9	2	2	5	3	5	1	7
3	4	7	7	1	4	3	5	8
4	3	4	8	7	8	2	1	6
5	1	8	8	2	6	9	3	4



Fashion Designer- Art, (pictured above) shows off his creation that he modeled as part of our skit "Fashion Plate."

## Want to brighten someone else's day?

Consider volunteering with The Gathering Place and/or Memory Matters day programs.

Please contact Cindy Musial (920)627-6847, or send an email to: [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com) today!

Find out how you can help us, help those with memory loss within 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 instructor for Memory Matters. We currently have openings for participants, and enrollment is open throughout the year.

## February Lecture Topics

- February 6 ..... Writing Creatively
- February 13 ..... Memory and Creativity
- February 20 ..... U.S. Presidents
- February 27 ..... Special Music Guest

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