



Brain Waves

A Monthly Newsletter

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TGP & MM Happenings

A letter from our Executive Director

How many more weeks of winter will we have? The first day of spring is March 20th — promise? We are gearing up for our **3rd Annual Creativity is Ageless** event this May. Our theme this year is "Time Flies." Bob Fleming, our house artist, is working with the participants to create new dynamic pieces for the event. There are two projects that **we need YOUR help on!!**

- The first project, the theme of Time Flies, we are collecting clocks— battery operated clocks that work, or are broken, and broken watches.
- The second project will start in April— for this we need photos of your family, pets, hobbies, etc (the photos and memorabilia will be incorporated into an art piece designed just for you).

Memory Matters is participating with Ipad photography and unique art as well. I will have more details about the Creativity is Ageless event next month in the newsletter. If you would like to participate in the artist challenge for this event, or know someone who would, please contact Marty Carney at 467-9126.

Next, we are pleased to announce that Lynn Borth has joined the TGP staff. She will be running Mondays, be sure to read more about her below and stop to say hello when you see her around.

One last note, please remember your appointment for Service Plans this month (you will be meeting with Carol or Cindy).

Cindy Musial
Executive Director

We are a Ministry of:

St Paul Lutheran Church
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HAPPY BIRTHDAY!

March Birthdays:

- Lynne A.03
- Janet V.03
- Jim W.04
- Charlane S.06
- Colette H.09
- Earl W.07
- MaryAnn B.09
- Patti B.21
- Warren K.21
- Judy M.29



A new face at TGP & MM

Our team is expanding!



Hello, I am Lynn Borth—Heidemann, Program Assistant with The Gathering Place. Until my retirement I worked for RCS for 25 years. At RCS, I was a Learning Activities Specialist for Developmentally Disabled Adults, and my responsibilities included creating special projects for these individuals. A variety of classes such as Puppetry, 3-D Building, Geo-Cashing, Music, and more. For several years I also assisted with costumes and music for their annual drama productions. I retired to care for my mother, Lillian, who lived with my husband and I and attended three times per week here at The Gathering Place. I so appreciated the quality of life that this program provided for Mom. She attended happily for about 3 years, from 2010 through 2013. Since her cognitive and physical needs have increased, she has recently moved to an assisted living facility in Plymouth where she is doing wonderfully. This left my life with a little void. So, when I ran into Cindy in the community and she mentioned an open position here at TGP, the idea clicked with me immediately. I am looking forward to lending whatever skill I can to this great program and am sure that, as is always the case when one is in 'the right place', that I'll glean far more than I give from the caring and experience of the great folks who work and attend The Gathering Place.

Artist & Creative Corner

Coloring cloth, fabric dyeing, and stamp making— Just what could we be making at TGP?

Lap quilts. These quilts are just one of the nifty projects we've been working on here at The Gathering Place. Who better to show us how to do this great project? Colleen Ansbaugh that is who! Colleen is a very talented artist, in fact many consider her an expert quilt maker. Probably because Colleen has taken quilt making to a new level, and creates beautiful "art quilts." She has been published in a variety of magazines, and this spring Colleen will be featured in an issue of "Cloth Paper Scissors," a craft magazine that will feature one of her projects in their publication. Colleen is a busy woman, she lives in Manitowoc and works by day at Rockline Industries; yet she still, with the flexibility of a great employer, finds time to share her love of surface design art with us. When asked what she likes most about the time she spends with us at TGP, she said "you get back so much more than what you give." Thank you Colleen, we feel very fortunate to have you with us too!



Quote of the Month

"What if... you woke up today with only the things you thanked GOD for yesterday?"

Shamrock Shuffle

1. UKLC _____
2. ERGNE _____
3. SHIIR _____
4. ODGL _____
5. HCMRA _____
6. OBAWRIN _____
7. ROSKHCAM _____
8. CNHPI _____
9. CRAKPTI _____
10. AESSNK _____
11. ADPEAR _____



Volunteer Corner

by Carol Bimmel

What are the Requirements to Be a Volunteer and what would I do?

As I look at our current list of 82 volunteers the most common qualities shared are compassion, friendship and flexibility.

Compassion and **friendship**~ Is being that good listener as thoughts and conversation are carried out, and helping our participants feel valued throughout the day in their activities.

Flexibility~ is key as we try new things, whether it's art, crafts, drumming circle, a skit, creative writing, poetry, potato bowling, or going on one of the many outings that occur each year.

There is never a dull moment and there is always something new to try with a friend at The Gathering Place!



IT'S A BOY!

Congratulations to Cindy, on the arrival of her newest grand-baby, Declan Scott Nowak. He was born Sunday February 23rd and has one very proud grandmother!

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 Thursday, from 9:00 AM–1:00 PM.

Marisa Underhill is the instructor for Memory matters. We currently have openings for participants, and enrollment is open throughout the year.

Guest Artists

We have two artists working with MM in March, largely due to the art grant we received in 2012. Mike Weisman, a professional photographer that worked with TGP last year, will now share his expertise using our Ipads. Angie Zimmerman, is an artist who is part of the EBCO artist group. We will be going to the EBCO building art space to work with her. All of their art projects will be part of our Creativity is Ageless event on May 20th. I am looking forward to learning with them!

Special Class—Memory Matters expansion:

We are offering a trial class of Memory Matters in the Plymouth area at the Generations Building. This will be a 10-week class held on Wednesdays from 10:30 AM–2:30 PM. Classes begin Wednesday March 19th. We need four students enrolled to hold the class.

For more information, contact Cindy at 627-6847.

MM March Lecture Topics

- March 06 Ipad Photography w/Mike
- March 13 Pulp Painting w/Angie
- March 20 Ipad Photography w/Mike
- March 27 Mono-type printing w/ Angie

Special Events

Mardis Gras—Pancake Race at TGP

March 4th, we have a new twist to celebrate Mardis Gras that doesn't require beads! The pancake race began in 1445 in England. Fat Tuesday, Shrove Tuesday, or Mardis Gras is simply a fun event. We will be serving a pancake luncheon as well!

Silly Sisters—A spinoff from the famous movie "Sister Act."

March 18th, we are pleased to host the "Silly Sisters." This group of seniors comes to us from Ozaukee County, and will do a spin on the famous "Sister Act" Movie. I know this will be enjoyable and you are invited to attend this performance.

4th Annual Pinewood Derby— Let the races begin!

March 20th, Put your helmets on and enter the fellowship hall at your own risk! We wish to thank the Boy Scouts for setting up the race track early for us. The Scouts Pinewood Derby is Saturday March 22nd.

Winter Wellness Tips for your mind and body 5 Steps to Staying Healthy in Winter

Boost Your Diet— Eating foods that are high in vitamin C will help keep your immune system strong, so include fruit and veggies, such as lemons, kiwifruit, and broccoli in your weekly shop.

Exercise Regularly— It's vital to keep your workout regimen up during winter. Regular exercise has long-term effects on immune response.

Stay Connected— Socializing helps strengthen your immune system by keeping you active and reducing your stress levels, so avoid the temptation to snuggle up on the couch all winter

Scrub Up— Frequent hand washing is one of the best ways to avoid getting sick and spreading illness as it limits the transfer of bacteria and viruses.

Sleep Well— Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds. A study from Brazil found lack of sleep can result in a substantial decrease in the white blood cells that help to fight infection in the body.

source: <http://www.bodyandsoul.com.au/health/health+advice/5+steps+to+staying+healthy+in+winter,12923>