



Brain Waves

A Monthly Newsletter

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We are a Ministry of:

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



Photo Above: Cindy serving up an afternoon snack for participants, complete with a chef hat and always a smile.

TGP & MM Happenings

A letter from our Executive Director

April is National Volunteer month and our **6th Anniversary** since the inception of our program. We have come a long way since then, and we continue to serve many families in the area. I want to again publicly thank all of our volunteers for the dedication, creativity, and joy that they bring to our program. I firmly believe that our volunteers execute what is written in Romans 12:8-10, "If your gift is helping people in need, help them cheerfully. Be devoted to each other like a loving family. Excel in showing respect for each other." I have stated for years that TGP is a family. We (staff and volunteers) care deeply for the people who attend our program as well as the caregivers and families.

Please make a note that on **Thursday, April 17th**, we have a **special start time of 8:50A.M.** We will be attending the dress rehearsal for the RCS production of Willy Wonka and the Chocolate Factory. The dress rehearsal begins at 9:30am, so our start time has been moved up. If you are unable to be here by 8:50am you will need to meet us at the site. Please notify Carol so we can have adequate transportation available for this outing.

I am also happy to share that we currently have creations made by TGP participants on display at Above & Beyond Children's Museum, located in downtown Sheboygan. We included a photo below, but if you are in the area be sure to drop in and admire their hard work. A special thank you to Bob Fleming for setting up our display, it looks fantastic!

Cindy Musial
 Executive Director

HAPPY BIRTHDAY!

April Birthdays:

- Rollie S.01
- Lee G.08
- Art K.13
- Brenda D.19
- Bob F.19
- Helen T.19
- Paul S.23
- Mary T.23



Artist & Creative Corner

Save the Date: Tuesday May 20th

3rd Annual Creativity is Ageless Event

The Generations Building in Plymouth, from 5-7PM
Admission: FREE

Our theme this year is "Time Flies." To keep with this theme we are still accepting clocks (working/broken clocks and broken watches too).

The second project will start in April, for this we need photos of your family, pets, hobbies, trips etc. The photos and memorabilia will be incorporated into an art piece designed just for you. So, please remember to drop your images off for us to use in this project.

If you have not attended any of our previous events, it is free and open to the public. *Creativity is Ageless*, is designed to showcase the talents of our participants and to educate the public on how productive seniors with memory loss are.

Every participant of TGP and students of Memory Matters will have art on display. Tell your family and friends to attend!



Photo Above: TGP display at Above & Beyond Museum

We value you and want your feedback!

Where has the time gone? April marks our fourth issue for our monthly newsletter, *Brain Waves*. So far, the feedback that we've received has been wonderful, and we'd like to take a moment to ask you how you like the newsletter? Is there anything you would like us to consider including regularly?

We are so glad to have you as supporters of our programs that we would like to invite you to visit (and like!) our TGP&MM Facebook and LinkedIn pages, listed as "The Gathering Place & Memory Matters" for each of the sites. We created them just for you to stay connected with us throughout the year. We will share special events, news, photos, and more from our programs regularly. So be sure to visit our page and share your support with the rest of your social network too, thank you!

Please share your feedback with Sharon Tyszka, Communications Assistant Director for The Gathering Place and Memory Matters. She can be reached at: sharont@stpaulfalls.com, or you can leave her a message to return your call at (920)467-5143 ext. 135.

Quote of the Month

"Imagination is more important than knowledge."

~ Albert Einstein

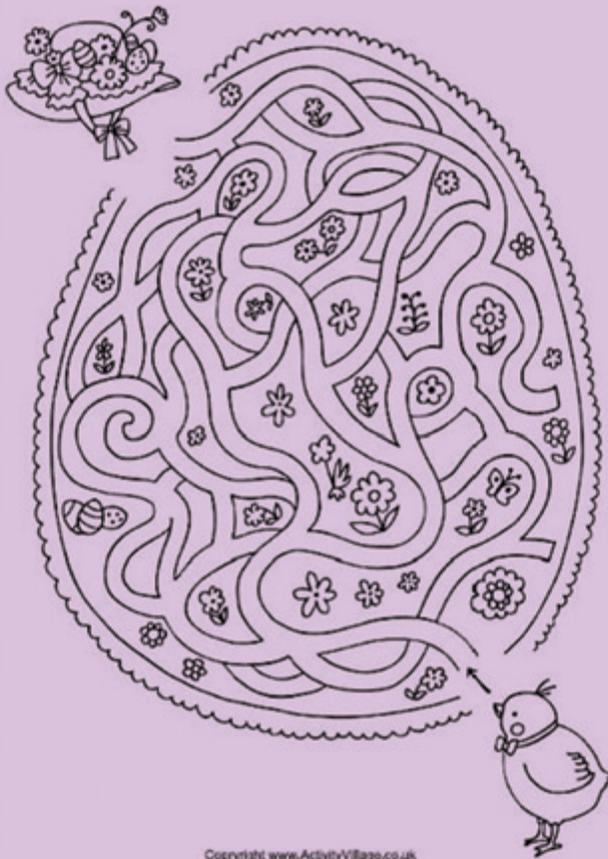
Volunteer Corner

by Carol Bimmel

Volunteers – How We Have Grown!

September of 2008 we had 16 volunteers on Tuesdays, and by April of 2009 we had 40 for the two days that we were open. Currently we have 85 volunteers who directly support our participants to help maintain that 1:1 ratio. Our volunteers also help with meal preparation, office-work, aluminum can drive, and other duties as needed. We have many long term volunteers who have been here on most Tuesdays (6 years) and Thursdays (5 years).

Since April 2009 (when we started tracking hours for grant writing purposes), volunteers have logged 50,643 hours, which is amazing! In 2013 alone 14,464 hours were logged. This doesn't include the countless support hours for fund-raisers and outreach programs. Our volunteers were originally only members of St. Paul Lutheran Church, but now many come from churches throughout Sheboygan County, the Volunteer Center, and in response to articles that we run in various newspapers from time to time. Many programs struggle to retain volunteers, but our program has been blessed with volunteers who have been with us for years, every week, and that says a lot for our programming.



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Memory Matters

We have two dedicated volunteers for Memory Matters who have worked with us for over two years now. We would like to thank Ruth and Barb for their dedication to our program.

What makes Memory Matters different from The Gathering Place? Memory Matters is a four-hour education based class to assist people recently diagnosed with memory issues or those concerned about their memory. We have a one-hour lecture, review weekly homework assignments designed to challenge different parts of the brain, discuss memory techniques to help live with the new changes in life, and have exercise class each time we meet. Through this varied brain stimulation, research is finding that memory loss can be slowed. Lunch is included in our weekly class. We currently have openings—to inquire about this, please contact Cindy at 920-627-6847.

Memory Matters expansion: Due to a lack of interest at this time the trial class of Memory Matters in the Plymouth area has been postponed. If you know of anyone in the area, please have them contact Cindy at 920-627-6847 for more information.

March Lecture Topics

- April 3 IPad Photography w/ Mike
- April 10 Creative Writing
- April 17 IPad Photography w/Mike
- April 24 IPad Photography w/Mike

Special Events

JMKAC Tour— Collaboration and Revelation

April 8th, TGP will tour the John Michael Kohler Arts Center's newest exhibition on Arts/Industry.

Outing to RCS— WILLY WONKA PERFORMANCE

April 17th, TGP will attend the dress rehearsal for the Willy Wonka play *early start time!!!!



spring
has
sprung!

Wellness for your mind and body

Blood Test to detect Alzheimer's Disease

A blood test that can detect Alzheimer's disease up to three years before the onset of symptoms has been developed by scientists who believe that it could lead to the early diagnosis of progressive dementia in elderly people. This test has a 90% accuracy rate. Researchers nevertheless believe that a blood test for Alzheimer's could help in the search for a therapy or cure by identifying those people in the population at highest risk and who could therefore benefit most from experimental treatments. The study, published in the journal Nature Medicine, involved taking blood samples from 525 healthy volunteers over the age of 70 who were monitored over five years to see whether they went on to develop mild dementia or Alzheimer's. Although further research is needed to validate the results and improve the accuracy, a test could be used commercially within a few years, especially to identify people at risk who could take part in clinical trials of prototype treatments.

Source: <http://www.independent.co.uk/life-style/health-and-families/health-news/scientists-develop-blood-test-to-detect-alzheimers-disease-9180043.html>