



Brain Waves

A Monthly Newsletter

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I am proud to announce that on Thursday April 10th The Gathering Place was awarded with the 2014 Community Impact Award at the Sheboygan Falls Chamber annual banquet. Carol Bimmel was there to accept the award for our program. The Gathering Place is an outreach ministry of St. Paul that demonstrates our mission statement of Connecting People to Christ outside our church walls. So often "ministry" is considered primarily as the things that happen inside our brick and mortar such as church services, bible studies, Awana, Sunday school, Confirmation, and connecting groups. Therefore it was a very pleasant surprise to receive this award. We had no idea that we were nominated, but we are truly grateful to serve any elder within our community who has memory loss. Read what Shirl Breunig, Executive Director with the Chamber, had to say of our award:

"As the only social model day program for people with memory loss, The Gathering Place & Memory Matters provide participants a life-enriching program that reaches well beyond the boundaries of Sheboygan Falls. In 2008 they opened their doors offering programming one day per week and have steadily expanded the program. Today they are able to provide programming three days per week with the assistance of many dedicated volunteers. They continually strive to enhance the quality of life for each participant and their family based on each individual's preferences, abilities and needs. CMS partnered with The Gathering Place & Memory Matters on a tourism project. Their participants took pictures of architectural elements of our historic buildings and we are creating a scavenger hunt game for tourists to play while they visit. We are truly blessed to have a facility of this quality in Sheboygan Falls, which provides such a positive impact and raises the quality of life for all of us. We wish you continued success as your programs continue to grow." - Shirl Breunig, Executive Director of Chamber Main Street

Our sincere thanks goes out to all of our volunteers who make our program possible, and to the Chamber Main Street Board of Directors who considered us for the award.

TGP & MM Happenings

A letter from our Executive Director

Cindy Musial
 Executive Director

HAPPY BIRTHDAY!

May Birthdays:

- Julie D.04
- John Q.....06
- Marilyn S.06
- Mont J.06
- Pat J.10
- Dorothy B.11
- Bobbie N.14
- Betty L.16
- Beate L.....19
- Roger Y.26
- Bill S.29



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!" We have worked with several artists since last May to produce some very remarkable art. Your loved one has many items that will be displayed as well as a few items that are available for purchase. *It is important that you and your TGP/MM member attend this event since the accolades are for them.*

We also have 14 various artists designing "clock art" that will be auctioned off at this event. 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!



Little Libraries Community Project

We need your vote!

As a service project, the participants of The Gathering Place painted and decorated this little library to support the Plymouth Women's Group Little Libraries Project (pictured below). Before the libraries are distributed throughout the community all decorated boxes will be on display the afternoon of May 10th at Plymouth High School from 1-3pm. The top three designs will be awarded, so please be sure to vote for us!!



Quote of the Month

Alone we can do so little; together we can do so much.
 ~Helen Keller

Here are some interesting facts about Memorial Day— some you may know, some you may not!

- Memorial Day was first observed on May 30, 1868.
- Memorial Day was originally called "Decoration Day."
- Memorial Day was originally created to honor Union soldiers who'd died while fighting in the Civil War. Because of this, southern states did not observe Memorial Day until after World War I, when the holiday was expanded to include soldiers from all wars.
- The red poppy is a traditional symbol of Memorial Day (many veterans wear them to commemorate the day).
- Memorial Day traditionally marks the start of summer, while Labor Day traditionally marks the end.
- "Memorial Day" did not become the holiday's official name until 1967, when federal law declared it.
- In 1968, Memorial Day was moved from its traditional May 30 date to the last Monday in May in order to ensure a three-day weekend.

Happy Memorial Day to everyone... and thank you to all the troops and families that sacrifice so much for us.

NOW YOU CAN CONNECT WITH US ON FACEBOOK!



WE ARE LISTED AS: THE GATHERING PLACE & MEMORY MATTERS

Memory Matters

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.

March Lecture Topics

| | |
|--------------|---------------------------------|
| May 01 | iPad Photography (Antique Barn) |
| May 08 | iPad Photography Final Editing |
| May 15 | Creative Writing |
| May 22 | Memory & Improved Balance |
| May 29 | Memory & Music |

Special Events

3rd Annual Creativity is Ageless— *Time Flies!*

May 20th: Join us at the Plymouth Generations building from 5–7pm for our 3rd Annual Artist Challenge & Auction Benefit.

Memorial Day—Closed

May 26th: In observance of Memorial Day and to honor those that have served our country we will be closed for the day.



Volunteer Corner Volunteer Center of Sheboygan County

The Volunteer Center has been in existence since 2009 and we have been a member from the beginning. The Volunteer Center has a profile page with information about The Gathering Place, as well as the current needs and events of other organizations in the area. Anyone can look at the Volunteer website (volunteersheboygan.com) to view current opportunities or events that are available with their 55 partner agencies within Sheboygan County.



The Volunteer Center also provides training for anyone who manages volunteers and gives monthly opportunities to network with other volunteer coordinators. They promote service learning opportunities for students at LTC, Lakeland College, North and South High Schools, and UW Sheboygan. They also run the Day of Caring Event in July which engages about 500 corporate volunteers on one day at 22 locations throughout the County. The event ends with a fund-raiser the following evening.



**Sunday
May 11th**

Wellness for your mind and body How concerned are you about your memory?

A study conducted by Dr. Newberg at Thomas Jefferson University Hospital, Philadelphia co-authored a book called *How God Changes Your Brain*. Dr. Newberg is one of the founders of the field of neurotheology, the study of the relationship between the brain and religious and spiritual phenomena.

How does prayer affect the brain? In the study he discovered that the frontal lobe (located just behind the forehead) becomes activated when we focus our attention, plan, reason, read or speak and move voluntarily. This area typically shrinks with age, and its deterioration is associated with loss of memory and overall mental functioning. Greater deterioration in this area is associated with dementia. **"Prayer, if done for at least 12 minutes daily on a regular basis, may slow the age-related decline of the frontal lobe."**

If you want to slow the progression of dementia, what a simple Christian act to do—pray...just 12 minutes a day! You can also subscribe to The Mind Health Report. This could prove to be a wise investment.

(Excerpts from The Mind Health Report, Vol. 3, Issue 10/October 2011).