



Brain Waves

A Monthly Newsletter

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We are a Ministry of:

St Paul Lutheran Church
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From the desk of Pastor Tom

As many of you already know, Cindy Musial is no longer with our program. We want to thank her for her seven years of leadership and vision for The Gathering Place and Memory Matters. We wish her well as she moves into the future.

A search team has been put together which includes Stefanie Trakel, Pastor Mark Janzen, Marsha Vollbrecht, Margaret Hand and Jamie Schramm to find a new director. We hope to fill the position in the next couple of months.

In the meantime, our great staff will continue providing the planning and expertise needed to care for our participants.

We appreciate your prayers and patience through our transition. May God continue to bless our program, including our participants, families, volunteers and staff.



**No Classes July 3rd
 Classes resume Monday the 7th**

Pastor Tom
 Pastor Tom Gudmundson
 Senior Pastor
 St. Paul Lutheran Church

If you have any questions, please contact us:

- Carol Bimmel & Lynn Borth – The Gathering Place
- Marisa Underhill – Memory Matters
- Sharon Tyszka – Marketing & Communications
- Mark Janke – Kitchen
- Stefanie Trakel – Financials

HAPPY BIRTHDAY!

July Birthdays:

- Alan F.01
- Charmaine K.....02
- Sharon T.03
- Mark J.07
- Carol J.13
- Kate F.17
- Tina A.22
- Rich B.24
- Peggy H.25
- Jim M.27
- Sandy V.29
- Sharon M.30



Artist & Creative Corner

Cutting a Rug, and Having a Good Time with Susan!

Last month we shared that we are very fortunate to have three new guest artists work with us this summer. In June we started our china painting projects with Ginny Herman, and dance with Susan Alby. In July we will continue to learn more about watercolor painting from Joann Luke.

This summer we will learn about dance from Susan Alby. She is a local dance instructor who will continue to teach dance classes twice a month for The Gathering Place, on Thursdays, through summer. Susan will also teach Memory Matters dance classes once a month. So far we have been having a great time!



June dance class with The Gathering Place participants.



New Faces at TGP

—Please welcome
 Jan Dankwardt and Mark Janke

Jan has been filling in for Tina Allman, while Tina enjoys a well deserved vacation. She is doing a wonderful job keeping everything running smoothly in Tina's absence, and we really appreciate all her help!

Mark is our new cook, he comes to us with many years in the restaurant business, and he specialize in large batch cooking. In addition to The Gathering Place, he also works at Toppers Pizza in Sheboygan. Mark is married and has four children. His oldest son is a senior at Wisconsin Lutheran College. His second oldest son is a junior at Sheboygan Area Lutheran High. He also has a daughter, in eighth grade, and a son, in fourth grade, both at Trinity Lutheran School. His wife is the Childcare Director and 3K teacher at Trinity Lutheran School. He and his family are members of Trinity Lutheran Church, Sheboygan. In Mark's spare time he likes to follow the Wisconsin sports teams, listen to and play music, and spend time with family.



Patriotic Challenge Trivia

have a blast and test your knowledge... then share... and test your family and friends too!

1. Who wrote the Pledge of Allegiance?
2. How many people initially signed the Declaration of Independence?
3. Where was George Washington born?
4. On the original flag, why were all 13 stars sewn in a circle?
5. Where was the U.S. capital located before it was moved to Washington D.C.?
6. Name the last major military battle of the American Revolution.
7. Which U.S. President was rumored to have wooden dentures?
8. Name John Adams' First Lady.
9. How many stars are on the U.S. flag?
10. In what city is the Liberty Bell located?
11. Who was the first person to sign the Declaration of Independence?
12. Complete the saying: "Life, Liberty and"

Answers:
 (1) Frances Bellamy
 (2) 56
 (3) Virginia
 (4) So no one colony would be viewed above another
 (5) Philadelphia, Pennsylvania
 (6) Yorktown
 (7) George Washington
 (8) Abigail Adams
 (9) 50
 (10) Philadelphia, Pennsylvania
 (11) John Hancock
 (12) The Pursuit of Happiness

Volunteer Corner by Carol Bimmel

Volunteers + Daycare children + The Gathering Place

What do they have in common? Our volunteers have all kinds of fun, and unique, experiences at The Gathering Place. Spending time with the daycare children and our seniors is just one of many special moments to share here.



Recently, during our Bible Study with Pastor Mark, we read from the children's storybook bibles to the daycare children. Seated together in one of our church pews, small groups made up of one volunteer and one participant read together with a child from the daycare program at our church. There were plenty of smiles and laughter to go around, and a great way to end an afternoon at The Gathering Place!

Memory Matters

Sharpening the Mind Through Dance — This summer, both the Gathering Place and Memory Matters participants are stepping out on the dance floor with ballroom instructor, Susan Alby. Not only is dancing a fun aerobic exercise, but studies have shown that it is good for the mind too! In a recent study that appeared in the New England Journal of Medicine, Joe Verghese, MD and Assistant neurology professor at Albert Einstein College of Medicine in New York, found that frequent dancers had a reduced risk of dementia compared with those who rarely or never danced. As stated in the WebMD article Dancing Your Way to Better Health: "Of 11 physical activities considered, only dancing was tied to a lower dementia risk, Verghese told WebMD... How might ballroom dancing help the brain? Verghese outlines three possibilities:

- Increases blood flow to the brain from the physical exercise
- Less stress, depression, and loneliness from dancing's social aspects
- Mental challenges (memorizing steps, working with your partner)"

MM Lecture Topics

- July 3 No class
- July 10..... Therapy Dogs of Sheboygan County
- July 17..... Team Building Brain Games
- July 24..... Guest Lecturer: Pastor Tom Gudmundson
- July 31..... Ballroom Dance

Memory Matters is a four-hour education based class to assist people recently diagnosed with memory issues or those concerned about their memory We currently have openings—to inquire about this, please contact us at 920-627-6847.

TGP Special Events/Activities

- July 14..... Wade House Tour
- July 15..... Convertible Outing for the guys
- July 15..... Cake Decorating with Lori Wilson
- July 21..... Parachute activities with Childcare
- July 22..... Outing to Green Bay Botanical Gardens
- July 29 Music/Crafts with Childcare

Wellness for your mind and body

Cool as a Cumber!



This summer as the temperatures rise, skip the cold soda and reach for a healthier alternative instead. We all know water is good for us, and

in the summertime, it is essential to stay hydrated and rehydrate after spending time in the heat. Soda is chock-full full of empty calories, artificial sweeteners, and caffeine. Studies have shown that soda and diet soda of all kinds can lead to a variety of health concerns, such as dehydration; diabetes; osteoporosis; Alzheimer's, and other brain related diseases.

The next time you need to cool off and quench your thirst, and water is just too plain for your taste buds, give infused water a try. Infused water with cucumber, berries, herbs, melon, or citrus fruits can be very refreshing on a hot summer day. These supercharged waters are a flavorful way to help you stay hydrated and improve your overall health. We have included some great sites that share simple recipes for you to make all summer long. Enjoy!

Sources: <http://theadplan.com/alzheimersdietblog/recipes/americas-soft-drink-addiction-how-soda-can-affect-your-brain/>
<http://www.livestrong.com/article/506219-cucumber-water-weight-loss/>
<http://www.buzzfeed.com/melissaharrison/fruit-infused-waters>



Quote of the Month

*"... do small things with great love."
~Mother Teresa*