



Brain Waves

A Monthly Newsletter

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We are a Ministry of:

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TGP & MM Happenings

A letter from our Director

Wow, what an amazing month it has been so far! I have been blessed to be a part of and share in the happenings of TGP and Memory Matters the last couple of weeks. If I were to sum up my experiences into one word, it would have to be...inspired!

Coming in, I knew that I was stepping into a great program, but what I did not realize was how exceptionally dedicated everyone is here. In the past few weeks, the creativity that I've been fortunate to witness ranges from creating puppet shows and performing them, art with India ink, iPad education, wine bottle birdhouses, yoga, and exercise with foam noodles and weights. What has been truly rewarding is getting to know the families of our participants; they are all so pleased with the program here. I have heard comments like: "they just come to life here," "My loved one has developed true friends here," and "I am able to trust and not worry while they are here."

My goal here, as your new Director, is to continue these great things and build off all the positives to ensure the absolutely best programming for our participants. I hope to establish an open communication and support system between participant families and myself, to outreach in the community through face-to-face meetings, and to promote how we help individuals with memory loss and their caregivers. Also to come this quarter, we are going to focus on volunteer education. We plan to offer continuous education of the very best ways to use our talents to engage each participant.

It has been a great first couple of weeks, and I truly appreciate all the loving support, guidance, and prayers from all!

Leah Zehel

Leah Zehel
 Director of TGP & MM

HAPPY BIRTHDAY!

October Birthdays:

- Sharon M.01
- Henry V.23
- Bob K.14
- Germaine Z.14
- Pat B.17
- Barb B.18
- Irene R.22
- David W.24
- Whitey.26
- Nancy S.29
- Kathy N.30



Artist & Creative Corner

Art with Tommy Tousey—

This month Tommy Tousey from the new Storefront Gallery and Studio in Sheboygan Falls joined us for an art session that was easy and fun for us all to do! He also joined us the previous week for a drumming circle.

The studio is owned by Tommy, Krista Irby and Angie Zimmermann. Their studio is located at 404 Broadway Street, Sheboygan Falls, in the old Walter Electric building. Tommy is a dedicated musician and also studied fine arts in college. He makes his living as a full time artist.

For this project we placed a few drops of India Ink on small pieces of cardstock, and then gently blew through straws to create various designs with the ink on the paper. The ink dried rather quickly, and then markers were used to enhance their pictures. Everyone had lots of fun, including the volunteers who joined in as well to create one of their own.

We have a link on our Facebook page where you are welcome to view more photos of the artwork created by TGP participants from Tommy's class.



Outings and Fun

—Summer Recap

This summer there was never a dull moment at TGP...but then again, is there ever when you are among friends? We squeezed all the outings, and activities that we could fit into each day to enjoy our summer together!

We visited the Wisconsin Auto Museum, Washington House Museum, Plymouth Art Center, GreenBay Botanical Gardens, and the Wade House. We went on picnics in the



park, convertible car rides, fishing, and learned about cake decorating. We spent some time with the St Paul preschool kids, learned about china art, water color painting, and ballroom dance. We also built more bird houses, and learned what in the world Hypertufa means.

What is your favorite memory from this summer at TGP? What did you enjoy the most, and what would you like to do in the future? Let us know!

Save the Date 2014 Autumn Auction

benefiting
The Gathering Place & Memory Matters

SATURDAY NOVEMBER 15TH
 6:00-9:00PM

The Bull at Pinehurst Farms

Fall Harvest Challenge

Double Exposure Fun—

Here are double prints of what looks like the same picture. However, if you look closely, there are differences—some things missing or changed in the second print.

Give it a try, there are five hidden differences below.



ActivityConnection.com - Picture It - October 2014

Memory Matters

Brain Food Superstars—

Last month, we bid good-bye to summer by blending up some brain-healthy smoothies. Fruit and vegetable smoothies are an excellent source of antioxidants. Foods that are darker in pigment have higher levels of antioxidants. "Among the variety of foods that are rich in antioxidants, berries stand out as the superstars."

According to Bauer (2008), all berries are high-healthy compounds called anthocyanins and flavonoids, which may help protect against the breakdown of brain cells. So, fill your plate and snack

on strawberries, blueberries, blackberries, raspberries, and other berries!"

RASPBERRY & OATMEAL SMOOTHIE

- 1 ½ Tbsp. Oatmeal
- 1 c. Raspberries
- 2 tsp. Honey
- ½ cup Yogurt [plain]
- ½ cup Orange Juice

Optional: spinach leaves can be added for a veggie boost.

Source: Einberger, K., & Sellick, J., (2010). *Strengthen Your Mind Program*. Baltimore, Maryland: Health Professional Press, Inc.

MM Lecture Topics

- October 02 Exercise and Memory
- October 09 Brain Games
- October 16 Travel Log on Germany
- October 23 Two Fish Gallery outing, Elkhart Lake
- October 30 Ballroom Dance

TGP Special Events/Activities

- October 09 Pack food for FMSC (feed my starving children)
- October 13 Bible study with Jeff
- October 14 Visit from St Paul Preschool/Childcare kids
- October 16 Dance with Sue Alby
- October 20 Visit from St Paul Preschool/Childcare kids
- October 21 Morning Tour of Sheboygan Spaceport Center
- October 23 Massage by Tammy Schramm
- October 30 Day at One Eighty/Word of Grace Church in Sheboygan Falls

Visit us on the web at www.memorymattersmost.com

Volunteer Corner

by Carol Bimmel



Did you know that volunteering might actually help you live a longer life? The BMC Public Health published a review of 40 studies that were done to show the health effects of volunteering. Volunteering on a regular basis can reduce early mortality rates by 22% compared to those that don't. Helping others promotes social contact and life satisfaction.

At The Gathering Place there is plenty of social contact and laughter every day and a great sense of self-worth for all involved at the end of the day. The month of September we welcomed 7 new volunteers and we are hoping the month of October will bring even more. Tuesdays and Thursdays require 20 volunteers each day and with our snowbirds starting to head south soon, we can always use more volunteers. Many come through area churches' bulletins, or the Volunteer Center of Sheboygan, but most come through someone involved in our program.

Now is the time to get involved, as we will be offering dementia and TGP training soon. Please call (920)627-6847 or email carolb@stpaulfalls.com.

Source: <http://healthland.time.com/2013/08/23/helping-others-helps-you-to-live-longer/>

Wellness for your mind and body

A good reason to walk!

Once again this year, a group of staff, volunteers, friends, and family set out and walked in the 2014 Walk to End Alzheimer's— Sheboygan County. Our team did an amazing job raising funds...we placed #3 of the top five teams that raised the most funds for our area this year! Great weather, and a great bunch of people made for a simply beautiful day. Thanks to all for your generosity and support!



Above: The Gathering Place 2014 Group Photo



Above: Gene [TGP participant] shares a few words to all the walkers.

Quote of the Month

"Age is nothing but experience, and some of us are more experienced than others."

~Andy Rooney