



# Brain Waves

## A Monthly Newsletter

### Inside this Issue:

- Artists Corner
- Autumn Auction
- Director Letter
- Events/Activities
- Memory Matters
- Puzzle Challenge
- Quote of the Month
- Special Events
- Volunteer Corner
- Wellness

### We are a Ministry of:

St Paul Lutheran Church  
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Sheboygan Falls  
(920)627-6847  
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### TGP & MM Happenings

#### A letter from our Director

The leaves are falling, temperatures dropping, and our love inside TGP is spreading! We welcomed several newfaces to our program this past month, some participants some volunteers. Nearly everyday we hear from someone with an unmet need, either from a caregiver needing support and respite, or a person dealing with memory loss needing some fulfillment.

As we hunker down for a long winter and the business that lies ahead with the holidays, it is important that we remember to take care of ourselves. We are so grateful for the support of our family members, and as we continue to grow and welcome new faces we want to be a support to those we serve in the best way possible. As a family member, caregiver, or participant with memory loss you have worries, and responsibilities, that are unfamiliar and overwhelming. The Gathering Place and Memory Matters wants to help! How can we help? We can educate you about the experiences you are having, and why they are happening; we will help you seek out other caregivers, and people that are going through that same thing. You are not alone, and there are people that understand what you are going through. We will help to encourage your loved ones independence, by sharing with you techniques or tricks that work here at TGP&MM. We partner with the Alzheimer's Association and have access to resources to help guide you and find appropriate support groups. We want to help you be realistic about your abilities to care for yourself and your loved one, and support you in any way that we can!

#### Dates to save:

**Thursday, November 20, 2014** Sheboygan County Caregiver Conference

**Wednesday, December 2, 2014** planning your Day (presentation by the Alzheimer's Association)  
Please see Carol or myself for more information.

One more, very, important date: **Tuesday, December 16 from 2:00pm-4:30pm**, please come to our Christmas Open House! We will enjoy music, food, and you will be able to check out what your loved one has been having fun doing over the last few months!

*Leah Zehel*  
Leah Zehel  
Director of TGP & MM

## HAPPY BIRTHDAY!

### November Birthdays:

- Myrtle H. ....08
- Jim N. .... 11
- Bernice U. .... 12
- Betty S. .... 18
- Judy W. .... 24
- Ken G. .... 30



## Artist & Creative Corner

### Art with Bob Fleming—

We have been very fortunate to have Bob Fleming play such a key role in exploring our creative side at TGP. Bob has been with our program since 2009 and has an enthusiasm for our program, and the participants we serve. Even someone who does not think they can create something finds how easy it can be when working with Bob.

Here are Bob's own words about his artwork at TGP: "As an artist (for as long as I can remember), art has always been first an authentic form of expression. With that ever-present spirit and academic degrees of knowledge, I design an open structure of creative expression for those with memory loss. Primarily, the focus is on the creative process rather than the product of art. The setting promotes socialization during the creative time. Medium supplies, materials, and tools are provided with an art objective, the direction for the process becomes an exploration of the medium and what it inspires, at the hands of each participant."



## Autumn Auction

### Come for the cause, stay for the fun!



If you have been to the Autumn Auction before you know this is an event you do not want to miss! If you have never been here... *what are you waiting for?*

This year we will have many items for you to bid on, music entertainment from Dale Leudtke,

50/50 raffles, beer&wine sampling, and a Taste of Sheboygan menu of hors d'oeuvre samplings from area restaurants. This is not a black tie event, it is simply a fun casual evening to enjoy among friends and family.

#### Mark Your Calendar!

**Saturday, November 15<sup>th</sup> The Bull at Pinehurst Farms 6:00-9:00pm**

For tickets please contact us, or visit our Facebook page for event details and to view more sneak peak photos of some of the silent auction items.



## Puzzle Challenge

### Famous November Birthdays

The following People were born in November. Can you find their last name? Search horizontally, forward, backward, vertically, and diagonally.

A. MARIE <b>ANTOINETTE</b>	T E N T A Q M J G C K P S H M
B. DANIEL <b>BOONE</b>	T I A O N A E P F P X B G U T
C. WALTER <b>CRONKITE</b>	E B H U T T L O P H M V L D E
D. ANNE <b>HATHAWAY</b>	N B B W O L U L A S E I H S T
E. ROCK <b>HUDSON</b>	O R T N I E A E A L G M M O I
F. GORDON <b>LIGHTFOOT</b>	M D H W N Y A W A H T A H N K
G. GARRY <b>MARSHALL</b>	Q Q Y O E P R A T M S F N W N
H. CLAUDE <b>MONET</b>	E R O R T T S F O E I R U V O
I. GARY <b>PLAYER</b>	D B S K T F O K R D B X A G R
J. ROY <b>ROGERS</b>	O U G A E O S T E F F E N M C
K. BRITTA <b>STEFFEN</b>	B D W H T B S R E G O R X G F
L. BILL <b>WALTON</b>	K K H Z B R Z N P T V X W Y N

NOW YOU CAN CONNECT WITH US ON FACEBOOK!



WE ARE LISTED AS: THE GATHERING PLACE & MEMORY MATTERS

## Memory Matters

### Playing in the Mud

Last month, Memory Matters visited Two Fish Gallery and Gardens in Elkhart Lake. Gallery owner and artist Pat Robison, invited the group into his studio to experience first-hand the art of ceramics. Each participant was shown how to make a stone wear vessel using basic hand building techniques. Clay was rolled into slabs, texture and patterns were then applied using various found objects, and finally the slabs of clay were draped over pre-cast forms to dry before being glazed and fired. Pat told the group that he loves working with clay because of its tactile qualities, which remind him of being a child and playing in the mud. "It is very therapeutic for me," he shared. With sleeves rolled up, and fingers manipulating the wet clay, a new skill was learned and everyone was reminded that creativity is ageless!

### MM Lecture Topics

- November 06 ..... The Amazing Honey Bee
- November 13 ..... Ballroom Dance
- November 20 ..... Footlights performance at the JMKAC
- November 27 ..... Thanksgiving Break



WISHING YOU BOUNTIFUL  
BLESSINGS  
ON THANKSGIVING  
AND ALWAYS!



## TGP Special Events/Activities

- November 03 ..... Outing to Maywood/ Animal Program
- November 04 ..... Christmas Carols with Chris and Karen
- November 06 ..... Bingo with Red Hat Ladies
- November 10 ..... Puppet show with preschool and Veterans program in afternoon
- November 13 ..... Model Airplanes w/Bob and Gene
- November 25 ..... Memorial Service for all volunteers and families to attend  
11-noon in Church
- November 25 ..... Bell Choir with Ruth (practice for Dec 7 performance at 6pm)
- November 27 ..... Closed for Thanksgiving

Visit us on the web at [www.memorymattersmost.com](http://www.memorymattersmost.com)

## Volunteer Corner

### by Carol Bimmel



In the past 8 weeks, we have welcomed nine new volunteers. Sarah F, Sandy H, Althea S, Joan C, Nancy H, Megan O, Andrea W, and Janette F. We also welcomed back Carol S, who is an original volunteer from 2008. After a few years absence she has returned to help us out again. We are still looking for more male

volunteers to give us a hand. Our population is about a 50/50 split and the men that come share with me that they enjoy the social interaction with other men so much.

We will have dementia training on Friday, Dec. 5 with the Alzheimer's Association; there will also be in-house training that day as well. It is very important for our volunteers to attend that day, and anyone thinking about volunteering to submit their application to The Gathering Place as soon as possible; so, they can take advantage of our training as well.

### NOW IS THE TIME TO GET INVOLVED!

Invite a friend or family member to join our family of volunteers before Dec. 5!

Please call us at 920-627-6847 or email [carolb@stpaulfalls.com](mailto:carolb@stpaulfalls.com)

## Wellness for Your Heart and Soul

### \$2,805.00 Raised!!

Thank you to all who participated in the Walk to End Alzheimer's this past September, either by walking with our team of 23 people or by donating to our team. For the second year in a row, The Gathering Place came in 3<sup>rd</sup> place for donations raising \$2,805.00. We hope you will consider walking with us next year; it was truly a wonderful day!



## TGP Lends a Hand to Help the Hungry

### 2014 FMSC Mobilepack



The Feed My Starving Children pack event was held this year on Oct. 9 through Oct. 11th at St Paul Lutheran Church. Many TGP volunteers and participants helped pack food that Thursday. In all, there were 759 volunteers, 756 boxes were packed, 163,296 meals were packed, and 447 children will be fed for a year.



### Quote of the Month

"To love a person is to learn the song that is in their heart and to sing it to them when they have forgotten."

~Arne Garborg