

January 2015



Brain Waves

Monthly Newsletter

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CONTACT Us

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Follow Us!

Quote of the Month

"We're not primarily put on this earth to see through one another, but to see one another through."

~Peter De Vries



LEAH'S NOTES

LEAH ZEHEL,
DIRECTOR

It is the happiest time of year, and I feel one of the best times to count your blessings!

This past year The Gathering Place and Memory Matters had many blessings to count. In 2014, we welcomed new participants, added more great volunteers to the program,

and we created new memories to reminisce and talk about. We were fortunate to travel to surrounding communities, and take in the great historical sites, museums, art centers, and great company along the way. We were able to bring the outside community to us for dance class, multiple artists, the Town Country Club, and we really enjoyed visiting with our little friends next door at the early childhood center. Whew, we sure have made some great memories this past year, didn't we?

This past quarter we were able to offer a continuing education class to our staff and volunteers, "Dementia Basics", during this class volunteers and staff enjoyed a day of fun interactive training. We providing them the tools to be the best support to the participants as possible. Moreover, I am so excited for continuing opportunities we will be hosting in regards to education for our volunteers, along with The Gathering Place being

□ Continue to pg. 2

How to Dodge those "Bugs" this Season!

Unfortunately, memories are not the only things that we share during the holidays. This is also the time of year for unintentionally spreading germs and illness. Flu season typically peaks right after the holidays...just when everyone has returned home from visiting family and friends. Here are a few simple tips to help you enjoy your time together, and stay healthy this year too. Maintaining good health keeps your immune system robust and ready to fight off those nasty seasonal bugs and infections. Boost your immunities by eating a wholesome and balanced diet, exercise regularly, reduce stress,

stay hydrated, and get plenty of rest. Get your flu shot, you probably know that you should get one every year? If you haven't gotten yours, it is not too late to protect yourself this winter. The constant weather changes that we have been experiencing seem to bring on the coughs, runny noses, and fevers for many of us. Much as we enjoy this quality time together, it is important to regularly wash your hands with soap and water. Yep, the same advice you've heard again and again, but worth repeating because this simple practice truly works wonders in protecting against infection and preventing the spread of

□ Continue to pg. 2

Volunteer Corner

by Carol Bimmel

Recently at our quarterly Dementia training, we surveyed the volunteers to see how they felt about our program, the training and why they volunteer. We really appreciate your feedback and we have started to make some of the changes you requested.

So what motivates someone to volunteer at



□ Pg1, Leah's Notes cont.

able to offer education to our participant family members and the outside community in the coming year.

There are several positive things to look forward to for 2015! Tuesday and Thursdays continue to keep Carol incredibly busy, Lynn has developed quite a "fine running system" on Mondays. Mark continues to surprise us with different menu ideas. Sharon keeps growing our knowledge in ways we can be marketing to the community. Last, but not least, we look forward to welcoming Janette to our team as the new Memory Matters instructor. Janette is very knowledgeable in the health care field, and will be a huge asset to our team as she has great teaching and presentation skills. We will have to say goodbye and best wishes to Marisa, the Memory Matters instructor, who is expecting her new bundle of joy in the next couple of weeks. She has decided to stay home and do the incredible job of being a mommy to her new baby and young son. Marisa has brought so much knowledge and fun to the Memory Matters program; although we wish her all the best, we will definitely miss her sense of calmness and warm personality!

We look forward to the opportunity 2015 brings to us. To continue to grow our ministry, and to share Christ's love in word and action with people affected by memory loss. ■

The Gathering Place? Many volunteers come for different reasons, some feel driven by their faith, some are looking for something to do maybe after retirement or when the kids are in school full time. Many are looking for the opportunity to fill a need in the community.

What do they get from volunteering? Smiles, joy from both participants and volunteers. Knowing that they have made a difference in the lives of caregivers as well as the participants. The sense of family and fellowship, forgetting about your own problems. To help someone feel valued and help them see what they are still capable of doing. Staff and volunteers alike know that we get back so much more than we can ever give. It is a blessing to have and be part of this program.

Remember there are information racks by entrance 3 and by our office with lots

of helpful tips for working with someone with memory loss. The calendar and newsletter are always there as well.

GET INVOLVED!

We are always looking for great volunteers. Invite a friend or family member to join our family of volunteers this next year!

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

□ Pg1, Dodge the "bugs"

colds, flu or any other contagious disease. Following these simple tips can help you keep your spirits bright and bodies healthy well into the New Year! ■

Blessed In Aging

Blessed are they who understand
My faltering step and shaking hand
Blessed, who know my ears today
Must strain to hear the things they say.

Blessed are those who seem to know
My eyes are dim and my mind is slow
Blessed are those who look away
When I spilled tea that weary day.

Blessed are they who, with cheery smile
Stopped to chat for a little while
Blessed are they who know the way
To bring back memories of yesterday.

Blessed are those who never say
"You've told that story twice today"
Blessed are they who make it known
That I am loved, respected and not alone.

And blessed are they who will ease the days
Of my journey home, in loving ways.

by Esther Mary Walker

Farewell

by Marisa Underhill

It has been almost two years since I started as Assistant Director for the Memory Matters program. The time as gone by so quickly and I have enjoyed every minute of it! I am so thankful for the relationships that I have had with the Memory Matters students

from the program to welcome a second child into our family. While I am excited and thankful for the arrival of my new little one, it is also sad for me to leave Memory Matters and the wonderful friends that I have made. I am so pleased that a new program leader has already been hired for Memory Matters, Janette Faul.



and volunteers. Each person in the class has contributed so much of themselves and their past life experiences to the program. We have learned a great deal from one another as we have explored a variety of topics throughout this time. In January I will be stepping away

Janette has been helping me out in Memory Matters for the past month, and I am confident that she is going to do an outstanding job leading the Memory Matters program in the New Year. Please join me in welcoming her to the Memory Matters and St. Paul family!

A New Face

Beginning with the New Year we welcome our new Assistant Director of Memory Matters, Janette Faul. The Thursday program participants will enjoy the knowledge and enthusiasm she brings from her experiences as an informative speaker and consultant from her business called "Soul-utions". She has also gained a deep understanding and compassion from years of working in the health care field at nursing and dementia facilities. Janette delights in family, cooking, volunteering, spirituality,

JANETTE FAUL,
ASSISTANT
DIRECTOR
OF MEMORY
MATTERS



painting, yoga, Tia chi and travel. With a strong interest in wellness, the arts and having fun she looks forward to exploring all the possibilities the program can offer here within St. Paul's and our local community.

MEMORY MATTERS LECTURE TOPICS

- January 08 Hats off to the Past
Today bring a special hat(s) or a picture of someone wearing a hat.
- January 15 Ballroom Dancing with Susan Alby
- January 22 Food for Thought
Group cooking activity, and tips on eating for brain health.
- January 29 Winter Carnival
A fun day of activities and games to beat cabin fever!

Fundraising to support TGP&MM

THANK YOU TO THE FOLLOWING SPONSORS OF OUR DISCOUNT CARD PROGRAM!

Throughout 2015 we will feature "business of the month" ads in our monthly newsletter.



Twisted Restaurant & Bar



Visit our website memorymattersmost.com/supporters/ for more details and to view the discount list.



Junk Drawer Detective

New Years Resolutions~How many of these items can you find?

- 2 Dumbbells
- Bathroom Scale
- Cookbook
- 5 apples
- Orange
- 3 padlocks
- 2pk Chiclets gum
- Pear
- Bag of baby carrots
- Kitchen scale
- 3 types of deodorant
- Blood pressure machine with cuff



Activity Source: ActivityConnection.com – Junk Drawer Detective – New Year’s Resolution Detective–January 2015

TGP SPECIAL EVENTS/ACTIVITIES

- January 06 Ellen Sonnenburg violin performance
- January 08 visit from preschool children
- January 19 visit from preschool children
- January 27 visit from preschool children

FROM YOUR FRIENDS AT TGP & MM

Merry
CHRISTMAS
and happy new year!

JANUARY BIRTHDAY LIST

HaPpY
BiRtHdAy!

Joan S. 03	Chris K. 11	Sandy V. 26
Pat P. 06	John P. 17	
Eugene K. 06	Chris G. 18	
Lillian T. 07	Carolyn G. 26	
Bob F. 07	Tom B. 26	

