

February 2015



# Brain Waves

Monthly Newsletter

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## CONTACT Us

We are a ministry of  
**St Paul Lutheran Church**  
730 County Road PPP  
Sheboygan Falls  
(920) 627-6847  
Email: [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com)  
Web: [memorymattersmost.com](http://memorymattersmost.com)



Follow Us!



## Quote of the Month

*"Kindness is a language  
which the deaf can hear  
and the blind can see."  
~Mark Twain*



## LEAH'S NOTES

LEAH ZEHEL,  
DIRECTOR

It has been another great month at The Gathering Place and Memory Matters, as you may have noticed on the calendar we have spent a lot of time with our little friends down the hall. The children from the childcare have been visiting us almost weekly. The Gathering Place and the St.

## Monday Mode by Lynn Borth

Our usually quiet Monday folks at The Gathering Place made a little noise welcoming in the New Year by creating leather wristbands decorated for 2015 with color, beads, and bells.

As the year progresses, we add to our Memory Books regularly. Memory books are our personal collections of pictures, writing, songs, skits, art work and whatever! In January, we added our silhouettes and sage advice project sheets.

Paul Early Childhood Center are trying to coordinate more and more special activities together. We have noticed how much fun, and how much value this intergenerational programming has brought to each of our programs. Both groups have so much to teach and to learn from each other that the results of these programs are always magical! Intergenerational programs are fun for everyone involved, and they pay positive dividends in kids and seniors lives, and our society as a whole. Older adults with dementia and other cognitive impairments

experience more positive effects during interactions with children than they do during non-generational activities. The interactions with older adults aids the children in developing social and communication skills, as well as a positive attitude towards aging.

As I said, something magical really does happen the moment those little feet walk into The Gathering Place. You can see it in the faces of the participants as their expression immediately softens, they are calm, and you can see love and excitement in

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We started yet another interesting thing with books, too: book-folding! When Vicky (from the church front office) asked if we had a use for some old books she was parting with we got to thinking...hmmm... searched the web... and voila! We are now turning those books into diamonds and hearts. We estimate the books to be finished by late February.

On the 19th of January we had two of our favorite activities. In the morning, we spent a

little time with the St. Paul preschoolers (*always guaranteed to bring some giggles!*) In the afternoon, Brad Volbrecht performed as magistrate in "You Be the Judge", a real discussion starter! Of late and in the near future, we are also spending some time reading and recalling Wisconsin history. Those of us who did not pay attention way back in social studies class are getting a second chance.

It is always interesting to

□ CONTINUE TO PG. 2

# Volunteer Corner

by Carol Bimmel

This month I would like to recognize all our volunteers who have collectively donated 13,883 hours to TGP and MM in 2014. As I add up the hours each month there are some individuals who go above and beyond volunteering their time. Chris Kowalewski has volunteered 452 hours on Mondays and Tuesdays, Bonnie Jones has volunteered 444 hours between all days at TGP, and Barb Baack's hours between TGP and MM has totaled 435.

My 300 club is John Lucynski-390, Tina Allman-387, Marlene Golembeski-363,

Helen Teig-327 and Pat Jenkins finishes it out with 301 hours.

Every volunteer makes such a difference, whether it is 4 hours a month or those prayers sent our way while you are on a leave from volunteering at TGP&MM. You make my job better because of all of you, and your dedication to our programs. From the bottom of my heart, thank you!

## GET INVOLVED!

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



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

□ Pg1, LEAH'S NOTES CONT.

their eyes. We do a wide range of activities with the children when they come over. Often we read stories, perform puppet shows,



sing songs, and even make paper airplanes together. The ideas are really endless when it comes to intergenerational activities. Some of

the benefits that we have noted during these activities are improved speech and reading. Many seniors that you thought could not read anymore, due to word finding issues, can read a book to a child during this time and for a short while after their speech flows effortlessly to children. This is truly remarkable!

Having the children over also fulfills that nurturing need that moms and grandmas have...the need to give love and comfort. Nurturing, often forgotten with elderly, is always there once you become a mother, even if it is the slightest touch of the child's hand...that touch means so much! Floods of memories begin to surface as the children visit with our participants who sometimes

remember their children, or even their own childhood, which ignites a wonderful conversation. Program participants are known-as grandpas and grandmas during this time, and as we continue to spend more time together, the children are really opening up and becoming more comfortable with us too. We have noticed that little "shy one" who is now talking and even sitting on a "grandpas" lap, how wonderful! When the children leave there are often hugs exchanged, and I wish I had a picture of every one of these moments because they are just that precious.

Connecting our wisest and our newest generations is an experience that we are honored to share together. ■

**Save the Date!**

June 2nd

St Paul Lutheran Church Fellowship Hall

**2015 Creativity is Ageless Event~Music is Art!**

Artists Needed Now... for the 4th Annual Artist Challenge

More details to come, follow us on Facebook and visit our website for updates as they become available:  
[memorymattersmost.com](http://memorymattersmost.com)

□ Pg1, MONDAY MODE CONT.

'remember when' or to 'discover how' our state developed into such a great place to live. So, we're keeping busy and pleasant...and even warm as we accomplish some good times, as always, in the Monday mode! ■

An advertisement for Blue Harbor Water Park and Surf Simulator. It features a man in a yellow life vest surfing on a simulator. The text includes the resort name, a discount offer, and local discount days.

**Only \$10**

**BLUE HARBOR**  
A Classic Lakeside Resort & Spa™

**Local Discount Days**  
**Water Park and Surf Simulator**

Thursday – 1 p.m. to 8 p.m.  
Sunday – 3 p.m. to 8 p.m.  
Monday – 9 a.m. to 1 p.m.

[BlueHarborResort.com](http://BlueHarborResort.com) • Call 920.457.9882

# Memory Minute

by Janette Faul

Our first month of the New Year brought many fun and interesting activities for Memory Matters students. As some of you may have already seen on our Facebook page, we "headed" into the New Year with a vintage hat presentation. We had some fun discussing the fashion trends of days gone by and modeling the different hats for each other.

On the 15th we "got in step" with Sue Alby's ballroom dance lessons. Dancing is an activity that is proven to improve memory and even REVERSE memory loss. So put on some music at home and Cha Cha Cha! Next month, on the 12th of February, we are having a "Bring a Guest day". Sue Alby will be joining us again to help celebrate Valentine's Day that Thursday. Guests should please RSVP by February 9th so we can properly plan for lunch.

In line with the common intention to begin the New Year with healthier eating habits, Memory Matters students

participated in a cooking class. We worked on a recipe for creating a "Brain Bar" using a granola bar recipe as a base then added extra ingredients that improve cognitive ability. It was fun to sample some of the ingredients; everyone took samples home to share. In class, we reviewed the following nutrition information, and sent some handouts home that go into more detail on these subjects.



## Food for Thought

**Antioxidants:** This familiar line up of vitamins that include A,C and E help to protect the brain and the body from the damage caused by "free radicals", a by-product of oxidation. A diet rich in

antioxidants can improve short-term memory and balance and slow down age related declines in learning. All fruits and vegetables have these powerful healing nutrients and by eating a variety you introduce a good supply of these resources to your brain cells. *Super stars include: leafy green vegetables, broccoli, beets, peppers, onions, garlic, berries, apples, citrus, tropical fruits like pineapple and mango.*

**Flavonols:** Are a sub-class of antioxidants that enhance brain function by improving blood and oxygen flow to the brain.

*kiwi, eggs, chia seeds, canola oil and cod liver oil -Yup! Grandma was right!*

**Folic Acid:** Also known as B9 or Folate - An essential for proper brain function, helping to reduce the effects aging may have on mental abilities. Note: To get the most of B vitamins be careful not to overcook your vegetables. Steaming until "Al dente" is recommended. *Good choices include: spinach, oranges, cantaloupe asparagus, romaine lettuce, beans and black-eyed peas, avocado, liver, cabbage family i.e.: Broccoli and cauliflower.*

## MEMORY MATTERS LECTURE TOPICS

February 05 . . . . Travel South America w/Jeff Diener

February 12 . . . . Bring a Guest Day!! Let's Celebrate Valentine's Day~Dancing w/Sue Alby and a special lunch to follow

February 19 . . . . . "You Be the Judge" True Stories Enjoy the humor of Guest Presenter~Brad Volbrecht

February 26 . . . . . Music is Art Project We will begin a project to be displayed at the Creativity is Ageless Event

*Good sources include: citrus foods, grapes, dark chocolate, green teas, blueberries.*

**Omega-3 Fatty acids:** This essential nutrient for brain health, known as the "good fat", has been proven to improve memory, mood and overall cognition. *Good sources: cold water fish such as salmon, tuna, trout, anchovies and halibut. Be sure to also include ground flax seed (keep refrigerated), walnuts, pecans, pumpkin seeds, almonds,*

**Lean Protein:** Alertness and energy levels improve as protein's presence prompts the brain to produce the neurochemicals - dopamine and norepinephrine. Of course, your overall cellular health is stronger too. *Good sources include: fish, poultry, low-fat Greek yogurt, hard cheeses, legumes and eggs.*

**Complex Carbohydrates:** The difference between simple and complex

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THE GATHERING PLACE & MEMORY MATTERS FRIENDS & FAMILY DEAL

## Twisted Root

1 FREE APPETIZER

with purchase of entrée  
(Not to exceed \$7.00 value)

W2873 County Rd C • Sheboygan Falls WI  
920.467.2748  
www.twisted-root.com





# Sweetheart Mining

See how many words can you make with the letters in:

## SWEETHEART

Use each letter only once and give yourself extra credit for words with five or more letters.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



□ Pg3, Food for Thought cont.

carbohydrates is how fast the energy in the form of sugars and starches enter the blood stream. **Complex Carbohydrates**, with their increased fiber, breakdown more slowly during digestion. They give a slower, steadier supply of fuel to the brain, preventing “crashing” thus keeping the mind more alert. The nutritional value from these whole foods also provides needed vitamins to the brain! *Regularly eat: Whole grain breads, oatmeal, brown rice, and quinoa -arguably the most nutrient dense grain providing important trace minerals such as Potassium, Copper, Zinc and Magnesium which are so vital to mental health. Also include starchy vegetables like sweet potatoes, beans, lentils, and peas.*

**Sources:** [www.Postitscience.com](http://www.Postitscience.com); Cousin J. Pierre, Kristen Hartvig: *Vitality Foods for Health & Fitness*; By the editors of Prevention Magazine: *The Complete Book of Vitamins.* ■



## Soup & Chili Cook-off

Sunday March 15

11-2 or while supplies last  
St Paul Fellowship Hall

**\$10 All you can sample!**

Proceeds benefit TGP&MM

## TGP SPECIAL EVENTS/ACTIVITIES

- February 03 ..... Music/Art with Hannah
- February 05 .... Beat the Blues Party (Better than Karaoke-Band)
- February 10 ..... Preschool/Childcare~Valentines
- February 12 ..... Germaine~ Person of the Month
- February 16 ..... Preschool Visit & Activity

- February 17 ..... Doug Holte/Guitar Sing Along Pancake Races/Mardis Gras...*Wear your green, gold, and purple today!*
- February 19 ..... Preschool/childcare Parachute
- February 24 ..... Feather Art w/Joann Luke Bell Choir w/Ruth in afternoon
- February 26 ..... John&Beate~Volunteers of the Month and Dance w/Sue Alby in afternoon

## February Birthdays

- |                |    |                |    |
|----------------|----|----------------|----|
| Penny Z. ....  | 03 | Sandy L. ....  | 25 |
| Tammy S. ....  | 15 | Ashley B. .... | 27 |
| Eileen S. .... | 16 |                |    |
| Kay R. ....    | 17 |                |    |
| Ed H. ....     | 20 |                |    |

# HaPpY BiRtHdAy!

