

March 2015



Brain Waves

Monthly Newsletter

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Quote of the Month

*"The brain gives the heart
 its sight. The heart gives the
 brain its vision."*

~Kall



LEAH'S NOTES

LEAH ZEHEL,
DIRECTOR

"Music is Art!" This is our upcoming 2015 Creativity is Ageless theme. We are excited and gearing up for another successful event! This past month we started work on some amazing *"Music is Art!"* themed projects with Hannah, a graduate of Edgewood College. Hannah has her art therapy degree, and she joined us on Tuesdays for three weeks in January and February. Hannah led a project that involved listening and watching a Youtube music video, of the participant's interest on Ipad. After listening and watching the video, she instructed TGP participants to choose feelings, emotions, and colors that the song made them think of. In addition, with the encouragement of the volunteer, participants spent lots of time reminiscing about various memories

the songs brought back for them. Some of the music choices where Elvis, Johnny Cash, the Pennsylvania Polka, and even some orchestra music. As a final step, the participants proceeded by making a textural painting that included these emotions, colors, and memories. The artwork turned out amazing!



What a great project... what is it about music that is so inspiring? For the next couple of months we will continue to, creatively, express ourselves through assorted projects that involve music to prepare for our, fourth annual Creativity is Ageless event this June. This past month has not only been fun, but there are many reasons why we chose music as our theme. The greatest of them all is that music boosts brain activity! Here are some tips from a

recent article that I read from the *Alzheimers.net* blog, 5 Reasons Why Music Boosts Brain Activity: "Music evokes emotions, and emotion can bring with it...memory." "Music brings back the feeling of life when nothing else can. By pairing music with everyday activities, people can develop a rhythm that helps them to recall the memory of that activity, [thereby] improving cognitive ability over time. Musical aptitude and appreciation are two of the last remaining abilities of [people with memory loss]. Music is an excellent way to reach beyond the

disease and reach the person when other abilities may already be [lost]. Music can bring emotional and physical closeness, you can dance, and dancing leads to hugs,

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Volunteer Corner

by Carol Bimmel

Germaine Z. was our "Person of the Month" in February. Germaine had many fun things to share with us. She grew up on a



□ Pg1, LEAH'S NOTES CONT.

kisses and touching which brings security and memories. Singing is engaging, singing activates the left side of the brain, listening to music sparks activity in the right, and watching music activates visual areas of the brain, with so much of the



brain being stimulated you are exercising more mind power than usual." Last, "Music can shift moods, manage stress, stimulate positive interactions, and facilitate cognitive function and coordinate motor movements."

So make sure to enjoy music every day!

source: <http://www.alzheimers.net/2014-07-21/why-music-boosts-brain-activity-in-dementia-patients/>



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farm, married a farmer, and enjoyed going dancing on Saturday nights. Germaine was in a sheephead card club and as she said there was lots of "foolishness" that went on and she still plays at The Gathering Place after lunch. She still enjoys knitting here as well. A little known fact about Germaine – there is a street in Sheboygan named after her. Do you know where it is? It's where her farm was.

GET INVOLVED!

We are always looking for great volunteers. As of right now we could use extra help on Thursdays in Memory Matters, Monday and Tuesdays in The Gathering Place. Invite a friend or family member to join our family of volunteers this year!

For more information please call us at
(920)627-6847 or
email carolb@stpaulfalls.com



What's Cookin'?

LONDON BROIL... MEAT LOAF... LOBSTER COLORADO...
BLACKENED CHICKEN PO'BOY

Boy, these all sound good! As you might know we have been very fortunate to have Mark Janke, our very own and experienced, cook prepare such delicious meals at The Gathering Place & Memory Matters. So where does he come up with all his ideas? Well, Mark likes to keep things fresh and tries to incorporate a variety of styles, fresh produce, and tastes into his menu. He is always looking for ways to enhance flavor without the unnecessary use of artificial sweeteners and sodium. This is a much-appreciated quality as some of our participants have specific dietary needs.

Mark plans the menu for the month in advance, as part of his planning, he will often research various dates in history and holidays of the month. For instance, Laura Ingalls Wilde's birthday was in February, so the month's menu included many recipes from a cookbook that he found at the Library written by her.

Since his teens, you would be able to find Mark looking after a simmering pot, chopping produce, or tending to a meal in the oven. This experience and time is probably why his recipe box overflows with something new and tasty each day. Do you know that in the roughly nine months since he began cooking for us that he has only repeated one recipe? Can you guess what it was?

	<p>Soup & Chili Cook-off SUNDAY MARCH 15 ST PAUL FELLOWSHIP HALL \$10 (Kids 3 & under free) <i>All you can sample!</i> Made from scratch soup, chili, fresh baked bread, and homemade desserts CAST YOUR VOTE FOR YOUR FAVORITE RECIPE! Proceeds benefit The Gathering Place & Memory Matters</p>
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Memory Minute

by Janette Faul

Since exercise is recognized as a vital component for brain health, the Memory Matters program includes it as part of its regular weekly class. Ruth Raeder, a volunteer who has been with the program since the beginning, shares her knowledge and experience offering a balanced routine with music. We are very grateful for her dedication to the program. One of the secrets to getting enough exercise is to make it fun. For the past five weeks our participants have been enjoying creative ways to reap the benefits of being physically active. Our "Winter Carnival" got us moving with games of skill, silliness and a bit of reminiscing.



We learned that carnivals were first started in medieval Italy, France and Spain as pre-Lenten festivities. For Valentine's Day, our "bring a guest event" was celebrated with elegant ballroom dancing lessons enjoyed by all. We wrapped up the month with a special class taught by Margo Noworatzky, an instructor from the Sports Core, who

shared a routine involving dyna bands and other fun equipment.

Need more reasons to get moving? We were encouraged by this information published by Beth Howard in AARP Magazine's February/March 2012 issue.

It is reported that higher exercise levels can reduce dementia risk by 30 to 40 percent compared with low activity levels, and physically active people tend to maintain better cognition and memory than inactive people. "They also have substantially lower rates of different forms of dementia, including Alzheimer's disease," says Art Kramer, professor of psychology and neuroscience at the University of Illinois, "If you do only one thing to keep your brain young, exercise!"

Working-out helps your hippocampus, the brain region involved in memory formation. As you age, that region shrinks, leading to memory loss. Research suggests, exercise can reverse this process. How you work up a sweat is up to you, but

most experts recommend 150 minutes a week of moderate activity. Even a little bit can help: "In our research as little as 15 minutes of regular exercise three times per week helped maintain the brain," says Eric B. Larson, M.D., executive director of Group Health Research Institute in Seattle. "Resistance training may increase the levels of growth



factors in the brain such as IGF1, which nourish and protect nerve cells," says Teresa Liu-Ambrose, head of the university's Aging, Mobility, and Cognitive Neuroscience Laboratory. Older women who participated in a yearlong weight-training program at the University of British Columbia at Vancouver did 13 percent better on tests of cognitive function than a group of women who did balance and toning exercises.

MEMORY MATTERS CALENDAR

- March 05Aromatherapy and the Mind
Benefits of Scent on Wellness
- March 12The Arts for Mental & Physical Health
Construction of Wind Chime Art Project
- March 19Fieldtrip, Leaving St. Paul's @ 9:10!
JMKAC~ Footlights Performance Les Yeux Noirs –Gypsy Jazz
- March 26 Square Dancing w/Sue Alby
and Ipad Brain games w/Ruth

March Madness 10 FUN FACTS OF THE MONTH

- ☘ Yellowstone becomes the U.S.'s first national park (March 1, 1872)
- ☘ Dr. Seuss's Birthday (March 2, 1904)
- ☘ The "Star Spangled Banner" became our National Anthem (March 3, 1931)
- ☘ U.S. Constitution went into Effect (Mach 4,1789)
- ☘ Silly putty was invented (March 6, 1950)
- ☘ National Pi (π) Day (March 14,2015)
- ☘ The rubber band was invented. *Can you imagine life without them!?! (March 17, 1845)*
- ☘ First Space walk happened(March 18, 1965)
- ☘ Elvis Presley joined the U.S. Army (March 24, 1958)
- ☘ First washing machine patented (March 28,1930)

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**Buffet
Dine-In**



Pizza Ranch

**Pick Up
Delivery**

**3518 Kohler Memorial Dr
Sheboygan, WI
920-395-2506**

\$5.00 off Your Next \$20 Pick Up Order

Code L1 5940

Exp 5/31/2015

Calling all Artists and Crafters alike...

Once again this year we are seeking talented artists to design art pieces for our 4th Annual Artist Challenge. Your artwork will be part of a silent auction held at our 2015 Creativity is Ageless event. The theme this year is *Music is Art!* and it should be incorporated in some way into your design. Other than that...the sky is the limit with your art medium. We hope you will consider being part of this special event by sharing your gifts of art.

If your artwork sells during the *Music is Art!* event, 50% of the sale will go to you and 50% of the sale will go to support the art program of The Gathering Place and Memory Matters.



2015 Creativity is Ageless Event

CHECK OUR FACEBOOK EVENT PAGE AND MEMORYMATTERSMOST.COM FOR IMPORTANT DATES & DETAILS

Brain Boost

IGNITE YOUR NEURONS

Memory Matters will present a four week brain enhancement program at the Senior Activity Center of Sheboygan.

Each week will offer specially selected topics geared to enhance your cognitive ability through mind stretching techniques, fun memory boosters, and the latest knowledge to instill a passion for cerebral health.

COST:

\$13 per session/ or \$48 for the entire series.
(lunch is included)

WHEN:

Wednesdays~April 8,15,22,29

Janette Faul, Assitant Director of Memory Matters, will lead these sessions this spring.

TGP SPECIAL EVENTS/ACTIVITIES

March 03 Feather Art w/Joann Luke
Afternoon sing-a-long w/Chris & Karen
March 05 Vollbrecht Family Brat Fry
Pinewood Derby Cars & Art w/Bob
March 10 Pat Robison - Two Fish Gallery
Bible Study w/Pastor Mark

March 12Gene~ Person of Month
Art w/Bob
March 16 Pre-school Visit & Activity
March 17 Wear your Green for St. Patrick's Day!
Pat Robison - Two Fish Gallery and Bell Choir w/Ruth
March 19 Art w/Bob
Pinewood Derby Races
March 26 Person of the Month Bob Fleming
Flag/Music Circle w/Bob

March Birthdays



Lynne A. 03	Lynn B. 09	Judy M. 29
Janet V. 03	Ann B. 09	
Char S. 06	Kristen S. 18	
Leah Z. 08	Patti B. 21	
Mark J. 08	Warren K. 21	

