

April 2015



# Brain Waves

## Monthly Newsletter

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### CONTACT Us

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### Quote of the Month

*"Not everything that counts can be counted. And not everything that can be counted, counts."*

~ Albert Einstein



### LEAH'S NOTES

LEAH ZEHEL,  
DIRECTOR

Our "Souper Sunday" cook-off to benefit The Gathering Place & Memory Matters was well received. Unlimited samples to satisfy every appetite were available at Sunday's cook-off. There were over 27 kinds of soup and chili, more than 20 desserts, along with an assortment of cheese and breads that were brought in for the event. The Gathering Place & Memory Matters made just two different soups and all the rest was locally donated...truly remarkable!



Photo above: March 15 Soup & Chili Cook-off

We'd like to not only extend our gratitude to all who came and enjoyed the afternoon with us, but also thank the many individuals and organizations who helped make our first ever cook-off a great success!



Photo above: Some of our happy Cook-off Crew

This past month we happily ended winter with a celebration, *A Very Vollbrecht Brat Fry*, it was still only eleven degrees but we were thinking positive. Brad Vollbrecht and his brother stood outside and grilled brats and hamburgers for all of St. Paul's staff, all volunteers, and of course all the participants. Brads sisters helped with delicious potato salad, pasta salad and beans, and his wonderful mother baked a variety of pies for everyone. Everything was delicious and

everyone really enjoyed it! In my opinion, the Vollbrecht Brat Fry was anything but ordinary. Brad and his family demonstrated an amazing act of kindness on a large scale, and his dedication to The Gathering Place represents the endless acts of kindness that are demonstrated here at The Gathering Place and Memory Matters on a daily basis.

This sort of kind-heartedness really bring to mind the extraordinary value of our volunteers! Albert Einstein once said, *"Not everything that counts can be counted. And not everything that can be counted, counts."*

Volunteering is about giving, contributing, helping others, and supporting the community.

□ CONTINUE TO PG. 2



Photo above: The Vollbrecht Brat Fry Lunch

# Volunteer Corner

by Carol Bimmel

Something special that we do each month in TGP is to feature a “person of the month.” Going forward, one volunteer and one participant will be randomly selected to give a short presentation to the group. Featured “person of month” will have the opportunity to talk and share with TGP friends fun stories about life, family photos, career, talents, and other good memories.

## Volunteers of the Month~ February 2015 [John & Beate]

Beate was born and raised in Germany, she met John while he was there starting his career in the Army. We learned about the many places and experiences they had with their family as they moved around. John and Beate enjoy cooking, traveling, spending time with family, and raising their bees.

□ Pg 1, LEAH'S NOTES CONT.

In an article, from the latest Business Times, I read that the estimated value of one volunteer's time is roughly equal to \$21.36 per hour. Although, some might say this recognizes the dedication of a volunteer's time, talent, and energy. I would add that it goes much deeper than any monetary value ever could. TGP&MM volunteers bring fulfillment, joy, and truly a whole lot of love to our participant's lives. ■

Did you know that John hiked the entire Appalachian Trail?



Pictured above:  
Beate working on a project with Otto.

## TGP Person of the Month~ March 2015 [Gene]

We got to know Gene K. a little bit better in March. Gene is very mechanically inclined and he enjoys working with his hands. Gene has repaired Remote Controlled Airplanes, worked with his nephews' stock car [at the races in Plymouth], snowmobiles, and also rides his moped when the weather is nice. He and Betty have two daughters and three grandchildren.



Pictured above: Gene helps to paint a giant paper mache heart for Valentines.

## Guest Artists

Tuesday participants have been enjoying a little art time during the morning hours of February and March. Our guest artist, Joann Luke,

seems to always come up with unique mediums for us to use... and this time was no disappointment. Art on feathers – what a fun and beautiful project!

Pat Robinson, from Two Fish Gallery, also came to visit us at TGP. Pat had us working with a slab of clay and a variety of textures. Not only are his projects enjoyable to make, but they are also very therapeutic for all of us too. While working on this project, participants created different dishes, and we look forward to seeing the finished pieces soon.



Photo above: Sculpture with Pat Robinson from Two Fish Gallery

## Come and See!

All recent art that has been created with our artists will be on display at our 4th Annual Creativity is Ageless event--“Music is Art,” this June. Unlike other years, the event will be a bit later this year, and we plan to host it onsite. An added benefit of having it here will allow families and potential new participants a wonderful open-house setting to come and tour the TGP&MM program environment.



## MAKE A DIFFERENCE 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](mailto:carolb@stpaulfalls.com)



# Memory Minute

by Janette Faul

Our past month was filled with lots of creative activities including a bit of chemistry as we mixed up our own bath salts with personally formulated scents. This activity correlated with our class discussion on Aromatherapy and its benefits. A bit of history behind this plant science starts with the earliest usage and remedies recorded in 70 AD. In 1907 European scientists begin using the concept of "therapy with plant oils" in treatments and during World War 1 a French Surgeon successfully used certain oils in the treatment of wounded soldiers. During our class a variety of essential oil samples were experienced along with the scents of dried herbs and spices. We discussed the application and uses of these oils through diffusion, inhalation, and direct application to skin when mixed with other oils or lotions. Some of the interesting research we

explored was on the following plant essences and their support in mental wellness.

## *Aroma for the mind*

- Lavender – Sedative, Calming
- Rosemary- Prospective Memory, stimulating
- Pine, Cypress - Concentration
- Basil, Lemon, Clove, – Increase oxygen to the brain, memory
- Peppermint – Focus, stimulating
- Orange-Reduce anxiety, Cheerfulness
- Jasmine-Increase Beta brain waves, Relief of depression
- Lemon Balm-Improves cognitive ability
- Sage-Stimulates senses, enhance memory

**✿ Memory Matters ✿**  
will be offering a class on **Aromatherapy at the Senior Activity Center of Sheboygan on April 22nd. As part of a series called "Brain Boost- Ignite your Neurons" beginning April 8th. Contact us to register today!**

SAVE THE DATE

# Creativity is Ageless: Music is Art!

June 2nd, 2015  
5:00–7:00pm at:

**St Paul Lutheran Church**  
Fellowship Hall  
730 County Rd PPP  
Sheboygan Falls, WI 53085

## MEMORY MATTERS CALENDAR

April 02 ..... **Easter Celebration!**  
*Fun and Games w/Preschool Children*

April 09 ..... **Fieldtrip, Leaving St Paul's @ 9:30!**  
*Art Glass Project w/ Margaret Hall @ EBCO Gallery*

April 16 ..... **7 Tips to Improve your Memory**  
*finish Art Glass project w/Margaret Hall in class*

April 23 ..... **Improving Memory through Creativity**  
*Drumming up Fitness w/ Margo*

April 30 ..... **"You Be the Judge" True Stories**  
*Fun & Humor w/ Brad*

**Victorian Chocolate Shoppe**

**SAVE 10% OFF YOUR TOTAL PURCHASE**

**HAND-DIPPED CHOCOLATES • NOSTALGIC CANDIES • DECADENT TRUFFLES**

*Hop on over...and see us...for all your Easter basket goodies!*

519 S. 5th Street • Downtown Sheboygan, WI



### Memory Minute Sources:

- The Physiological effects in aromatherapy*  
Hongratanawarakit 120,T. Songklanakarin J. Sci. Technol. Vol. 26 No. 1 Jan.-Feb. 2004
- Use of plant oils in a dementia unit:10 case studies.*  
Beshara MC, Giddings D. Int J Aromather 2003; 12: 207-12 CrossRef
- Influence of aromatherapy on medication administration to residential-care residents w/ dementia & behavioral challenges,* Gary SG, Clair AA, AM J Alzheimers Dis other Demen 2002; 17:169-74 CrossRef
- Aromas of rosemary & lavender ess. oils differentially effect cognition & mood in healthy adults.* Moss M, Cook J, Wesnes K, et al. Int J Neurosci 2003; 13:15-38 CrossRef
- Effects of amient odors of lavender & cloves on cognition, memory, affect, & mood.* Ludvigson HW, Rottman TR, Chem Senses 1989;14 525-36 CrossRef
- Five Essentials oils to improve your memory and focus,* Emily Feldond, Wellness Today, July 3 2014





# Jellybean Eggstravaganza

What is your favorite flavor jellybean? The following list of words can be found horizontally, vertically, diagonally, forward, and backward.

- BLUEBERRY
- BUBBLE GUM
- CAFE LATTE
- CARAMEL CORN
- CINNAMON
- CLOVE
- COCONUT
- COTTON CANDY
- GINGER
- GRAPE
- GREEN APPLE
- KIWI
- LEMON
- LICORICE
- LIME
- MANGO
- ORANGE
- PEACH
- PEANUT BUTTER
- PINA COLADA
- PLUM
- RASPBERRY
- STRAWBERRY
- TANGERINE
- VERY CHERRY
- WATERMELON

Y	R	R	E	B	W	A	R	T	S	Y	M	C	Y	C
R	L	M	S	C	Y	R	R	E	B	E	U	L	B	A
T	I	C	O	C	O	N	U	T	W	Z	L	O	L	R
L	C	F	R	B	M	T	X	A	U	Y	P	V	O	A
A	O	P	E	A	N	U	T	B	U	T	T	E	R	M
D	R	W	H	G	S	E	G	O	N	B	A	C	A	E
A	I	Y	C	J	R	P	P	E	N	O	D	S	N	L
L	C	T	A	M	T	A	B	Z	L	C	M	Q	G	C
O	E	R	E	Y	P	G	P	E	U	B	A	E	E	O
C	E	L	P	P	A	N	E	E	R	G	B	N	L	R
A	O	V	E	R	Y	C	H	E	R	R	Y	U	D	N
N	T	A	N	G	E	R	I	N	E	D	Y	X	B	Y
I	C	A	F	E	L	A	T	T	E	M	A	N	G	O
P	N	O	M	A	N	N	I	C	B	M	U	Z	C	W
M	R	E	G	N	I	G	O	L	S	I	W	I	K	T

This and other puzzles can be found on: [ActivityConnection.com](http://ActivityConnection.com)

## 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

- April 02 ..... Easter Story Eggs
- Volunteer of the Month Mary Tyggeseth
- April 07 ..... Art w/ Joann Luke- Grp 1
- afternoon sing-a-long w/Chris & Karen
- April 09 ..... afternoon visit from Preschool/ ECC
- April 14 ..... Art w/ Joann Luke- Grp 2
- afternoon woodburning w/Tom Held
- April 20 ..... visit from Preschool/ECC

- April 21 ..... Men Discussion group w/ Brad
- April 23 ..... 1:45-3pm Sheboygan Accordion Club  
(Families are welcome to attend!)
- April 27 ..... Bowling & Lunch at Odyssey Fun Center
- April 28 ..... visit from Preschool/ECC  
Bell Choir w/ Ruth
- April 30 ..... Bible study w/ Pastor Mark  
Person of the Month~Bob G

## April Birthdays

- Rollie S. .... 01
- Robin B. .... 11
- Brenda D. .... 19
- Bob F. .... 19
- Helen T. .... 19
- Paul S. .... 23
- Mary T. .... 23

