

May 2015



# Brain Waves

## Monthly Newsletter

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### LEAH'S NOTES

LEAH ZEHEL,  
DIRECTOR

April has come and gone, and we continue to spring forward into the beautiful blooms of May. TGP&MM have been staying quite busy working on a variety of different projects. Our focus continues to be on Art as we prepare for our annual Creativity is Ageless event. Here is a little taste of some of the projects participants have been working on: paper mache sculptures, pottery, pastel paintings, glass art, feather art, decoupage chairs, and wind chimes just to name a few.

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!" June 2nd in the Fellowship Hall, here at St Paul Lutheran Church. Admission is free, and unlike years past, we decided to host

the event 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.

### Do you have a loved one in our programs?

Be sure to stop by, and bring them along to this special event with you. You will enjoy seeing the wide variety of art and various activities that keep them engaged each week, and they will equally enjoy showing you what they have created!

Art continues to be a very integral piece of our program model. It improves the quality of life for those with memory loss. It offers participants a way to express themselves, and sometimes even a method of communication. Often times, when our volunteers are working with the participant on an art project, we are able to unlock an interesting story or memory from the participant's past. Experiences like these are proof enough that art can improve one's memory. So please, save the date and plan to join us June 2.

### CONTACT Us

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Follow Us!

### Quote of the Month

*"You can't live a perfect day without doing something for someone who will never be able to repay you"*

~John Wooden

## SAVE THE DATE!

**ADMISSION IS FREE**

June 2, 2015  
 5:00pm-7:00pm  
 Fellowship Hall

All artwork has been  
 hand-crafted by local artists  
 and program participants.

Live Music  
 Hors d'oeuvres  
 Program Tours  
 Silent Auction

Proceeds benefit  
 Art Enrichment Programs of  
 The Gathering Place & Memory Matters



The Gathering Place & Memory Matters • 730 County Road PPP • Sheboygan Falls, WI

# Volunteer Corner

by Carol Bimmel

This past month we were fortunate to be able to offer our volunteers the opportunity to become more acquainted with the iPads that were purchased 3 years ago for Memory Matters with grant money from The St. Paul Endowment Fund. We thought it would be nice to get more use out of them by incorporating the iPads into our TGP art programs and for general use. However, we found that most volunteers/staff weren't as familiar as we could be in using them.



Pictured above: iPad training at LTC

A few days later, I received an email from Foua Hang, Career Placement Center Manager at LTC, about a unique opportunity that we could get the training we were looking for. As Foua stated in her email, "This semester, there is a class in our Administrative Professional program called Training Techniques. In this class, groups of students are required to conduct training for some audience on a topic of the audience's

choosing." I immediately replied, hoping for 15 volunteers, and to my surprise had 31 volunteers sign up, split into two classes! Although overwhelming to someone with no computer/smart phone experience, we did learn how to take pictures, maneuver through some basic settings, and used our YouTube app. For those with some computer experience, this class just made everything more understandable and easier to use the equipment. I will be looking forward to seeing those iPads out and in use!

## Volunteer of the Month~ April 2015 [Mary T.]

In April Mary Tryggeseth shared with us the love that she and her husband had in opening up their lives to the eight children with special needs that they adopted including 2 sets of twins.



Pictured above: Mary T. and Janice S. in Sue Alby's dance class at TGP.

Places they lived and jobs they had. Mary's love of art with some samples of the variety of things she has tried her hand at. She is also very good at making soup and we had a chance to sample that at our

recent soup cook-off! Mary is a dedicated volunteer who comes up with the greatest ideas and I thank her for that!

## TGP Person of the Month~ April 2015 [Bob G.]

This past month Bob G. also shared a little insight into his life with us. He brought along beautiful pictures of himself with his wife Judy, their children, granddaughters and dogs. Bob was an international buyer for Sears when he was working. He enjoys spending time when he gets the chance at their home on Bear Lake, and enjoys fishing there and



Photo above: Bob G. helps a preschool child create a windsock during a recent visit at TGP.

the Boundary Waters. He loves the outdoors is a very good water color painter. A little known fact is that Bob was a train conductor in Laona after he retired. Bob is a real asset to our program, and he is a man of many talents and interests.

IN OBSERVANCE  
OF  
**Memorial Day**  
OUR OFFICE WILL BE CLOSED  
**MONDAY, MAY 25**



## 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

With the arrival of warmer weather the Memory Matters group has been getting out and about experiencing art and music. At the end of March we attended a special performance by a Parisian musical group called "Les Yeux Noirs" at the John Michael Kohler Arts Center. We smiled and clapped along as "Gypsy Jazz" and Yiddish folk songs filled the theatre with vibrant sound. Afterwards we explored some of the exhibits in the galleries. On a rainy day in April we took a trip to EBCO- Art Works to create with Margaret Hall colorful fused glass art pieces. We will be displaying these as well as other creations



Photo above: Group outing to EBCO Studio

at the "Creativity is Ageless Event" in June. Art benefits us in so many ways beyond the power of self-expression; it can be restorative while it enhances memory, reasoning and the speed by which the mind processes information. By simply gazing at beautiful works we increase the blood flow in certain parts of the brain by up to 10 percent! Please be encouraged to use art for your health too. In May we will be exploring some of the benefits of music at each class. Our own Ruth Raeder will be sharing her expertise as a Music Therapist on May 28th. Recently, special fitness guest Margo Norworatzky got our hearts pumping with an exercise routine involving drumming and thumping on five gallon pails. It should be noted that everyone immediately took to the drumsticks! This was a fun way to lead us into our May music theme.

**Sources:** Celeste Carneiro, *Creativity and the Brain*, Amanda Alders Pike, *Improving Memory through Creativity*



## MEMORY MATTERS CALENDAR

- May 07 ..... Ear Worms, Why Songs get stuck in our heads and Healthy Steps w/ Mary Ellen Schmidley
- May 14 ..... Fieldtrip - LEAVING ST. PAUL'S @ 9:15! Spring Concert Preview at Kohler Memorial Theatre
- May 21 ..... Art for Memory Training Reminiscence self-expression project
- May 28 ..... Music Matters Special Presentation with Ruth Raeder



## We'll be on Television!

Watch for an interview with our Memory Matters Assistant Director, Janette Faul, on "Senior Connections," a cable show produced with Wendy Schmitz for the Senior Activity Center of Sheboygan. They will be chatting about the recent Brain Boost classes we hosted at the center, along with other helpful information for the community. This episode will air during the month of May.

You can catch the show on WSCS Cable Channels 95 and AT&T U Verse 99, or visit the WSCS website at <http://www.wscssheboygan.com/programming/live-tv/> from there, click [playlists], and look for "Senior Connections" in the list on the right hand side.

✂

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