

August 2015



Brain Waves

Monthly Newsletter

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Quote of the Month

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

~Francis Assisi



LEAH'S NOTES

LEAH ZEHEL,
DIRECTOR

This past quarter our volunteers and staff have been working hard on getting to know our participants better! The Gathering Place put together a book, titled, "Quality of Life Profile" this book asks four simple questions of the participants; What Brings me Joy? Jobs I've Had? Favorite Places? and What Motivates Me? These four questions allow the participant to really reminisce and think about important pieces as to what makes them who they are. Creating this book has been a great experience for everyone, our volunteers would sit down with their participant and ask, listen, and learn about them. We have learned so many fun and interesting things! Such as, Bob has traveled the world on trains, Harvey once caught two very large muskies in Canada, Ken

loves trout fishing, Mrytle can speak Finnish, and Bernice can not get enough dancing! The point of this book is for our volunteers to have a resource guide, aid them in conversations, and communication... this book will never be complete, as we will add information as we continue to learn.

This summer we held our quarterly volunteer training, and the topic was "Communicate and Connect." The Alzheimer's Association came to teach us causes of communication changes, types of communication, important strategies, and methods to better connect with program

participants. We learned to keep our sentences clear and straightforward, to leave plenty of time for conversations, approach from the front and use first names. We were reminded of our body language of which accounts for 55% of all communication, 38% is in tone, and only 7% in words. The Alzheimer's Association did a great job teaching us how memory loss affects one's perception, causes language changes, and that all behavior is a form of communication. Our role is to LISTEN, investigate the cause, and meet their needs!

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Photo above: The Thursday TGP group out and enjoying a beautiful day by Lake Michigan.

Volunteer Corner

by Carol Bimmel

TGP Person of the Month~ June 2015 [Don B.]

What a great time we had learning all about Don B. as our person of the month in July. Don grew up on the family farm, played in an accordion band, and they were even on the radio. He went to St. Francis minor seminary (high school) in St. Francis and would hitch hike home from there. In 1952 Don married Lauretta in Manawa, WI and they settled on their own farm in Sheboygan County. They had 6 children in 6 years and later added 2 more to the family. In 1967 I-43 went through their farm and they had their house moved and built new farm buildings. Don has 21 grandchildren and 5 great grandchildren with the last two being identical twin girls and one more on the way. Don truly enjoys his time at TGP and always smiles! Lately he has been playing chess at TGP and is getting better each week!



Pictured above: Don B. enjoying a convertible ride and the beautiful day.



Pictured above: Marge taking a selfie with her granddaughter, Ali.

TGP Person of the Month~ July 2015 [Marge]

Marge brought a great group of family along when she did her presentation last month. We often hear about Marge's husband, 9 children (last being twin boys) and the many grandchildren and great grandchildren that she has. Family is so important to her and was evident of the many family trips that Marge has taken. Her most recent one, this past June, was to Montana to see her son and celebrate 64 years of marriage with Gus. She grew up in St. Francis and raised her family in Sheboygan with her husband Gus. We learned that Marge enjoyed skiing, traveling, going up north, and has so much pride in her family. Marge always has a smile and can often be seen "crying" at TGP from laughing so hard. She is great at warming up your hands, and always putting a smile on your face. . .if not turning you into a puddle from laughing so hard because it's contagious. She truly embraces our programing and is always up for anything we might do!

Summertime@TGP

We have been making good use of the warmer weather and our outings are in full swing for TGP. It is always fun to go check out something new to do, as was the case this past month. The men went on their famous "convertible outing." This is the 4th year that Brad Vollbrecht has organized this for us and as the years have passed more convertibles have been needed. So when I told Brad that this year we needed 11 convertibles I think we both were a bit apprehensive that he could pull this off – but the good Lord is always looking out for us and calls just kept coming in of individuals who had heard about this outing and offered their convertibles, or offered to drive as well. So the men had their drive in the country and ended at Brad's for a cookout thanks to lots of help from his family. **22 men had an amazing day!**



Photo above: The sun was out and the TGP men were all smiles and happy to spend the day together.

As you can imagine, this particular outing gets talked about for months afterwards.

Well, the ladies decided we needed to do something



Photo above: TGP all loaded in the bus and ready for a new adventure to the goat farm!

special as well. So we headed to Bookworm Gardens to see all the beautiful gardens they have out there. After a brief welcome, and visit with Susan Sellers, we headed into the gardens and checked out most of them. From there we



Photo above: TGP Ladies taking a short break at the Tree House at Bookworm Gardens.

headed to Kathy Rowe's house (Sally Krubsack's daughter) to have a picnic on her deck and just enjoy her beautiful yard in the country. She has wonderful gardens to enjoy, and it was so much fun for us to just sit, visit, and relax on the deck. Kathy also gave a geranium to each of the ladies.

Our next outing was to the LaClare Goat Farms, which is a farmstead cheese plant with goat dairy, and restaurant near Pipe. Clare did a wonderful

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Memory Minute

by Janette Faul

Before I begin, I wish to extend my sincere gratitude to our Memory Matters Volunteers - Ruth Raeder, Sharon and Grant Mattes, Tim Faul, Dorothy Block, and Barbara Baack for all the extra time and energy they put into helping us complete and display our art work for the Creativity is Ageless Event last month. Thank you also to Karri Brandt for assisting with printing our label cards. I could not have done it without all of you! You make such a difference! Thanks again!!

We are Puzzled! ...Are you?

Our Memory Matters class engages in weekly puzzles, math problems and word searches along with other mentally stimulating activities for brain

health. Are you doing enough to work your mental muscle? You can improve your brain volume and function through games and puzzles. While daily exercise is important for physical health it turns out that keeping your brain active is vital to your mental clarity. Studies have found that people who kept their brains active most of their lives by reading, writing, completing crossword puzzles, and/ or by playing challenging games were less likely to develop the brain plaques that are tied to Alzheimer's disease. Elderly participants in the study with the most puzzles and books under their belt had brains comparable to those who were fifty years younger. "Some of the literature has hypothesized this finding, but this is the first study to report that lifetime cognitive activity is directly linked to amyloid (the protein plaque that is associated to Alzheimer's) deposition in the brain," study author Susan Landau, research scientist at the Helen



Photo above: 2015 Creativity is Ageless display of works created by the folks of Memory Matters.

MEMORY MATTERS CALENDAR

- August 06** **Benefits of Nature Walks**
Prepare flower pots for planting & a sneak peek of the "Praise Camps" Thursday evening music performance
- August 13** **Bookworm Gardens Fieldtrip**
Planting and gardening with Susan Sellars, and picnic lunch
- August 20** **The Healing Power of Plants**
Fun with Guest Brad Vollbrecht "You Be the Judge"
- August 27** **Christopher Farm & Gardens Tour**
Fieldtrip ~ leaving 9:15!! Wear comfortable shoes and dress for weather!



Photo above: The Memory Matters group checking over their homework with Ruth and Janette.

Wills Neuroscience Institute, University of California, Berkeley. "What our data suggests is that a whole lifetime of engaging in these activities has a bigger effect than being cognitively active just in older age". It is noteworthy that people in the study who recently took up crossword puzzles did see added benefit. Researcher E. J. Meinze found evidence to suggest that a high level of experience with crosswords in older subjects

does seem to partially decrease the negative effects of age on memory and perceptual speed tasks. He forgot to mention it's also fun!

So class... Remember to do your homework 😊.

Sources: *JAMA Neurology* May 2012, Vol 69, No. 5, *Psychology of Aging*, Vol 15[2], 2000 pp.297-312

▫ Pg1, LEAH'S NOTES CONT.

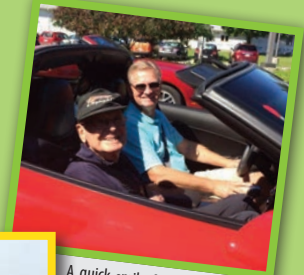
Our volunteers already do a great job, but it is always nice to be reminded of and to be able to learn new techniques to better serve those with memory loss. ■

▫ Pg2, VOLUNTEER CIRBER CONT.

job telling us all about goat farming, cheese making and their family that helps with various parts of the business. We could see the milking parlor, the baby goats, and we even went out and were able to pet and feed some of the young ones. Then we had the largest single scoop of ice cream ever! From there we headed to Columbia Park for another lazy picnic on Lake Winnebago. I would highly recommend going to LaClare farms, but this time go around 4:30 and eat dinner while you watch them milk the goats. ■



TGP Ladies dressed in some great vintage hats and sipping tea.



A quick smile from Bob K. before taking to the road with the guys.



The Guys getting some tee time in at Sunset Hills.



Paul S. & Mark J. geared up and ready for the journey to begin.



Summer and bubbles...they just go together like PB&J!

TGP SPECIAL EVENTS/ACTIVITIES

- August 10 Pontoon Ride, Elkhart Lake
- August 13 Sharon M.~Volunteer of Month
- August 20 Christopher Gardens
10:15 and 1:00 tours
- August 27 Roaring 20's Party
begins @ noon runs to end of day
Families and Friends are welcome!



July/ August Birthdays

- July**
- Janette F. 09
 - Carol J. 13
 - Carol S. 16
 - Kate F. 17
 - Joe M. 19
 - Gloria N. 20

- Rich B. 24
 - Jim M. 27
 - Sharon M. 30
- August**
- Janet K. 13
 - Chuck C. 13
 - Janet P. 16

- Tom J. 17
- Marian F. 23
- Sharon V. 25
- Sally K. 25
- Beth E. 27

**HaPpY
BiRtHdAy!**

