

September 2015



Brain Waves

Monthly Newsletter

INSIDE THIS ISSUE

- Birthdays
- Events/ Activities
- Leah's Notes
- Memory Minute
- MM Calendar
- New Face
- Volunteer Corner

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Quote of the Month

"Gratitude is the memory of the heart"

~Jean Baptiste Massieu



LEAH'S NOTES

LEAH ZEHEL,
DIRECTOR

Over the past couple of weeks I had some time to reflect on how fun this summer has been at The Gathering Place.

"We really were out & about enjoying ourselves this summer!"

Learning, exploring, and having fun as a group creating meaningful engagements. We visited the Harbor of Lake Michigan, took a Pontoon ride on Elkhart Lake, toured the EAA Air Venture Museum, strolled through the beautiful Christopher Gardens, enjoyed a sing-a-long with Douge Holte, the



Photo above: Sing-a-long with the folks of TGP

YMCA children stopped over for a visit, along with our own ECC children who were often near, and we cannot forget our roaring 20s party! It was so great to get out and explore our beautiful shoreline of Lake Michigan, as we watched the fisherman come in and the ducks play in the water. We had a great history lesson from Captain Jim, he shared fascinating details about the first settlements on Elkhart Lake... did you know there was a casino on Elkhart Lake at one time? At the EAA we had fun exploring the historical timeline of aircraft, it was amazing to see the changes and advancements over time. At Christopher Gardens all five of our senses were being put to work that day, and in such a beautiful stretch of gardens we were reminded of God's creativity. When Douge came to sing with us we could never have expected the amount of joy and laughter that we had singing old time songs, and silly songs with the little ones, his music brought all ages together that day. As we go about all these great activities, we are not only just having fun, but rather we are practicing the importance of social interaction and

community involvement. Staying active in the community, and maintaining interpersonal relationships, can help you maintain good physical and emotional health, and cognitive function. People who continue to find ways to

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WELCOME TO TGP!

Hello, my name is Donna Stieghorst, Program Assistant for

Tuesdays at The Gathering Place. I live in the town of Sheboygan with my husband Michael, and my brother James. I have four children and 11 grandchildren. Family is very important to me. My sister-in-law, Lynn Borth, is the one who encouraged me to apply for this job, and I am so happy that she did! I really enjoy all the friendly faces, and how welcoming it is here. I have learned so much in just the short time that I have been here. When I am not at The Gathering Place, I enjoy walking with my husband Mike and our two dogs, Jimmy and Betty. I am an avid runner and have been training to do my annual half marathon this September.

Volunteer Corner

by Carol Bimmel



Photo above: Ken and Don play a game of chess with Avinash Murthy.

We have been very fortunate at The Gathering Place to have Avinash Murthy offer to teach chess to our participants. I will be the first one to say, I didn't think it was possible. How can you teach someone such a complicated game? Even if they had some past experience, it just seemed too complex. But Avinash is an enthusiastic young man (just turned 15) and I have been amazed along with everyone else at TGP.

So let's back up. Avinash has been playing chess since he was 3 years old, when his grandfather began teaching him how to play the game. When he was in middle school, chess became more popular in the Sheboygan area, and since then they are now teaching chess in Elementary schools. He started to enter statewide tournaments and has even won money in competitions. Avinash read an article http://www.al.com/living/index.ssf/2014/04/post_174.html online about teaching chess

to people with Memory Loss and then met with a chess coach to see if this was a possibility.

Avinash's father, Dr. Murthy (Plymouth), knew about our program and through the Volunteer Center the connection was made back in April to begin planning for summer volunteering. He has broken down the game of chess into small steps and does a review each week. He has been out for as long as 3 weeks and can do a 15 minute review and go right back into a game. Don, Ken, Shirley and Marko are just a few of the people that he has worked with. Their attention to how he is teaching them and their enthusiastic response have helped him reach his goal this past week of actually completing a game of chess from start to finish. I have simply been amazed that even with having as short as a 5-minute retention of memory they just pick this up each week. There are so many ways to volunteer at TGP, and I am just so thankful that Avinash was persistent and opened my eyes to the possibilities!



Pictured above: Summer Volunteer, Avinash Murthy, sharing his love of chess with TGP.



Volunteer of the Month~ August 2015 [Sharon M.]

Sharon M. has been volunteering since 2009, when we added Thursdays to our regular schedule. They say if you want something done ask a busy person and Sharon certainly is one busy person!! The Gathering Place is just one of her many activities that she is involved in. A few things she does – quilter at St. Paul and also quilts at Rocky Knoll each month, (she also sews all those quilt squares that we cut at TGP into quilts) bowling league, Ladies Auxiliary at St. Paul and then there are those wonderful grandchildren whom she just loves and I think spoils.

Sharon grew up not too far from here in a town that most of us never heard of – Little Kohler, near Waubeka and Fillmore off of Highway 57. Most of her working time was spent at Kohler Company. She is married to Dave and they live in Sheboygan Falls. She has experienced much heartbreak in her life, including the death of her daughter, daughter-in-law, two sisters, and a brother in law, but she always remains

optimistic and full of life and energy. She gives 110% + to anything she is involved in and always smiles and has lots of fun. I always know when Sharon is here, because there will be laughter with everyone she works with!

**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

Memory Minute

by Janette Faul



Photo above: Participants of Memory Matters enjoying the beautiful Bookworm Gardens.

How did you spend your summer?

Here at Memory Matters we were busy with clay creations, potting plants, watercolor-batiking, garden walks, printmaking, meeting new people, and so much more!

We enjoyed several trips to JMKAC, one of which offered us a unique opportunity to work with their Artist-in-Residence, Joseph Velasquez of Drive by Press. We participated in helping him create prints for the "Carnival of Ink" event held during their Midsummer

Festival of the Arts. We extend a special "Thank You" to Jen Balge of the Sparks Program for making this possible and for assisting us in creating "clay quilt squares" with her marvelous volunteers! Come and see this beautiful work of art along with others to be displayed at our Five Year Anniversary Celebration.

Our class in July at the Plymouth Art Center taught us the process of watercolor batiking on paper, with local artist, Kathleen Mulholland. We first applied wax to the paper to save areas of white and also to create barriers for the paint. This special art technique dates back over 2000 years.

The emphasis on art in Memory Matters is to create haptic learning, the opportunity to experience, experiment, and to hold our thoughts in our hands. Art allows us to connect more deeply with ourselves and each other. Through these activities we develop a greater balance

between collective culture, the interconnectedness between each other that plays a central role in our personal identity and individualistic culture, which stresses the needs of the individual over the needs of the group as a whole. Although art is self-expression, when done in group settings, it is becomes an opportunity to encourage and support each other's creative spirit while generating comradery and humor. Our group has become much more comfortable and willing over the past few months, although they still vocalize their likes and dislikes with a smile.

The topics in August supported the importance of sunshine and fresh air to enhance alertness and wellbeing. We were invited to spend time at Book Worm Gardens by Susan Sellars of the Inspire program. There we toured some of their amazing gardens and also planted succulents in the pots we had previously painted. We enjoyed a picnic in the Secret Garden, what a pleasurable morning! We ended the month with a private tour of the Christopher Farm and Gardens. WOW! What a wonderful opportunity to enjoy the beauty of nature on

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MEMORY MATTERS CALENDAR

- September 03..... **Optimism, iPad Games**
Techniques for positive thinking to enhance memory
- September 10..... **Kites and Kids~ The Benefits of Novelty**
Creating and Flying Kites with the Preschool Children!
- September 17..... **.Fieldtrip - Leaving 9:30- Airport Tour**
Visit to the Aviation Center with Birdgett Neu
- September 24..... **Happy Chemicals of the Brain**
Exploring the chemistry of happiness and joy
Special Guest, Margo Noworatzky "Stand up for Fitness!"



Photo above: A golf cart helped some of us safely maneuver through the gardens.

5 years!

ANNIVERSARY CELEBRATION OF MEMORY MATTERS
OCTOBER 16TH FROM 6:00PM-8:00PM
ST. PAUL'S CHURCH!

Mark your calendars to remember this fun evening!



□ Pg1, LEAH'S NOTES CONTINUED

interact socially tend to live longer than those who become isolated. Such interactions can even help protect against illness by boosting your immune system. Stay involved because it helps to keep your brain from getting rusty! 😊
 Heals of summer are near and we look forward to autumn, and where the next couple of months will take us here at The Gathering Place. ■



Photo above: Paul posing next to "Paul 1" aircraft, EAA museum.

Brain Boost is back in October!

Registration is now open for these special Memory Matter classes held at the Sheboygan Senior Center.

**Classes are Wednesdays
 October 7, 14, 21 and 28**

Call us for more details or to register today!

□ Pg3 MEMORY MINUTE CONTINUED

this masterfully landscaped private property. We all came away with overflowing joy and happiness! We extend our gratitude to Jay Christopher and his kind staff. On top of that we were blessed with perfect weather for each outing, Praise God! ■



Photo above: Folks of TGP sitting back and enjoying the boat ride and summer day.

Save the Date!
6th Annual Autumn Auction
Saturday, November 14, 2015
The Bull at Pinehurst Farms

TICKETS GO ON SALE SOON. CHECK OUR WEBSITE, POSTERS AND FACEBOOK PAGE FOR MORE DETAILS!



Photo above: Memory Matters group, Print Making at the art center.

TGP SPECIAL EVENTS/ACTIVITIES

September 08	Ladies trip to Evans	September 15	RCS Art Show
September 10	Preschool Visit	September 17	Person of the month [Janet P.]
September 14	Picnic outing @ Lynn's House	September 21	Preschool Visit
		September 22	Preschool Visit

September Birthdays

Brad V.	01
Harvey S.	06
Marge T.	08
Donna H.	16
Bonnie J.	25
Shirley S.	28
Joe B.	29

