

November 2015



# Brain Waves

## Monthly Newsletter

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### CONTACT Us

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Follow Us!

### Quote of the Month

*"As we express our gratitude we must never forget that the highest appreciation is not to utter words . . . but to live by them."*

~John F. Kennedy



### LEAH'S NOTES

LEAH ZEHEL,  
DIRECTOR

November at The Gathering Place and Memory Matters is the beginning of a very busy time of year! We have a lot to look forward to this month, and we are busy gearing up for the holiday season. We've been working on art projects with Hannah for our Autumn Auction, fulfilling jobs for the church and outside community, such as preparing Christmas cards for the troops, wrapping presents, Christmas blessing tags, and bell choir practice for our Christmas program. Through all the busy craziness of the season we have a lot to be thankful for here! I am thankful for all the support of our family and friends. There are such great people surrounding The Gathering Place and Memory Matters that really make these two programs prosper.

We do our best and hope you

find that we are supporting you as well.

Our Annual Autumn Auction is fast approaching, and this year it will be Saturday, November 14<sup>th</sup> from 6:00pm–9:00pm. This is such a great night and we are always amazed to see all the support that this event brings. There will be great food, beer and wine tasting, live music and fantastic items to bid on. In addition, we will be auctioning a variety of services for TGP&MM. Such opportunities as meals, outings, or hosting a guest artist. These are all important pieces of our programming here at TGP&MM. Event tickets can be purchased in advance at The Gathering Place, the church office at St Paul's, Sheboygan Falls Chamber, and Plymouth Generations.



The Autumn Auction is our biggest fundraiser and a great way to support our programs. We hope to see you all there!

The next event I want to mention is the Sheboygan County Caregiver Conference. Set for November 19<sup>th</sup> from 9:00am to 3:30pm. The conference is sponsored by the Dementia Care Network, and the Alzheimer's Association. This is a great conference

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# Volunteer Corner

by Carol Bimmel



Photo Above: Judy lending a hand during an art project with folks of TGP.

## Volunteer of the Month~ October 2015 [Judy M.]

Our Volunteer of the Month was Judy McNulty, who helps us out on Thursdays in TGP. Judy grew up on their family farm near St. Nazianz. She was one of 5 girls and so she helped on the farm a lot, however we don't often think of Judy as a farm girl, but instead as the nurse she became. Judy married Peter McNulty and eventually they bought their home in Sheboygan Falls (she said they fell in love with the park). Together they raised their four children.

Judy was a nurse her whole life in many different roles. Her last job was working in oncology. She was innovative in her career and was and still is very involved in her church, Blessed Trinity. Judy shared pictures from one of two trips she and Peter took to Ireland which they enjoyed

very much. Unfortunately Peter died, suddenly, almost 3 years ago. Judy is a very proud mom and grandma to her four children, Shawn, Colleen, Sheila and Ryan and her many grandchildren. She keeps busy attending her grandchildren's many activities, as well as visiting and caregiving for her 97 year old mother.

Judy brings compassion and calmness when she volunteers. Noticing the little things that only a nurse would catch to help us provide the best care possible. This truly describes Judy! She is such an asset to our program. She knows just how to assist our participants so they can accomplish their projects or tasks with a sense of self-worth. Judy started out her talk thanking us for letting her volunteer, but we are all thanking her for her love for our participants that she brings to our program

Thank you Judy!

As a result of our ever growing census on all 3 days, (a waiting list on Thursdays), there has been a need for many more volunteers. Most especially on Mondays and Tuesdays. We like to keep a ratio of 1:1 or 1:2 and when you figure in those last minute emergencies that come up with volunteers, or those that like to winter somewhere warm, we are always looking for more help. We have a large group of volunteers that have been with us since the Monday and Tuesday TGP program first opened in 2008, as well as 2009, respectively, when Thursdays were added. These wonderful caring souls are going on 7 and 8 years of volunteering!



I will say the time sure flies when you are having fun. I remember going to training as a volunteer back in March of 2009 ...where did the years go?

We have been so blessed with many individuals from all over Sheboygan County answering our call for extra help. In just the last 6 weeks we have gained 8 new volunteers, but we are still in need of at least

4 more on Mondays, and 2 more for Tuesday afternoons (that said, if Thursdays are the only day that work for you... I will never turn you down).



We could also use someone to help out in the kitchen on Thursdays doing some light food prep, dishwashing, and food serving.

## GET INVOLVED!

So why don't you do what I did over 6 years ago and stop looking at the request for help at TGP and make that call and start helping out. It's the best decision I ever made and I really don't know what took me so long? Come join the fun and learn something new, meet new people and try something you've never done before and best of all make a huge difference in someone else's life and probably your own too 😊

### For more information:

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# Memory Minute

by Janette Faul



Photo Above: Memory Matters prepping for the anniversary celebration.

What a celebration we had for Memory Matters five year anniversary! Magician Glen Gerard kept us guessing and laughing for a magnificent night of cheer. It was great to hear accolades from various members of St. Paul's Church who have watched this program grow from it's infancy.

**Thank you to everyone who joined us on the 16th!**

While looking through materials from the planning stages of the program,



Photo Above: Magic show at the anniversary celebration for Memory Matters.

it is obvious that great consideration went into the startup of Memory Matter's classroom concept. Today there is an even deeper understanding of the benefits of cognitive training in combination with socialization groups. The availability of training materials and research papers on proactive brain health is evidence of the growing interest in this field. During our classes we explore and utilize this information.



Photo Above: It was magical fun for all ages!

October held other exciting opportunities. For the first time our class went to Silver Lake College to meet with Professor Dionne Landgraf, the Associate Director of the Art Department. We participated in an art class with students studying to be possible future teachers. The class was designed for our group by one of her students with two other student teachers volunteering to assist us. It was not only exciting for our group but the students found they enjoyed teaching and working with older individuals. They were intrigued by all the stories that were shared during the art making process. The sort of reminiscing that occurs during

such activities is one of the benefits of engaging in the creative process. Overall it was a unique learning opportunity for both of our groups.



Photo Above: MM group outing to Manitowoc

We are grateful to the college for the supplies and lesson they provided for us.



Our trip to Manitowoc was made even more wonderful with lunch at Luigi's restaurant. This meal was a generous gift from one our Volunteer's Claire and her sister Brenda who lives in California! (It was a long distance gift!) Their kindness allowed us to celebrate National Pizza Month in style. It was great fun to go out for lunch together...what a treat!

## MEMORY MATTERS CALENDAR

- November 05 ..... Calming effects of Adult Coloring  
Odds and Ends Reminiscing with Trash and Treasure
- November 12 ..... Silk scarf painting with guest, Millie LaCroix  
Music as a tool for relaxation and stress reduction
- November 19 ..... Happy Feet! Wear Crazy Socks Day  
Reflexology with guest, Angela Roethel
- November 26 ..... Happy Thanksgiving! No Class

*"May gratitude fill our hearts as we fill our plates."*  
Blessings to your family and friends!



Photo Above: The Memory Matters group enjoying lunch at Luigi's.



**Save the Date:**  
**December 10<sup>th</sup> from 12:00–3:00pm**  
**The Gathering Place and Memory Matters invite you**  
**to our Christmas Celebration!**



Photo Above: The Gathering Place has been working with Hannah on some new art pieces..

□ Pg1, LEAH'S NOTES CONTINUED

and will be featuring some outstanding speakers who will be presenting on several different topics. These include Dementia and Alzheimer basics, Medicare questions, and how to stay positive during negative life moments. This conference is a terrific way to connect with families and caregivers going through similar struggles. The Gathering Place and Memory Matters will be presenting at the conference so come on out, stop by and say hello.



On November 23rd, The Gathering Place will offer a *Service of Remembrance*. This will be a small service from 11:00am–noon, with lunch to follow, the service is a way for volunteers, participants, and staff to remember those participants we have served that have now passed. It is a privilege to have served these people and we become much attached and care deeply for them. Families are welcome to join us in the remembrance service.

We know this is a busy time of year for everyone. Please save these upcoming dates and join us. We are thankful for your continued support and wish you a blessed holiday season!

## TGP SPECIAL EVENTS/ACTIVITIES

November 02 ..... Chess with Avinash  
 November 05 ..... Outing to OneEighty  
 November 09 ..... Drum Circle  
 November 10 ..... Veterans Day Tribute  
 afternoon outing to Odyssey Fun Center

November 12 ..... Preschool kids will be visiting today  
 Carol J. person of the month  
 November 19 ..... Potato Bowling  
 November 23 ..... Memorial Service 11:00am-12:00pm  
 (Families are invited)  
 November 26 ... CLOSED... Happy Thanksgiving Everyone!!

## November Birthdays

Myrtle H. .... 08	Robert G. .... 20
Chuck C. .... 08	Vernee B. .... 22
Bruce H. .... 09	Judy W. .... 24
Bernice U. .... 12	Ken G. .... 30

