

December 2015



Brain Waves

Monthly Newsletter

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Follow Us!

Quote of the Month

"When I rise up let me rise up, joyful, like a bird. When I fall let me fall, without regret, like a leaf."

~Wendell Berry



LEAH'S NOTES

LEAH ZEHEL,
DIRECTOR

I want to first and foremost wish all of you a very happy holiday season. This is the time of year to celebrate, enjoy family and friends, and reflect on our many blessings. This is also the time of year many of us rush around to get our shopping done, juggle ten different holiday functions in one week, and we are often reminded of things and people we loved that are no longer with us.

Through this upcoming holiday season, my wish to all our family and friends is that you are granted the power to count your blessings every day! Here at The Gathering Place we frequently have the pleasure of experiencing joy and celebrating success... whether its watching a participant read to the preschool child who is sitting on their lap, or listening to the chatter and laughter coming from the table as they help to assemble a Christmas mailing for the church, or getting to experience a participant create a beautiful piece of art when they thought they could never do "art". The staff at The Gathering Place and Memory

Save the Date:

December 10, 2015
12:00-3:00pm

The Gathering Place and Memory Matters invite you to our Christmas Celebration!



Dinner is at noon, TGP music program begins at 1:30pm, with the Golden Cordeliers to follow.

Family and Friends are welcome!



Matters are extremely grateful for these everyday blessings with your loved ones.

We all have the power to count our blessings, research suggests that we actually have three times more positive experiences than negative, however we often fail to remember the blessings and give too much importance to the problems in our life. Unfortunately experts suggest that our perspective is biased towards the negative, for our minds, bad is stronger than good. We are more likely to pay attention to and remember negative situations, criticism,

Volunteer Corner

by Carol Bimmel



Photo above: Volunteer of the month, Carol J., alongside her husband, Wes, who also helps us on various TGP outings and auction support.

Volunteer of the Month~ November 2015 [Carol J.]

Carol Jerving was our Volunteer of the Month for November. She grew up in Plymouth attending local schools, with summer jobs at Dino's pizza and later at Borden. Nursing school and her marriage to Wes came next. He was in the Navy and after Carol worked at St. Nicholas Hospital for 2 years they wound up moving to Illinois while Wes was stationed at the Great Lakes Naval Base for 7 years. Carol shared with me that while living in Illinois, she educated her friends on what a torte was as they had never heard of a refrigerated dessert!

Carol and Wes raised their three children Ryan, Jodie and Kristin. Ryan (wife Ann) and his daughter Irene have come to The Gathering Place over the years

entertaining us with singing, ukulele music and dance. Daughter Jodie lives in Texas and her children are Amanda, Ashley and Christopher. There are great grandchildren too for Carol and Wes in Texas; Rene, Anthony, Nikkolai, Jennifer and Tony. In Colorado their youngest daughter Kristin lives with her husband John who is in the Army and their children Libby and Malai. So lots of family to visit!

So after 42 years of nursing, Carol retired and we were fortunate to have her choose TGP as one of the many places that she got involved in. Carol helps us out two days a month in between her many activities at Bethany Church, other organizations, traveling, golf and trivia group! We not only get Carol, but sometimes get Wes as well to help out. Carol may be a retired nurse, but it's evident you are always a nurse, when she is helping us out – seeing all those

details! Good at bringing out conversation, she engages our participants to share their memories or current concerns that are important to them. Always patient, which is so appreciated. Thank you Carol for sharing your time and compassion for our program!

Looking forward to 2016, we will have training with Ginny Nyhuis on Friday, January 29th. We are committed to giving our volunteers and staff all the education they need to do their job weekly. Their

program work so well for our participants. Merry Christmas and a Happy, Healthy, New year to all!



thirst for continued education is evident in the amount of staff and volunteers that are continually attending training sessions.

We could use a few more volunteers on Monday and Tuesdays, especially as some of our snowbirds head south for the winter.

For more information:

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I am so thankful for the tremendous job our volunteers do, the great staff at The Gathering Place and St. Paul Lutheran Church, and our families who help make this

Myths of Aging

1.) **We lose brain cells throughout our lives and unfortunately, cannot grow new ones.**

Myth! While this was thought to be true for many years, science has now proven that we can continue to generate new nerve cells in certain areas of our brain throughout our lifetime.

2.) **As we age, we become less creative**
Myth! We can be creative throughout our lifetimes, and it is important to do so.

3.) **Older people eventually end up in nursing homes.**

Myth! This is absolutely untrue. According to recent statistics, only about 5% of older adults live in nursing homes or other long-term care facilities.

4.) **Writing things down is a crutch that weakens the memory.**

Myth! Actually, writing things down is not a crutch but rather an excellent memory enhancement technique.

5.) **Short-term memory refers to things that have happened in the last 24 hours.**

Myth! Short-term memory refers to things that have happened in the last two minutes or even seconds.

Kitchen Fixin's

Meet Mark by Leah Zehel

This month I wanted to take some time to acknowledge our Chef, Mark Janke. For about a year and a half now Mark has been cooking up a storm for us at The Gathering Place. His creativity with food, nutritious planning, and efficiency in the kitchen always has us wondering how he does it! He does his best to never repeat a menu item and loves to get creative with our meals by whipping up items such as his famous Chicken Marsala, Butternut Squash Ravioli with Maple Cream Sauce, Apple Glazed Pork, and one of my favorites, Loaded Baked Potato Soup...yum...yum!

Mark often creates themes for our meals, back in September we learned about National Monte Cristo Sandwich day, where we not only enjoyed a delicious sandwich, but Mark had a whole history of the sandwich typed up at our tables for us to learn about and discuss over lunch. Some of our other theme days have been *National Onion Ring Day*, *National Strawberry Parfait Day*, *International Picnic Day*, *National Fried Chicken Day*, and of course *National Hot Fudge Sundae Day* just to name a few. Mark not only makes the

menu fun and creative, but he is also very resourceful. In the summer we often enjoy vegetables that we grow from our garden here at The Gathering Place. We are also very fortunate to have many volunteers, and friends, bring in their homegrown fruits and vegetables; Leave it to Mark to always find a way to incorporate them into our meals.

Chef Mark cooks for about 40 people on a daily basis, but we also have some special events like our quarterly family parties, where we usually serve about 80 meals, and let's not forget our big events like Creativity is Ageless and the Autumn Auction where Mark prepared food for 250 guests.

I think we can all attest that Mark is a great Chef, and we really appreciate his creativity and talents in the kitchen, but Mark is a whole lot more than our Chef, he is often lending us a hand with participants, he enjoys coming out of the kitchen to joke around with the guys (they can give him a hard time...and he loves to give it back.) Mark will come along on our outings and help out any way that he can...even giving the ladies bowling tips.



Penny Ziemke and David Witte help in the kitchen on Mondays, Tom Jenny [not pictured] on Tuesdays, followed by Ron Belsky [not pictured] on Thursdays. We are very grateful for our kitchen helpers, and thankful for the blessing of such nutritious food!

MEMORY MATTERS CALENDAR

- December 03 **Outing to John Michael Kohler Art Center**
*Improvvised Shakespeare Co. Performs **We need to leave by 9:15a.m.***
- December 10 **The Many Benefits of Music**
I-Pad Art with guest artist Hannah Hocevar
Families please join us at 1:30 for a Christmas Celebration enjoy Christmas music from the Golden Cordeliers
- December 17 **Incorporating More Music into our Lives**
Music with Ruth and Christmas Celebration!
- December 24 and 31 Closed

Memory Matters

We have enjoyed some interesting discussions about reminiscing. Why is it so important, and why do we all love to do it? In memory we can recognize and recall a self we were earlier in our life. And perhaps some of the qualities of who you were in the past can be very useful to who you are now. We came across a great quote from a Vanderbilt University professor: *"Reminiscing is a form of thinking about the past it is one of the principle means by which a person continues to have a relationship with old parts of the self."* Through reminiscing we are able to maintain an inventory of key images of ourselves from the past, and are then able to keep a thread of continuity

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among them. When we remember values, ideas and dreams that we held in the past these memories can point the way we think about the future. Professor Castelnuovo-Tedesco from Vanderbilt University, tells us that reminiscing can help us have more energy and combat depression. When we remember an events that happened, or people that were good to you, or times that were hard that you survived, those memories can comfort you and give you encouragement. Our memories are available to us and we can use them as a source of awareness, learning, and as a reminder of our goals and ideas. It is interesting how we can come up with something we have known all our lives, but now understand in a whole new way how our memories are valuable. ■



□ Pg1, LEAH'S NOTES CONTINUED

or losses than to remember positive events, praise, or gains. Through the holiday season we need to remember the power of gratitude, you may have received help from someone, been overwhelmed by love in your life, or simply been touched by the warmth of a summer day. When we feel grateful, the negative grip is released. There are a lot of benefits in a number of studies, psychologists have shown that in children and adults gratitude has incredible benefits. Gratitude increases social connection-which studies show is essential for health and well-being. Gratitude decreases depression and improves optimism, and these positive emotions in turn increase well-being, boost creativity, benefit relationships, and impact longevity. Gratitude improves health and well being for people suffering from physical ailments.

So remember through this busy Holiday season, [Psalm 118:1] *Oh give thanks to the Lord, for he is good; for his steadfast love endures forever.* ■

Thank You! The Gathering Place Autumn Auction Team wishes to thank all of our supporters for helping make the auction this year a great success! Thanks to our generous donors and attendees, and thanks to the TGP staff and volunteers! We truly appreciate all you do for this important mission!

TGP SPECIAL EVENTS/ACTIVITIES

- December 03 Preschool/Ginger Bread House Game
Christmas Song Practice w/Chris
- December 07 Town & Country Garden Club Event
- December 10 TGP Music Program @ 1:30pm
music from the Golden Chordiliers will follow
- December 14 Skit Performance for the group

- December 22 Art w/Hannah
afternoon gingerbread cookie decorating
- December 24 Closed~ Merry Christmas!
Enjoy the day with your families
- December 29 New Year Eve Party @ 1pm
Families invited~Magic Show for all ages...bring the grandchildren!
- December 31 Closed~Happy New Year!
Enjoy the day with your families

December Birthdays

- Sandy H. 07
- Richard K. 08
- Don B. 09
- Carol B. 10
- Sheila S. 14
- Barb D. 19
- Marlene G. 20
- Otto S. 21
- Nancy H. 27

