

January 2016



Brain Waves

Monthly Newsletter

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CONTACT Us

We are a ministry of
St Paul Lutheran Church
730 County Road PPP
Sheboygan Falls
(920) 627-6847
Email: tgp@stpaulfalls.com
Web: memorymattersmost.com



Follow Us!

Quote of the Month

"The best preparation for tomorrow is doing your best today."

~H. Jackson Brown, Jr.



LEAH'S NOTES

LEAH ZEHEL,
DIRECTOR

Happy New Year! I hope everyone had very blessed holidays, and that you enjoyed your time with all of your loved ones.

This month you will notice a new article in the Newsletter, our new 2016 *Success Corner*, and I am so very excited to write this article. Every month I get to witness your loved one be successfully engaged, here at The Gathering Place, and it is truly what brings all of us (staff and volunteers) much joy! Whether our participants have success socially, physically, artistically, creatively, or cognitively, we want to be able to celebrate it all in 2016. Our programming is purposefully structured with engaging activities so that our participants successfully experience fulfillment and joy. Whenever we plan our activities we try to

follow a couple of guidelines and key components to keep the program a success. #1 is that we want everyone to be socially engaged, and we also want the participant's input about the activity [whether it be suggesting what paint colors to use on a piece of art, or instruction on the best way to organize the tool cabinet because we want the participants to have ownership]. #2 we emphasize laughter~ there is never a dull moment, and we all can handle more laughter! #3 we support camaraderie among the participants and we want everyone to feel comfortable to talk to each other and create a supportive peer group. #4 opportunities



to be creative, we ensure the projects are the participant's, and let them be creative as they wish... encouraging the participant to actively engage in whatever activity he/she is doing. We find by following these components we build self-confidence, and foster independence. Be sure to check out our new 2016 "Success Corner."



Photo Above: Les and Harvey, volunteer or should we say victims at the Magic Show.

Volunteer Corner

by Carol Bimmel



Welcome to 2016 and lots of great happenings for our volunteers at TGP. Please make a note on your calendar for Friday, January 29, 9:00–12:00 for your next training session. We will start promptly at 9:00 with our focus on TGP and then on different types of dementia and sensitivity training. We will once again be led by Ginny Nyhuis of the Alzheimer's Association. There will be a social luncheon following our training. Sign-up sheets will begin to appear mid-January with email reminders. We are committed to giving our volunteers and staff all the education they need to do their job weekly. I can't stress enough how important it is that we see as many of you as we can at this training. It's a great way to connect with volunteers from other days as well. We will also do some brainstorming for our programming/fundraising/expansion in 2016.

If you haven't heard we are almost full at TGP on all days. We are waiting for a few more volunteers to

jump on board to make that a reality. We have a waiting list for several days and can't take any extra participants until we have enough volunteers. So that friend or relative that has been sitting on the fence about volunteering... now is the time to get them to come in and check out our program. We can use help on all days, but especially Tuesday afternoons, and all day Mondays. I won't turn you away on Thursdays either! 😊



For more information:

✉ carolb@stpaulfalls.com
☎ 920-627-6847

Exercise without even knowing it!

Exercise without even knowing it! This is Donna's new motto when it comes to leading exercise. Donna started as our new Program Assistant back in fall, and one of the many new things Donna has brought to Tuesdays is her different twist on exercise class! Chair Zumba, Balloon Badminton, Parachute Beach Ball Toss, and Chair Yoga are just a few of the new classes on Tuesdays. When planning ahead for the exercise class, Donna states, "she tries to think of ways she can entertain and at the same time engage her audience of participants during exercise." Having an active lifestyle as you grow older is more important than ever. Regular exercise can help boost energy, maintain independence, and manage symptoms of pain or illness. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it's also good for your mind, mood and memory! In

order to benefit from exercise you do not have to involve strenuous workouts. It is all about adding more movement and activity to your life, even in small ways. Donna keeps exercising fun by

listening to upbeat fun music, getting competitive, and making sure we work those abs by laughing through the whole 30 minute class! It has been very fun to see our participants enjoy themselves so much, while dancing in their chairs, swatting balloons with flyswatters, or running under a parachute (safely of course). And let me tell you we see the competitiveness come out during our games even with our sweet little ladies 😊. Thanks Donna for making exercise so much fun for us!

5 Myths about Exercise and Aging:

1.) THERE'S NO POINT TO EXERCISING. I'M GOING TO GET OLD ANYWAYS.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity.

2.) OLDER PEOPLE SHOULDN'T EXERCISE. THEY SHOULD SAVE THEIR STRENGTH AND REST.

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

3.) EXERCISE PUTS ME AT RISK OF FALLING DOWN.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually, reducing your risk of falling.

4.) IT'S TOO LATE. I'M ALREADY TOO OLD TO START EXERCISING.

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Memory Minute

by Leah Zehel

We have been taught for many years that we are born with a certain number of brain cells and that's that. We will never have more. This month in Memory Matters, fortunately, we will be learning that this is simply not true. Research tells us that we can indeed grow new brain cells throughout our lives. Neurogenesis is the name for this creation of new brain cells by adults. Much has been written in the last few years about what we can do to increase the growth of new brain cells. Our participants of our Memory Matters group can be assured that what they are doing, by attending the class, is making a positive difference in their overall well-being and memory.

The primary habits that support the growth of new brain cells are these:

- » Increase involvement in mentally stimulating activities
- » Engage in better nutritional habits
- » Increase your physical activity
- » Socialize more and with more optimistic people
- » Learn how to decrease stress in a variety of ways
- » Learn and use memory enhancement techniques

- » Use humor more often in everyday life
- » Celebrate all you can do rather than focusing on what you can no longer do.

I encourage everyone to try these habits and start growing those brain cells!

This month we are excited about learning new ways to enhance our memory with some fun different techniques like, chuckling, creating stories, and visualization! ■



Photo Above: Bruce working on stepping stones with John.

Success Corner

Meet Bruce! Bruce has been with us for almost a year now, Bruce moved to live with his daughter and her family, and he is a Detroit fan, but we still like him 😊. Bruce was a very active man throughout his entire life; he is a pool player, was a member of a sailing club, and played softball all the way into his 70s. He was a teacher, and also

coached a couple of different sports. Bruce continues to be very active at home doing yard work, and fixing things around the house. While Bruce comes to The Gathering Place he continues to stay very active, we can always count on Bruce to help us out with projects. Some of the projects that Bruce has helped with over the past several months include building a new kitchen cabinet, painting several different cabinets,

and corn hole games. Bruce has been fully involved in the process of making homemade wine, and also sauerkraut from scratch. Bruce has also been a key person in making sure our vegetable gardens stay healthy and flourishing

□ CONTINUE TO PG. 4

MEMORY MATTERS CALENDAR

- January 07 Putting our good intentions into Action
Can Memory Be Enhanced?
- January 14Memory Techniques
Can Memory Be Enhanced? Creating Stories w/ Words to Remember
- January 21Adding Culture to our Lives
Aboriginal Tribal Art, with guest artist Hannah Hocevar
- January 28More Memory Techniques
The importance of visualization



SOUPER SUNDAY COOK-OFF

WE WILL BE SERVING FROM 11:00AM UNTIL 2:00PM
(OR WHILE SUPPLIES LAST)

Sunday, March 6th

ST PAUL LUTHERAN CHURCH • 730 COUNTY ROAD PPP SHEBOYGAN FALLS

Tickets are \$10.00 per person
(children 4–10 yrs are \$5, 3yrs–under are free)

All you can sample!
Tasty soup, chili, bread, and melt in your mouth desserts.



Want to enter a batch of your favorite recipe?
Contact Leah or Mark to register for the cook-off TODAY!

□ Pg3 SUCCESS CORNER CONTINUED

...he has pulled a lot of weeds too during this time. Some of our most enjoyable times with Bruce, here at The Gathering Place, have been while playing games. We can definitely tell that Bruce was a coach and he is very competitive. Whether its playing fly swatter volleyball, table top bowling, or horse racing, Bruce will have a big smile, especially if he is winning! We also got to see how great Bruce is at pool when we visited the Word of Grace church. We enjoyed seeing Bruce smile when we went bowling, and he bowled close to a 200... even after not bowling for many years! Bruce also continues to have a great swing on the golf course. We are so happy that we were able to see Bruce celebrate these fun times. Staff, volunteers, and fellow

participants can always count on Bruce to lend a helping hand, and we all must say he has a pretty contagious smile!

Thanks Bruce for being part of our Gathering Place family! ■



Photo Above: Boxing up the Gifts of Warmth for the Zablocki Veterans Medical Center.

TGP SPECIAL EVENTS/ACTIVITIES

- January 12 Sing-a-long with Chris
- January 14 Preschool visit
- January 19 The Ferd Buchel Combo Entertainmen
Families are Invited!
- January 25 Punchball Volleyball
- January 28 Sing-a-long with Dan Ognevic

□ Pg2 MYTHS CONTINUED

Fact: You're never too old to start exercising and improve your health! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts!

5.) I'M DISABLED. I CAN'T EXERCISE SITTING DOWN.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health. ■

January Birthdays

Carol Jean S.	01	Chris K.	11
Pat P.	06	John P.	17
Gene K.	06	Chris G.	18
Lillian T.	07	Sandy V.	26

