

5th Annual
The Shape of Creativity
Tuesday, June 7
5 to 7:30 p.m.

Fellowship Hall
at St. Paul Church
 730 County Road PPP
 Sheboygan Falls

- Hors d' oeuvres
- Program Tours
- Silent Auction

Guest Performance:
IDEAS Academy
Dance Group - 6:30 p.m.

FREE Admission!

2016
Creativity is Ageless Event

This 5th Annual Event will showcase the abilities of people with memory loss by using arts as their medium. Artwork created by participants will be on exhibit, as well as some items available for purchase.

Hosted by:



All proceeds and donations from the evening will benefit the Art Enrichment Programs of The Gathering Place & Memory Matters.

A Word from Monday's crew

Our days are full with lots of variety. Always willing to give it a go, Monday folks have been working out a cheery wheelchair square dance routine. The music and steps are lively and down-home. And a few times each month we've had a wonderfully patient and precise chess instructor, Avinash, from North high school. It gets intense among our studious group of players.



On the crafty side of things, you'll see a display of our beautiful fabric-painted pillows at our upcoming "Creativity is Ageless" event June 7th. We've also created a very functional use for jigsaw puzzles and, an unusual decoupage chair, with many contributing "artists" will be up for sale.

We prepared snacks: filled cupcakes and warm, fresh-

ly baked bread on chilly afternoons. On occasional mornings we had fun with our visiting preschool friends playing balloon volleyball and doing the Hokey Pokey. On Presidents day we helped them with Washington's cherry tree and Lincolns log cabin projects.

Next on the agenda: a new woodworking project! We are looking forward to the nice weather and getting outside to explore! ■

Brain Waves

MAY 2016



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Contact us ...

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 Sheboygan Falls
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 Follow Us! 

Quote of The Month ...

"Try to be a rainbow in someone's cloud."

~Maya Angelou

Leah's Notes ...



Leah Zehel,
 Director

Fred Brown's exercise programs and classes have impacted the lives of the seniors of at Generations in many ways. Members of the Plymouth Adult Community Center exercise program have expressed gains in their health and well-being. Reports from their doctors have also been encouraging. Increased vitality, improved motor control, less pain and reduction of dosages of medicines are a few common comments received from members of Fred's exercise programs. Well the past couple of months at The Gathering Place we have been thrilled and honored to have Fred here leading

our exercise programs three times a week. Fred pushed us, encouraged us and also made us laugh. I know our participants thoroughly enjoyed Fred, and I believe they have gained more self-confidence over the last six weeks. Studies have shown that people who follow a regular exercise program have improved cognitive function, including memory and selective attention compared to people not involved in a regular exercise program. Our purpose for this project was to maintain cognitive function enabling our par-

ticipants to live more independently. The concept of starting this project was started with collaboration with Lakeland College and Generations of Plymouth, so a grant was written and received through the Bader Foundation. Over the past six weeks, Mad-dy, Kayla and Josh have been spending time with us, these three students of Lakeland, who are studying exercise physiology and where chosen by their professor, Dr. Ebbens to help with this study. We all got to know these three very well, they would come in before lunch time

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TGP Special Events/Activities

Mondays:

- May 16 Preschool visit
- May 23 Outing: Ice Age Center visit and picnic
- May 23 Card tatting with guest, Carolyn
- May 23 "You Be the Judge," with guest Brad

Tuesdays:

- May ?? Sing -a-long
- May ?? Men's Group
- May ?? Ladies Group

Thursdays:

- May 5 Presentation with Mary T, on her mission trip to India
- May 5 Mint Julep Day! Kentucky Derby Celebration
- May 12 Preschool visit
- May 12 & 19 Art with guest artist Joann

By Carol Bimmel

I have two really exciting events to report on. First we nominated many volunteers from all three days to the first United Ways' Spirit of Sheboygan Volunteer Awards. We were able to have two finalists, Mary Tryggeseth and Judy McNulty in the Faith Based category and we took them to the luncheon on Feb. 4th at Blue Harbor. We were so happy to have Judy McNulty win in that category.

We had another great day of training on Friday, January 29th, 55 volunteers met to learn more about Memory Loss with

Ginny Nyhuis from the Alzheimer's Association. It's always great to learn something new that can help us in our task of caregiving. It is evident every time we have training how much our volunteers are invested in our program, by taking time out of their busy schedules to attend and be engaged in these training sessions. We already have our topics set for our next training and look forward to doing that this spring/summer.

I recently had a new volunteer ask why we need more volunteers – were

volunteers quitting? The answer is NO. However our program has waiting lists on all days so that's 60 volunteers right there that are needed. Then we hit the cold and flu season, snowbird season, not to mention hip and knee replacements and many of us are caregivers outside of our volunteering. So we are always looking for volunteers that can help us out – volunteers need vacation ☺.

Please call 627-6847 or email carolb@stpaulfalls.com to find out how you can help us out. ■



Photo Above: Judy McNulty and Mary Tryggeseth at the United Way Spirit Awards.

Leah's Notes continued from pg.1

around! The jobs of the students where to take care of all the set-up and take down of equipment, the charging of the Fitbits, and the collecting and analyzing of all the data, they would take notes during exercise, and keep track of activity levels from the Fitbit also analyzing sleep patterns.

The first phase of this program was to enroll the participants and record baseline information, which meant working together on finding the right people to partici-

pate in the Fitbit portion of this program, primarily participants that come to The Gathering Place three times a week and who were interested and willing to participate which meant wearing the fitness tracker for the whole six weeks including while they were at home. Each session of the program provided strength training, balance, coordination and endurance. Fred also taught us about our body awareness and self-control. Each week there was time devoted to get feedback on the progress of the participants with both activity and sleep and tips

on improvement.

The benefits and results of this six week program where many. At the beginning of the program, participants where quiet hesitant and unsure about using the new equipment, and concerned that they with being able to do all the exercises, but at the end of this, a remarkable increase in confidence is easy to see! It has been great to see the increased activity level of those participating with the fitness trackers, and better sleep has been noted with each person involved. Not all goals have yet been com-

pleted with this program. Generations and Lakeland plan to continue to move forward with this research program, during the last six weeks it was clear that more time is needed to continue this study. Going forward we want to be able to meet with participants and their caregivers, to gather more data, review the exercise program, and set up some targets and goals for caregiver and participant. We are happy to have Fred and Josh, Maddy and Kayla continue to support and develop relationships with our participants and their families. ■



Memory Minute ~ Nurturing Optimism

By Leah Zehel

This month in Memory Matters we have been talking about different ways to stay optimistic when this get hard, and really how can we nurture an optimistic lifestyle. We have a pretty optimistic group in Memory Matters so it was easy to discuss and think and share different ways to nurture optimism. Here are a few we discussed.

- Limit the time you spend with pessimists.
- Incorporate more humor and laughter into your everyday life.
- Look for the positive
- Focus on what you can change and let go of what you can't.

- Do things for others. Volunteer.
- Develop friendships with those who are optimistic. Optimism is contagious!
- Look at the mistakes you make as opportunities to grow.
- Look for the best in every situation.
- Try to solve problems rather than just complain about them.
- Adopt positive language. Saying that you can't do something is often a self-fulfilling prophecy, On the other hand, saying that you will be able to do something can result in success!
- Celebrate each day and all that it has to offer! ■

Memory Matters Calendar

May 07

What is Spirituality to you?

Practicing Spirituality in Everyday Life.

May 12

Outing to John Michael Kohler Art Center,

leaving at 9:15 a.m.

Performance by, "Cimaron"

May 19

How can We Better Remember Names?

The four Techniques

May 26

Memory Practice Techniques

Motor Cues

Success Corner

This month we are celebrating the success of **Bob Greene**, Bob joins us three times a week all the way from Manitowoc. Bob is a retired buyer for Sears, with this he has been able to travel all over including internationally. Bob has also done some work as a ceramic tiler, and an Assessor for a township in Illinois. As Bob's career was important to him it is clear to see that his number one priority is his family Bob has been married to his beautiful wife Judy for 56 years and has 4 children who he loves to tell stories about! Some of Bob's other greatest past times be-

sides talking about his children are painting, fishing, and singing. Bob owned a cottage up in northern Wisconsin on Bear Lake, where Bob states, "are family made the most beautiful memories on that lake." One more interesting fact about Bob's past is that he was a Conductor on the Leona Steam Engine train, in his retirement, Bob definitely has the conductor voice.

While Bob is here at The Gathering Place, we celebrate many success with Bob, so I would like to share just a few; Bob is artistically talented, if we give Bob some paper



and watercolor paints he is able to produce some beautiful pieces of art, he has done many paintings of scenic views that are just gorgeous, Bob says painting relaxes him. Another talent of Bob's is singing, he has a very nice voice and we all love to sit next to Bob during sing-alongs or live entertainment, it is so nice to hear

Bob sing and it is so nice to see Bob enjoying himself while singing. Bob's personality adds a lot to The Gathering Place, Bob brings out the good in others, he is always found encouraging others to engage in conversation, and we can always count on Bob to hear a good story that is always positive! And one last thing I have to mention we can always count on Bob for a good "comeback" Bob loves to joke and we love to give it back to Bob, because he will have a "comeback" Thanks Bob for always making us laugh at The Gathering Place. ■