

# BRAIN Waves

JUNE 2016



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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](mailto:tgp@stpaulfalls.com)  
Web: [memorymattersmost.com](http://memorymattersmost.com)

 Follow Us! 

## Quote of The Month ...

*"Good, Better, Best.  
Never let it rest.  
Till your good is better  
and your better is best."*

## Leah's Notes ...



**Leah  
Zehel,**  
Director

**"Communication is Key!"**  
This is something we often say at The Gathering Place. We talk with staff and volunteers all the time, every morning at our report. We discuss

and brainstorm new and different ways to communicate with our participants attending that day, because every day is different. Our volunteers have become detectives, very successful detectives in finding the best ways to communicate! Communication is so hard for the person with memory loss. They often struggle to find words or forget what they wanted to say. For the caregiver or family member, you may feel impatient and

wish they could just say what they wanted, but they just can't. I often hear things like, "talking with Dad is hard. Often, I don't understand what he is trying to say or what he wants. We both get pretty frustrated sometimes." Here are some of the tips we use at The Gathering Place and many suggestions made by our volunteers.

First and foremost we need to get to know

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## VOLUNTEER CORNER

By Carol Bimmel

It is with great sadness that our TGP family said good bye to two great volunteers this past week. Judi Leynse who started volunteering by us in 2010 and stayed with us until she had to do more caregiving for her husband Dave. She was always enthusiastic and made so many friendships through our program and reconnected with some old. Marian Friedrichs helped us start our Monday program back in December of 2011. Always perceptive to see who might be struggling with a project, she was there to help make it go easier. Both of



*Marian and Paul.*

these ladies shared their passion for our program with others and brought us in more volunteers and more awareness of our program. After all if you are passionate

about something, you just can't keep it to yourself! These two ladies are certainly missed, but we know they are reunited with their loved ones in heaven.



*Judi and Paul baking.*

### Mary Tryggeseth in India

Recently Mary shared with us on a Thursdays her recent mission trip to India. She shared with us many slides of her volunteering at St. John's Nursery and Primary School for young children who otherwise might not have the opportunity to get an education. This is a Christian based school that she and her late husband have supported over the years. They not only worked on construction type projects, but also enjoyed working with the children, learning about their culture and the challenges these families face. Mary went not knowing anyone and came back with lots of new friends. We always enjoy learning about other cultures. ■



*Judi at our Roaring 20s Party.*



*Mary and her Mission Trip.*



## Memory Minute ~ Nurturing Optimism

By Leah Zehel

This past month in Memory Matters we talked about the importance of your self-esteem, especially as you age! Changes in health, roles, activities and lifestyle as you get older may affect your self-esteem. You may feel less important as you become more dependent on others. It may be harder to feel good about yourself.

But we learned in Memory Matters that there are many things we can do to fix this!

- Take good care of your body. Eat well. Be

groomed, get enough sleep and get regular exercise. If you feel physically well, you will feel better emotionally.

- Take your prescribed medicines and learn more about how to deal with any medical problems you have.
- Take control of your relationships and your social life. Get active in church or social groups (like Memory Matters☺).
- Be assertive in social situations and at home. When you act as if you deserve good things, you will tend to value yourself more.

- Make positive statements about yourself, such as "I am a kind and caring person." Write them on cards and look at the cards several times a day no matter how you feel. This can remind you of the goals you have regarding your self-esteem.
- If something goes wrong be careful about blaming yourself. If you are responsible for a mistake, accept the responsibility, repair the error and move on. You can make mistakes and still be a good person.
- Volunteer and help others.

This can give new purpose and meaning to your life.

- Become aware of negative thoughts, such as saying to yourself, "I did that badly." Counter the negative statements with positive ones, such as, "That didn't turn out well, but I learned how to do it better next time."
- Talk to others about possible causes of low self-esteem. As you become aware of how your life experiences contributed to your low-self-esteem, replace criticism with praise. **Learn to be your "biggest fan!"** ■

## Success Corner

This month we are celebrating the success of **Lillian TeGrotenhuis**. Lillian is from Cedar Grove and comes twice a week, Mondays to The Gathering Place and Thursdays she joins us in Memory Matters. Lillian never ceases to surprise us. Lillian is a very talented pianist and plays for us every Monday afternoon, with no music! Pretty much anything we request Lillian will play and it is beautiful! Lillian is a very active lady, she still lives on her own in her home in downtown Cedar Grove, where she

takes pride in still doing her household chores. She continues to attend her many grandchildren's events. Lillian is always on board to go new places and try new things. So what makes this so remarkable? Well, Lillian is 98 years old!

Lillian was a homemaker. She also was a cook for the elementary school and a taste tester for a food preserving company



(which she has great stories about!). She has two daughters and one son.

Lillian has a great attitude here at The Gathering Place, she loves to tell us stories about her one room school, and how she has traveled most of

the United States. Lillian enjoys craft projects here at The Gathering Place, such as sewing, painting and pottery. Of course she also loves to be involved with every music program, she lights up when she hears "songs from the past."

When you ask Lillian what her secret is to having such a long and healthy life, she will tell you it is "my daily devotions and prayer."

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



*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.

## Memory Matters Calendar

### June 2

**Verbal vs. Non-Verbal**  
*Reading with Emotion*

### June 9

**Body Language**  
*Special guest presenter, Mary Tryggeseth*

### June 16

**The Importance of Socializing**  
*Outing to South pier ice cream parlor*

### June 23

**Face to Face Communication**  
*Being Assertive*

### June 30

**Showing Your Emotions**  
*Origami Art*

*Leah's Notes continued from pg.1*

the person and learn as much about them as possible, their history, moods and what brings that person joy. Make eye contact and call the person by their name. Be aware of your tone, how loud your voice is, how you look at the person, and how your body language is. Encourage a two-way conversation for as long as possible. Use other methods besides speaking, like touch.

Socializing in our program is our number one priority, because keeping

the person with memory loss socially active is a key factor in maintaining function. Here are six ways our volunteers encourage communication: Show the person dealing with memory loss warmth and love. Hold the person's hand while you talk. Be open to the person's concerns, even if they hard to understand. Let the person make decisions and stay involved with all decision processes. And one of the hardest but most important, be patient! ■

## TGP Special Events/Activities

- June 14 ~ Outing to Plymouth Rock, Mini Golf, Golf Cart Rides, Hots Dogs and S'mores!**
- June 23 ~ Outing to The Harley Davidson Museum**
- June 30 ~ Men Only Convertible Rides**
- June 30 ~ Ladies Day Out**
- Tuesdays ~ Art with Hannah**
- Thursdays ~ Art with Joann**