

BRAIN Waves

APRIL 2017



Inside This Issue ...

Events/ Activities
Leah's Notes
Memory Minute
MM Calendar
Poetry
Poetry Project
Open House
Super Sunday
Cook-off

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 ...

*"When we seek to discover
the best in others,
we somehow bring out
the best on ourselves."*

~William Arthur Ward

Leah's Notes ...



Leah
Zehel,
Director

What does quality of life mean to you?

For each person, the definition of quality of life is different and deeply personal. One person may define quality of life as enjoying the beauty of a sunset. Another person may describe it as sharing a holiday celebration with family, worshipping at church, playing a game of bridge, washing a car or listening to music. Each person has a unique standard of what has value and what gives quality to life. As people with memory loss may feel that their quality of life is lost once



you receive a diagnosis, we feel here at The Gathering Place that quality of life can be maintained well into the disease process. The disease does not remove your ability to appreciate, respond to and experience feelings such as joy and love. While your symptoms may be mild or moderate, you will likely know what gives you pleasure and contributes to your sense of well-being. At The Gathering Place we are able to adapt to changing abilities to allow participation in meaningful activities. When a new participate

begins The Gathering Place program, it is our priority to talk with them and family members to learn about the things that are meaningful to them. We have a "get to know you form" where we try to learn as much about that person before they begin the program, such as what their job was, did they like to travel, what's their favorite type of music, what are their current and past hobbies. This information is shared with all of the volunteers, so that we can do our best to engage in conversation

continued on page 4



Super Sunday Cook-off



This year the St. Paul's Endowment Team took back the Golden Ladle at the third annual Soup-Cook-Off, Sunday, March 5th, at St. Paul's Lutheran Church in Sheboygan Falls, with their pheasant mushroom soup. Second place was Heavenly Soups with a white bean and mushroom soup, and third

went to Ed Henning's chili. The contest featured 18 different soup entries from local area restaurants and many individual chefs. The St. Paul Lutheran Church fellowship hall was filled with the inviting aromas, from Beer Cheese and Brat soups, Bourbon Chili, Corn Chowder, and Chicken Dumpling, just to



name a few. There was soup to satisfy anyone tastes. The Gathering Place thanks all the chefs and donors who made this event possible, including Cheri Rooker-Stocker, Mary Tryggeseth with Ella's Della, OP2, Countryside Living, Ed Henning, Bill and Karri Brandt, Heavenly Soups, Daydream Café, Slys Midtown Saloon, Firehouse Pizza, Falls Café, Parkview

Family Restaurant, Afterburners, Stefanie Trakel, Jen Kellner, Mark Janke, and Terri Worden. Special thanks to goes to Sargento Cheese for their cheese donation, Pizza Ranch and Texas Roadhouse for their donation of bread and buns and the many volunteers and Friends of TGP that donated dessert and volunteered on the day of the event. ■



Memory Minute: The Best Things about Getting Older

By Leah Zehel

This month we have been staying positive and have come up with some of the best things about getting older!

1. A Happier Outlook

It may surprise some, but studies show that seniors are among the happiest groups of people, and that they are significantly happier than their middle-aged counterparts.

2. Grandchildren

American writer Gore Vidal once joked, "Never have children, only grandchildren." Grandparents often get to experience the joys of little children but without the diaper changes



and sleepless nights. Grandparents love their grandchildren and this love lightens their own heart while simultaneously benefiting the grandchildren who receive this love.

3. More Time for Loved Ones

Retirement isn't inherently joyful or relaxing, it's how that

time is used that makes it special. One of the best parts of retirement is spending more time with family, friends and other loved ones.

4. Opportunity to Pursue Your Dreams

Victorian novelist George Elliot wrote, "It's never too late to be what you might have become." The time gained during retirement is an excellent opportunity to pursue dreams and passions that you might have put on hold. For instance, you can learn a new language or take a trip you've always dreamed of.

5. Participation in Civics and Volunteering

Growing old provides a sense of broader perspective, and it often makes people inclined to focus much of their efforts and energy towards bettering society and creating a better world for future generations.

6. More Empathy and Better Social Skills

A recent study indicated that seniors have superior empathetic and social abilities. The subjects in their 60s were better than when they were young and imagining different points of view, thinking of multiple resolutions and suggesting compromises comes more easily to them now.

7. Sense of Accomplishment

Older people often have a healthy sense of pride that comes from their accomplishments. John Lennon's lyric, "A working class hero is something to be," puts it well. Seemingly ordinary achievements like raising a healthy and happy child, being happily married, serving in defense of the nation or retiring from a job in good-standing after years of dedicated service can be the foundation of a pleasant contentment in old age. ■

Memory Matters Calendar

April 6 ~ Poetry Project

Art with guest artist, Joann Luke

April 13 ~ Memory Techniques

Chunking, Association

April 20 ~ Memory Techniques

Visulisation

April 27 ~ Outing Sheboygan County Historical Museum

Leaving at 9:30 a.m.



SAVE THE DATE ...

POETRY PROJECT OPEN HOUSE

Monday, April 24 • 3 to 5 P.M.

Featuring poetry with Gary Glazner



Leah's Notes continued from pg.1

and encourage our participants to the activities that will interest them and that they will be successful at. My two favorite questions that we ask our participants when they begin our program are: "What motivates you?" and "what brings you joy?" We tend to get a lot of information from these two questions.

We believe in some important steps in providing the best quality of care here at The Gathering Place.

- Ask them about their particular likes/dislikes and opinions
- Become aware of people, activities and things that give them pleasure
- Support them to be as independent as possible
- Build on strengths and abilities, encourage of their sense of feeling useful and valid
- Give opportunities to make choices
- Focus on abilities rather than losses
- Recognize that interests may change over time

Quality of life must be our central focus here, our ultimate goal is to provide a sense of well-being for our participants! ■