

BRAIN Waves

DECEMBER 2016



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Quote of The Month ...

*He who has not
Christmas in his heart
will never find it
under a tree.*

~Ray L. Smith

Leah's Notes ...



**Leah
Zehel,**
Director

Well it's that time of year again, many social engagements, house guests, shopping and a million things on your to-do list! It's the Holidays! This time of year is exciting, fun and enjoyable to many, but it can also be very overwhelming especially for seniors. Here are some helpful tips to help yourself and your loved one get through this busy time of year and enjoy it.

- **Set Realistic Goals.**

We know visiting family and friends is always on the to-do list during the holiday season, but traveling and meeting with people all day can be physically and mentally exhausting. Make sure

you schedule ample rest time throughout the day and allow for plenty of time between visits so there is no rushing.

- **Keep Set Schedules.**

If your elderly loved one is used to waking up at a certain time, eating at a certain time and going to bed at a certain time, make sure to respect those schedules. Staying up later to accommodate family visits or having to eat later in the evening because of a difference in meal times can be stressful for seniors to acclimate to, so make sure you know beforehand what the schedule is going to be like.

- **Plan Appropriate Activities.**

A six hour shopping trip may not be the best idea for a senior who has difficulty walking or standing for long periods of time. If these types of activities are unavoidable, make sure that a walker or

wheelchair is available to make activities easier and more convenient.

- **Keep Friends or Family Around.**

Along with fun, an aspect of the holidays can bring sadness for many people, especially those who have lost loved ones. Be sure not to isolate yourself or your elderly companion. There are always church services and other organizations that offer holiday parties and gatherings, or you could volunteer at a local organization to stay social during the holidays!

Most importantly, "Be there." Remember the reason for the season. We give love to people at Christmas when we show up in their lives, serving and celebrating in the name of Jesus (*1 John 4: 7-9*). Our love is not limited to "just words and talk; it must be true love, which shows itself in action." (*1 John 3:18*) ■



Volunteer Corner

By Carol Bimmel

Volunteer Training, Friday December 9th

Please make sure you have your calendar marked for our upcoming Volunteer Training. This will be held in the Fellowship Hall at Church from 9:00 – 12:00, with lunch afterwards – prepared by Mark.

It is very important that you all make an effort to attend, especially if you are a new volunteer. This is a chance for you to meet volunteers from “the other days”. Once again Ginny will be leading our training with all the time being spent on situations that we run into at The Gathering Place. We will be working to come up with solutions. If there are scenarios that you would like us to address that day, please relay that to Leah or myself. We will also go over what to do in an emergency, where are supplies for that and where are all the supplies we use each day? Talk about confidentiality – how is that interpreted in our age of sharing on social media and just out in public. If there are any other topics of concern, please let us know prior to that day. If you know someone who has been thinking of volunteering – **now is the time to get them off the fence and join us!**



Christmas
by M.E. Miro

Christmas is more than a day in December
It's all of those things that we love to remember
Its carolers singing familiar refrains
Bright colored stockings and shiny toy trains
Streamers of tinsel and glass satin balls
Laughter that rings through the house and its halls
Christmas is more than a day in December
Its the magic and the love
That we'll always remember



Memory Minute: Creativity for Life

By Leah Zehel

As we age, cognitive and physical exercises are imperative not only to our health, but to our overall life expectancy.

Below are some ways we can benefit from creativity:

Physical Creativity- Music and Physical Activities

Recent studies indicate that listening to music while engaging in physical exercise helps elderly maintain their balance while walking, and ultimately reduces their risk of falling.

The risk of falling is a huge threat to the elderly; nearly a third of all senior citizens

fall at least once during each year.

A recent Swedish study shows that engaging in physical activity to music, like dancing or working out, benefits the elderly more so than engaging in the same activities without music.

Listening to music in general is associated with providing health benefits to the elderly. It increases psychological health by promoting good feelings, like a happier outlook on life, and suppressing bad feelings like anxiety.

Music listening also increases the elderly's physical health; it has been

found to diminish pain and increase cognitive capacities.

Physical Creations- Mind Stimulating

Creating things, like pottery or paintings, engage the elderly both cognitively and psychologically.

Cognitively, you are utilizing a part of your brain that you probably wouldn't ordinarily.

According to recent findings in a journal of the American Medical Association study, exercising the brain is important to keeping the brain alert and strong just as physical exercise is important to keeping the body strong and able.

Psychologically, the benefits of creating things is fulfilling and give people a sense of worth and con-

tribution; creating gives people a positive outlook on life, and as we age, having a negative outlook can cause mental and physical deterioration.

Creativity though Self-Expression

Writing and creating music, among other things, are great ways for the elderly to express themselves and contribute what they have to offer to their peers and the world.

Like with creative physical creations, writing and music are very beneficial to your cognitive health.

It is especially beneficial if you are learning as you write or are learning to play a new instrument. Learning to do something new engages and exercises the brain, ultimately promoting its health. ■

Memory Matters Calendar

December 1 ~ We are What We Eat!

The facts about nutrition

December 8 ~ A Rainbow of Foods

Family Christmas Party. Join us at noon for a Christmas luncheon, and music by the Golden Cordeliers.

December 15 ~ Outing to JMK

Holiday Cooking Class

December 22 ~

Preparing for the Holidays

Music with Dan Ognevic

December 29 ~ A Better You!





Autumn Celebration Success!

The night was filled with music and laughter. We hope you had a wonderful evening at our Autumn Celebration. The night was a great success and we are

so thankful for all the support that we received. This event supports the many wonderful engagements that The Gathering Place is able to provide, such



as guest artists, entertainment, meals, outings and general support to provide for more participants. Thank you for your year round support and prayers for The Gathering Place and Memory Matters. Also a huge thank you to the many volunteers that worked the night of our event! A special thanks to the Autumn Celebration Committee, who put in countless hours to make



this night happen; John Lucynski, Carol Bimmel, Mark Janke, Becca Sher, Carol Jerving, Sara Sonntag, Rich Behnke, Donna Steighorst and Stefanie Trakel. ■

Tatting Mondays

One of the special things we enjoy once a month on Mondays is our Ladies Tatting Group. Tatting is really a lost art, but when talking with some of our Monday ladies they knew how to do it, and even some that didn't were determined to try it. Tatting is the art of lace making, done with a shuttle, an instrument dating back to the 16th century. It is used to make dollies, trim towels, tablecloths and hankies. It is done by making a series of knots and joining them in different patterns. Many of our ladies are talented at knitting, crocheting and other needlecraft, so tatting has been a fun

learning experience. Our group takes the flowers that have been tatted and donated and make them into beautiful notecards, making beautiful thank-you cards, get well cards, or really any type of greeting cards. Everyone's cards turn out different and unique, some are bright and full while others are more soft and subtle, either way they are wonderful. We often sell our cards that we tat at our fundraising events and they are a huge hit! Keep up the beautiful work ladies. We want to thank Patti Brethouwer and Carolyn Hochwitc for keeping this group going for us. ■

TGP Special Events/Activities

- Dec. 1 *Carriage House/Wade House*
- Dec. 8 *Christmas Party, Noon Family Luncheon, followed by music entertainment, by the Golden Cordeliers*
- Dec. 9 *Volunteer Training*
- Dec. 13 *Sheboygan Historical Museum, Prange Windows*
- Dec. 26 *Closed*
- Dec. 29 *Potato Bowling*
- Jan. 2 *Closed*