

BRAIN Waves

JANUARY 2017



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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 ...

*"Write it on your heart
that every day is the
best day in the year."*

~Ralph Waldo Emerson

Leah's Notes ...



**Leah
Zehel,**
Director

"Happy New Year!"

The end of another Earth orbit around the sun-marking the beginning of a new journey into another year-full of possibilities and opportunities to evaluate your past goals and either re-commit or create some new goals.

One of the most important-but often forgotten-goal of a caregiver is to take care of yourself.

A number one goal for 2017 should be, Take time for yourself. Ask other family members, friends, or someone you hire to step in, even if it's just for a few hours, while you run

some errands, get some exercise, or just relax. (You can also utilize your time while your loved one is at The Gathering Place!).

Learn as much as you can about your loved one's disease so you'll know how you can help. You'll also understand what changes to expect in their behavior or symptoms.

Don't do everything for your loved one. People with memory loss can't do everything that they used to, but they can do some things with a little

help. Let your loved one handle some tasks, like getting dressed or folding laundry. Give him time to finish it on their own, but step in when they need help. Help them set goals for completing tasks, and celebrate when they reach them.

Don't put your life on hold. Meet friends, keep up your hobbies, and stick to as normal a schedule as possible. You'll be more energized and are less likely to feel resentful in the long run.

Have someone you can talk to. You're there to listen to your loved one and offer support. But you need to someone to vent to, too. Talk openly and honestly with a friend or family member. Join a support group.

Be your own Cheerleader!
Try to build yourself up,



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VOLUNTEER CORNER

By Carol Bimmel

Thank you!

Thank you Volunteers for attending our training this past month. What a wonderful turn out – over 55 people attended and those that couldn't make it have been catching up on what they missed. It was an opportunity to go over procedures at TGP and learn more about the types of dementia with Ginny Nyhuis from The Alzheimer's Association and learn how to deal with different situations that may arise while volunteering. Lots of new volunteers were there as well and we are so happy to fill all our days with new faces. We are on track to have over 13,000 hours of volunteering in 2016. We have been so blessed this past year, with so many awesome volunteers! Here's to 2017 and recruiting even more! ■



Happy New Year!

The Gathering Place and Memory Matters want to thank all of our friends, families and volunteers for a successful and fulfilling 2016! This year was full of laughs, friendships and team work. We met many new participants and volunteers this year, who have added so much to our program. Our long time volunteers welcomed new volunteers and shared ideas and insight on how to offer our participants the best days possible. Staff and volunteers were so fortunate to be able to share joy with our participants; to share the stories of their lives, reminiscing about the way things used to be. We celebrated in our participants success and offered encouragement and support when things got hard. The Gathering Place is also grateful for our many friends; always offering us support, through encouraging words, donations and prayers. With your support we were able to go on many great adventures to museums, picnics and even dog sled racing! We also enjoyed musical entertainment, guest artists and great lunches. Support has been given in so many different ways this year! 2016 has been a year to celebrate, thank you! Here is to a healthy and happy 2017!

The Gathering Place and Memory Matters Staff,

Leah Zehel
Carol Bimmel
Lynn Borth
Donna Stieghorst
Mark Janke





Memory Minute: The Cognitive Benefits of Antioxidants

By Leah Zehel

This month in Memory Matters, we are trying to staying healthy through the Holidays, one topic we focused on was getting more antioxidants.

While the benefits of antioxidants and a solid nutritional base in general are rather self-evident, two new studies highlight how antioxidants are fantastic for improving memory function. Although antioxidants positively impact everyone, the researchers examined adults ages 50-75 who were given a proficient blend of antioxidants over the course of four months. The study found that by taking in the blend of antioxidants, memory func-

tion improved.

The findings are important because it shows that the benefits of antioxidants are great enough to treat cognitive illness naturally and effectively. In this case, a particular focus is placed on memory loss-experienced by countless individuals worldwide. Instead of large number of medications accompanied by a ridiculous amount of side-effects, antioxidants in the form of vitamins and nutrients effectively promote mental health and have no such negative side effects.

Acting as two fantastic foods for improving memory and overall health, apples and blue-

berries contain a powerful phytochemical and antioxidant known as quercetin. Quercetin has been shown to protect against Alzheimer's and reverse aging, leading to a slowed escalation in aged-related memory loss. When consuming apples, it is important to note that much of the nutrients are found in the skin, quercetin is no exception.

What are Antioxidants?

Antioxidants are simply molecules that prevent the oxidation of other

molecules, and subsequently lead to an advancement of overall health and significant anti-aging effects. The oxidation process refers to the production of free radicals, which are harmful to your body and lead to hastened aging. Regardless of the source, it is important to ensure that your body is receiving the proper amount of antioxidants and that you are receiving all the benefits from these super-molecules, as they are a core necessary ingredient to longevity and vibrancy. ■

Memory Matters Calendar

January 5 ~ Worry and Memory
The Dangers of Worrying

January 12~ Organization
Organizing your Surroundings

January 19 ~ Poetry Project
Working with Gary Glazner

January 26 ~ Normal Aging
Cognitive Changes as We Age

I want to add a special thanks to Cheryl Tank, for the many hours she put into the planning and preparing for our Autumn Celebration!





Leah's Notes continued from pg.1

not break yourself down. Anytime you take positive steps or actions towards your goals, even just a little bit, remember to reward yourself! Be kind and appreciative to yourself in all of your self-talk, and it will go a long way to improving your confidence and outlook on life!

Applaud your efforts-rather than berating yourself for not having done "enough." When you start to hear the voice of self-doubt, gently remind yourself of the positive changes you're looking forward to and the positive benefits you've already experienced along the way. By allowing yourself to celebrate your small success while on your journey, will boost your happiness which gives you the momentum to keep moving forward.



Have a Healthy, Happy 2017! ■



**TGP Special Events/
Activities**

***Please check the
January Calendar!***