

# BRAIN Waves

JULY 2017



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 Follow Us! 

## Quote of The Month ...

*"Keep your face always  
toward the sunshine and  
shadows will fall behind you."*

~Walt Whitman

## Leah's Notes ...



**Leah  
Zehel,**  
*Director*

Wow! What a busy and great couple of months it has been here at The Gathering Place and Memory Matters. It kicked off with our open house at Good Shepherd Church back in May. Our current volunteers and new volunteers got to take a sneak peek at our new Sheboygan location, see the layout and how things will work at Good Shepherd. New participants also joined us and it was great to see their excitement about their additional day and another opportunity to participate in different activities. In the beginning of June we celebrated at our Creativity is Age-

less event, with our first brat fry at The Gathering Place, "The Art of Picnicking." This event was a lot of fun, getting to see our participants show their families around and show them the great arts and crafts they have created that were on display. I loved seeing them "show off" and most importantly be proud of the work they have done here at The Gathering Place. The cook-out was delicious, music was entertaining and we topped off the night with a lot of laughs at our Funny Photo Booth. I must say I was impressed with all the brave people not afraid to act silly! Our new volunteers also attended our Dementia Basics and Communication training this month. Ginny from the Alzheimer's Association came to present and provided us with resources and some great information for our new volunteers, better

equipping them for our new Wednesday site. Everyone learned a lot and also had a chance to get to know each other better. Last but certainly not least we officially opened our new satellite location at Good Shepherd Church on June 21st. We started with five participants and ten new volunteers. I can truly say we have a great group and have so much to look forward to with our Wednesday group. We have lots of outings planned, and some great new projects we are excited to share. As you can see The Gathering Place has had a busy couple of months. I want to thank all of you, our families, caregivers, volunteers, friends and colleagues, for the support, encouragement, and prayers as we continue our ministry to serve more people dealing with memory loss! We could not do it without you! ■



# Volunteer Corner

By Carol Bimmel

## Volunteer Appreciation Dinner and Training

In May, we recognized our Volunteers at our annual dinner in our fellowship hall. It's a great time for Volunteers to connect with each other from all days and hear the impact their volunteering makes on our families and participants. We handed out certificates of appreciation to our volunteers for their many years of service. Sally Krubsack has continually volunteered since the beginning of TGP in 2008! All the certificates had their start date on it and it was interesting that the majority of volunteers, said they didn't realize they had been here so long. We are so fortunate to have such dedicated volunteers! This is what makes our program so great, the compassion, dedication and love you all bring. Thank you!

In June, we had training for our newest volunteers and some families and it also served as a refresher course for our seasoned volunteers. Ginny Nyhuis always does an excellent job and we always learn something new. It was great to see 25 people that are eager to learn new ways in which they can help our participants. Our next training will be in fall. ■





# Memory Minute

By Leah Zehel

**This past month our participants in Memory Matters did the compliment challenge every week! They all really enjoyed how it made them feel to, give a compliment every day!**

It happens to the best of us: we all have those days when we're feeling a little bit off, a little blue or just plain crabby. The next time you find yourself in a bad mood, take a look around and pay a compliment to the first person you see. Both of your worlds just might be transformed for the moment almost instantly. Unfortunately, even though compliments are a powerful force for positive good for both the giver and receiver, most people are pretty stingy with them. Let's change that and start lifting each other up more often with encouraging words.

- Compliments encourage others who are struggling. Studies have shown that when it comes to helping someone reach their goal, positive feedback is the most effective.
- Compliments can truly be all that stands between someone being successful and giving up. Stand in that gap and offer an encouraging word.
- Compliments strengthen relationships. Compliments convey respect. Relationships are built on respect. Simple.

- Compliments charm others and increase our circle of influence. People like surrounding themselves with those who make them feel good, and nothing makes a person feel better about themselves than a thoughtful compliment.
- Compliments help you be less cynical. When you start looking for reasons to offer compliments, you increase your sensitivity for picking up on good-stuff the positive things that people do every day.

### So give our compliments freely!

- Start paying attention
- Compliment the small stuff
- Be specific
- And be Sincere!

### The Compliment Challenge:

For the next week, challenge yourself to compliment five different people every day:

- A loved one or friend
- A co-worker
- A business you frequent
- A young person
- A stranger ■



## Memory Matters Calendar

**July 6 ~ Names and Games**

*Tricks for the Tip of your Tongue*

**July 13 ~ Communication Matters**

*Guest exercise instructor, Margo*

**July 20 ~ Outing**

*Performance at JMK*

**June 27 ~ Brain Games**

*Outing, Picnic Lunch and Ice Cream Parlor*

## A Note from Donna ...

Hi, my name is Donna Stieghorst. I am the assistant program director on Tuesdays and Wednesdays. I have been busy this spring getting things ready for our new Wednesday Program at Good Shepard Lutheran Church in Sheboygan. I am looking forward to working with a group of new and existing volunteers. I am certain that after our first Wednesday we will all be fast friends. Let me give you a little preview of what we will be doing. Our first Art projects will be stained glass pictures and decorating glass plates. The Farmers Market is on Wednesdays in Sheboygan so I thought that would be a great first outing. Maybe we can pick up some lettuce for Mark to make a salad. I am pretty sure we will have to sample some of the bakery that they sell at the Farmers Market. We will have lots of singing, card playing, games and puzzles. We cannot forget exercise. I wonder how many times we need to walk around the block to get a mile. If you are in the neighborhood of Good Shepherd Lutheran Church Sheboygan's south side on Wednesday between 9am and 3pm please stop in to say hello. Leah is looking for people to play against her in Ping-Pong. I forgot to tell you we have a Ping-Pong table and a Pool Table. I think a Wednesday Olympics would be fun. I will be sure to let you know the outcome. ■



## TGP Special Events & Activities

- July 3:** CLOSED
- July 4:** CLOSED
- July 11:** *Visit from our YMCA Friends*
- July 13:** *Outing to the EAA Airport Museum*
- July 18:** *Men's Convertible Rides, and Brat Fry*
- July 27:** *Visit from our YMCA Friends*

