

# Brain Waves

JUNE 2017



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## Contact us ...

We are a ministry of  
**St. Paul Lutheran Church**  
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 Follow Us! 

## Quote of The Month ...

*"Forget the Mistakes  
Remember the Lessons."*

## Leah's Notes ...



**Leah Zehel,**  
*Director*

### How do you feel when someone tells you, you are wrong?

Recently I read an article about the importance of being validated and how validation therapy is very effective for people with memory loss.

In the 1970s, a social worker by the name of Naomi Feil developed Validation Therapy as a response to her dissatisfaction with traditional methods of working with memory loss. This method challenged the traditional method of reality, orientating and cor-

recting someone every time they are "wrong." This theory is nothing new to The Gathering Place, and to most people, but it is always good to be reminded as we often get caught up in the everyday challenges of memory loss. I have seen validation therapy work, and will say it honestly can improve the individual's quality of life. The definition of validation therapy is, accepting the values, beliefs and reality of the person living with dementia, even if it has no basis to your reality. In validation therapy the person's feelings are accepted. As caregivers, we can acknowledge the feelings, sometimes mirror them and encourage them. The feelings are not discouraged or criticized. As a staff member working with people with memory loss, you can see that if an individual can express their feel-

ings and are acknowledged and validated, you will earn their trust and frustration slowly calms. If they are ignored or denied, the feelings of frustration gain strength. The goal of validating any person is simple, restore self-worth, reduce stress, justify living, work towards resolving a conflict, and improve physical well-being. I am happy and proud that at The Gathering Place all people are treated as valuable, unique individuals. ■





# VOLUNTEER CORNER

By Carol Bimmel

## Bring a Friend to Volunteer at TGP

Have you ever wondered how did we get 90 volunteers at TGP? At first they came from St. Paul Lutheran Church when we opened in 2008, but then the more people heard about our program through our volunteers and what a blessing it was to our participants we served and their caregivers, people wanted to be part of the difference we were making. Volunteers started inviting friends, co-workers, family, church members and neighbors to volunteer. The volunteers were surprised to discover that they had come to help others, but instead found themselves on the receiving end of such gratitude from the participants and families and in turn fulfillment in their own lives, plus a whole new group of friends. A personal invite brings in the most volunteers and I can't thank my volunteers enough, for inviting people in. Without you we would still only be open two days a week.

Now as we launch Wednesdays in Sheboygan, we are asking you again to reach out to that special someone to join the TGP family before our **Alzheimer training on Wednesday, June 14th with Ginny Nyhuis**. This will be a basic training going over the types of dementia and ways to communicate with someone with memory loss. All volunteers that started in the last year need to attend, especially our new Wednesday volunteers. Please call 627-6847 with any questions or ask any staff member. Looking forward to seeing you there! ■



6<sup>TH</sup> ANNUAL

# The Art of Picnicking

**Tuesday, June 6 • 5 to 7:30 p.m.**  
**Fellowship Hall at St. Paul Church**  
 730 County Road PPP • Sheboygan Falls

**Join us for a celebration picnic!**  
 This event will be a fun time to see what we have been up to at The Gathering Place. We 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.

**FREE Admission!**

**Picnic meal available for purchase.**  
 Brats • Burgers • Chicken Sides • Desserts

**2017 Creativity is Ageless Event**

Hosted by:



*The Gathering Place Memory Matters*

All proceeds and donations from this evening will benefit the Art Enrichment Programs of The Gathering Place and Memory Matters.

Art Displays • Games

Cook-out • Program Tours • Music





# Memory Minute: Myths of Aging

By Leah Zehel

1. **We lose brain cells throughout our lives and unfortunately, cannot grow new ones.**

**Myth!** While this was thought to be true for many years, science has now proven that we can continue to generate new nerve cells in certain areas of our brain throughout our lifetime.

2. **As we age, we become less creative.**

**Myth!** We can be creative throughout our lifetimes, and it is important to do so.

3. **Older people eventually end up in nursing homes.**

**Myth!** This is absolutely untrue. According to recent statistics, only about 5% of older adults live in nursing homes or other long-term care facilities.

4. **Writing things down is a crutch that weakens the memory.**

**Myth!** Actually, writing things down is not a crutch but rather an excellent memory enhancement technique.

5. **Short-term memory refers to things that have happened in the last 24 hours.**

**Myth!** Short-term memory refers to things that have happened in the last two minutes or even seconds.

## MEMORY MATTERS Calendar

**June 1 ~ Why is gratitude important?**

*Respecting other people.*

**June 8 ~ You're Self Esteem Matters**

*Compliments and Thank-You*

**June 15 ~ We are Storytellers**

*Sing-a-long with Dan Ognevic*

**June 22 ~ Outing JMK**

*Leaving at 9:45 a.m., art workshop*

**June 29 ~ Outing to Bookworm**

**Gardens and Picnic Lunch**





## We Will Miss You Josh!

This past month we said farewell for now to our student intern and friend Josh, Josh has been helping out at The Gathering Place for almost two years now. Josh received an internship through a grant with Fred Brown, from Generations. This grant required Josh to lead our group in exercise, study, and learn more about the benefits exercise and socialization has on the person with memory loss. Not only did Josh learn a lot, so did we. Josh would not be afraid to challenge us during exercise class, and really worked us, using exercises to help our strength and balance. Not only was Josh an exercise instructor, he was able to stay and help with other activities also, Josh is patient, kind, and always gets the ladies laughing! Never once in the two years of Josh being here did any of us see Josh get frazzled in any situation, he always had a calming effect. Josh will be missed!



**Congratulations on your graduation from Lakeland College!!**

### **What I enjoy the most about the Gathering Place?**

*I have enjoyed the most leading the exercise class. Fred Brown and the Gathering Place has allowed me too grow as an exercise instructor. Leading the exercise class has given me the confidence and the ability to be a successful leader. The volunteers and participants allow me to be myself and enjoy the charisma I show. The volunteers and participants do enjoy the exercises and that makes my job that much easier for me. I have not been afraid to challenge the participants with a variety of exercises including, lunges, split squats, and balancing exercises. Leading a group that suffers from memory loss is a unique population and that has challenged me to think outside the box at times. The Gathering Place is a positive atmosphere full of love. I am blessed that I was given the opportunity to be an intern at such a wonderful program.*



**By Josh Mann**

## TGP Special Events & Activities

- June 1:** Art with Joann
- June 1:** Some to Sunset Hills driving Range
- June 8:** Wymann Drake
- June 13:** Plymouth Rock Picnic Fun
- June 14:** Volunteer Training- families welcome, Topic: Dementia Basics and Communication
- June 15:** June Sprints at Road America
- June 21:** Grand Opening, Good Shepherd
- June 22:** Weil Center Tour and picnic
- June 29:** Bernice U. Person of the Month!

