

# Brain Waves

NOVEMBER 2017



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## Contact us ...

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## Quote of The Month ...

*"Laughter gives us distance. It allows us to step back from an event, deal with it, and then move on."*

~Bob Newhart

## Leah's Notes ...



Leah Zehel,  
Director

It's the season of celebrating for us here at The Gathering Place, the pumpkins are out the leaves are changing, which means it's time for the Autumn Celebration! Our committee has been planning for months already and we are excited for a successful event. This year we are very excited to announce our new location, "The Village at 170" in Kohler. This will allow so much more space for everyone. We have a lot of really great new additions to this year's event. Our celebration will feature guest speaker, Martin Schreiber, former Governor of Wisconsin and author of, "My Two Elaines." Mr. Schreiber

is a dynamic educational speaker who truly understands the roller coaster ride of being a caregiver for someone affected with memory loss, as he is currently caregiving for his wife. And if you have not heard him before, be prepared to laugh! We will also have live music with the Ferd Buchel band, great for sitting and listening or getting up and dancing! Of course we will have a great spread of food, and wine tasting. We will continue to have our silent auction, but will be adding bucket raffles to the event also. There is really something for everyone and it is sure to be a good time!

These days everyone knows someone dealing with memory loss, or caring from someone with memory loss. The Gathering Place is happy to serve the community to help reduce some of the stress from caregiving and also keep the person dealing

with memory loss independent longer. There continues to be a need in this area for respite for caregivers and engagement for adults with memory loss, The Gathering Place is able to meet those needs. We have served hundreds of individuals and when you include the caregivers, it reaches thousands of people that have benefited. With the opening of our additional site at Good Shepherd Lutheran church in Sheboygan, we are happy to be expanding, and we would like to be able to continue to grow our programming to serve more people. The Autumn Celebration is our biggest fundraiser and our ability to expand programming depends on this event, so of course we are encouraging your support, and would love to see you there! This event is a casual fun event for everyone! Volunteers, participant's families, friends, and the community. ■



# Person of The Month

By Carol Bimmel



So, we found out a whole lot more about **Dolores** as she was our person of the month the end of September – which is her birthday month (she turned a young 94)! She came from a family with an older and younger brother by 9 years each. Dolores grew up on Sheboygan's northside and graduated from Central High. She enjoyed going to movies with her friends in her younger years and in her adult years they would take photos that they called "Glamor Shots" and wow were they fun to see! Could have been taken right out of a magazine! Dolores met her husband George when she worked at Kohler Company and they married in 1951. She had a readymade family as George was a widower and had two girls already, Jessica and Francha. George and Dolores expanded their family with Mary Lou and then Jennifer (whom died young in a traffic accident). They eventually moved to Kohler and lived there for 44 years. George passed away in 1992. Dolores always loved dogs and told us about Fifi who could go to the grocery store across the street and pick up groceries for them when she was a young girl.

She loved doing crafts, quilting, sewing and painting, loved to read, do crosswords, bowling and golfed a lot. At 94 she can still bend over and touch her toes! She still goes with our group to the driving range and plays sheephead every Thursday after lunch. She starts her day by playing solitaire every morning and always comes in to TGP with a smile. We are happy Dolores is part of our TGP family!! ■





# Memory Minute

By Leah Zehel

## How Can You Bring More Laughter into Your Life!

Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life.

Begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do.

### Here are some ways to start:

- **Smile.** Smiling is the beginning of laughter and like laughter, it's contagious. When you look at someone or see something even mildly pleasing practice smiling. Instead of looking down at your phone, look up and smile at people in the street, the person serving you a morning coffee, or the co-workers you share an elevator with. Notice the effect this has on others.
- **Count your Blessings.** Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When you're in a state of sadness,

you have further to travel to get to humor and laughter.

- **When you hear laughter, move toward it.** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?"
- **Spend time with fun, playful people.** These are people who laugh easily-both at themselves and at life's absurdities-and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious. Even if you don't consider yourself a lighthearted, humorous person, you can still seek out people who like to laugh and make others laugh. Every comedian appreciates in audience. ■

## Memory Matters Calendar

### November 2

#### Laughter is the best medicine

- *How can you incorporate more laughter into your day*

### November 9

#### The Benefits of Socialization

- *Out for Lunch at Luigi's Pizza*

### November 16

#### Outing, JMK Art Center

### November 23

#### Closed – Happy Thanksgiving!

### November 30

#### Benefits of Helping Others

- *Exercise with Margo*

## Service of Remembrance

Tuesday, November 7

11:00 a.m. to noon

Worship Center at

St. Paul Lutheran Church

730 County Road PPP, Sheboygan Falls

Light Lunch to Follow

All our welcome to attend.

Please RSVP at 920-627-6847.



## TGP Special Events & Activities

*Families and Friends are always welcome to join us for our Highlighted Events!*

**November 6:**

- *Preschool Visits*
- *Kettle Karvers*

**November 7:** *Memorial Service ~ 11 a.m.*

**November 9:** *Handy Men, entertainment*

**November 11:**

*Autumn Celebration ~ 6:00-9:30 p.m.*

**November 13:**

*Music entertainment with Rob Peterson*

**November 13:** *Preschool visits*

**November 23:** *Closed for Thanksgiving*

**November 28:** *Music Entertainment with Two Sharps and Two Flats*

**November 30:** *Preschool visits*

JOIN US FOR OUR

# Autumn Celebration

**November 11 6-9:30 PM**

AT OUR NEW LOCATION:  
**THE VILLAGE AT 170**  
 170 RANGELINE ROAD • KOHLER

*Featuring Guest Speaker Martin Schreiber, former Wisconsin Governor and Author*

*Music and Dancing with Ferd Buchel Band  
 Expanded Appetizers throughout the night  
 Full Bar Available • Wine Tasting  
 Silent Auction and Bucket Raffles*

*All proceeds of this event to go directly to  
 The Gathering Place and Memory Matters programs*

**TICKETS ON SALE NOW!**  
 \$35 Advance  
 \$40 at the Door

**GET YOUR TICKETS AT ANY OF THESE LOCATIONS:**

- Plymouth Generations Center
- Sheboygan Falls Chamber
- Sheboygan Senior Activity Center
- St Paul Lutheran Church, Sheb. Falls

