

Brain Waves

MAY 2017



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Contact us ...

We are a ministry of
St. Paul Lutheran Church
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Sheboygan Falls
(920) 627-6847
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 Follow Us! 

Quote of The Month ...

"We can't help everyone,
but everyone can
help someone."
~Ronald Reagan

Leah's Notes ...



Leah Zehel,
Director

I am happy to share with all of you some very exciting news! The Gathering Place is growing! We will be opening a satellite location at Good Shepherd Lutheran Church on the south side of Sheboygan. We are planning to open Wednesdays at that location starting in June or July of this year. This will give us the opportunity to give respite to more families who

are caring for someone with memory loss and to serve more individuals. Our current days at St. Paul Lutheran Church will remain the same; Mondays, Tuesdays and Thursdays. Current families will have first dibs on an additional day at Good Shepherd for those interested.

The community at Good Shepherd Church has been very welcoming. Good Shepherd Church is a beautiful setting for us. The floor plan is very similar to our current program at St. Paul, all one floor with classrooms and a beautiful fellowship hall with lots of windows! We have already begun recruiting volun-

teers for Wednesdays so that they can have at least 4-6 weeks of training with our current volunteers to get the feel of how things work. Then on June 14th we will be hosting a training with Ginny from the Alzheimer's Association, speaking about Dementia basics and communication tips.

An open house will be held at Good Shepherd on May 24th from 4:00-7:00pm. We invite all of you to attend to see our new space! This opportunity could not be possible without the support of our families, friends and volunteers. We are so thankful for this opportunity! ■

VOLUNTEER RECOGNITION DINNER

Tuesday, May 23

Fellowship – 5:30 p.m. • Dinner – 6:00 p.m.

Program to follow.



VOLUNTEER CORNER

By Carol Bimmel

Spirit of Volunteer Awards

The Gathering Place is part of the Volunteer Center of Sheboygan County and for the 2nd year we were part of the Spirit of Volunteer Awards Program. Leah and I had the privilege of taking six of our volunteers to a luncheon at Blue Harbor. Our nominees were, Sally Krubsack who has been volunteering 7 hours a week since 2008 when our program opened, she has been someone we can depend on to help with anything and gives unconditionally to our program. Chris Kowalewski, who started soon after we opened, helps 2 times a week and adds her musical talent on Tuesdays. Sharon Vander Waahl has been with us since 2011

and brings her gentle, patient, caregiving personality that our participants thrive on. Brad Vollbrecht has been with us since 2012 and brings his sense of humor, love for our program and participants, always finding creative ways to bring joy to everyone who works with him. From being our "Judge", to brat fries and convertible rides! Ruth Raeder has been helping with TGP since at least 2012, first by leading Bell Choir and then by helping with our Memory Matters program. Ruth always brings her upbeat attitude and shares her love of music and life. Bonnie Jones has been with us since 2013, helping on multiple days and always ready to help our



Spirit of Volunteer Award Nominees (left to right): Bonnie Jones, Brad Vollbrecht, Sally Krubsack, Ruth Raeder, Sharon Vander Waahl, and Chris Kowalewski

program run smoothly. She always brings a smile each day. Our hardest job is to select a few people to nominate when we are fortunate to have

80+ outstanding volunteers. We are so very blessed to have such wonderful support every day! ■





Memory Minute: The Story Method

By Leah Zehel

This past month Memory Matters studied a couple of different memory techniques. The story method, chunking method, and linking. The technique our group found to be most beneficial was the story method, we had fun making stories out of our grocery lists and each others names, the best part was the stories did help us remember what we were actually trying to remember! Here is some information we studied about the story method.

The Story Method:

Usage: Use to remember a set of words or sequence of activities.

Description: Develop a story that includes the items to remember, in sequence. Make the story vivid and easy to remember, with silly things happening and with a strong sensory content.

Example: I want to remember the following list of words: *Hat, Run, Fat, Bird, Green, Grandfather*

I make up a story as follows: I see a man with a very tall hat, I call him and he runs away, but then bumps into a large, fat bird, sitting on the village green, my grandfather appears out of thin air and grabs him for me.

Discussion: We understand much of the world around us through stories and use them to communicate not just what happens but how we think. Stories are thus ideal mechanisms for remembering otherwise disjoint things. ■



Memory Matters Calendar

May 4 ~ Stress Vs. Relaxation

Guided Imagery

May 11 ~ You're Place of Relaxation

What are your Personal Stress Triggers?

May 18 ~ Deep Breathing and Progressive Muscle Relaxation

Guest Yoga Instructor

May 25 ~ Lunch at Firehouse Pizza

Leaving at 11:00 a.m.

THE
Gathering Place is
growing...



The Gathering Place ministry program will be **expanding into a satellite location**, Good Shepherd Lutheran Church in Sheboygan.

We are excited and blessed to be able to serve more adults affected by memory loss in our new location.

Coming this June, 2017 on Wednesdays!

Visit us on the web at memorymattersmost.com
920-627-6847 | 730 County Road PPP, Sheboygan Falls, WI



Join Us ...



Open House

Wednesday, May 24 • 4 to 7 p.m.

at **The Gathering Place** at
Good Shepherd Lutheran Church
1614 South 23rd Street, Sheboygan

- The Gathering Place is excited and blessed to grow our program into our new location
- Come see what it's all about, take a tour, and learn more about volunteer opportunities and participation
- Appetizers and Refreshments
- Visit us on the web at memorymattersmost.com

920-627-6847

1614 S. 23rd Street, Sheboygan



TGP Special Events & Activities

May 2:
Preschool

May 11:
Preschool

May 16:
Kohler Swing Choir at 2:00 p.m.
Families welcome

May 25:
Guest speaker: Erica Smith
Missionary work at Aviation Repair Center in Soldotna, Alaska

