

BRAIN Waves

FEBRUARY 2018



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"An Obstacle is Often
a Stepping Stone."*

~Prescott

Leah's Notes ...



**Leah
Zehel,**
Director

This past month we said goodbye to our Monday Program Assistant, Lynn Borth. We are very happy to wish Lynn well as she retires! Lynn is excited to travel more, and to make more time for her many hobbies. She plans to do quite a bit of traveling this winter. She's headed to Houston, Orlando and Biloxi to visit all her children and grandchildren, and then a fun trip with friends to Jamaica and Nashville! Here at The Gathering Place we are sad to see her go, but of course excited for her to enjoy her time. Lynn brought so much

creativity and beautiful art to The Gathering Place. Her ability to create and invent projects was just outstanding. Mondays are definitely known as the artistic day, involving activities like: the sewing bee, restoring old chairs into beautiful pieces of art, building puppets, learning to square dance, performing the play "Charlotte's Web", just to name a few. The staff would always joke that if we had some thing we were going to throw away, we'd stop and say, "What would Lynn do with this?" Lynn could take trash and create a treasure. We will not only miss Lynn's creative uniqueness, but we will miss her compassion, kindness and patience the most. She always had a way of making you feel comfortable whether it



was a question from a volunteer or a conversation with a participant, you were comfortable with Lynn and she truly listened to you. Lynn will be missed a great deal here at The Gathering Place, but we are excited to see what the future holds for us, as our new Program Assistant, Patti gets started in February. **So, we wish you a happy retirement Lynn! We will miss you. ■**



VOLUNTEER CORNER

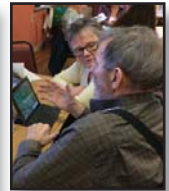
By Carol Bimmel

Milestone in Volunteer Hours

The success of The Gathering Place has been and always will be our Volunteers. The compassion and love that they bring for our program is amazing and that translates into a lot of volunteer hours too. We keep track of volunteer hours for grant writing and fund-raising purposes. It shows to people interested in financially donating to our program the strength and stability of our program. Seeing concrete numbers makes a bigger impact – example would be in 2017 we had 16,472 volunteer hours x \$15 an hour (re-

alistic wage) = \$247,080 in money not spent. Since we started keeping records in 2009 we have just reached over **105,000 hours volunteered** at the end of 2017.

You all know the difference volunteering at The Gathering Place has made in your life, now why don't you share that with someone you know who would benefit from volunteering here too, because we all know we benefit so much more than we could ever give. Show them what Love in Action looks like 4 days a week! ■



FAMILY and VOLUNTEER TRAINING

with Certified Dementia Practitioner,
Paula Gibson

FEBRUARY 19

PINE HAVEN

Haven Drive Campus Community Room
1280 Pinehaven Lane • Sheboygan Falls

For Families:
2 to 3 p.m.

For Volunteers:
4 to 6 p.m.
Light supper provided.

TGP Special Events & Activities

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

February 5: *Preschool Visits*

February 8:

- *Art Class with Joann*
- *Town And Country Garden Club*

February 12: *You be the Judge with Brad*

February 15: *Art Class with Joann*

February 22: *Preschool Visit*

February 27: *Preschool Visit*



Memory Minute: Beating the Winter Blues

By Leah Zehel

The “winter blues” are a difficult time for many of us. Less sunshine and longer hours of darkness can make us feel tired, lethargic and lacking in our normal enthusiasm for life.

Senior adults can be particularly vulnerable to the winter blues since they may be less mobile, less active and less capable of doing things are their own. The drop in temperature is often accompanied by a general drop in mood and seniors can become more susceptible to the unhealthy byproducts of the winter season such as over eating, a more sedentary lifestyle and a lack of fresh air and exercise.

Fortunately, here at The Gathering Place and Memory Matters, we do our best to counteract the

winter blues and keep a positive outlook! Positive interaction with others can improve your physical health and your emotional health. Our awesome volunteers keep their attitudes positive and upbeat year round! There are some things that can be done to counteract the winter blahs at home also.

Let the Sun Shine!

Daily doses of sunshine are essential for counteracting winter’s long hours of darkness. Frequent bursts of sunlight help us feel more energized, optimistic and engaged. Take some time each day to get outside when the sun is shining and take advantage of sun’s energy boosting rays.

Get Enough Exercise

Get moving! Research has

shown that exercise can be a miracle worker when it comes to improving mood, overall health, mental sharpness, susceptibility to illness. Walking can be an excellent form of exercise for seniors and when the weather is too inclement to venture outside, many shopping malls have scheduled walking times. Mall walking is a great way to get your daily dose of exercise because the surface is flat and the environment in climate controlled and comfortable. Walking with a friend or family member is a great way to work your muscles while socializing.

Stay connected and maintain your social calendar.

Maintaining an active social calendar and networking with your friends is another important way to enjoy yourself and help the winter season pass by. Continue to do the things you enjoy or try something different as a change of pace to spice up your normal routine. Social engagement is a recognized health booster for all seasons, but it can be especially beneficial in the dark days of winter our spirits can

be low and our energy begins to go.

Maintain a healthy diet

The darkness, colder winter temperatures and sense of “hibernation” can cause us to overeat and to crave sweets and carbohydrates- a clear prescription for unhealthy weight gain. Try to stay with healthy foods and balance your food intake with sufficient physical activity and exercise. Soups with meat for protein and an assortment of vegetable can be a warm, satisfying alternative to high calorie foods.

Practice “Winter Hygiene”

With the cold weather months comes the cold and flu season. Coming down with an illness can make winter seem even longer and more unpleasant. To increase your chances of staying healthy, practice what healthcare workers do. Because they are constantly exposed to germs in their work environment, they wash their hands thoroughly and frequently throughout the day. Wash your hands with soap and warm

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Memory Matters Calendar

February 1 ~ Healthy Cooking Class

- *Outing at JMK*

February 8 ~ Keeping your Balance

- *Exercise Class with Margo*

February 15 ~ Keeping you Balance Part 2

- *Dance Class with Sue Alby*

February 22 ~ Why Worry?

- *The Dangers of Worry*

SOUPER SUNDAY COOKOFF!

If you have not yet been to a soup cook off for The Gathering Place, you need to come. It is absolutely a delicious event! Coming up Sunday, March 4th, The Gathering Place will host our 3rd Annual Soup-Cook-Off. We will have twenty different soups for you to sample, along with bread, cheese and dessert. Some of the soups already entered are an award winning chili, from the Hingham Reformed Church, a Cheesy Potato, Sandy's French Onion, soups from Firehouse Pizza, Daydream Café, Sly, and of course the St. Paul Endowment Team is back again to try and keep the Golden Ladle they won last year! Many of our entries this year are from individuals ready to take on the challenge. We are excited to have a huge variety of soups. This fundraiser has truly become our favorite fundraiser, it is just a very relaxed, enjoyable time. It is fun to sample all the soups and sit down with friends and visit about your favorites. All proceeds from this event go directly to The Gathering Place and Memory Matters program. This is a great fundraiser for us so we hope you can join us. If you are a soup lover this is the event for you! ■

Please join
The Gathering Place for our
SOUPER SUNDAY
COOK-OFF

SUNDAY, MARCH 4, 2018
St. Paul Lutheran Church
730 County Road PPP
Sheboygan Falls

\$12⁰⁰ PER PERSON
Children 4-12 yrs. - \$5 • 3 yrs. & under - Free

11 AM TO 1 PM (or until the Nescos are empty)

ALL YOU CAN SAMPLE!
TASTY soup, chili, bread, and melt in your mouth desserts.

**All proceeds will go to The Gathering Place and Memory Matters
day programs for adults with memory loss.**

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water for roughly 20-25 seconds each time to remove the germs. Also use a sanitizer to wipe down the "high touch" areas of your home such as door-knobs, phones and other commonly used surfaces to keep them germ free.

Think Positive!

Remember, winter doesn't last forever. Try to envision the coming days of spring and the sunshine, flowers and songbirds that come with it. In the meantime, keep

things in perspective and enjoy a good book and a warm beverage while you watch the snow fall outside. This too will pass and warm sun-filled days will follow.

The winter months can be difficult at any age. To get through, all it takes is a little knowledge, patience and the right approach. And the next thing you know, you'll find "spring is right around the corner!" ■