

BRAIN Waves

MARCH 2018



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"The only person you should
try to be better than is the
person you were yesterday."*

~anonymous

Leah's Notes ...



Leah
Zehel,
Director

Whether it's having your morning coffee or going for a walk around the block after lunch, daily routines provide us with a sense of comfort and control over our otherwise hectic lives. The regular routine is even more important for people suffering from memory loss. These individuals thrive on familiarity; familiar faces, familiar environment and even familiar food. The comforting sense of familiarity is helpful because memory loss gradually impairs a person's ability to plan, initiate and complete an activity. At the Gathering Place we recognize the need to keep a routine,

we start each day the same way, in the same room, with our coffee, fruit and bakery, and the same smiling faces of volunteers. We always go over the agenda of the day and keep our format of activities the same, even though they are different activities, the routine is familiar. This routine helps a person retain their ability to perform activities. Structure is very important, staying consistent with times of activities, times we head to the bathroom and mealtime. Keeping these same places and times helps orient the person. Some of the things we do here to keep a routine you can do at home as well, for example, we always let participants know in advance what to expect throughout the day, before a change of activity. You may think that when it comes to daily activities, doing everything on your own might be easier, but it is

important to try and involve the person in the daily activities as much as they are able.

Some tips for daily routines at home:

- Complete tasks with your loved one in the same order
- Organize yourself and loved one for the next day
- Structure the daily routine to maintain a sense of familiarity
- Write down step-by-step instructions for the tasks performed infrequently
- Establish a calming nighttime ritual away from noise and activity
- To keep from being overwhelmed, make a list of everything you need to accomplish at the beginning of the week
- Dedicate a basket or shelf to each day of the week to help remember what your loved one will need each morning. ■



Meet Patti:



My name is **Patti Duenk** and I am pleased to be a new team member at The Gathering Place! A little bit about my history, I was born and raised in Randolph, Wisconsin, the middle of 5 children. We lived on a small dairy farm, originally owned by my great grandparents. After attending technical college in Madison, I worked as a retail manager and later as an Occupational Therapy Assistant. My husband Larry and I married in 1995. We have 2 adult children, Sarah and Michael. After raising our children, I have worked as a respite care provider. I enjoy babysitting, reading, gardening, music, sewing, crafts, Bible study and teaching Sunday school and Bible class. The Gathering Place is a perfect opportunity to fill my day with good things. I appreciate the staff, the volunteers, and our friends and family who gather here! Your welcoming hearts have blessed me and I look forward to each joy filled day. ■

TGP Special Events/Activities

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

March 1: *Art Class with Joann*

March 4: *Souper Sunday Cook-Off*

March 5: *Preschool Visit*

March 6: *Music with Wyman Drake*

March 8:

- *Art Class with Joann*

- *Piano Music with Mary Luke*

March 13:

- *Very Vollbrecht Brat Fry*

- *Preschool Visit*

March 15: *Music with Tom Luke*

March 20: *Music with two sharps and two flats*

March 22: *Preschool Visit*

March 27: *Bell Choir*





Memory Minute: You don't have to fall!

By Leah Zehel

Loosing you balance can be very frightening. Ordinarily we take our balance for granted, but it is an important and vital part of our daily life.

Though our balance will decline as we age, balance activities, and balance exercises can limit the loss or actually improve our performance.

The most common reasons people fall:

- Your vision may decrease which can lead to falls due to not seeing clearly.
- Your hips and legs become weaker making it harder to walk.
- We can develop poor posture or have spinal degeneration, making

it harder to stand erect.

- Our ability to lift our feet decreases and we can stumble
- It takes longer to react when something is in our way causing us to fall.
- Many drugs interact causing dizziness or decrease balance.
- Low blood pressure can lead to light-headedness increasing our risk of falls.

How Does Your Balance Work?

The secret of good balance is to know the three essential balance elements.

- **Visual Cues**
Visual cues come from

our eyes and tell us all sorts of information about our environment.

• The Inner Ear

The inner ear also contains a fluid-filled semi-circular canal which gives us important information on the position of our head and its movement in pace in relation to gravity.

• Internal Spatial Orientation

Internal spatial orientation tells us where our arms and legs are positioned in space.

For example, if you close your eyes and then lift your arm and wave it above your head, you know where

your arm is because of this inner sense of feedback.

When all these systems work together automatically with our musculo-skeletal system we can stay active and independent, preventing falls and improving balance.

Here is the light at the end of the tunnel.

You can improve your balance with training. Training will improve your overall upper and lower body strength along with challenging your balance system daily with activities that require to use the three systems. ■



Memory Matters Calendar

March 1 ~ Outing at JMK

March 8 ~ Organize your home, organize your brain

- Exercise Class with Margo

March 15 ~ Aging

- What's Normal What's Not

March 22 ~ Brain Dominance

- Game Day

March 29 ~ Stay Optimistic!



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.

