

BRAIN Waves

MAY 2018



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Contact us ...

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Quote of The Month ...

*"For every minute
you are angry,
you lose 60 seconds
of happiness."*

Leah's Notes ...



**Leah
Zehel,**
Director

As we celebrated our 10 year anniversary it was interesting talking with all of the original volunteers and staff about how The Gathering Place has grown and evolved. However, some really important things have stayed the same. The fact that every day at The Gathering Place, the goal remains the same, to enrich quality of life! There are a several goals that we try to achieve here daily and I believe these goals are the key to giving our participants the best day possible. Our number one goal is to really get to know the individual. What are their likes and dislikes? What brings

them joy? What motivates them? We gather as much history about them as possible so that we can engage in conversation with them and guide them to their activities of interest. Number two, we always smile. A person with memory loss may lose a lot, but what they do not loose and are even extremely good at, is the ability to read a person's mood, by their body language and tone of voice. Number three is hard, but very important as staff and volunteers, which is to always remember to slow down. We are here to enable our participates to do things on their own, and we need to keep it simple and take our time so they can have success! Number four, we "go with the flow", always acknowledging and respecting what our participates are saying and doing, and never argue, we meet them where they are at. Number five,



engage and encourage. Our volunteers are the experts at this! We give participants meaningful activities and set them up for success. We also thank them for assisting us. Everyone needs to feel fulfillment on a daily basis. This does not change when you have memory loss. Everyone needs to feel joy every day. Everyone needs to feel useful and everyone needs to feel love! This is what we have been doing for the last ten years, here at The Gathering Place, and will continue doing for many more! ■



VOLUNTEER CORNER

By Carol Bimmel

Volunteer Appreciation Dinner

Calling all TGP volunteers and their guest for our annual **Volunteer Appreciation Dinner, Tuesday, May 22nd** at St. Paul Lutheran Church in the Fellowship Hall. Social hour will start at 5:30 and our buffet dinner (made by Mark) will be at 6:00 with a brief program after. You will also receive an invitation. It's a great time to

meet all the volunteers on various days, including our Good Shepherd volunteers! This has really turned into such a great time of fellowship and we always have such a great turnout. Please mark the date on your calendar and plan to attend so we can celebrate our great volunteers! ■





Memory Minute: Memory and Aging

By Leah Zehel

Forgetfulness is a common complaint among older adults. You start to talk about a movie you saw recently when you realize you can't remember the title. You're giving directions to your house when you suddenly blank on a familiar street name. You find yourself standing in the middle of the kitchen wondering what you went in there for.

As we grow older, we experience physiological changes that can cause glitches in the brain functions we've always taken for granted. It takes longer to recall information. We're

not as quick as we used to be. In fact, we often mistake this slowing of our mental processes for true memory loss. But in most cases, if we give ourselves time, the information will come to mind!

The brain is capable of producing new brain cells at any age, so significant memory loss is not inevitable result of aging. But just as it is with muscle strength, you have to use it or lose it. Your lifestyle, health habits, and daily activities have a huge impact on the health of your brain. Whatever your age, there are many

ways you can improve your cognitive skills.

Many mental abilities are unaffected by normal aging, for example,

- The wisdom and knowledge you've acquired from life experience
- Your innate common sense and your ability to form reasonable arguments and judgments.

- Hormones and proteins that protect and repair brain cells and stimulate neural growth also decline with age.
- Older people often experience decreased blood flow to the brain, which can impair memory and lead to changes in cognitive skills.

Normal Forgetfulness:

- Occasionally forgetting where you left things you use regularly, such as glasses or keys.
- Forgetting names of acquaintances or blocking one memory with a similar one, such as calling a grandson by your son's name.
- Occasionally forgetting an appointment or walking into a room and forgetting why you entered.
- Becoming easily distracted or having trouble remembering what you've just read, or the details of a conversation.
- Not quite being able to retrieve information you have "on the tip of your tongue." ■

Causes of age related memory loss:

- The hippocampus, a region of the brain involved in the formation and retrieval of the memories, often deteriorates with age.

MEMORY MATTERS Calendar

May 3 ~ Art Class with Joann Luke

Senses and art

May 10 ~ Outing to JMK

Leaving at 9:30 a.m.

May 17 ~ Changes in our senses as we age

Exercise Instruction with Margo

May 24 ~ Taking a Walk at Bookworm Gardens

Using our senses

May 31 ~ How to Use your Senses to Improve Memory

CREATIVITY is AGELESS

We have been taking our brushes out here at The Gathering Place! Amongst many other art projects going on, we have been busy doing all different types of painting. We are getting ready for Creativity is Ageless, June 5th. This is an event where friends and families will be invited to an open house, where we will have all our latest works of art on display!

Painting can strengthen memory, boost creativity and offer emotional release. The movements of our hands working on crafts, such as painting, activates large areas of our brain involved with action and planning; and when we like what we have created, satisfaction and pleasure. Another reason to paint is because it lowers stress. Painting requires concentration, which may relax anxiety provoking thoughts.

Painting may also help with problem solving, because when we do something that we are not used to doing on a daily basis, we activate different areas of our brain, and activate "neural networks", leading to new and creative ideas!!!

We hope to see you at our Creativity is Ageless Event on June 5. We are very proud of our many unique and creative pieces of art! ■



SAVE THE DATE

CREATIVITY IS AGELESS

June 5

Brat Fry

11:30 a.m. to 1:30 p.m.

**Open House
and Brat Fry**

5:00 p.m. to 7:30 p.m.



TGP Special Events/Activities

*Families always
welcome to our
Entertainment Events!*

**May 1: SOCK HOP,
MUSIC WITH JIM DOTZ
BAND! 2 to 3 p.m.**

May 3: Preschool Visit

May 7: Preschool Visit

**May 8: Sing A-Long
with Chris**

**May 9: Music with
Ryan Kautzer**

May 15: Preschool Visit

**May 17: VOCE Music
Group, 2 to 3 p.m.**

**May 22: VOLUNTEER
RECOGNITION DINNER,
STARTS AT 5:30 p.m.**

**May 28: Memorial Day
– CLOSED**

**May 29: 2 Sharps and
2 Flats, 2 to 3 p.m.**

**May 30: Music with
Rob Peterson,
2 to 3 p.m.**