

# BRAIN Waves

JUNE 2018

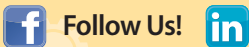


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## Contact us ...

We are a ministry of  
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Follow Us!

## Quote of The Month ...

*Let you smile change the  
world-But don't let the  
world change your smile!*

## Leah's Notes ...



**Leah  
Zehel,**  
*Director*

### For the Caregiver

We all want what's best for our loved ones, and here at The Gathering Place we all want what's best for our participants. What is hard is that there is no handbook that tells us how to work with people dealing with memory loss, and what works one day may not the next, and a phrase that is used often around here is, "if you know one person with memory loss, you know one person with memory loss." No two people are the same! We often find that what seems like the right thing to do is exactly opposite of the right thing to do at

that particular time.

For example, being reasonable, rational and logical will often get you in trouble. When someone is acting in ways that do not make sense, we tend to want to explain the situation, however people with memory loss are not going to respond to our arguments no matter how logical it is. A simple straightforward answer is best.

Another thing that we often do here at The Gathering Place is something we like to call, "Therapeutic Lying." Here, we are all honest people, however when someone has Dementia, honesty can lead to distress for us and the one we are caring for. Does it really matter that your loved one believes they come here to volunteer? Or you tell them you are going out to lunch and then, "coincidentally" stop by the doctor's office to pick

something up as a way to get them to the doctor?

It is also easy to both overestimate and underestimate what your loved one with memory loss can do. Often it is much easier to do something for our loved ones than to let them do it for themselves. However, the more you do things for them, the more they will lose the ability to be independent in that skill. On the other hand, if we insist individuals do something for themselves and they get frustrated, we are just making them agitated and probably have not increased their abilities to perform the task. Not only is this a constant juggle to find balance, but be aware that the balance may shift from day to day.

You cannot be the perfect caregiver. Just as there is no such thing as

*continued on page 3*



## Val – Person of The Month

We were fortunate to get to know Val so much more with his interesting presentation last month. Val was an excellent student, served in the Army Reserves for eight years and also played accordion. However, he sold his accordion to buy the rings for his soon to be wife Susie. They have three children and many grand and great grandchildren.



Val worked for Great Lakes Home and then was offered a job with WPS, where he worked for the next 35 years, ending as field coordinator. He retired at age 60, but maybe became busier then! He was a City Alderman for 12 years and then served as a County Board Supervisor for 6 years. Then came his passion for the Weill Center. He was the go to man from running the projector to changing the twinkling light bulbs from the inside of the ceiling. He is credited with 33,000 + hours of service there. Then there was all the work that has been done at his church, IC, where Val would head up the projects, like adding a gym, classrooms and the list goes on. He even got to meet with Cardinal Dolan. Taxes for ARPP members, Catholic Knights, Turners, Bridgeway just to name a few. Val is happiest when he serves others and that is very evident at TGP. He also is the fastest walker after lunch! So many have been blessed with Val being part of their life and now we are at TGP. ■



**The Gathering Place**

**BRAT FRY FUNDRAISER**

**TUESDAY, JUNE 5**  
**11:00 a.m. to 1:00 p.m.**  
 St. Paul Lutheran Church  
 730 County Road PPP  
 Sheboygan Falls

**Brats & Hamburgers**

**Questions?**  
 Email: leahz@stpaulfalls.com  
 Phone: 920-627-6847

**Pre-orders:**  
**No Later than**  
**Monday, June 4 by Noon.**

All Checks Payable to:  
**The Gathering Place**

Hosted by:  
 The Gathering Place Memory Matters

*All proceeds and donations from this event will benefit the Art Enrichment Programs of The Gathering Place and Memory Matters.*



# Memory Minute

By Leah Zehel

## How to Integrate All Senses to Improve Memory:

- Take a walk and pay attention to all you see, hear, smell, and touch. Take time not only to smell the roses but also to look, touch, and listen.
- When trying to learn the names of new people, study how they look, how they sound, how their hair, or cloths might feel to the touch, and if they wear a particular cologne.
- Think of your favorite song or songs. Which senses do the songs evoke? Were you with a special person when you first heard the song? Where you at a particular place? Were you eating a meal at the time? Were there particular smells in the area?
- Concentrate on heightening your awareness of all your sensory experiences throughout the day. ■

## Memory Matters Calendar

### June 7 ~ Your Place of Relaxation

*Ice Cream First! Ice Cream at South Pier*

### June 14 ~ Relaxation Techniques

*Exercise with Margo*

### June 21 ~Expressing Gratitude

*Your self-esteem matters*

### June 28 ~Outing to JMK

*Leaving at 9:30*



*Leah's Notes continued from pg.1*

a perfect parent, there is no such thing as a perfect caregiver. You have the right to have full human emotions and sometimes you are going to get impatient and frustrated. Learning to forgive yourself is essential to healthy caregiving.

You can't do it all. It is ok to ask for help! When people offer to help the answer should always be "yes." Have a list of things people could do to help you, whether it's bringing a meal, picking up a prescription, helping with yard work or getting respite. Realizing that you need the respite and the help of others will make you a better caregiver. Do not wait until you, "really need it," to get support! ■



## JOIN US FOR A CELEBRATION PICNIC!

This event will be a fun time to see what we have been up to at The Gathering Place. We will showcase the abilities of people with memory loss by using arts as their medium. Artwork created by participants will be on exhibit, as well as some items available for purchase.

2018 CREATIVITY IS AGELESS EVENT

7<sup>th</sup> Annual

## Painting Our Way Through Memories

**Brat Fry & Open House**  
**Tuesday, June 5 • 5 to 7 p.m.**  
 Fellowship Hall at St. Paul Church  
 730 County Road PPP • Sheboygan Falls

- Brats
- Hamburgers
- Chicken
- Plus a variety of great sides!
- Program Tours
- Art Displays
- Funny Photo Booth

Hosted by:



**FREE  
ADMISSION!**

All proceeds and donations from this evening will benefit the Art Enrichment Programs of The Gathering Place and Memory Matters.

## TGP Special Events/Activities

*Families always welcome to our Entertainment Events!*

**June 5:** Music with Rob Peterson

**June 13:** Music with Ryan Kautzer

**June 14:** Outing to the Hartford Auto Museum

**June 19:** Outing and Picnic Day at Plymouth Rock

**June 21:**

- Men's Convertible Ride
- Music with Dan Ognevic

**June 28:**

- Visit with YMCA Kids
- Art with Joann

