

BRAIN Waves

SEPTEMBER 2018



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Quote of The Month ...

*With the new day
comes new strength
and new thoughts.*

~Eleanor Roosevelt

Leah's Notes ...



Leah
Zehel,
Director

Polka, Rock and Roll, Country, Gospel, we have heard it all this summer!! Whenever we have a music event at The Gathering Place there is excitement. Music makes us feel, for a short time, free from our responsibilities and problems we may be dealing with. Music makes us smile and draws us closer to precious memories. I think it is safe to say that no one experiences music as just sound, music is attached to memories. Here at The Gathering Place we use music therapy daily, and it always amazes us how everyone will sing-

a-long, remember the words, dance and reminisce about their favorite songs. Why is it that someone may forget what they had for lunch but can sing the words to all their favorite hymns? Research has shown that activity increases in the prefrontal cortex when music is linked to a person's memories. The prefrontal cortex is among the last of the brain regions to atrophy. The parts of the brain that respond to music are very close to the parts of the brain concerned with memory, emotion and mood. When you are dealing with memory loss you may feel as though you lost some of your past, you have lost your story. When we have music therapy, I feel the individual gets some of that back. They regain a sense of identity, even if it's just for a little

while, when they hear familiar music. Music is so magical for us here at The Gathering Place, we bring in frequent entertainment, have weekly sing-a-longs or even listen to our favorite songs on the I-pads. We find that after we have a music event our participants are happy, more social and calmer. Whenever possible we encourage all families to have music daily at home, listen to the radio, make a favorite music play list or get out and attend concerts and musical events whenever possible. Music is an amazing opportunity for people with memory loss to express themselves!

"To Love a person is to learn the song that is in their heart and to sing it to them when they have forgotten."

~Arne Garborg ■



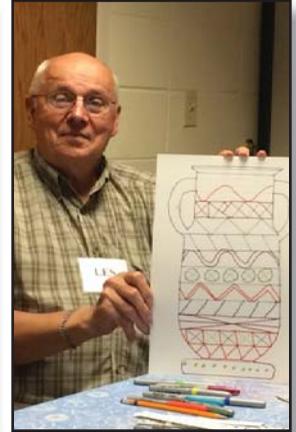
VOLUNTEER CORNER

By Carol Bimmel

Save the dates for Volunteer Training in October and November

We will once again offer our site-specific training Wednesday, October 10th from 9-11 for those that weren't able to attend in May. This training will cover things like; Confidentiality, Basic Communication, Emergency situations (fire, intruder, tornado, medical emergencies, defibrillator), not lifting but assisting, supply locations and volunteer schedules. It is important that you mark this date on your calendar if you were unable to attend in May.

Friday, November 2nd from 9-11:30 (with lunch after) we will offer training with Ginny from the Alzheimer's Association. It is important that **all volunteers** attend. Ginny will be doing some situational training and answering questions for you. ■





Memory Minute

By Leah Zehel

5 Myths about Exercise and Aging

1.) **There's no point to exercising. I'm going to get old anyways.**

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity.

2.) **Older people shouldn't exercise. They should save their strength and rest.**

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

3.) **Exercise puts me at risk of falling down.**

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually, reducing your risk of falling.



4.) **It's too late. I'm already too old to start exercising.**

Fact: You're never too old to start exercising and improve your health! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts!

5.) **I'm disabled. I can't exercise sitting down.**

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health ■

Memory Matters Calendar

September 6 ~ Brain Fitness

September 13 ~ Using All Our Senses

Walk and Picnic at Bookworm Gardens

September 20 ~ Maintain Your Brain

Exercise with Margo

September 27 ~ Senses, Hearing

Music with Dan Ognevic



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

September 3: Labor Day – CLOSED

September 6: Outing to the Milwaukee Domes

September 10: Everything Birds with Sara Sonntag

September 17: Outing to Lynn's Picnic Day

