

BRAIN Waves

FEBRUARY 2019



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Contact us ...

We are a ministry of
St. Paul Lutheran Church
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Sheboygan Falls
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 Follow Us!

Quote of The Month ...

*Our greatest glory is
not in never falling,
but in rising every
time we fall.*

~Confucius

Leah's Notes ...



**Leah
Zehel,**
Director

2019 is sailing already and I hope everyone's New Year is greeting them well. I am one who often makes New Year's resolutions and also often one who falls short by this time already! But I like to think of the New Year as a new beginning even if it does feel brief. It is so easy to get wrapped up in the difficult feelings and the pressure, and I believe this is especially difficult for caregivers. The New Year is a time for caregivers to remind themselves that they are doing their personal best! When you think of New Year's resolutions

remember that progress is good, no matter how small. Here are some resolutions for caregivers to consider; when you feel you are imperfect, you will remember that guilt is not an option as long as you know you did the best you could, given the circumstances. You will find alone time for yourself, even though that seems impossible. That may mean asking for help from people and sources you never considered before. You will follow through on your own health care appointments and screenings. You will find a way to monitor your own energy levels so you can recharge your batteries before you hit the point of exhaustion and burn-out. You will remember that seeking advice from professionals, organiza-

tions and fellow caregivers is a sign of strength, not weakness. You will remember that your loved one didn't choose the illness or disability that he or she is living with. You will remember that taking care of my own needs is not selfish. Taking care of myself benefits everyone I love. I will be open to alternative ways of caring for myself, this can include massage, aromatherapy, some form of meditation, exercise, attending a support group or seeking out respite care. What resolutions would you add for yourself? Hang a list on the fridge; even looking at it once a month will help you view your situation with a fresh perspective. Remember, happiness is not about perfection, it's about having realistic expectations. ■



VOLUNTEER CORNER

By Carol Bimmel

We can always learn something new about Alzheimer's and we like our volunteers to have as much training as possible, so you can be at your best when volunteering here. Please join us Friday, February 15 from 9-11:30 in St. Paul Fellowship Hall for training with the Alzheimer's Assn. In addition to the training we will also go through emergency situations that may come up. There will be a special presentation at 9:00. Signups will be available at TGP. If you have been thinking about volunteering, we need to meet with you before the training – so give us a call now 920-627-6847. We are in need of more volunteers on Mondays and Tuesdays. ■





Memory Minute: why is staying organized so important? —

By Leah Zehel

Being organized allows people to retain and retrieve memories more easily. Being organized can also decrease stress levels, which in turn, increases the ability to remember. Being organized also leads to less distraction. Fewer distractions can pave the way to better retention and stronger memory.

Make to-do lists and jot down notes for important things you want to remember. Keeping your brain focuses on what matters. Try keeping a journal of your daily activities. Research has shown this will help lock them into your memory. Tidy up around the house for a more organized environment. A

cluttered home can lead to a cluttered mind.

Whether it is a home or office, staying organized can help in keeping your brain organized as well. Keeping a special diary for all your appointments and to-do lists, and reading it out a few times while writing it can help in embedding the task to your memory.

Keeping organized in your elder days is as simple as planning, socializing, and staying active. Planning involves taking into account that your memory is not what it used to be and therefore making a special effort to schedule your activities. ■

Memory Matters Calendar

February 7 ~ Optimism

Positive Thinking for Healthy Aging

February 14 ~ Guest Dance Instructor Sue Alby

Spouses and Friends Invited.

February 21 ~ Memory Techniques

Exercise with Margo

February 28 ~ Outing to JMK leaving by 9:15

Performance by Las Cafeteras





TGP Special Events & Activities

*Families always
welcome to our
Entertainment
Events!*

February 4:
Preschool Visit

February 7:
*Music with Wyman
Drake*

February 13:
*Music with Linda
Langum*

February 15:
*Volunteer Training
9:00-11:30 a.m.*

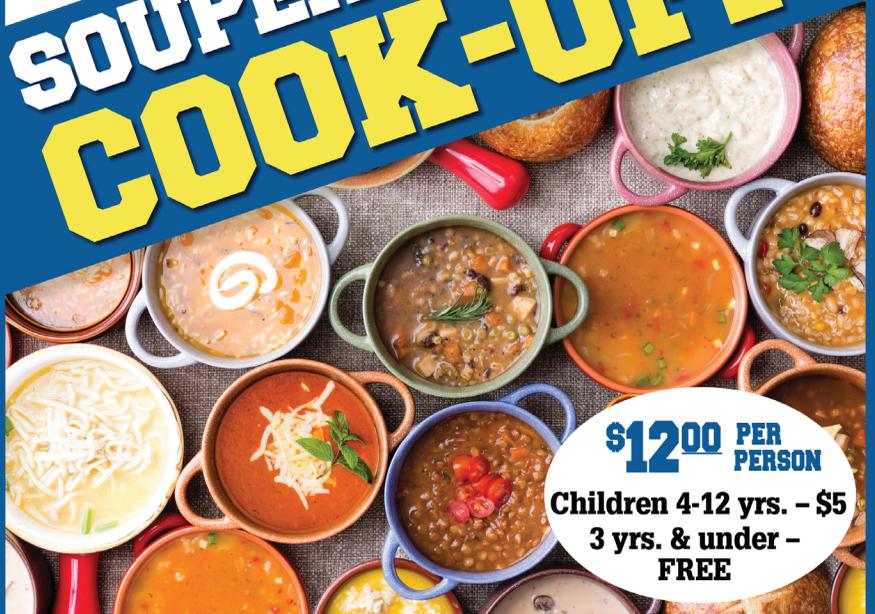
February 20:
*Making Chocolate
Treats with Sparks
program*

February 25:
*Music with Bob
Welsch*

February 28:
Preschool Visit

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

SOUPER SUNDAY COOK-OFF



**\$12.00 PER
PERSON**

**Children 4-12 yrs. - \$5
3 yrs. & under -
FREE**

SUNDAY, MARCH 3, 2019

St. Paul Lutheran Church
730 County Road PPP ▪ Sheboygan Falls

10:45 AM TO 1:15 PM (or until the Nescos are empty)

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