

BRAIN Waves

JANUARY 2019



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Quote of The Month ...

*Your Talent is God's
gift to you. What you
do with it is your gift
back to God.*

— Leo Buscaglic

Leah's Notes ...



**Leah
Zehel,**
Director

Why Volunteer? Volunteering here at The Gathering Place can be a big commitment spending your day with individuals who have all kind of different needs, having an individual respond to you positive one day and the not the next can be hard! Learning something new about the individual you are working with every time can be challenging. We asked some of our volunteers why they volunteer?

- "As a volunteer I get more out of volunteering then I give."
- "I go home and really feel like a made a difference today."
- "Learning about our

participants and all they have accomplished in their lives is so interesting."

- "I am happy to know that I am helping the whole family and allowing them the respite and time that they need to be a good caregiver."

Being a volunteer does not just help the program you are volunteering for, it can also help you! Helping others is contagious, when one person does a good deed, it can cause a chain reaction of good acts. Helping others can make you happy. A recent study found that Americans that describe themselves as "very happy" volunteered at least 6 hours a month. Researchers believe that giving back might give individuals a mental boost providing them with a sense of neurochem-

ical sense of reward. Other research shows that helping others can reduce chronic pain, lower blood pressure and expand your lifespan. Volunteers show an improved ability to manage stress and reduce rates of depressions and have an increased sense of life satisfaction. There are many reasons for this but a big reason is because volunteering alleviates loneliness and enhances our social lives-factors that can significantly affect our long-term health.

Here at The Gathering Place we are so thankful for our volunteers! Our program would not exist if it was not for volunteers. To be a volunteer it is not hard, smile, listen and be patient and you will feel the blessings of being a volunteer at The Gathering Place. ■



VOLUNTEER CORNER - TRANSITIONS

By Carol Bimmel

As many of you are aware, I will transition from running Thursdays and other duties to just being your Volunteer Coordinator, maintaining our database and other administrative work, so I can have a more flexible schedule starting in 2019. I have been trying to figure out how to do this for many years and last year approached Leah with this idea as I knew the time was right with all our key players in place. We have had tremendous growth in the last 4 years and it has gone very smoothly. I still remember

starting to volunteer here back in 2009 so I could learn something more about Alzheimer's. When the first Program Assistant position was created in 2010 I took over Thursdays in March of that year and over the years have run Tuesdays and Thursdays for many years and sometimes Mondays. Turning over Tuesdays to Donna, when I had to step back to help with caregiving for my dad until his death was an easy choice. Now I will confidently turn over Thursdays to Patti.

It's a job that you do 24/7 that you put your heart and soul into and that touches your heart every day in so many ways. So many families that I've become connected to and feel their pain and joy as they travel on this journey and the dedication of our volunteers is way beyond anything I could have dreamed of when I started recruiting so many years ago. TGP and myself have truly been blessed.

I've learned from my volunteers that when the opportunity is there to

travel (you all know I love to travel) and cut back your work load – take it! And that's exactly what we plan to do. Jen (our daughter) & Alex will be expecting their first baby in summer, David (our son) & Heather just got engaged. We would love to visit Peter (our son) that's in the Marines more often. My bucket list of trips is a long one! So, you will still see me around, just not as often. Who knows where I will be when I send out that newsletter or make that FB post! ■





Time flies when you're having fun!

By Patti Duenk

It has been almost a year since I started planning activities for Mondays at The Gathering Place. I have learned so much and have been blessed to work with wonderful staff, volunteers, participants and their family and friends. It's a blessing when your work brings joy and the people feel like family.

From day one the potential to add to my commitment was on the horizon. With some training, equipping, encouragement and affirmation, I decided to take the challenge to fill some pretty big shoes! With Carol focusing on behind the scenes task administration, I will take on Thursdays activity planning beginning January 2019.

I'm excited about working with Joann, who has been leading the Thursday Art Program, and Mandy, who will continue to lead Yoga. We will carry forward the Community Projects, a favored activity of our Thursday group, as well as Intergenerational Activities with Preschoolers.

A special day is planned for Thursday, January 10. We invite family and friends to join us for music featuring Lil' Rev and refreshments from 2:00-3:00.

I look forward to meeting and getting to know our Thursday group in 2019! ■



MEMORY MATTERS Calendar

January 3 ~ Worry and Memory

Worry Busting!

January 10 ~ Why is Organization Important?

Organization for Better Thinking

January 17 ~ Enhance your Memory

Exercise with Margo

January 24 ~ Socialize, while out for Breakfast. Location TBD.

Games

January 31 ~ Outing leaving at 9:30 a.m.

JMK Art Workshop



Weather Reminder

Winter is here!! When the weather is bad please listen for closings; for The Gathering Place, Sheboygan Falls, if Sheboygan Falls school district is closed we are as well. And for The Gathering Place, Good Shepherd, Sheboygan, if Sheboygan area school district is closed we are closed as well. Also you will get an email first and then a follow up call if you don't respond to the email.

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- January 2:** *Music with Bob Welsch*
- January 7:** *Preschool Visit*
- January 10:** *Music with Lil Rev*
- January 14:** *Card making with Carolyn*
- January 21:** *Music with Dan Ognevic*
- January 24:** *Art with Joann Luke*
- January 29:** *Bell Choir with Ruth*
- January 30:** *Music with Ryan Kautzer*
- January 31:** *Art with Joann Luke*

