

BRAIN Waves

MARCH 2019



Inside This Issue ...

Events/ Activities

Leah's Notes

Memory Minute

MM Calendar

Volunteer Corner

Contact us ...

We are a ministry of
St. Paul Lutheran Church
730 County Road PPP
Sheboygan Falls
(920) 627-6847
Email: tgp@stpaulfalls.com
Web: memorymattersmost.com

 Follow Us!

Quote of The Month ...

*Let your smile change
the world but don't
let the world change
your smile.*

Leah's Notes ...



**Leah
Zehel,**
Director

Wow! This has been quite a winter so far! Unfortunately, The Gathering Place has already had to close five different times this year due to weather, this is more days than the last five years combined! We do not like having to do this as it interferes with everyone's schedule and we all know how keeping a consistent schedule is important for everyone, especially those dealing with memory loss. The drop in temperature and the longer, darker days can be accompanied with a drop in mood. For

older adults especially, it is easier to be susceptible to unhealthy byproducts of the winter; such as overeating, a more sedentary lifestyle and a lack of fresh air and exercise. There are things you can do to beat the winter blahs and especially to improve your outlook. Let the sun shine in; daily doses of sunshine are essential for counteracting winter's long hours of darkness. Bursts of sunlight will help you feel more energized, optimistic and engaged. Open up your curtains or when you can, get outside and take advantage of the sun's boosting rays. It is important to keep up your exercises throughout winter; regular exercise has long-term effects on your immune system. Exercise with a friend, it's

a great way to get your muscles going while socializing. Stay connected! Socializing will help strengthen your immune system by keeping active and reducing your stress levels, so avoid the temptation to stay snuggled up on the couch! Boost your diet; eating foods that are high in vitamin C will keep your immune system strong, so include fruits and veggies such as kiwi and broccoli. Also remember to practice good, "winter hygiene"; wash your hands thoroughly for roughly 20-25 seconds each time.

And remember, think positive! Remember winter does not last forever! Flowers and songbirds are right around the corner. ☺ ■



VOLUNTEER CORNER

By Carol Bimmel

Thank you for the great turn out for our new and well-seasoned volunteers. We all know that we can always learn something new and this opportunity with Ginny Nyhuis of the Alzheimer's Association did just that. We always want our volunteers to feel confident in their volunteering and training, plus other resources we provide all help. We are excited to have so many new volunteers joining us over the next few months but can always use a few more. Call 627-6847 if interested. ■





Memory Minute

By Leah Zehel

This month in Memory Matters we decided are top 5 best things about getting older!

- **Number one was, a happier outlook!** This may surprise you but studies have shown that seniors are among the happiest groups of people.
- **Number two grandchildren!** “Never have children, only grandchildren” was one of the jokes told. Grandparents often get to experience the joys of little children but without the diaper changes and sleepless nights. Grandparents love their grandchildren, and this love lightens their own hearts while simultaneously benefiting the grandchildren who receive this love.
- **Number three, more time for loved ones!** One of the best parts of retirement is spending more time with family, friends, and other loved ones.



- **Number four, more empathy and better social skills!** Seniors can imagine different points of view, thinking of multiple resolutions and suggesting compromises.
- **And number five a sense of accomplishment!** Older people often have a healthy sense of pride that comes from their accomplishments.

Seemingly ordinary achievements like raising a healthy and happy child, being happily married, serving in defense of the nation, or retiring from a job in good standing after years of dedicated service can be the foundation of a pleasant contentment in old age. So be proud of your age! ■



Memory Matters Calendar

March 7 ~ Readers Theater

Special guests join us to perform, “Readers Theater”

March 14 ~ Sense of Hearing

Music with Dan Ognevic

March 21 ~ Your Self-Esteem Matters

Exercise with Margo

March 28 ~ Outing to JMK leaving by 9:15

Art Workshop

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

March 3: *Souper Sunday Soup Cook-Off*

March 4: *Preschool Visit*

March 5: *Fat Tuesday Celebration, Music with Lil Rev*

March 14: *Art with Joann*

March 18: *Celtic Music with Golden Cordeliers*

March 19: *Music with Two Sharps and Two Flats*

March 21: • *Preschool Visit*
• *Art with Joann*

March 28: • *Music with Rob Peterson*
• *YMCA Kids Visit*

