

Brain Waves

APRIL 2019



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Contact us ...

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Follow Us!

Quote of The Month ...

*Try to be a rainbow
in someone's cloud.*

Leah's Notes ...



**Leah
Zehel,**
Director

Super Sunday Soup Cook-Off

The Gathering Place would like to thank EVERYONE who participated in our 4th Annual Soup Cook-off! This was our most successful soup cook-off yet, and we could not have done it without all of the amazing support! The soup was great and the wonderful fellowship was even better! Thank you to all those who competed, volunteered, baked, attended and voted! We want to thank all the great businesses that donated to this event and to the individuals that competed in our cook-off. The competition was very close this year, with the top

three soups coming within one vote of each other! Chris and Sue's came out on top with their Curried Chicken Wild Mushroom, then Kelly Kolste with her Creamy Chicken Cordon Bleu and third place went to Nancy Baumann with her Mexican Cheese soup, yum! It was so fun to talk with everyone and hear which ones they liked as everyone said something different. We welcomed several new cooks this year that entered into our soup cook-off which was exciting to hear how much fun they had and that they can't wait to be back! And it was so great to have a few of our super chef's return, Ed Henning, Jen Kellner, Kathy Mervar and Cheri Stocker, whose soups never disappoint! It takes so many volunteers to make this event happen, from the cooks, to the bakers, setting up, prepping, serving and cleaning up; the list goes on and on. We feel so blessed to have



these individuals that are all willing to help support The Gathering Place. This year's soup cook-off had the biggest turnout yet, with people lining up to get in at 10:15. It was an overwhelming feeling of thankfulness for everyone who came out to support our program. Funds from this event will go towards programming for The Gathering Place, outings, entertainment artists and so much more that will continue to assist in improving the quality of life of our participants! So we look forward to next year, but for now, **THANK YOU!**

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The past couple of months we welcomed Mandy Ross guest yoga instructor has been visiting us a couple of times of month to lead yoga with us. Mandy also teaches yoga at Vitale Wellness Center. "I truly love teaching The Gathering Place group, they always make me smile..." said Mandy.

Yoga has been shown to improve overall health when practiced regularly. Most of the yoga we do is chair yoga and it can be modified for everyone for all different abilities so everyone can participate! Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Some of the benefits we see from doing yoga.

- **Improved flexibility.** Flexibility allows us to do the activities we need and love to do, from twisting while driving to bending over to play with children.

- **Better concentration.** Incorporating breath work with the poses can help clear your brain of unwanted thoughts, improve mood and decrease stress.
- **Increased strength.** Body strength enables us to withstand falls and injury and helps us with balance.
- **Reduced joint strain.** Chair yoga reduces the strain on joints and muscles, which allows someone who is unable to stand for traditional yoga an opportunity.

I asked some individuals what they liked about Mandy's exercises:

"Mandy does the most relaxed paced yoga that I have ever experienced."

"She is very patient for the various ages and abilities."

"Mandy explains all the different moves clearly during exercise."

Thank you Mandy for helping us feel good! ■



SAVE THE DATE

CREATIVITY IS AGELESS

June 4

Brat Fry

11:30 a.m. to 1:30 p.m.

Open House and Brat Fry

5:00 p.m. to 7:00 p.m.





Memory Minute

By Leah Zehel

One way to improve your memory is by using the, "Chunking Technique."

Most of us are able to store only about four to seven different items in our short-term memory. One way to get past this limit is to use a technique called chunking. By grouping several items into one larger whole, you'll be able to remember more.

Chunking involves creating something more meaningful-and therefore memorable-from seemingly random bits of information. One example is if you need to remember a list of things-such as buying figs, lettuce, oranges, apples and tomatoes-you can create a word of the first letters "FLOAT," which is easier to remember than the individual items.

The takeaway is to try to see the connections and make something more meaningful out of the parts you're trying to remember, and practice pattern-recognition to feed your creativity and boost your brain. ■

Memory Matters Calendar

April 4 ~ Art Workshop at JMK

Leaving at 9:30

April 11~ Outing to JMK

Ananya Dance Theater

April 18 ~ Your Self-Esteem Matters

Exercise with Margo

April 25 ~ Gratitude

Becoming More Grateful Everyday!



SAVE THE DATE
VOLUNTEER APPRECIATION DINNER
Wednesday, May 15 • 5:30 p.m.

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

April 2: Quilts with Betty
April 3: Music with Linda Langum
April 4: Art with Joann
April 8: Music with Wyman Drake
April 10: Performance at the art center
April 11: Outing to the Kohler Design Center
April 15: You be the Judge
April 16: Town and Country Garden Club, Easter Baskets
April 23: Music with Rob Peterson
April 24: Outing to Sheboygan Historical Museum
April 25: Art with Joann
April 22-25: Hawaiian Theme Week



Leah's Notes, continued from page 1 ...

- **Fall Firehouse Pizz a** – Chicken Florentine Soup
- **Ed Henning** – Ed's Secret Chili Recipe
- **Chris & Sue's** – Curried Chicken Wild Mushroom
- **Kathy Mervar** – French Cabbage
- **Sly's Midtown Saloon and Grill** – Italian Sausage and Fennel
- **River Park Family Restaurant** – Chicken Dumpling
- **Hameister Sisters** – 4Bs Tomato Soup
- **Smerke's Sportsmen's Club** – French Onion
- **The Gathering Place** – Cheesy, Beer, Brat
- **Ella's Della** – Pizza Soup
- **Cheri Stocker** – Cheri's Famous Chili
- **Fat Cow Pub & Eatery** – Cream Tomato Basil
- **Nancy Baumann** – Mexican Cheese Soup
- **Falls Café** – Chicken Dumpling
- **Kelly Kolste** – Chicken Cordon Bleu
- **Daydream Café** – Chicken Dumpling
- **Jen Kellner** – Squash Soup
- **Countryside Manor East** – Sausage and Corn
- **Joe Schleicher** – Chicken and Rice
- Also thank you to **Sargento, Sheboygan Pizza Ranch** and **Texas Road House** for their donations!

Thank you for making this such a fun event! ■