

Brain Waves

MAY 2019



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Contact us ...

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Follow Us!

Quote of The Month ...

*"You are never too old
to set another goal or to
dream a new dream."*

—Les Brown

Leah's Notes ...



Leah
Zehel,
Director

Every month we are happy to put out this newsletter. It is our goal to share with you pictures and highlights of all of our different engagements that truly bring your loved ones joy and success.

Whether our participants have success socially, physically, artistically, creatively or cognitively; we want to be able to share that with you and celebrate it! Our programming is purposefully structured with engaging activities so that our participants successfully experience fulfillment and joy. Whenever we plan our activities we



try to follow a couple of guidelines and key components to keep the program a success. #1 - we want everyone to be socially engaged. We want the participants input during the activity, whether it is suggesting what paint colors to use on a piece of art or providing suggestions on the best way to organize the tool cabinet, because we want the participants to have ownership. #2 - we emphasize laughter; there is never a dull mo-

ment and we all can handle more laughter! #3 - we support camaraderie among participants and we want everyone to feel comfortable talking to each other and creating a supportive peer group. #4 - providing opportunities to be creative. We ensure the projects are the participants and we let them be as creative as they wish...encouraging the participant to actively engage in whatever activity he/she is doing.

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Volunteer Appreciation Dinner

We are looking forward to having a huge turnout for our Volunteer Appreciation Dinner, Wednesday, May 15th. This is for you and a guest to attend. Doors will open at 5:30 (not before) and dinner will be at 6:00. New this year – our dinner will only be for The Gathering Place and Memory Matters Volunteers. The youth groups have decided to do their program on a Sunday. We will have sign ups in May, so Mark knows how many he's cooking for. So, mark it on your calendar and enjoy a night just for our AMAZING VOLUNTEERS! ■

SAVE THE DATE VOLUNTEER APPRECIATION DINNER

Wednesday, May 15
5:30 p.m.



TGP Special Events & Activities

*Families always welcome to our
Entertainment Events!*

- May 1:** *Sing-A-Long with Luann*
- May 6:** *Preschool Visit*
- May 7:** *Music with Linda Langum*
- May 14:**
 - *Preschool Visit*
 - *Sing-a-Long with Thomas and Karen*
 - *Kohler High School Chorus*
- May 15:** *Volunteer Appreciation Dinner*
- May 20:** *Music with Linda Langum*
- May 22:** *Music with Bob Welsch*
- May 28:** *Bell Choir with Ruth*





Memory Minute

By Leah Zehel

Positive Thinking for Healthy Aging!

Having a positive attitude can improve your health and relationships. Shift from negative thoughts to a healthier way of thinking for healthy aging.

Taking an optimistic view of life can strengthen your relationships, improve your coping ability, and protect your health. Tackling negative thoughts can be challenging, but you can make the switch with simple strategies that show you how to spot and replace harmful thought patterns with positive thinking for healthy aging.

In additions to protecting your health, having a positive outlook can help improve relationships and self-esteem and lead to better decision-making and less stress throughout your day.

Be aware that switching from a negative to a positive outlook takes effort. There are times when you do not want to give up negative thoughts because it feels like giving in.

Try these healthy-thinking strategies:

- **Create alternative thoughts.** Write down a bothersome thoughts. Now turn it into a positive thought. For example, "I've messed up my entire life." Turn it into, "I haven't made a mess of my whole life, I made one bad decision, but I can fix it. And I've made many other good decisions."
- **Practice gratitude.** In addition to tackling specific thoughts, try focusing on what you're grateful for each day. Write down two or three things that you're thankful for in your life, no matter how big or small they may be.
- **Hang out with Kindred Spirits.** Certain people can lift you up and help you stay positive while others may tend to do the opposite. Reach out and surround yourself with the uplifting ones or make an effort to find like-minded new friends. Limit your time with or avoid people who make life feel more negative and heavy to you. ■

Memory Matters Calendar

May 2 ~ Games for the Brain

Guest speaker, Lynn from the Game Board

May 9 ~ Stress and Names

Why Color

May 16 ~ Communication is Key

Exercise with Margo

May 23 ~ You be the Judge

Guest Brad Vollbrecht, "The Judge"

May 30 ~ JMK Visit

Art Workshop leaving at 9:30





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

We find that with these components we build self-confidence and foster independence.

The Gathering Place wants to share this success with all our families and friends at our upcoming Creativity Is Ageless Open House and Brat Fry, June 4th from 5:00-7:00pm. This is a wonderful opportunity to see what your loved one has been up to the past several months and to share in their joy and success! ■

JOIN US FOR A CELEBRATION PICNIC!

This event will be a fun time to see what we have been up to at The Gathering Place. We will showcase the abilities of people with memory loss by using arts as their medium. Artwork created by participants will be on exhibit, as well as some items available for purchase.

8th Annual
**Creativity
is Ageless**
Brat Fry & Open House
Tuesday, June 4 • 5 to 7 p.m.
Fellowship Hall at St. Paul Church
730 County Road PPP • Sheboygan Falls

- Brats
- Hamburgers
- Chicken
- *Plus a variety of great sides!*
- Program Tours
- Art Displays
- Funny Photo Booth

Hosted by:



**FREE
ADMISSION!**

All proceeds and donations from this evening will benefit the Art Enrichment Programs of The Gathering Place and Memory Matters.