

BRAIN Waves

JULY 2019



Inside This Issue ...

Events/ Activities

Leah's Notes

Memory Minute

MM Calendar

Volunteer Corner

Contact us ...

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 Follow Us!

Quote of The Month ...

"If I cannot do great things, I can do small things in a great way."

—Martin Luther King, Jr.

Leah's Notes ...



Leah
Zehel,
Director

"Mom has always been a social person. And even though she cannot remember what activity she did that day, I know she still loves being around people." This is a very common quote that I hear from many family members. I also get asked frequently how do we plan all these activities and engage the person with memory loss.

Well this job is not always an easy one, but these are a couple of guidelines we follow, that may be helpful for others when planning activities at home. Always plan things the person with memory loss will enjoy, and that will add meaning to their lives. Here are some tips when planning activities:

- Choose activities that can be fun for everyone.
- Help the person get started.
- And make sure he or she feels successful at whatever the project is. Praise, gratitude and encouragement go a

long way!

Here are some ideas of activities that can be done at home with a caregiver:

- **Household Chores:** dishes, setting tables, sweeping, sorting mail, sort socks, sort recycling.
- **Cooking or Baking:** Measuring, mixing, pouring, and of course tasting!
- **Be Around Children:** Play board games, read books, walk in the park, and go to sporting events.

continued on page 3

TGP VOLUNTEERS needed for The Summer!

Due to volunteer vacations, surgeries and many moving out of the area, we have found ourselves unexpectedly low on volunteers this summer. Please call 627-6847 or email carolb@stpaulfalls.com if you can help out.



Meet Gina

I am happy to introduce our new Program Assistant for Wednesday Gina! Here is a little note from her-

I grew up in Random Lake, and currently live in Hingham Wisconsin.

Some of my hobbies include crafts, 4H, enjoy cleaning, cooking, baking, camping, keeping busy, hanging out with my kids, Ariel, Sebastian, and Maxwell. And my husband Tommy.

I am looking forward to this new position because I enjoy seeing and making a change in people's lives. I cannot wait to share my ideas and see them unfold! I look forward to seeing how The Gathering Place activities and experiences make a difference in a person's day!

Please welcome Gina to The Gathering Place family! ■





Memory Minute

By Leah Zehel

Exercise Outdoors in Nature

It's that time of year to get OUTSIDE, beautiful weather in Wisconsin is limited so make sure you don't miss it 😊

Exercising outdoors, more so than indoor exercise, increases vitality, enthusiasm, pleasure, and self-esteem while lowering tension, depression, and fatigue.

And walking in natural surroundings is more beneficial for your memory and mood than walking in an urban setting.

Memory performance and attention span improve by 20% after spending an hour interacting with nature. ■

Memory Matters Calendar

July 4 ~ Closed

Happy Independence Day

July 11 ~ Pay Attention

Exercise with Margo

July 18 ~ Happiness is Music

Sing-a-Long with Dan Ognevic

July 25 ~ JMK Visit

leaving at 9:30



Leah's Notes continued from pg.1

- **Music and Dancing:** Play music, talk about music, dance, play "name that tune", and attend a musical concert or program.
- **Pets:** Care for the pet, feed, groom, and walk.
- **Gardening:** plant flowers, and vegetables, tend and water them, and talk about the memories of gardening.
- **Get Out:** Even though

it can get harder, it is important to do. Go to your favorite restaurant, walk at a zoo, or park, or shopping mall. Go to museums, and theaters.

Keeping your loved one with memory loss as active as possible, is important. It will prolong their independence, keep the brain active, and keep them socially engaged longer! ■



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

July 2: *Music with Karen Burris*

July 4: *Closed - Happy 4th of July*

July 9: *Music with Two Sharps and Two Flats*

July 11: *Music with Tom Luke*

July 15: *Outing to Lynn's House*

July 18: *YMCA Kids Visit*

July 22: *Music with Wyman Drake*

July 23: *Music with Bob Welsch*

July 24: *Margo and Drumming*

July 25: *Outing to La Clare Farms*

July 30: *Outing to Plymouth Rock*

July 31: *Sparks and JMKA*

