

BRAIN Waves

JUNE 2019



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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

"Communication is Key!" This is something we say often at The Gathering Place. We talk with staff and volunteers all the time, every morning at our report, we discuss and brain storm new and different ways to communicate with our participants attending that day, every day is different, our volunteers have become detectives, very successful detectives in finding the best ways to communicate! Communication is so hard for the person with memory loss, they often struggle to find words, or forget what they wanted to

say. For the caregiver or family member, you may feel impatient and wish they could just say what they wanted, but they just can't. I often hear things like, "Talking with Dad is hard. Often, I don't understand what he is trying to say or what he wants. We both get pretty frustrated sometimes." Here are some of the tips we use at The Gathering Place and many suggestions made by our volunteers.

First and foremost we need to get to know the person and learn as much about them as possible, their history, moods and what brings that person joy. Make eye contact and call the person by their name. Be aware of your tone, how loud your voice is, how you look at the person, and how your body language

is. Encourage a two-way conversation for as long as possible. Use other methods besides speaking, like touch.

These next six things are ways our volunteers encourage communication, socializing in our program is our number one priority, keeping the person with memory loss socially active is a key factor in maintaining function. Show the person dealing with memory loss warmth and love. Hold the person's hand while you talk. Be open to the person's concerns, even if they hard to understand. Let the person make decisions and stay involved with all decision processes. And one of the hardest but most important, be patient! ■



Volunteer Appreciation Dinner Recap

Thank you for the great turnout for our Volunteer Appreciation Dinner. It was so fun to see so many and even some that have been out while. We appreciate you all and the compassionate work that you do each time you are here. Every act of kindness that you do for your fellow volunteer or participant creates a ripple effect with no end.

THANK YOU! ■



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

June 4: • CIA Events, Business Brat Fry
11:00-1:00, Brat Fry and
Open House 5:00-7:00
• Music with Dan O

June 5: Music with Rob P

June 10: Music with Bob Welsch

June 11: Picnic at South Pier

June 13: Music with Wyman Drake

June 17: Outing to Elkhart Lake,
Pontoon Boat ride and picnic

June 19: Tour of Three Sheep's Brewery

June 20: Outing Picnic at Kings Park

June 25: Men's Convertible Ride

June 26: • SPARKS at JMKAC
• Music with Ryan Kautzer

June 27: Cheese Making



Memory Minute

By Leah Zehel

I think we can all agree that as we get older it is very common to forget people's names. "What was their name again," is a pretty common phrase around here 😊 you can improve your ability to remember names if you follow these four steps.

1. **Commit.** Begin by making a commitment-conscious decision-to remember people's names. Tell yourself-because it's true-that you can remember names if you want to and if you work at it. Before going to a social event or anywhere you might meet people, remind yourself of your commitment. And remind yourself: "I will make my best effort to remember the names of the people I meet."
2. **Concentrate.** You can only remember what you observe in the first place. If you are distracted or if you aren't paying attention, you won't register the person's name you can't possibly remember it. Concentrate, then, on 1) paying attention to the person's name when you first hear it, and 2) forming an impression of the person.

3. **Repeat.** Repetition helps engrave the name in your memory.
 - Use the name immediately.
 - Repeat it silently to yourself.
 - Comment on the name, if possible.
 - Use it occasionally in the conversation.
 - Use it when leaving
 - Write it down afterwards.
4. **Associate.** Try to make an association between the person's face and an image the name suggests. If you exaggerate the image-make it larger, you will make the image more memorable. ■

Memory Matters Calendar

June 6 ~ EXERCISE and the Brain

Being outside is important.

June 13 ~ Protect your Memory

Socialize out for lunch

June 20 ~ Brain Game Day

Exercise with Margo

June 27 ~ JMK Visit

leaving at 9:30





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

**FREE
ADMISSION!**

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

Hosted by:



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

