

Brain Waves

NOVEMBER 2019



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Contact us ...

We are a ministry of
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Sheboygan Falls
(920) 627-6847
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Web: memorymattersmost.com



Follow Us!

Quote of The Month ...

"Stars cannot shine without darkness."

Leah's Notes ...



Leah Zehel,
Director

"The Gathering Place Gives" Campaign is back. We are so thankful to everyone who gave to our campaign last year, this year we have a goal of \$20,000. These funds will help The Gathering Place and Memory Matters continue to give our families the much-needed respite at an affordable cost and will enrich the lives of our participants. The Gathering Place is the only social model day program in Sheboygan County since 2008. We have served hundreds of individuals dealing with memory loss and

"The Gathering Place Gives"

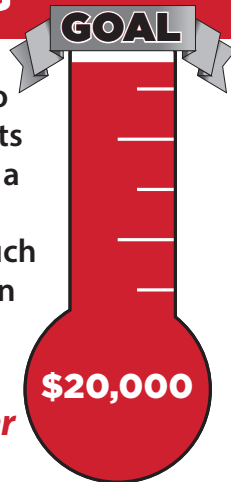
Help us continue to **GIVE** our participants the opportunity for a Vibrant Day and **GIVE** families the much needed respite at an affordable cost.

Join us for Giving November



Visit us on the web at
memorymattersmost.com

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when you include the caregivers it reaches thousands of people that have benefited from our programming.

This campaign is to encourage you to donate a monetary gift towards one of our services

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SAVE THE DATE VOLUNTEER TRAINING

December 6th
9:00-11:30 a.m.

Lunch to follow.





Memory Minute

By Leah Zehel

Nurturing Optimism

This month in Memory Matters we have been talking about different ways to stay optimistic when this get hard, and really how can we nurture an optimistic life-style. We have a pretty optimistic group in Memory Matters so it was easy to discuss and think and share different ways to nurture optimism. Here are a few we discussed.

- Limit the time you spend with pessimists.
- Incorporate more humor and laughter into your everyday life.
- Look for the positive
- Focus on what you can change and let go of what you can't.
- Do things for others. Volunteer.
- Develop friendships with those who are optimistic. Optimism is contagious!
- Look at the mistakes you make as opportunities to grow.
- Look for the best in every situation.
- Try to solve problems rather than just complain about them.
- Adopt positive language. Saying that you can't do something is often a self-fulfilling prophecy, On the other hand, saying that you will be able to do something can result in success!
- Celebrate each day and all that it has to offer! ■

Memory Matters Calendar

November 7 ~ Your Self-Esteem Matters!

Give Thanks!

November 14 ~ Outing, leave by 9:30

Plymouth Art Center and Plymouth Historical Museum

November 21 ~ Relaxation Techniques

Muscle Progression Exercise with Margo

November 28 ~ Closed

Happy Thanksgiving!



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- Nov. 4:** *Preschool Visit*
- Nov. 6:** *Boogie Woogie bow wows, Dancing Dogs*
- Nov. 11:** *Music with Rob Peterson*
- Nov. 13:** • *Drumming with Margo*
• *Music with Tom Virant*
- Nov. 14:** *Childcare visit*
- Nov. 20:** *Sparks*
- Nov. 21:** *Music with Bob Welsch*
- Nov. 27:** *Bake-off*

Leah's Notes continued from pg.1

here at The Gathering Place such as: meals, art, entertainment, outings, and volunteer training. These are the services that are essential to the success of The Gathering Place and Memory Matters. I have been asked in the past, how do we stay open and provide such exceptional care and charge such a minimal fee? First of all, it is because of our volunteers, but also a very big reason is because we have been blessed by so many that are willing to donate to our program. Whether its through fundrais-

ers, memorials, or donations, this is what enables us to keep our participants fees low. An average cost of a day program across the U.S. charges a participant fee that is at least \$20.00 higher then what we charge. And again, that is because of our successful fundraising. We are happy to be able to provide this needed program for individuals with memory loss in Sheboygan County. **Help us continue our exceptional programming at an affordable cost. ■**

