

Brain Waves

OCTOBER 2019



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Follow Us!

Quote of The Month ...

"A single sunbeam is enough to drive away many shadows."

—Francis Assisi

Leah's Notes ...



Leah Zehel,
Director

We all know memory loss affects everyone, the individual, their family, and friends. It is sometimes painful to see someone you knew at an earlier part of life fail to remember things. This is especially hard when you know who the person was before the disease and they become de-pressed and this starts to affect their daily living.

Something that I hear often from our families here at The Gathering Place is that friends start to shy away and start to not include the person

with dementia in their outings or gatherings anymore. If the person with memory loss is married this means the spouse also starts to feel rejected which can add to depression and social isolation for the couple.

You can, and should, continue to be a friend to someone with dementia. The first thing you can do is learn something about the process your friend is experiencing. This means attending classes in the community that explain the process, to give families and friends tools to use in communicating with someone who is challenged with impaired memory or other cognitive issues.

As memory becomes more impaired the "moment" becomes so very

important to those with dementia. This means that your invitation to take a walk, visit a public garden or art gallery might be well received because the only expectation is to view and enjoy. The individual will not be challenged in experiences that rely on memory to participate. It is important to protect self-esteem and not leave your friend feeling that they have failed. The more you pre-plan your event the more likely everyone feels good about the time spent together.

Learning how to communicate with someone with dementia is an art and often very challenging. Never make your time together a quiz to see what they remem-

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SAVE THE DATE "November Giving"

Stay tuned for more information on how you can support our program and contribute to the programs success!



November Giving Fundraiser

The most important thing an organization can do is keep focused on their mission of their organization and for us that's making each day the best it can be for our participants in Memory Matters and The Gathering Place. Of course, we can't do this without adequate funding. We used to have an Autumn Auction which was a lot of fun but took too much time and money away from our program to raise funds. Hard to believe, but true, events are costly and raising the ticket price would make our event out of reach for many. We want to make sure we are frugile with your donated money. So, the volunteers, participants and staff all work together for our mailing and online requests that you will be receiving soon. Please consider a donation to help us continue our unique program that helps so many! Thank you. ■





Memory Minute

By Leah Zehel

You don't have to fall!

Loosing you balance can be very frightening. Ordinarily we take our balance for granted, but it is an important and vital part of our daily life.

Though our balance will decline as we age, balance activities, and balance exercises can limit the loss or actually improve our performance.

The Most Common Reasons People Fall:

- Your vision may decrease which can lead to falls due to not seeing clearly.
- Your hips and legs become weaker making it harder to walk.
- We can develop poor posture or have spinal degeneration, making it harder to stand erect.
- Our ability to lift our feet decreases and we can stumble.
- It takes longer to react when something is in our way causing us to fall.
- Many drugs interact causing dizziness or decrease balance.
- Low blood pressure can lead to light-headedness increasing our risk of falls.

You can improve your balance with exercise. Exercise will improve your overall upper and lower body strength. Stay Active! ■



Memory Matters Calendar

October 3 ~ Normal Aging

What's Normal What's Not

October 10 ~ Be Happy Don't Worry!

*Walk Through Bookworm Gardens -
Depending on Weather*

October 17 ~ Memory Techniques

Exercise with Margo

October 24 ~ You Be The Judge

Guest Brad Vollbrecht

October 31 ~ Music with Dan Ognevic

Bee Keeping with John and Beate





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- Oct. 1:** *Publitz Pumpkin Farm Visit*
- Oct. 2:** *Music with Tom Castle*
- Oct. 3:** *Oktoberfest*
- Oct. 7:** *Preschool Visit*
- Oct. 9:** *Pleasure Valley Pumpkin Farm Outing*
- Oct. 14:** *Music with Wymann Drake*
- Oct. 15:** *Music with Two Sharps and Two Flats*
- Oct. 16:** *Dancing Dogs Visit*
- Oct. 17:** *Preschool Visit*
- Oct. 21:** *Spieker's Pumpkin Farm Visit*
- Oct. 22:** *Wildlife of Wisconsin Presentation*
- Oct. 24:** *Men's group to see Oga Collections*
- Oct. 30:** *Outing to Sparks*



Leah's Notes continued from pg.1

ber, keep information simple, reducing stress and choices will allow you both to enjoy the moment. When we are in the moment, we are most present for ourselves and others. This is a wonderful lesson

that contributes to life satisfaction and can be taught by those experiencing this challenging journey. So, don't be afraid to be a friend and don't take any "moments" for granted! ■