

BRAIN Waves

SEPTEMBER 2019



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"Our greatest glory
is not in never falling
but in getting up every
time we fall."*

Leah's Notes ...



**Leah
Zehel,**
Director

For the Caregiver,

One of the greatest compliments I have ever received on behalf of The Gathering Place, came from one of our family members. He stated, "It's like you and the volunteers know how the participants feel, how to give them comfort and not be afraid anymore." This statement couldn't be truer. Our volunteers really take the time to get to know the person they are working with. We remember that they are still a person that has a lot to offer and has needs to be fulfilled just like anyone else. These

qualities are what makes our program so special. I wanted to share some rules I think we would all agree with. These rules ring so true to what we do at The Gathering Place.

- If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
 - If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
 - If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find ways to exercise, read and visit with friends.
 - If I get dementia, ask me to tell you a story from my past.
 - If I get dementia and I become agitated, take the time to figure out what is bothering me.
 - -If I get dementia, treat me the way that you would want to be treated.
 - If I get dementia, don't talk about me as if I'm not in the room.
 - If I get dementia, don't exclude me from parties and family gatherings.
 - If I get dementia, know that I still like receiving hugs or handshakes.
 - If I get dementia, remember that I am still the person you know and love.
- If you think about it, aren't these things what we all want! Just to be loved and accepted! ■



VOLUNTEER CORNER

By Carol Bimmel

Thank you

Over the past year we have had many transitions for some of our long-time committed volunteers and wanted to take a moment to publicly say Thank You to them and their families for the time away from home as they dedicated their time to TGP. Our families who use our services and staff can't say Thank You enough, because without our dedicated volunteers TGP wouldn't be open. Last year Carol Shroll and this year Donna Hamann, who had helped since 2008 and Kathy Nimm who had helped two days a week since 2013 all moved to be closer to family. Chris Kowalewski who led our music and volunteered 2 days a week suffered a heart attack and has not been able to re-join our group. Bob Hueller who helped start Wednesdays and Ron Belsky who was a long time cook since 2009 both passed away this year. So many volunteers have made such a huge impact on our program over the years, some staying for a short time, but so many that can say they have been here 8 or 9 years because this is what they love to do, and this is also extended family for many. If you are interested in joining our family please call 920-627-6847, we're always looking for helping hands and smiles. ■





Memory Minute

By Leah Zehel

The Cognitive Benefits of Antioxidants

Although antioxidants positively impact everyone, researchers examined adults ages 50-75 which is important because it shows that the benefits of antioxidants are great enough to treat cognitive illness naturally and effectively. In this case, a particular focus is placed on memory loss-experienced by countless individuals worldwide. Instead of large number of medications accompanied by a ridiculous amount of side-effects, antioxidants in the form of vitamins and nutrients effectively promote mental health and have no such negative side effects. Here are some examples of foods with antioxidants:

- Blueberries
- Chia Seeds
- Pomegranate
- Dark Chocolate
- Spinach
- Pecans
- Strawberries
- Artichokes
- Raspberries
- Kale
- Beets



Memory Matters Calendar

September 5 ~ Keep your Balance

Exercise with Margo

September 12 ~ Why Worry?

How worry effects your memory

September 19 ~ Outing to Henschel's Indian Museum

Leaving by 9:30

September 26 ~ Use it or Lose it!

- Brain Games with Lynn from the Game Board.
- Bee Keeping with John and Beate





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- Sept. 3:** *Music with Karen Burris/ Mary Macaroni*
- Sept. 4:** *Smores on the Patio*
- Sept. 5:** *Quilter's Presentation with Betty Knauer*
- Sept. 9:** *Childcare Visit*
- Sept. 11:** *Outing to the Farmers Market*
- Sept. 12:** *Sock Hop*
- Sept. 16:** *Mexican Fiesta*
- Sept. 17:** *Picnic Lunch at South Pier*
- Sept. 18:** *Music with Rob Peterson*
- Sept. 24:** *Preschool Visit*
- Sept. 25:** *Malt Man Steve Visits*
- Sept. 26:** *Music with Wymann Drake*

