

Brain Waves

DECEMBER 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 ...

*"We make a living
by what we get but
we make a life by
what we give."
— Winston Churchill*

Leah's Notes ...



Leah Zehel,
Director

I want to first and foremost wish all of you, Happy Holidays, this is the time of year to celebrate, enjoy family and friends, and reflect on our many blessings. This is also the time of year to rush around get your shopping done, attend ten different holiday functions in one week, and we are often reminded of the things or people that we loved that we have now lost in the past. Through this upcoming holiday season my wish to all our family and friends is that you are granted the power to count your blessings every day! Here at The Gathering Place

we have the pleasure of experiencing joy and celebrating success, whether its watching a participant read with a preschool child on their lap, or listening to the chatter and laughter coming from the table working on assembling a Christmas mailing for the church, or getting to experience a participant create a beautiful piece of art when they thought they could never do "art". The staff at The Gathering Place and Memory Matters are extremely grateful for these everyday blessings with your loved ones.

We all have the power to count our blessings, research suggest that we actually have three times more positive experiences than negative, however we often fail to remember the blessings and give too much importance to the prob-

lems in our life. Unfortunately research suggest that our perspective is biased towards the negative, for our minds, bad is stronger than good. We are more likely to pay attention to and remember negative situations, criticism or losses than to remember positive events, praise or gains.

Through the Holiday season we need to remember the power of gratitude, you may have received help from someone, been overwhelmed by love in your life, or simply been touched by the warmth of a summer day. When we feel grateful, the negative grip is released. There are lots of benefits in a number of studies, psychologists have shown that in children and adults, gratitude has incredible benefits: Gratitude increases

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THE GATHERING PLACE VOLUNTEER TRAINING
DEC. 6TH, FRIDAY
9:00 – 11:30 WITH A LUNCH TO FOLLOW
HELD AT 600D SHEPHERD LUTHERAN CHURCH
1614 S. 23RD. ST., SHEBOYGAN, WI. 53081
FELLOWSHIP HALL



 **RSVP TO LEAH AT**
920-627-6847

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social connection-which studies show is essential for health and well-being. Gratitude decreases depression and improves optimism and positive emotions which in turn increase well-being, boost creativity, benefit relationships, and impact longevity. Gratitude improves health and wellbeing for people suffering from physical ailments.

So remember through this busy Holiday season, Psalm 118:1 *Oh give thanks to the Lord, for he is good; for his steadfast love endures forever.* ■





Memory Minute

By Leah Zehel

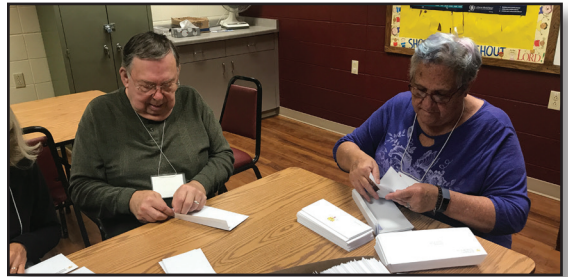
Give a Compliment every day!

It happens to the best of us: we all have those days when we're feeling a little bit off, a little blue or just plain crabby. The next time you find yourself in a bad mood, take a look around and pay a compliment to the first person you see. Both of your worlds just might be transformed for the moment almost instantly. Unfortunately, even though compliments are a powerful force for positive good for both the giver and receiver, most people are pretty stingy with them. Let's change that and start lifting each other up more often with encouraging words.

- **Compliments encourage others who are struggling.** Studies have shown that when it comes to helping someone reach their goal, positive feedback is the most effective.
- **Compliments can truly be all that stands between someone being successful and giving up.** Stand in that gap and offer an encouraging word.
- **Compliments strengthen relationships.** Compliments convey respect. Relationships are built on respect. Simple.
- **Compliments charm others and increase our circle of influence.** People like surrounding themselves with

those who make them feel good, and nothing makes a person feel better about themselves than a thoughtful compliment.

- **Compliments help you be less cynical.** When you start looking for reasons to offer compliments, you increase your sensitivity for picking up on good-stuff the positive things that people do every day. ■



Memory Matters Calendar

December 5 ~ Communication

Name Games

December 12 ~ Outing, leave by 9:30

Sheboygan Historical Museum, Prange Windows.

December 19 ~ Christmas Party & Potluck

Music with Dan Ognevic

December 26 ~ Closed

Merry Christmas!



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- Dec. 2: *Preschool Visit*
Dec. 3: *Music with Rob Peterson*
Dec. 4: *Christmas Sing-a-long with Luann*
Dec. 5: *Music with the Golden Cordilleras. Christmas Lunch, Families and Friends Invited!*
Dec. 6: *Volunteer Training*
Dec. 9: *Music with Linda Langum*
Dec. 11: *Music with Bob Welsch*
Dec. 12: *Preschool Visit*
Dec. 16: *Sheboygan County Historical Museum Visit*
Dec. 17:
• *Music with Two Sharps and Two Flats*
• *Music with the Kohler Magicals*
Dec. 18: *Music with Tom Castle*
Dec. 19: *Music with Wyman Drake*
Dec. 24: *Closed*
Dec. 25: *Closed*
Dec. 26: *Closed*
Dec. 31: *Closed*
Jan. 1: *Closed*

