

BRAIN Waves

JANUARY 2020



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"Act as if what
you do makes a
difference. It does."*

— William James

Leah's Notes ...



**Leah
Zehel,**
Director

Happy New Year!

I hope everyone had very blessed holidays, and that you enjoyed your time with all your loved ones.

Every day I get to witness your loved one be successfully engaged, here at The Gathering Place, and it is truly what brings all of us (staff and volunteers) much joy! Whether our participants have success socially, physically, creatively, or cognitively, we celebrate it! Our programming is purposefully structured with engaging activities so that our participants are successful and



experience fulfillment and joy. Whenever we plan our activities, we try to follow a couple of guidelines and key components to keep the program a success. #1 is that we want everyone to be socially engaged. We want the participants input about the activity, whether it be suggesting what paint colors to use on a piece of art, or instruction on the best way to organize the tool cabinet because we want the participants to have ownership. #2 we emphasize laughter! There is never a dull moment,

and we all can handle more laughter! #3 We support camaraderie among the participants, and we want everyone to feel comfortable to talk to each other and create a supportive peer group. #4 Opportunities to be creative; we ensure the projects are the participants, and let them be creative as they wish... encouraging the participant to actively engage in whatever activity he/she is doing. We find by following these components we build self-confidence, and foster independence. ■



Thank You!

Thank You to all the Volunteers who came out for the Training, it's great to see everyone so eager to learn more about how we can better serve our Participants!





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

January 2 ~ Back to Basics

The Amazing Brain!

January 9 ~ Exercise and the Brain

Exercise with Margo

January 16 ~ Trivia

Games with Lynn

January 23 ~ Outing to JMK Art Workshop

Leaving at 9:30

January 30 ~ Music with Bob Welsch



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- Jan. 2: *Music with Lil Rev*
- Jan. 6: *Preschool Visit*
- Jan. 7: *Music with Linda Langum*
- Jan. 8: *Who Wants to be a Millionaire*
- Jan. 13: *Music with Wyman Drake*
- Jan. 14: *Sing-A-Long with Karen and Thomas*
- Jan. 15:
 - *Sparks*
 - *Music with Rob Peterson*
- Jan. 16: *Preschool Visit*
- Jan. 22: *Music with Michael Gruber*
- Jan. 28: *Bell Choir with Ruth*
- Jan. 29: *Karaoke*

The Gathering Place & Memory Matters November Giving Update

On behalf of the TGP staff, participants and families we want to thank you for the overwhelming response to our November Giving campaign. Our goal was \$20,000 and we quickly reached that and as of this writing are up to \$24,000, with donations continuing to come in. These funds are so important to keep all aspects of our programming at the top level that we have become known for. The meals, art programs, entertainment, outings, exercise and so much more to help all our participants have a great day every time they are here. Reading notes from and seeing former families in the community and thanking us for what a difference TGP made in their lives while caregiving, helps you know that this program is necessary for Sheboygan County. Know that TGP is excellent stewards of your donations and it is really, really appreciated. Thank you. ■

