

BRAIN Waves

FEBRUARY 2020



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CONTACT us ...

We are a ministry of
St. Paul Lutheran Church
730 County Road PPP
Sheboygan Falls
(920) 627-6847
Email: tgp@stpaulfalls.com
Web: memorymattersmost.com

 Follow Us!

Quote of The Month ...

*"Good, better, best.
Never let it rest. 'Till you
good is better and your
better is best."*

– St. Jerome

Leah's Notes ...



**Leah
Zehel,**
Director

So, its February. Thanks-giving, Christmas, and New Years have all passed; along with all the fun, excitement, parties and family gatherings. But there is still a lot of winter left. Shorter days and colder weather can cause a serious case of the "blahs"- a dip in feelings of physical, mental, and emotional well-being, until the warmer days of spring return. Here at The Gathering Place and at home there are still lots you can do to beat those winter "blahs"! Most people react to seasonal changes based on the amount of daylight. Scientists



know that our circadian rhythm, our internal clock that regulates our body in regard to sleeping, eating and feeling good is tied to sunlight.

What can you do? Open your curtains. Even if the day is overcast, sitting near an unshaded window is helpful. Turn on your lights at home. Keeping your regular hours, getting up and going to sleep at the same time every day, even on weekends, will help you feel like being

more active.

What else can you do? Exercise regularly. Regular exercise is key to feeling good any time of year, but especially on the dreary days of winter. The endorphins that are released during exercise are natural mood elevators that can make you feel happier and more relaxed.

Eat smart. When its cold and cloudy outside, its natural to want to be

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Share your Love of our program in February

By Carol Bimmel

This month why not consider sharing your story of what The Gathering Place means to you and maybe to your family. Whether you are a volunteer, a caregiver who brings a loved one or someone who is served by this program. We would like to hear from you! This helps us tremendously when people are looking at our webpage, Facebook or even our newsletter to hear from someone directly involved in the program. You are our best salespeople.

So how can you help? If you are familiar with FB you can simply post a review or recommendation on our page. Double check to make sure it posted after you do that. Or just hand us (Leah) or email us (carolb@stpaulfalls.com) a short paragraph that we can then share. Our social media is used a lot by potential volunteers and participant families.

Thank you for helping us in this way! ■

Leah's Notes continued from pg.1

comforted by warm drinks and hot hearty food. The good news is that hot and hearty can be healthy too. Its just a matter of making smart choices. Eating a variety of foods, especially fruits and vegetables is especially important during the winter months.

Stay engaged. Its easy to feel like huddling indoors when its cold, but its important to stay engaged with the world and maintain social contacts. Stick with your schedule as much as possible, continue to attend religious services, keep volunteer commitments, meet friends for coffee or lunch and exercise with a group. Feelings of isolation, loneliness and depression are more common during the winter and are a major component of the "blahs".

Be extra good to yourself during cold weather. Enjoy a relaxing bath, read a favorite book or watch a good old movie with friends or family. Try putting on your favorite upbeat music, it can be a real mood changer, and dance even if you are alone! ■





Memory Minute – Memory Basics

By Leah Zehel

To improve memory you need to understand how memory works! These are the three basic stages of memory: sensory memory, short-term memory, and long-term memory.

According to Richard C. Mohs in his article, “How Human Memory Works,” the more we know about memory, the better we will understand how to improve it. Memory is a brain-wide process. Encoding is the first step in creating memory. It begins with perception and is a biological phenomenon rooted in the senses. The perception is encoded and stored using electricity and chemicals. This is called sensory memory. Once the memory is created, the sensation is stored in short-term memory. It can hold about seven items for a very short time. Repetition can keep resetting the short-term memory clock (a great memory technique). Information is gradually transferred from short-term memory into long-term memory. Sensory memory and short-term memory are limited, but long-term memory can store unlimited amounts of information indefinitely.

An example we used was the Rose memory- When you first see a rose, your visual system registers all the physical features, such as color, shape, and texture. Your olfactory system notices the scent. You may even feel the softness of the petals. Each of these sensations travels to your hippocampus, which combines these perceptions into the single experience that is specific to you. Several parts of the brain (including the frontal cortex) decided whether the sensory inputs are worth remembering. If they are, then your short-term memory of the rose may become part of the long-term memory! ■



Memory Matters Calendar

February 4 ~ The connection between your senses and the brain

Using our Senses

February 13 ~ Memory and Dance

Dance Class with Sue Alby

February 20 ~ Laugh every day!

Readers Theater

February 27 ~ Socializing out for Breakfast

Leaving at 9:30



Souper Sunday **COOK-OFF**

**SUNDAY
MARCH 8**

10:45-1:15

(or until the Nescos are empty)



\$12⁰⁰

per person

Children 4-12 yrs - \$5

3 yrs. & under - Free

St. Paul Lutheran Church
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Sheboygan Falls

**ALL YOU CAN
SAMPLE!**

TASTY soup, chili, bread, and
melt in your mouth desserts.

**All proceeds will go to The Gathering Place
and Memory Matters day programs for
adults with memory loss.**



TGP Special Events & Activities

*Families always
welcome to our
Entertainment Events!*

February 3

- Preschool Visit
- You be the Judge

February 5

- Speaker Paul Thyran
- Music with Bob Welsch

February 8

- Music with
Rob Peterson

February 10

- Italian Day

February 12

- Piano sing along
with Jodi

February 18

- Preschool Visit
- Readers Theater
- Bell Choir

February 19

- Sparks
- Music with Daniel
Lovett

February 24

- Music with Tom Luke

February 25

- Preschool Visit
- Music with Bob Welsch

February 26

- Music with Tom Kastle

February 27

- Las Vegas Party