

Brain Waves

MARCH 2020



Inside This Issue ...

Events/ Activities

Leah's Notes

Memory Minute

MM Calendar

Volunteer Corner

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 ...

"Do not go where the path may lead, go instead where there is no path and leave a trail."

— Ralph Emerson

Leah's Notes ...



Leah Zehel,
Director

The Power of Positive People!

This month I wanted to take a minute and recognize why our program is so successful. The answer is because of our volunteers! I believe the main reason our volunteers are so important is because when they come here to assist our participants, they are patient, respectful and simply show common courtesy. Combining these attitudes with an uplifting spirit, they come to serve our participants; offering bright lights in

an otherwise dark day of memory loss and confusion. Whenever our volunteers are faced with a challenge, they reframe the situation as an opportunity to be present with the participants in his or her current state without any judgment.

More and more, experts are recognizing the importance of attitude and demeanor when interacting with someone who has memory loss. Sometimes it can be as simple as a smile, a laugh or a positive presence to brighten someone's day.

Here at The Gathering Place we believe it is very important to understand the importance of seeing our participants as people who have lived very success-

ful and very eventful lives. We try and stay away from comments such as "Do you remember" or other, "quizzing" questions, these type of questions often serve as a quick reminder to the participant that memory issues are present and often lead to frustration. Instead, we talk openly about past events knowing there is a possibility it might be a new event to the participant. Other times it will spark a memory and they can retell the story. Sometimes are volunteers just sit quietly allowing the participant time to make connections, find the words and process the information.

Our volunteers here have listening ears, helping hands and most importantly positive hearts! ■



TGP Special Events/Activities

- March 2 *Preschool Visit*
 You be the Judge
- March 3 *Yoga with Mandy*
- March 4 *Soup Making*
- March 5 *Childcare Visit*
- March 10 *Sing-A-Long with Karen*
 and Thomas
- March 11 *Music with Tom Virant*
- March 12 *Preschool Visit*
 Music with Wyman Drake
- March 16 *Music with Bob Welsch*
- March 17 *Preschool Visit*
- March 18 *Sparks*
 Malt Man
- March 24 *Music with Rob Peterson*
- March 25 *Wind Chime Craft*
- March 31 *Men's Club, Women's Club*
 Bell Choir with Ruth





Memory Minute

By Leah Zehel

How to Integrate All Senses to Improve Memory:

- Take a walk and pay attention to all you see, hear, smell, and touch. Take time not only to smell the roses but also to look, touch, and listen.
- When trying to learn the names of new people, study how they look, how they sound, how their hair, or cloths might feel to the touch, and if they wear a particular cologne.
- Think of your favorite song or songs. Which senses do the songs evoke? Were you with a special person when you first heard the song? Where you at a particular place? Were you eating a meal at the time? Were there particular smells in the area?
- Concentrate on heightening your awareness of all your sensory experiences throughout the day. ■



Memory Matters Calendar

March 5 ~ Stay Social!

Brain Games

March 12 ~ Pay Attention

Exercise with Margo

March 19 ~ Readers Theater

Readers Theater

March 26 ~ Outing to the Art Center

Leaving at 9:30



The Wisconsin winter chill is back! Why not come and warm up at our Souper Sunday Cook-Off, March 8th! This event is a fundraiser for The Gathering Place and Memory Matters this event has really become one of our biggest events, we will have 20 different soups to sample, Texas Roadhouse buns, breads, cheeses and many desserts! It has been so wonderful to see all the different area restaurants participate in this event; River Park, Firehouse, Fat Cow, Daydream Café, Antonetta's, and a new entry this year the John Michael Kohler Art Center Café. And many other soups by local individual chefs we have a jalapeno chili, french onion, creamy tomato and many many more!

Events like our Soup-Cook-Off really allow us to keep our daily fee for participation in the program low, in fact our rate is significantly lower than many other day programs. These fundraisers also allow us to continue our exceptional programming four days a week, bringing in guest artists, musicians, and staying active in the community!

So, come out and enjoy a great event while supporting our program! See you there! ■

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
730 County Road PPP
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.**