

Brain Waves

APRIL 2020



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Quote of The Month ...

"Life is like riding a bicycle. To keep your balance you must keep moving."

— Albert Einstein

Leah's Notes ...



Leah Zehel,
Director

What does quality of life mean to you?

For each person, the definition of quality of life is different and deeply personal. One person may define quality of life as enjoying the beauty of the sunset. Another person may describe it as sharing a holiday celebration with family, worshipping at church, playing a game of bridge, washing a car or listening to music. Each person has a unique standard of what has value and

what gives quality to life. As people with memory loss may feel that their quality of life is lost once you receive a diagnosis, we feel here at The Gathering Place that quality of life can be maintained well into the disease process. The disease does not remove your ability to appreciate, respond to and experience feelings such as joy and love. While symptoms may be mild or moderate, you will likely know what gives you pleasure and contributes to your sense of well-being. At The Gathering Place we are able to adapt to changing abilities to allow meaningful activities. When a new participant begins The Gathering Place program, it is our priority to talk with them and family

members to learn about the things that are meaningful to them. We have a, "get to know you form" where we try and learn as much about that person before they begin the program, such as what their job was, did they like to travel, what's their favorite type of music, what are their current and past hobbies. This information is shared with all the volunteers, so that we can do our best to engage in conversation and encourage our participants to the activities that will interest them and that they will be successful at. My two favorite questions are: "what motivates you?" and "what brings you joy?" We tend to get a lot of information from these two questions.

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6TH ANNUAL Souper Sunday Cook-Off THANK YOU



This year **Falls Firehouse Pizza** won the **Golden Ladle** for their delicious Chicken Tortilla Soup created by Amy Damrow. Second place went to our very own Chef Mark Janke with TGP's entry of Chicken, Shrimp and Sausage Gumbo. Third place went to the Wednesday TGP group from Good Shepherd Church with their Dill Pickle soup.

We are so fortunate to have so many local restaurants and individuals that compete every year and we always recruit some new competitors. We had 20 soups this year and so many wonderful homemade desserts. Plus, Texas Roadhouse buns, Pizza Ranch's biscuits, and Sargento's donation of cheese to go with the soups. No one left hungry!

Thank you also goes to all the volunteers who helped make this event possible and the 17 other competitors; Fat Cow, Antoinette's, River Park, Falls Café, Daydream Café, Chris and Sues, Ella's Della, JMK Art Center, Ed Henning, Texas Roadhouse, Sandy Held, The Kolste Clan, Claire Carlson and SPARKS, St. Paul's Endowment Team, Annette Krespy, and Dan and Rita Kringle. ■

Leah's Notes continued from pg.1

We believe in some important steps in providing the best quality of care here at The Gathering Place.

- Ask them about their particular likes/dislikes and opinions
- Become aware of people, activities and things that give them pleasure
- Support them to be as independent as possible
- Build on strengths and abilities, encourage their sense of feeling useful and valid
- Give opportunities to make choices
- Focus on abilities not losses
- Recognize that interests may change over time

Quality of life must be our central focus here, our ultimate goal is to provide a sense of well-being for our participants! ■





Memory Minute

By Leah Zehel

What is Intentional Memory?

Improving your memory and even maintaining your memory takes work and a lot of practice! You have to practice the techniques in order to receive the benefits. Intentional memory is the process of intentionally recalling previous experiences and information. Intentional memory takes practice. It is essential to activate the relevant information and inhibit the irrelevant information. For example, if you are trying to remember where you parked your car, every place where you have ever parked your car might come to mind, which of course would not be beneficial. This type of information that you would want to inhibit as much as possible. The type of essential information, however, that you want to activate is exactly where you parked your car this time.

A good way to practice intentional memory is to prepare yourself before you want to remember something specific, such as where you parked your car or remembering a person's name.



Here are some tips to try, when you want to intentionally remember something.

- Breathe in and out deeply
- Clear your mind and concentrate
- Repeat the information several times
- Repeat the information out loud.
- Associate the information with something.
- Create a funny scenario using the information you want to remember
- Write down the information
- Believe that you WILL be able to remember it. ■

Memory Matters Calendar

April 2 ~ Nutrition

Eat for your Mind

April 9 ~ "Judge Session"

Guest Judge Brad

April 16 ~ Keep your Balance

Guest Exercise instructor Margo

April 22 ~ Outing to JMK Art Center

Leaving at 9:30

April 30 ~ Music with Dan Ognevic





TGP Special Events/Activities

- April 6 *Preschool Visit*
- April 8 *Drumming with Margo*
- April 13 *Music with Wyman Drake*
- April 14 *Music with Dan Ognevic*
- April 15 *Music with the Rock Brothers*
- April 16 *Preschool Visit*
- April 20 *You be the Judge*
- April 22 *Outing to the Sheboygan Historical Museum*
- April 28 *Bell Choir with Ruth*
- April 29 *Music with Ryan Kautzer*

