

Brain Waves

JUNE 2020



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Contact us ...

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 Follow Us!

Quote of The Month ...

"Memories of our lives of our works and our deeds will continue in others."

—Rosa Parks

Leah's Notes ...



Leah Zehel,
Director

Welcome Back!

I am overjoyed and so happy to say, "Welcome Back!" The Gathering Place is so thrilled to be opening our doors again on June 15th, and our Gathering Place family will slowly begin to come together again. What has this COVID-19 pandemic taught you? I know for myself and for the other staff members at TGP we have had to become very flexible, figuring out ways to still stay connected and now with our re-opening how to re-open with our program looking a bit different but safe. I know that I really do not like change,

but I have certainly have not been able to avoid it during this time. Many of us are creatures of habit and change can be hard.

But we now have a great plan in place for our, "soft" opening to take place as we will be taking participants and volunteers on a rotation, with the goal of getting all participants that are ready and able to return a chance to come once a week or at the very least every other week. In the beginning some of the activities might look a little different as they will be one-on-one focused and not as much large group activities to be able to keep a safe distance between others. The goal is as we advance in through the, "phases" that in the next phase we will begin to slowly bring more people in and be able to serve more individuals each week.

Through this all our

team has really stayed positive and have enjoyed are time visiting with our participants and families, celebrating Birthdays and playing sirens on volunteers yards when someone lets it slip its their birthday 😊 I loved hearing stories of team members building friendships and relationships with families and volunteers. The human spirit during troubling times is inspirational. When other staff members and I are at work in the empty halls of The Gathering Place it is very emotional to hear "nothing" no talking, no laughter. In the beginning this of course made me very sad, but as time passed, I think I can say for all staff we became very determined, determined to stay connected and determined to re-open our doors. I promised myself that on our first day back,

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VOLUNTEER CORNER

By Carol Bimmel

Well the time has finally come to reopen TGP slowly. Some volunteers will be able to rejoin us, others have taken on the task of helping family during this time and for many the time just isn't right for them yet for a lot of good reason.

So if you have found yourself with extra time on your hands and are comfortable with our reopening, please give us a call or send an email and let us know that you

are able to step up and be part of The Gathering Place family. We will need to be more 1:1 as we reopen and as we expand our census over the next months, we will need more volunteers. We are especially looking for help on Mondays and Thursdays. Contact us at 920-627-6847 or carolb@stpaulfalls.com

Please keep our families and volunteers in your prayers as we reopen. ■





The Health Benefits of Socializing

Socializing can provide a number of health benefits to your physical and mental health. Did you know that connecting with friends may also boost your brain? If you need reasons to help justify spending extra time having coffee with a friend, or setting aside time in your schedule to connect with family, read on.

Research shows these main benefits of having an active social life.

You may live longer. People with more social support tend to live longer than those who are more isolated, and this is true even after accounting for your overall level of health.

You will enjoy better physical health. Social engagement is associated with a stronger immune system, especially for older adults. This means that you are better able to fight off colds, the flu, and even some types of cancer.

You will enjoy better mental health. Interacting with others boosts feelings of well-being and decreases feeling of depression. Research has shown that one sure way of improving your mood is to work on building social connections.

You may lower your risk of increased memory loss. More recently, there has been accumulating evidence that socializing is good for your brain health. People

who connect with others generally perform better on tests of memory and other cognitive skills. And, in the long run, people with active social lives are less likely to develop dementia than those who are more socially isolated.

We are all social creatures and during this time of quarantine it has been much harder for us to stay socially active.

So, as we slowly and safely enter into the world of socialization here are some ideas:

- Walk through your neighborhood and make a point of stopping to say hello to people you meet.
- Babysit your grandkids
- Sign up for a class at your local senior center, or library.
- Attend services at your church.
- Sing in a choir
- Volunteer
- Visit a museum with a friend or family member
- Participate in a neighborhood or community group
- Play a group sport like bowling, or golf
- Have a friend or family member over for coffee
- Play cards or board games with others
- Exercise with a friend, walking or swimming.

When dealing with memory loss you may find that changes to your memory make it more difficult to learn new activities, names, and routines. These changes can also make it more difficult for you to comfortably interact with others. If so, it may help to connect with people through activities that are familiar to you. It may also be easier to focus on the here and now, by chatting about thing that you are doing together, rather than the past.

Regardless of how you go about connecting with others, remember that it should be in a way that is enjoyable to you, so that you will be sure to do it often. ■

Memory Matters Calendar

June 11 ~ Welcome Back!!!

Getting back to socializing and why it was missed.

June 18 ~ Stress and Anxiety

How does it affect your mind and body?

June 25 ~ Pay attention to your Senses

Get outside!



Leah's Notes continued from pg.1

June 15th that I will take a minute and stand in the halls and listen and I can't wait to hear that joy I have been missing ringing down the halls!

The Gathering Place promises to follow the directions of staying safe, keeping safe distances, wearing gloves and masks when necessary and cleaning constantly throughout the day to ensure everyone's safety. We will continue to do our very best to provide life-enriching activities safely!

See you soon! ■

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

June 15-18
*Alzheimer's Associations
Longest Day activities*

June 16
*Drumming Exercises
with Margo*

June 17
*Music Concert via
YouTube with
Daniel Lovett*

June 22
*Welcome Summertime
Games and Crafts*

June 24
Outdoor Magic Show

