

# Brain Waves

NOVEMBER 2020



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Thank You

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## Contact us ...

We are a ministry of  
St. Paul Lutheran Church  
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(920) 627-6847  
Email: [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com)  
Web: [memorymattersmost.com](http://memorymattersmost.com)

 Follow Us!

## Quote of The Month ...

*"The measure of who we are is what we do with what we have."*

— Vince Lombardi

## Leah's Notes ...



Leah  
Zehel,  
Director

"The Gathering Place Gives" Campaign is back, and this year is more important than ever that we reach our goal. Being closed for 3 months and now at reduced census and our fundraising opportunities are limited. Please help us reach our goal of \$25,000 this year. These funds will help The Gathering Place and Memory Matters continue to give our families the much-needed respite at an affordable cost and will enrich the lives of our participants. We have served close to a thousand individuals dealing with memory loss and

## HOW CAN YOU HELP?

# NOVEMBER GIVING CAMPAIGN

### YOUR DONATION SUPPORTS:

Music and Entertainment  
Arts and Craft supplies  
Outings • Meals and Snacks

Please contact us at

**920-627-6847**

or visit us at

**[memorymattersmost.com](http://memorymattersmost.com)**  
for more information.



when you include the caregivers it reaches the tens of thousands of people that have benefited from our programming right here in Sheboygan

County. This campaign is to encourage you to donate a monetary gift towards one of our services at The Gathering Place

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# WANTED VOLUNTEERS

**Volunteers for  
Thursdays half days  
or whole days.  
Please contact us at  
920-627-6847.**

*Leah's Notes continued from pg.1*

such as: meals, art, entertainment, outings, and volunteer training. These are the services that are essential to the success of The Gathering Place and Memory Matters.

There are two reasons we are able to keep our program so affordable - our *amazing volunteers* and our *generous donors*; we would not be able to offer our programming at a cost of \$20 less per day than the average program across the U.S. Whether it's through memorial gifts, fundraising or donations, this is what enables us to keep our participants fees low. We are happy to be able to provide this needed program for individuals with memory loss in Sheboygan County. ***Help us continue our exceptional programing at an affordable cost. ■***





# Memory Minute

By Leah Zehel

## 7 Tips to Stay Positive:

- 1.) Decide to have a positive attitude. We are responsible for our own happiness.
- 2.) Surround yourself with positive people. Their attitude is contagious.
- 3.) Use positive affirmations. Instead of "I hate getting up. Say, "I am grateful for a new day."
- 4.) Be very selective of the music and news you listen to. Garbage in= Garbage out.
- 5.) Help other people. Service gets us out of our own misery and positively impacts our world.
- 6.) Get in touch with you spiritual source. Faith fuels, hope fuels a positive attitude.
- 7.) Don't stop; never give up. Do not give in to the negativity around us. ■



## Memory Matters Calendar

**November 5 ~ Guest Brad Vollbrecht**

*You be the Judge*

**November 12 ~ What's Normal  
What's Not**

*Finding Balance*

**November 19 ~ – Exercise and Memory**

*Fall Prevention*

**November 26 ~ – Closed**

*Happy Thanksgiving!*





## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- November 4    *Exercise with Jennifer*
- November 5    *Music with Bob Welsch*
- November 10    *Music with Rob Peterson*
- November 11    *Music with Daniel Lovett*
- November 17    *Music with Linda Langum-*
- November 18    *Music with Bob Welsch*
- November 23    *Music with Rob Peterson-*
- November 24    *Bell Choir with Ruth*
- November 25    *Music with Eric Cox*
- November 26    *Closed,  
Happy Thanksgiving*
- November 30    *Crazy Hat Day*

