

Brain Waves

OCTOBER 2020



Inside This Issue ...

Leah's Notes

In Memory

Memory Minute

Thank You

Upcoming Event

Contact us ...

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Follow Us!

Quote of The Month ...

*Don't judge each day
by the Harvest you
reap but by the
Seeds that you Plant.*

Leah's Notes ...



Leah Zehel,
Director

There is no doubt in my mind that we have the BEST volunteers that are out there! There are so many reasons why our volunteers come and give up their day to work with individuals with memory loss, but the one major consensus is that they feel they get more in return from their volunteering than they feel they give. At The Gathering Place staff, volunteers and participants become more than friends we become family.

Our volunteers make our program a success. In a morning meeting recently some of our volunteers

were sharing why they volunteer and it was apparent that they felt happier, healthier, and had a better sense of well-being after volunteering. And I thought I needed to share 😊

"Helping others gives us a sense of purpose and satisfaction." - Kathy

"Everyone greets you with a smile and sometimes a hug. Your day is filled with many opportunities, both predictable and new. What The Gathering Place means to me: It is a wonderful place to feel the love of Jesus from the moment you walk in and well after you leave for the day." - Althea

"When I am done volunteering for the day, I feel happy and very fulfilled."
- Jan

"I love spending time at The Gathering Place, I do

not feel lonely anymore. I enjoy the participants and the other volunteers it is fun, and I am so much happier since I started."
- Anonymous

"I have learned so much from the many participants I have worked with their history and life stories are incredible."
- Anonymous

"I just recently began volunteering, I noticed right away that the staff and volunteers genuinely cared for the participants and wanted to improve their quality of life. I am happy to be here!"
- Sandy

Thank you volunteers for making The Gathering Place a special place for all! ■



How can you help? (November Giving)

The Gathering Place program has a lot of factors that are put into our programming to make each day exceptional! Volunteers are our number one key to success, if volunteering is not something for you or just not the time, my you consider a financial donation to our programming?

Just like many small businesses and non-profits the year 2020 has been a tough year. The Gathering Place continues to keep our participant fees considerably low, well below the average Day

Program and in-home care services. The reason we can do this is due to, memorials, fundraisers, grants and donations. As we gear up for our November Giving campaign please prayerfully consider donating to our program. There are a variety of items you can donate to, our arts and crafts program, music entertainment and educational speakers, outings, and lunches.

Thank you, friends and families, for your continued support! ■





Memory Minute

By Leah Zehel

Celebrate Healthy Aging!

10 Tips to Reinvent yourself and Celebrate!

- 1.) Do not act your age.
- 2.) Be Positive in your conversations.
- 3.) Ditch the Downer friends
- 4.) Walk like a vibrant healthy person.
- 5.) Stand up Straight.
- 6.) Smile.
- 7.) Do something about being Lonely.
- 8.) Start Walking.
- 9.) Get Physical.
- 10.) Find your inner artist. ■



Memory Matters Calendar

October 1 ~ Music and Connections

Guest Speaker Claire from the Art Center

October 8 ~ Nutrition and The Brain

Healthy Snacking bring a healthy treat to share if you would like.

October 15 ~ The Power of Music

Guest Entertainment Bob Welsch

October 22 ~ -Why Worry?



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- October 6 *Music with Bob Welsch*
- October 7 *Music with Rob Peterson*
- October 13 *Outing to Bublitz Pumpkin Farm*
- October 19 *Music with Tom Luke*
- October 21 *Music with Tom Virant*
- October 22 *Music with Linda Langum*
- October 27 *Spicy Wing Contest*

