

Brain Waves

DECEMBER 2020



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Contact us ...

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 Follow Us!

Quote of The Month ...

"We cant help everyone but everyone can help someone."

— Ronald Reagan

Leah's Notes ...



Leah Zehel,
Director

I want to first and foremost wish all of you, Happy Holidays, this is the time of year to celebrate, enjoy family and friends, and reflect on our many blessings. Through this upcoming holiday season my wish to all our family and friends is that you are granted the power to count your blessings every day! This has been a year like no other at The Gathering Place! Having to close and then re-opening with restrictions, we are so grateful for so many different reasons! For our families and participants sticking with us and being patient, for our outstanding volunteers who give



their hearts every time they come to volunteer, and the many volunteers working several days a week to help out and really keep us going! We are grateful for the prayers from our volunteers, friends and families we have truly been blessed at The Gathering Place.

Here at The Gathering Place we have the pleasure of experiencing joy and celebrating success, whether its singing along to a familiar song, or listening to the chatter and laughter coming from the table working on as-

sembling a mailing for the church, or getting to experience a participant create a beautiful piece of art when they thought they could never do "art". The staff at The Gathering Place and Memory Matters are extremely grateful for these everyday blessings with your loved ones.

We all have the power to count our blessings! Even in this crazy year we have Blessings. It can be so easy to dwell on the negative, in our minds

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we are biased towards the negative. We are more likely to pay attention and remember the negative than to remember the positive events, praise or gains.

Through the Holiday season we need to remember the power of gratitude, you may have received help from someone, been overwhelmed by love in your life, or simply been touched by the warmth of a summer day. When we feel grateful, the negative grip is released. Gratitude increases social connection-which studies show is essential for health and well-being. Gratitude decreases depression and improves optimism and positive emotions which in turn increase well-being, boost creativity, benefit relationships, and impact longevity. Gratitude improves health and wellbeing for people suffering from physical ailments.

So remember through this busy Holiday season, Psalm 118:1 Oh give thanks to the Lord, for he is good; for his steadfast love endures forever. ■

November Giving Update

We are so thankful for the many individuals and businesses helping us by donating towards our fundraising goal of \$25,000 for November Giving. 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. Even though it is December you can still contribute to our goal by donating one of the many ways listed below and add a memo to designate it towards our campaign.

100% of donations go to our programs. Join us for **"November Giving" and donate today.** This can be done online through our website memorymattersmost.com (go to donation tab) or by check and mail to The Gathering Place, 730 County Rd PPP, Sheboygan Falls or drop it off.

Thank you. ■





Memory Minute

By Leah Zehel

Nurturing Optimism

This month in Memory Matters we have been talking about different ways to stay optimistic when things get hard, and really how can we nurture an optimistic lifestyle. We have a pretty optimistic group in Memory Matters so it was easy to discuss and think and share different ways to nurture optimism. Here are a few we discussed.

- Limit the time you spend with pessimists.
- Incorporate more humor and laughter into your everyday life.
- Look for the positive
- Focus on what you can change and let go of what you can't.
- Do things for others. Volunteer.
- Develop friendships with those who are optimistic. Optimism is contagious!
- Look at the mistakes you make as opportunities to grow.
- Look for the best in every situation.
- Try to solve problems rather than just complain about them.
- Adopt positive language. Saying that you can't do something is often a self-fulfilling prophecy, On the other hand, saying that you will be able to do something can result in success!
- Celebrate each day and all that it has to offer! ■



Memory Matters Calendar

December 3 ~ Stay Optimistic

The importance of laughter

December 10 ~ Outing to Sheboygan County Historical Museum

Prangee Windows

December 17 ~ Christmas Party!

Music with Dan Ogenovic

December 24 ~ Closed

Merry Christmas

December 31 ~ Closed





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- December 1 *Price is Right*
- December 7 *Gnome Day*
- December 8 *Christmas Ornament Making*
- December 9 *Music with Rob Peterson*
- December 14 *Music with Rocke Brothers (families invited)*
- December 15 *Music with Bob Welsch*
- December 16 *Music with Rocke Brothers and Christmas Party at Good Shepherd (families invited)*
- December 17 *Music with Dan Ognevic*
- December 21 *Secret Santa make and take*
- December 22 *Christmas Bell Choir with Ruth*
- December 23 *Music with Tom Kastle*
- December 29 *New Year's Eve Party*
- December 30 *New Years Eve Social, Singing Quartet*

