

BRAIN Waves

JANUARY 2021



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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 you plant."*

– Robert Stevenson

Leah's Notes ...



Leah
Zehel,
Director

For the Caregiver,

Taking care of a loved one can keep you very busy, it can also be hard on you physically and emotionally. But to be the best caregiver you need to take care of yourself first! Sometimes you may feel discouraged, sad, lonely, frustrated, confused and even angry. These feelings are normal! With the New Year comes new hopes 2021 so as you think of your New Years Resolution, try and make a Caregiver resolution. Here are some ideas to get you started maybe start to make time for just one or two of these resolutions:



Resolutions:

#1 – I must rest. I must take the time each day to remove myself from situations that stress me and make me tired, and I must do it safely.

#2 – I will take care of my emotional health. I will not walk this road alone. I will share my story with others. I will seek advice. I will continue to enjoy hobbies and ex-

plore new ones that interest me. I will seek professional help if needed. I will not feel guilty about this!

#3 – I will keep up a healthy lifestyle. I will attempt to get physical exercise everyday if possible, if even for a few minutes. I will make healthy food choices. I will schedule and keep

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regular visits with my healthcare provider.

#4 – I will find humor in every day. I will not feel guilty about laughing, even when times are bad.

#5 – I will value my gift of caregiving. I will remember I am human and have faults and weakness.

Caregivers are heroes! You have a silent strength and you overcome difficulties daily. You wake up everyday and try your best!

"To love someone is to learn the song that is on their heart and sing it to them when they have forgotten."

- Arne Garborg ■

The Gathering Place November Giving Update

Thank you for your generous outpouring of donations for our fall fundraiser. Thank you just does not seem adequate. As of this writing we have reached our goal which will help our program so much especially this year! So many wonderful notes on your donation letters, took us down memory lane. Wonderful to hear from you all! Your concern and prayers for our program, volunteers and staff are really appreciated too. Thank you again for opening your hearts to The Gathering Place. ■





Memory Minute

By Leah Zehel

Best Brain Foods!

- **Whole Grains-** The brain requires energy to function optimally. Beneficial to supply steady supply of energy in the form of glucose.
- **Blueberries-** Help reduce the negative effects of conditions like dementia. Diets rich in blueberries protect the brain against oxidative stress.
- **Spinach-** Studies have shown that spinach can help prevent or delay the onset of dementia. It contains nutrients that protect DNA from damage while also preventing tumor and cancer cell growth.
- **Avocado-** Avocados are rich in monounsaturated fats, omega 3 and omega 6 fatty acids. These healthy fats help increase blood flow to the brain while also assisting with the absorption of antioxidants.
- **Salmon-** Salmon is rich in omega-3 essential fatty acids which are beneficial for optimal brain function.
- **Nuts and Seeds-** This is a very good source of vitamin E which has been found to help prevent cognitive decline as a person gets older. Almonds, peanuts, sesame seeds, flax seeds hazelnuts, and walnuts.
- **Dark Chocolate-** Chocolate contains flavones which help improve blood vessel function. This improves cognitive function and memory. Chocolate also contains compounds that help in improving mood and reducing pain by reducing inflammation.
- **Freshly Brewed Tea-** Whether it is hot or cold, two to three cups a day of fresh brewed tea provides enough caffeine that help boost brain power. This helps improves focus, memory and mood of a person.
- **Pomegranate Juice-** This is rich in antioxidants that help protect the brain function from free radical damage and effects of aging. Other citrus fruits and colorful vegetables also contain antioxidants that help improve health.
- **Curry-** This contains turmeric which is the spice that gives curry its yellow color. Tumeric contains curcumin which is a chemical that has been shown to help boost memory, stimulate neurogenesis and slow down the development of Alzheimer's. ■

Memory Matters Calendar

January 7 ~ Memory Enhancement

Brain Fitness

January 14 ~ Claire from JMK Art center visit

Expressing yourself

January 21 ~ Communication

Remembering Names

January 28 ~ Socialization

How to get more socially active





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

January 5
Music with Rob Peterson

January 6
Music with Eric Cox

January 12
• *Sing along with Karen and Thomas*
• *Family Fued*

January 13
Price is Right

January 14
Music with Bob Welsch

January 18
Sue Albys Fabulous 40s dance party

January 19
Dan Ognevic

January 20
• *JMKA visit with Claire*
• *Accordion Club*

January 25
Music with Rob Peterson

January 26
Bell Choir with Ruth

January 27
Wheel of Fortune

