

Brain Waves

MARCH 2021



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Contact us ...

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 Follow Us!

Quote of The Month ...

"People forget years
and remember
Moments."
~ Ann Beattie

Leah's Notes ...



Leah
Zehel,
Director

Whether it's having your morning coffee or going for a walk around the block after lunch, daily routines provide us with a sense of comfort and control over our otherwise hectic lives. The regular routine is even more important for people suffering from memory loss. These individuals thrive on familiarity; familiar faces, familiar environment and even familiar food. The comforting sense of familiarity is helpful because memory loss gradually impairs a person's ability to plan, initiate and complete an

activity. At the Gathering Place we recognize the need to keep a routine, we start each day the same way, in the same room, with our coffee, fruit and bakery, and the same smiling faces of volunteers. We always go over the agenda of the day and keep our format of activities the same, even though they are different activities, the routine is familiar. This routine helps a person retain their ability to perform activities. Structure is very important, staying consistent with times of activities, times we head to the bathroom and mealtime. Keeping these same places and times helps orient the person. Some of the things we do here to keep a routine you can do at home as well, for example, we always let participants

know in advance what to expect throughout the day, before a change of activity. You may think that when it comes to daily activities, doing everything on your own might be easier, but it is important to try and involve the person in the daily activities as much as they are able.

Some tips for daily routines at home:

- Complete tasks with your loved one in the same order
- Organize yourself and loved one for the next day
- Structure the daily routine to maintain a sense of familiarity
- Write down step-by-step instructions for the tasks performed infrequently

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VOLUNTEER CORNER

Our Volunteers are the Greatest! This has been a hard year and we are so thankful to our volunteers who have kept us going. The love our volunteers have for our participants is undeniable! We are blessed to have you!

"Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." -Leo Buscaglia ■



Leah's Notes continued from pg.1

- Establish a calming nighttime ritual away from noise and activity
- To keep from being overwhelmed, make a list of everything you need to accomplish at the beginning of the week
- Dedicate a basket or shelf to each day of the week to help remember what your loved one will need each morning. ■





SOUP



Drive-Thru

St. Paul Lutheran Church
730 Cty. Rd. PPP
Sheboygan Falls

SUNDAY MARCH 7 10:30 AM – 12:30 PM
(or until soup runs out)

- Antoinette's – Chicken Enchilada
- Chris and Sue's – Pulled Pork Chili
- Ella's Della – Tomato Florentine
- Fall's Café – Chicken Dumpling
- Fat Cow – Alaskan Chowder
- Firehouse – Stuffed Green Pepper
- Riverpark – Creamy Chicken and Rice
- The Gathering Place Falls – Beer Brat
- The Gathering Place Falls – White Chicken Chili
- The Gathering Place Sheboygan – Dill Pickle

\$12⁰⁰ A QUART

All soups include Texas Roadhouse Buns!

All proceeds will go to The Gathering Place and Memory Matters day programs for adults with memory loss.





Memory Minute

By Leah Zehel

Variations of Creative Expression

There are many ways to express personal creativity, and each creative activity has variations. Many benefits are associated with creativity. Some of the benefits of using creative expression in a variety of ways are listed below:

Dance

- Communication
- Expression
- Exercise

Music

- Pain reduction
- Exercise
- Increased Self-Confidence

Painting or Drawing

- A sharing of life stories
- Positive emotions
- Improvement of fine motor skills
- Promotion of self-expression

Memory Matters Calendar

March 4 ~ Music and Creativity

Celebrate Creativity

March 11 ~ Guest Claire from JMKAC

Your self-esteem

March 18 ~ Nutrition's Role in Memory

Bring a healthy snack

March 25 ~ Socialize

Out for Breakfast



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- March 3** *Visit to Plymouth Art Center – ¾ Irish Day*
- March 7** *Soup Drive Thru!*
- March 9** *Music with Rob Peterson*
- March 10** *Jeopardy*
- March 10** *Humorous Art Appreciation Day*
- March 11** *Joe and Em Back Packing Presentation*
- March 14** *Music with Daniel Lovett*
- March 16** *Special Easter Music with the Rocke Brothers. Families Invited!*
- March 17** *Music with Rob Peterson*
- March 18** *Music with Bob Welsch*
- March 22** *Music with Rob Peterson*
- March 23** *Price is Right*
- March 29** *You Be The Judge*
- March 30** *Bell Choir*
- March 31** *Music with Bob Welsch*

