

Brain Waves

MAY 2021



Inside This Issue ...

Leah's Notes
Volunteer Corner
Soup Drive Thru
Memory Minute
Upcoming Events

Contact us ...

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 Follow Us!

Quote of The Month ...

*"Learn as if you will
live forever, live like
you will die
tomorrow."*

Leah's Notes ...



**Leah
Zehel,**
Director

Another year has passed as The Gathering Place celebrates 13 years of being open!!! With our satellite location going on four years in June. It is so fun to reflect on how we have grown and evolved over the past years, things are always changing, and we are always learning! But our goal remains the same, enriching quality of life! Getting to know the different participants over the years has brought us such joy, learning about their pasts, their success. And what brings them joy in their lives has been a true honor here for staff and the volunteers. Often someone dealing with

memory loss has already lost a lot, but we focus on what they have not lost and many times, that is emotions. The ability to laugh, smile, help, care, sing, read body language and moods and the ability to give and receive love. Our participants have so much to give and so much to share. Our program is set up for success we give our participants meaningful activities, everyone needs to have fulfillment daily, and this does not change when you have memory loss. Everyone needs to feel joy, everyone needs to

feel useful, and everyone needs to feel love.

We are so thankful for another year of serving the community and cannot do it without the support of our friends, families, community and the service of our volunteers. We look forward to another year of serving!

We come here and look forward to seeing our friends smile, there is a sign above my desk that says, "The Gathering Place, where friends become family." I could not agree with this more. ■





VOLUNTEER CORNER

Volunteering makes me feel:

- Useful, Needed, Appreciate, Worthwhile
- I love the friendships I have made over the year, between participants and other volunteers.
- There is great joy in giving of oneself.
- Learning about the participants lives is wonderful
- Serving others is what it's all about
- I treasure my friendships I have made over the years.
- The positive interactions are so fulfilling.
- I love hearing about the participants life experiences.
- Knowing the caregiver is having some much-needed rest is a blessing.
- Volunteering has been life changing for me.

Be the reason someone smiles today 😊

(Quotes from out volunteers). ■

SAVE THE DATE!

Brats & Hamburgers

ST. PAUL LUTHERAN CHURCH
730 County Road PPP
Sheboygan Falls

Hosted by:

The Gathering Place

BRAT FRY FUNDRAISER

TUESDAY, JUNE 8
11:00 a.m. to 1:00 p.m.
(for business pre-orders only)

DRIVE THRU BRAT FRY
4:30 to 6:00 p.m.
(General Public)

All proceeds and donations from this event will benefit the Art Enrichment Programs of The Gathering Place and Memory Matters.





Memory Minute

By Leah Zehel

Tips to get organized!

- 1. Write Things Down.** We can all agree most of us have a tough time remembering things. If you want to remember things, put it in writing, or in a digital notebook. Keeping your to-do list and other information written somewhere allows you to look back at it anytime.
- 2. Make back-ups of everything.** Back up your computer files and have duplicates made for your car and home keys. Keep originals and photocopies of all your records.
- 3. Practice Putting in Place.** Chefs are extremely organized people, in and out of the kitchen. Their secret? They have a place for everything. In their kitchen they are trained to organize their work space well so that their every move is conserved. Doing this will take time and practice, but after a while you'll see how easy it is to find what you need when everything in your place has a home.
- 4. Clean up Regularly.** The best way to remain organized is to allot a certain time of day to do the de-cluttering and cleaning up. It does not have to be a large amount of time 15-30 minutes a day is enough.
- 5. Keep the Hotspot Clean.** Every house and office has a hotspot for clutter. Usual suspects are the sink, dining table, night stand, and bedroom drawers. Take note of these places and tidy them up daily.
- 6. Recycle and Donate.** Is your closet full of unopened bags and cloths that still have their tags on? Is your book shelf full of unread books? Chances are if you haven't read, worn, or used whatever it is, then you're probably not going to use it all. Donate them!
- 7. Donate or Throw one thing before Buying Something.** Try this experiment: before buying one thing, throw out something old or something you don't use. Or if you're a really terrible pack rat, just throw out one old thing a day until you can't find any more items to throw away.
- 8. Check the expiration dates of canned goods and medicine you stocked.** Expired canned goods and medicines won't just taste bad, it's also bad for your health. Dispose of it immediately to minimize the clutter in your cabinets, and make room for new supplies.
- 9. Learn to delegate cleaning and organizing tasks.** It'll be easier to declutter your home if it's a team effort. Go through your to-do list and find tasks you can delegate to your spouse or people who are offering to help.
- 10. Create a Centralized Information Center.** Doing this avoids conflicting schedules and keeps everyone on track with their schedules and appointments. You can also do this using a big whiteboard.
- 11. Practice Putting things away immediately.** All your hard work creating a dedicated space for your stuff will be wasted if you don't actually implement it. Things can pile up quickly, sometimes in as little as a few hours. Keep the calm and organized ambiance of your home and life by putting things away, immediately after you are done using them. This practice only takes a few minutes but it will save you a lot of cleaning time later on.

continued on page 4...

Memory Matters Calendar

**May 6 ~ Music Entertainment
with Bob Welsch**

May 13 ~ Brain Fitness
Memory Enhancing Techniques

May 20 ~ Brain Dominance
Left Brain Right Brain

May 27 ~ Outing
Marsh Bar lunch and walk

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- May 4** *Mother's Day Corsages*
- May 5** *Who Wants to be a Millionaire*
- May 11** *Music with Two Sharps and Two Flats*
- May 12** *Music with Daniel Lovett*
- May 17** *You be the Judge*
- May 19** *Trip to Goat Farm*
- May 19** *Music with Bob Welsch*
- May 24** *Music with Dan Ognevic*
- May 25** *Bell Choir with Ruth*
- May 26** *Price is Right*
- May 27** *Music with Rob Peterson*

- 12. Unsubscribe from unread e-mail, newsletters, magazines and other subscriptions.** It's just a waste of money and space, especially if you do not read them.
- 13. Create an Inventory and Don't Over Stock Supplies.** Make an inventory of home cleaning and toiletry supplies, so you don't run out and don't overstock either. You might think overstocking is good, but if you don't have enough storage then all those extra supplies are just wasting your precious space. The same tip is applicable for office supplies, canned goods and toiletries.
- 14. Create Daily, Weekly, and Monthly Schedules for Cleaning.** Organize your cleaning schedule. It's extremely exhausting to have a "cleaning day" where you clean everything all at once. Distribute tasks evenly, so for example, dish washing could be done daily, while vacuuming could be scheduled weekly and cleaning the windows done monthly.
- 15. Create a Bucket List. Keep a list of activities that you want to do.** Whichever of these tasks you decide to do, remember that you can't completely organize your life in one try? It's a long, never-ending process so be patient. Just decide to get organized now then take baby steps until you see some semblance of order in your life. Soon enough, you will be making a habit out of it all. ■

