

Brain Waves

JUNE 2021



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Contact us ...

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 Follow Us!

Quote of The Month ...

"Sometimes you will never know the value of a moment until it becomes a memory."

~ Dr. Seuss

Leah's Notes ...



Leah Zehel,
Director

When someone validates your feelings, it makes you feel good. Most of us try to surround ourselves with friends and family who, through their words and actions, make us feel understood and supported. The need to feel validated does not go away when you have memory loss or cognitive issues. But it can be hard for loved ones to provide validation to someone whose ideas or mental state is different from their own. This is where validation therapy comes in. The Gathering Place uses validation therapy daily and it works! Validation

therapy is accepting the values, beliefs and reality of the person living with dementia, even if it has no basis to your reality. In validation therapy the persons feelings are accepted if a person feels acknowledged and validated you will easier earn their trust. It can improve lives by helping them feel listened to and appreciated. It can prevent individuals from feeling dismissed, which can help them avoid anger, arguments and other negative feelings or behaviors that people with dementia, are more likely to display when they feel disrespected or misunderstood. Validation therapy may make people with dementia more communicative and less withdrawn, improve their sense of humor, and even slow mental deterioration.

When validating individuals:

- Use a clear, loving tone of voice.
- Make eye contact.
- Do not argue with them.
- Do not ask them why they did something or tell them they are wrong.
- Turn the conversation to a positive memory from their youth that is related to something they are saying or doing.
- Try to set your emotions aside so you can really focus on what they are saying or what they are doing.

The goal is to restore self-worth, reduce stress, works towards resolving conflict and improve physical well-being. Here at The Gathering Place all people are treated as valuable, unique individuals! ■



SAVE THE DATE!

Brats & Hamburgers

ST. PAUL LUTHERAN CHURCH
730 County Road PPP
Sheboygan Falls

Hosted by:



BRAT FRY FUNDRAISER

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



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

We have been taught for many years that we are born with a certain number of brain cells and that's that. We will never have more. This month in Memory Matters, fortunately we will be learning that this is simply not true. Research tells us that we can indeed grow new brain cells throughout our lives. Neurogenesis is the name for this creation of new brain cells by adults. Much has been written in the last few years about what we can do to increase the growth of new brain cells. Our participants in our Memory Matters group can be assured that what they are doing by attending the class is making a difference in their overall well-being and in their memory. The primary habits that support the growth of new brain cells are these:

- Increase involvement in mentally stimulating activities
- Engage in better nutritional habits
- Increase physical activity
- Socialize more and with more optimistic people
- Learn how to decrease stress in a variety of ways
- Learn and use memory enhancement techniques
- Use humor more often in everyday life
- Celebrate all you can do rather than focusing on what you can no longer do.

I encourage everyone to try these habits and start growing those brain cells!

This month we are excited about learning new ways to enhance our memory with some fun different techniques like, chucking, creating stories, and visualization! ■



Memory Matters Calendar

June 3 ~ Optimism and the Mind

June 10 ~ Guest Brad

You Be the Judge

June 17 ~ Music

Guest Dan Ognevic

June 24 ~ Outing leaving by 9:30 a.m.

Tour of the new JMKAC





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- June 1 *LARRS Program*
- June 2 *Music with Brittney*
- June 3 *Music with Dan Ognevic*
- June 8 *TGP Brat Fry*
Music with Two Sharpes and Two Flats
- June 9 *Music with Jim Ohlschmidt*
- June 15 *Music with Tom Luke*
- June 16 *Steve the Malt Man*
- June 21 *You be the Judge*
- June 24 *Outing to Kings Park*
- June 28 *Outing to Maywood*
- June 30 *Music with Dan Ognevic*

