

BRAIN Waves

JULY 2021



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Contact us ...

We are a ministry of
St. Paul Lutheran Church

730 County Road PPP
Sheboygan Falls

(920) 627-6847

Email: tgp@stpaulfalls.com

Web: memorymattersmost.com

 Follow Us!

Quote of The Month ...

*"Happiness is
not by chance
but by Choice!"*

Leah's Notes ...



**Leah
Zehel,**
Director

At The Gathering Place we feel it is our job to give our participants self-confidence, help them to stay socially active and independent giving them a better quality of life!

This month I thought I would share some of the great activities we have been doing to stay active.

A favorite activity of everyone's is music! We incorporate music into our programming daily, whether it is a guest entertainer or a sing-along, music is a huge part of our programming. Every Monday we have Steve Hamer come and volunteer his

time and play piano for a super fun sing-along, he also gets everyone laughing! Tuesdays has a monthly sing-along with Thomas and Karen where we often can learn new music. Wednesday at Good Shepherd we enjoy our upbeat sing along with Luann! The list of guest entertainers we have come in is very long but some of our regular entertainers are Rob Peterson on the guitar, Bob Welsch from the Big Bass Trio, The Accordion club, Eric Cox from the Belle Weather, Dan Ognevic, and Two Sharps and Two Flats, just to name a few!! Music is the most powerful way to relive memories. Music is not only enjoyable but is used as a type of therapy. For most, memories of music stay with an individual longer than any other memory. Music, whether its listening, singing, or dancing is another great way to

communicate and express yourself.

This year we are also so thankful to be able to get back to going "out" on outings! And it feels so good to get back out again. This summer we already went to the goat farm and for an educational tour at Maywood. We are looking forward to a picnic at the Plymouth Park and an outing to Kings Park to learn about sailing! We will also be headed to Christopher Gardens and a car museum, and we cannot forget about the "men's convertible ride." This year we are adding "ladies pontoon boat ride" on Elkhart Lake! It is important to remain part of the community.

We are also excited to have our garden again this year. It is our participants job to harvest the vegetables, which Mark,

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The Gathering Place Brat Fry

A huge Thank You to all the businesses and individuals who came out and generously supported The Gathering Place Drive-thru brat fry fundraiser for our Art Enrichment programs. We really enjoyed seeing everyone and appreciate your continued support!

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our cook will then use in our meals. Being involved in meal preparation provides purpose.

At The Gathering Place we give our participants encouragement, guidance and confidence in whatever we are doing!! In whatever activity we do, the most important thing is that we can make it meaningful and help everyone involved feel good! ■





Memory Minute

By Leah Zehel

Self-Esteem in Older Adults

Self-Esteem is a term used to describe the way you feel about yourself. Changes in health, roles, activities, and lifestyle as you get older may affect your self-esteem. You may feel less important as you become more dependent on others. It may be harder to feel good about yourself.

Do you have good self-esteem?

If you agree with 5 or more of these statements, your self-esteem is good.

- I do not feel I must always please other people.
- I generally feel that I like myself.
- I speak up for myself and feel I have rights.
- I am happy most of the time.
- I feel that my struggles are normal.
- I do not need to prove that I am better than others.
- I do not need constant validation or approval from others.
- I make friends easily.
- I feel good about myself without praise from others.
- I feel pleased, rather than envious, when those I care about have success in life.

Memory Matters Calendar

July 1 ~ Getting the most out of your Senses

July 8 ~ Your Self-Esteem Matters

Showing Gratitude

July 15 ~ Stress relief Techniques

Guest Margo to lead stretching

July 22 ~ Socializing out for lunch

Firehouse Pizza

July 29 ~ Art in Nature

Guest Claire from JMKAC

What Effects My Self-Esteem?

You may have high self-esteem when you have accomplished some goals, like having a good marriage, or having done well at a challenging job or in school. When you retire you have a lot more free time and you may feel you have nothing important to do. You may not have as much money. Your friends may have died or moved away. You may feel a loss of control. All of this can contribute to low self-esteem.

What can we do to Increase our Self-Esteem?

There are many things we can do!

- Take good care of your body. Eat well. Be groomed, get enough sleep, and get regular exercise. If you feel physically well, you will feel better emotionally.
- Take your prescribed medicines and learn more about how to deal with any medical problems you have.
- Take control of your time. Be as active as possible.
- Take control of your relationships and your social life. Get active in church, or social groups, (Memory Matters 😊)
- Be assertive in social situations and at home. When you act as if you deserve good things, you will tend to value yourself more.
- Make positive statements about yourself, such as, "I am a kind and caring person." Write them on cards and look at the cards several times a day no matter how you feel. This can remind you of the goals you have regarding your self-esteem.
- If something goes wrong be careful about blaming yourself. If you are responsible for a mistake, accept the responsibility, repair the error, and move on. You can make mistakes and still be a good person.
- Volunteer and help others. This can give new purpose and meaning to your life.
- Become aware of negative thoughts, such as saying to yourself, "I did that badly." Counter the negative statements with positive ones, such as, "That didn't turn out well, but I learned how to do it better next time."
- Talk with others about possible causes of low self-esteem. As you become aware of how your life experiences contributed to your low self-esteem, replace criticism with praise. **Learn to be your "biggest fan!"** ■



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- July 8 *Music with Bob Welsch*
- July 12 *Outing to Kohler Andre*
- July 13
 - *Men's Convertible Ride!*
 - *Ladies Pontoon Ride!*
- July 19 *Music with George Possley*
- July 21 *Music with Eric Cox*
- July 22 *Holland Fest Traditions*
- July 28 *Music with Bob Welsch*

