

Brain Waves

AUGUST 2021



Inside This Issue ...

Leah's Notes

Volunteer Corner

Thank You

Memory Minute

Upcoming Events

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 ...

"If you want the rainbow, you gotta put up with the rain."
~ Dolly Parton

Leah's Notes ...



Leah
Zehel,
Director

For the Caregiver:

You may be busy caring for someone else and don't take time to think about your emotional health. But, you need to! Caring for someone else takes a lot of time and effort. Your job as caregiver can become even harder when the person you are caring for gets angry with you, hurts your feelings, or forgets who you are. Sometimes you may feel really discouraged, sad, lonely, frustrated, confused, or angry. These

feelings are normal! Here are some things you need to tell yourself:

- I'm doing the best I can.
- I'm not perfect and that's okay.
- What I am doing would be hard for anyone.
- I can't control some things that happen.
- Sometimes I just need to do what works for right now.
- I will enjoy the moments when we can be together in peace.
- I will get help when things become too much for me.

Here are some great Caregiver Resolutions, make time to try these, even if it's just one or two of them.

- 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 explore new ones that interest me. I will seek professional help if needed.

- I will find humor in living each day. I will not feel guilty about laughing, even when times are bad. I will try and laugh with my care partner.
- I will see myself as a hero and value my gift of caregiving. Heroes are human and have faults and weakness. But heroes draw upon a silent strength and overcome. Often, the most heroic thing I can do is to say, "I will wake up tomorrow and try my best." ■



Why be a Volunteer?

It's not for money, it's not for fame.
It's not for any personal gain.
It's just for love of fellowman.
It's just to send a helping hand.
It's just to give a tithe of self.
That's something you can't buy with wealth.
It's not medals won with pride.
It's for that feeling deep inside.
It's that reward down in your heart.
It's that feeling that you've been a part.
Of helping others far and near,
that makes you be a Volunteer!

Author Unknown



Thank you

Thank you Brad Vollbrecht and Family for hosting our annual, "Men's Convertible Ride!" It was great day, the smiles of the men taking off in their incredible ride for the day brought everyone so much joy! We are so blessed to have this awesome event every year and so thankful to all the incredible people that make it happen! We want to not only thank Brad's family for hosting, cooking and baking the great food, but also all our drivers that donated their time and shared their vehicle for the day with our participants : Jim Welsch, Roger VerGowe, Dale Tenpas, Ron Oonk, Mel Nelson, Bruce Strade, Gordy Veldboom, Paul Lammers, Rod Dirkse, Dean Rooker, Larry Rooker, Scott Vollbrecht, Steve Lorenz, Ron Kalk, Dick Seefeldt, Carl Knapp, Bill Wagner, Mark Vollbrecht, Greg Vollbrecht, Josh Allen and Tom Wensink. ■





Memory Minute

By Leah Zehel

Stay Socially Connected!

Social isolation can be a true enemy of memory. It can hasten the rate of memory loss. It can cause loneliness which is also known to impair memory. Studies show that staying socially active is a powerful tool in dealing with the issues of early memory loss. In one recent study, findings showed that a healthy social life signified all around better cognitive ability.

What are some of the ways in which we can stay engaged and foster our social lives?

- Foster your current healthy relationships and develop new friendships.
- Walk in your neighborhood. It's a great way to meet new people.
- Volunteer.
- Attend lectures and visit museums.
- Take classes.
- Join clubs.
- Visit your relatives and friends, especially optimistic ones!

Engage in Mentally Stimulating Activities:

Our brains are wired to be stimulated. Learning new things and challenging ourselves is how we grow new brain cells—a goal to which we all should strive. ■



Memory Matters Calendar

August 5 ~ Music with Bob Welsch

August 12 ~ Communication and Active Listening

August 19 ~ You be the Judge with Guest Brad

August 26 ~ Let's Dance!

With Sue Alby



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- August 2** *Sing a long with Kathy*
- August 4** *Music with Jeff Beherns*
- August 5** *Clowning Around with Mary Martin*
- August 9** *Farm Pet Visit with Levi and Josie*
- August 10** *Ladies Outing to Christopher Gardens*
- August 11** *Music with Daniel Lovett*
- August 12** *Music with Bob Welsch*
- August 16** *70s Flashback Music with Rob Peterson*
- August 17** *Music with Bob Welsch*
- August 18** *Outing to Aqua ponics*
- August 23** *SHARKS (Radio Controlled aircraft) visit*
- August 24** *Outing to Green Bay Car Museum*
- August 25** *Music with Tom Virant*
- August 26** *Outing to Lynn Borth's House*
- August 31** *Bell Choir*

