

BRAIN Waves

SEPTEMBER 2021



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 Follow Us!

Quote of The Month ...

*"Yesterdays the past,
tomorrows the future
but today is a gift.
That's why its called
the present."
~ Bill Keane*

Leah's Notes ...



Leah
Zehel,
Director

Hope Everyone has been enjoying their summer. The past couple of months we have been enjoying meeting and getting to know many new faces in our program!! We are so thankful to be able to accept new participants and a few new volunteers to be part of our Gathering Place family. The Gathering Place has been very busy this summer on different outings, creating some beautiful art, learning new things, and of course enjoying social interactions. With all our new members, I thought it would be a good time to share how we incorpo-



rate the six key elements of wellness in our program daily. These key elements are socialization, community, cognitive, spiritual, emotional, and physical. Socializing is a priority throughout all activities here we start each day with a casual social time and continue to encourage social interactions through every activity we do. Community, we believe in our participants and focus on what they can do not on what they cannot. We get involved with the community in many ways doing service projects for

the church, chamber, and many others is a way for our participants to feel fulfillment as they are giving back to the community. Physical, we do have an exercise class every day with fun and effective exercises often focusing on strength and balance. Cognitive, we keep our brains active, getting our brains in gear with trivia, word games, cards, reading, art and much more! Emotional and spiritual, we value and respect each one of our participants, listening, validating, and always encouraging. ■

SAVE THE DATE



VOLUNTEER TRAINING

Friday, October 8
9 to 11 a.m.





Memory Minute

By Leah Zehel

Fall Prevention: Simple tips to prevent falls

Make an appointment with your doctor

Be prepared to answer questions such as:

What medications are you taking? Your Doctor can review your medications for side-effects and interactions that may increase your risk of falling. He may consider weaning you off medications that make you feel tired or affect your thinking, such as sedatives and antidepressants.

Have you fallen before?

Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but managed to grab hold of something just in time. Details may help your doctor identify specific fall prevention strategies.

Keep Moving

Physical activity can go a long way toward fall prevention, consider walking or water workouts- activities that reduce the risk of falling by improving strength, balance, coordination and flexibility.

Wear sensible shoes

Consider changing your footwear as part of your fall-preventions plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead wear properly fitting, sturdy shoes, with non-skid soles. Sensible shoes may also help reduce joint pain.

Remove home hazards.

Look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords, and phone cords from walkways.
- Move coffee tables, magazine racks and plant stand from high traffic areas.
- Secure loose rugs with double faced tape, tacks or slip resistant backing- or remove rugs from your home.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

MEMORY MATTERS CALENDAR

September 2 ~ Nutrition for the Brain

September 9 ~ Music with Dan Ognevic

September 16 ~ Game Day

Brain Games with Ruth

September 23 ~ Don't lose your Balance, exercise with Margo

September 30 ~ Art with Claire from JMKAC

Light up your living space.

Keep your home brightly lit to avoid tripping on objects hard to see.

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle of the night needs.
- Make clear paths to light switches that are not near room entrances.
- Turn lights on before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

Use assistive devices.

A doctor may recommend using a cane or walker to keep you steady. Other assistive devices may help too,

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

September 9 *Music with Dan Ognevic*

September 14 *Music with Rob Peterson*

September 15 *Oktoberfest Accordion Club*

September 20 *Music with Tom Luke*

September 21 *Music with Eric Cox*

September 22 *Music with Bob Welsch*

September 23 *Outing to Plymouth Art*

September 27 *Outing to Gibsville Orchard*

September 28 *Bell Choir*

September 29 *Outing to South Pier Ice Cream Parlor*

