

BRAIN Waves

DECEMBER 2021



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"Clouds are
sometimes the best
way for our hearts
to learn to truly
appreciate the
sunshine."*

Leah's Notes ...



Leah
Zehel,
Director

Challenges with the Holidays:

Holidays can be stressful! Here are some tips to make the holidays more peaceful and enjoyable for all!

1. **Invite the purrrfect guest.** If you have a pet, they are the ideal companion to keep your loved one grounded and calm during holiday preparations. Studies have shown that pets help decrease stress, lower blood pressure, ease pain, enhance social interaction and improve general mood.

2. **Let visitors know what to expect.** Family members, friends, and others who will gather with you at holiday time should be aware of you or your loved one's changes. Encourage them to be patient and respectful.
3. **Prepare and eat familiar foods.** Sticking with the tried-and-true recipes will bring comfort, pleasing aromas of traditional holiday fare are likely to bring back happy memories.
4. **Be involved.** Have your loved one help with holiday preparations, set the tables, decorate cookies and encourage reminiscing.
5. **Eat earlier.** When dealing with memory loss dinner or late afternoon is not the best

of day, consider having a brunch or lunch instead.

6. **Keep your sense of humor.** Mistakes happen and often family get together can bring up old issues. Give yourself permission to laugh it off and remain calm. Say no when you need to and designate a "quiet room" or space in your house where you can have a break from the group and festivities.
7. **Shift your perspective.** Find ways to change a negative into a positive, find new opportunities rather than just focusing on the losses.

Memory loss or other cognitive issues cannot destroy your spirit and your in-the-moment joy, so stay present! ■



NOVEMBER GIVING CAMPAIGN

November Giving Update:

Just to let everyone know – it's not too late to donate to our one big fundraiser of the year! November Giving allows us to have all the wonderful activities, guest speakers, entertainers, outings, food and scholarships that we are able to offer because of the generous support of our community and beyond. So many easy ways to donate – go online to www.memorymattersmost.com to the donate tab or drop a check in the mail and make sure you include November Giving in the memo or just stop in and see us at 730 County Road PPP, Sheboygan Falls 53085. Our goal this year is \$30,000 and with your help we know we can achieve it. Thank you! ■





Memory Minute

By Leah Zehel

Common Sense Methods for Organizing

The underlying principle should be to have a place for everything and put everything in its place. Examples:

- Put important items (bills, car keys, purse, etc.) in their own same place.
- Put sticky note reminders in key places.
- Keep a calendar (but remember to check it each day).
- Get a file cabinet and label the files in the most meaningful ways.
- Have a tote bag or briefcase that always has in it what you need for the day. ■

Memory Matters Calendar

- December 2** Stay Stress Free through the Holidays
- December 9** Christmas Art and Music with Claire from the JMKA
- December 16** You Be the Judge
-with guest Brad
- December 23** Christmas Party and Potluck!

Music with Dan Ognevic
- December 30** Closed - Happy New Year



*Warmest thoughts and best wishes
for a wonderful Christmas and a
Happy New Year. May peace, love,
and prosperity follow you always.*





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- November 3** *Sing-a-long with LuAnn*
- December 1** *Music with Daniel Lovett*
- December 6** *Music with Dan Ognevic and the Golden Cordeliers*
- December 8** *Music with Bob Welsch*
- December 14** *Music with the Rocke Brothers, 1:30, ALL FAMILIES AND FRIENDS INVITED*
- December 15** *Music with Eric Cox*
- December 16** *Music with Rob Peterson*
- December 21** *Music with Bob Welsch*
- December 22** *Piano Music with Brittney*
- December 23** *Ugly Christmas Sweater Party, White Elephant gift exchange*
- December 28** ~ *Music with Two Sharps and Two Flats*
~ *Bell Choir with Ruth*
- December 29** *Music with the Rocke Brothers- 1:30, ALL FAMILIES AD FRIENDS INVITED.*

