

BRAIN Waves

FEBRUARY 2022



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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 ...

*"Do what you can,
with what you have,
where you are."*
~Theodore Roosevelt

Leah's Notes ...



Leah Zehel, Director

We made it through the excitement of the holidays, and now we move we into February, or for many of us the long winter days where winter can feel very dull. It can be easy to find things to be down about in winter for many of us we are dealing with some seasonal depression, vitamin D deficiency, and unwanted weight gain. As people age it is even more important to come up with a proactive plan to stay healthy and positive during the winter. Here are just a couple tips to help us get through the long

Wisconsin winters:

- **Align your schedule with the changing daylight.** If you are a late sleeper and do not have a reason to get up in the morning you could easily be left with just a few hours of good daylight. Why not try and adjust your schedule a bit to get up earlier with a plan for the day and resist the urge to stay inside. Even a 5-minute walk outside on a really cold day can be very restorative to your mind and body.
- **Drink more water and get more sleep.** What's better than curing a cold? Not getting one in the first place! You can supercharge your immune system by drinking lots of water and getting a solid night's sleep. With so much different illness out there this time of

year it is so important to make these two things a habit.

- **Target some key nutrients.** Eat more iron in the winter you want your blood to be strong. Eat food from the legume family, beets, and greens dark leafy green in general. And seek out foods that are rich in antioxidants in your daily routine to boost your defense system.
- **Find ways to exercise.** It can be so easy to make excuses not to exercise when the weather is bad, but it is important to push yourself out of that slump and get going! Whether it is your own routine or at a gym class even a walk around the house a couple of times or doing chores around the house you have to

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VOLUNTEER CORNER

Souper Sunday Cook-Off is BACK!!

We are so excited to announce that our annual soup-cook off will be in person this year! This delicious event will be Sunday March 6th. From 10:45-1:15 at St. Paul's Lutheran Church. We will have 20 different soups from area restaurants and individual chefs for you to sample, bread, cheese, and desserts! We welcome back previous first place winner Firehouse pizza and look forward to some new individual chefs trying their recipes in the challenge. This Souper Sunday Cook-Off will have a huge variety of soups! This fundraiser for The Gathering Place has proven to be our most successful and favorite event. Everyone enjoys sampling the different soups and sitting down with friends and family visiting about your favorites. If you are a soup lover this is the event for you. All proceeds from this event go directly to The Gathering Place and Memory Matters program. ■



JOIN US FOR OUR ANNUAL

SOUPER SUNDAY COOK-OFF

SUNDAY MARCH 6 **10:45-1:15**
(or until the Nescos are empty)

St. Paul Lutheran Church
730 County Road PPP | Sheboygan Falls

ALL YOU CAN SAMPLE!

TASTY soup, chili, bread, and melt in your mouth desserts.

\$12⁰⁰ per person

Children 4-12 yrs - \$5
3 yrs. & under - Free



All proceeds will go to The Gathering Place and Memory Matters day programs for adults with memory loss.





Memory Minute

By Leah Zehel

Myths of Aging

- 1. We lose brain cells throughout our lives and unfortunately, cannot grow new ones.**

Myth! While this was thought to be true for many years, science has now proven that we can continue to generate new nerve cells in certain areas of our brain throughout our lifetime.

- 2. As we age, we become less creative.**

Myth! We can be creative throughout our lifetimes, and it is important to do so.

- 3. Older people eventually end up in nursing homes.**

Myth! This is absolutely untrue. According to recent statistics, only about 5% of older adults live in nursing homes or other long-term care facilities.

- 4. Writing things down is a crutch that weakens the memory.**

Myth! Actually, writing things down is not a crutch but rather an excellent memory enhancement technique.

- 5. Short-term memory refers to things that have happened in the last 24 hours.**

Myth! Short-term memory refers to things that have happened in the last two minutes or even seconds. ■



MEMORY MATTERS Calendar

February 3 Creativity in Many Forms

February 10 Dance Class with guest Sue Alby

February 17 You be the Judge with guest Brad

February 24 Music with Dan Gnevic



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

February 1

Music with Rob Peterson

February 2

TGP Winter Olympics

February 3

Feed the Birds Day

February 8

Valentine Heart Project

February 9

Music with Two Sharps and Two Flats

February 10

Music with Dan Ognevic

February 14

Music with Jeff Behrens

February 15

Music with Eric Cox

February 16

Music with Bob Welsch

February 21

You Be the Judge

February 22

Bell Choir with Ruth



NOVEMBER GIVING CAMPAIGN

The Gathering Place thanks our many supporters who helped us exceed our goal for our "November Giving" campaign, we are so grateful for the amazing support!

- Auto Enterprises, Inc.
- Automation Products
- Catholic Financial Life #13
- Corner Studio Jewelers
- Gibbsville Cheese Co.
- Heidenreiter Bus Service
- Kennedy Ford Inc.
- Legend Larry's, LLC
- Marshall Sign, LLC
- McMullen Racing
- Rick's House of Flowers
- Roth & Basler, S.C.
- Shuff's Last Resort
- Van Horn Automotive
- Victorian Chocolate Shoppe
- Margaret Angevine
- Tom Benning
- Jim Billmann
- Tom & Michelle Bohm
- Dorothy Blok
- Barbara Burnell
- Cheryl Peterson
- Steve D'Amico
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- Ken & Alice Walter
- Wayne Warnecke
- David Weinhold
- Nancy Westerboke
- Scott & Karen Willadsen
- Charles Winter
- Charyl Zehfus
- Milda Zengler
- Laura Albright

- Dave & Sue DePagter
- Diane Frerichs
- Nancy Hovevar
- Tom & Janet Jenny
- Wes & Carol Jervung
- Gary & Doris Kolste
- Ken & Sally Krubsack
- Sharon Leider
- Kathy Mervar Family
- Jim Nelson
- Gerald & Susan Swart
- Mary Tryggeseth
- Bill Wagner & Martha Schott Wagner
- Edward Friede
- Tom Genske
- Tom & Mary Genske
- Jim & Yo Graf
- Richard & Sue Kruse
- Rae & Paul Sanders
- Mark Schoneman
- Eric Vogel Family
- Gordy Vogel



Leah's Notes cont. from pg.1

keep moving, it will help keep the winter blues away.

- **Live a little!** Remember to seek out ways to find joy, watch the grandkids go sledding, maybe pick a new hobby, or start up a old one, and make sure to stay connected with people! Make visits and phone calls do what you can to stay socially active, and remember spring is around the corner! ■

In Honor of:

- Linda Kobliska/Les Kobliska
- Diane Hudson/Les Kobliska
- Georgia Ressimyer/Lois Torkelson
- Lynn Litt/everyone with dementia
- Mary Van Wyk/William Van Wyk
- Judy Wallner/Dennis Wallner
- Norm & Daisy Cook/Connie
- Pete & Shelly Strains/Jan Fenner

In Memory of:

- Tent's Incorporated/Janice Spiro
- C & S Construction/Bernice Ubbelohde
- Nancy & Scott Theobald/Bernice Ubbelohde
- Jason & Sarah Alsum/Myrna Alsum
- Sherry Baalke/Tom Baalke
- Sandy Bender/Carol Guse
- Shiri & Jim Bruenig/Don Bruenig
- Mary Jo & John Widder/Don Bruenig
- Karen McCabe/Don Bruenig
- Donna Caan/Don Caan
- Mary Ann Fibiger/Ruth Gasser
- Deb Hand/Jeff Hand
- Marleen Heberer/Edna Reysen
- Raylene Justinger/Edna Reysen
- Angeline Hoftiezter/David Hoftiezter
- Mary Lange/Jim Lange
- Shirley Hoyer/Larsen/Clarence & Frances Jurs
- Catherine Lucchesi/Ed Lucchesi
- Bruce Mertzig/Susan Mertzig
- Diane Morton/Mark Morton
- Sharon & Grant Mattes/Olga Metscher
- Thomas Mueller/Martha Mueller
- Lynn Mukavitz/Joe Mukavitz

- Dennis Ramminger/Lorraine Ramminger
- Chris Schleicher Neuburg/Mary Alice Schleicher
- Ann Reinking/Germaine Zimbal
- Carol Reinemann/Lyle Reinemann
- Robert Rosenthal/Dave & Judi Leynse
- Trish & Dave Kupic/Judi Leynse
- Dana Weiland/Bernice Weiland
- Bob & Judy Wickman/Lucille Leonard
- Jay & Stacy Schreurs/Barb Seider
- John Seider/Barb Seider
- Rich & Linda Schroeder/Willard Deckerliver
- Dustin Scroggins/Dennis Scroggins
- Paul Ten Pas/Donna Ten Pas
- Ken & Donna VanOrden/Bruce Hubel
- Dick Zonick/Joyce Ann Zonick
- Janet Weinag/Husband Herb
- Jeff & Vicky Rhodes/Rosie Russel
- Russ Russel/Rosie Russel
- Susan Simon/Colette Hickmann
- Lee & Peggy Wilcox/Barb Seider, Clyde Gugel
- Pete & Shelly Strains/Jan Fenner
- Norm & Daisy Cook/Vivian
- Wendy Schmitz/Gene Shelley

