

BRAIN Waves

JANUARY 2022



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"Celebrate endings-
for they precede
new beginnings."*

*~Jonathan
Lockwood Hule*

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." ■

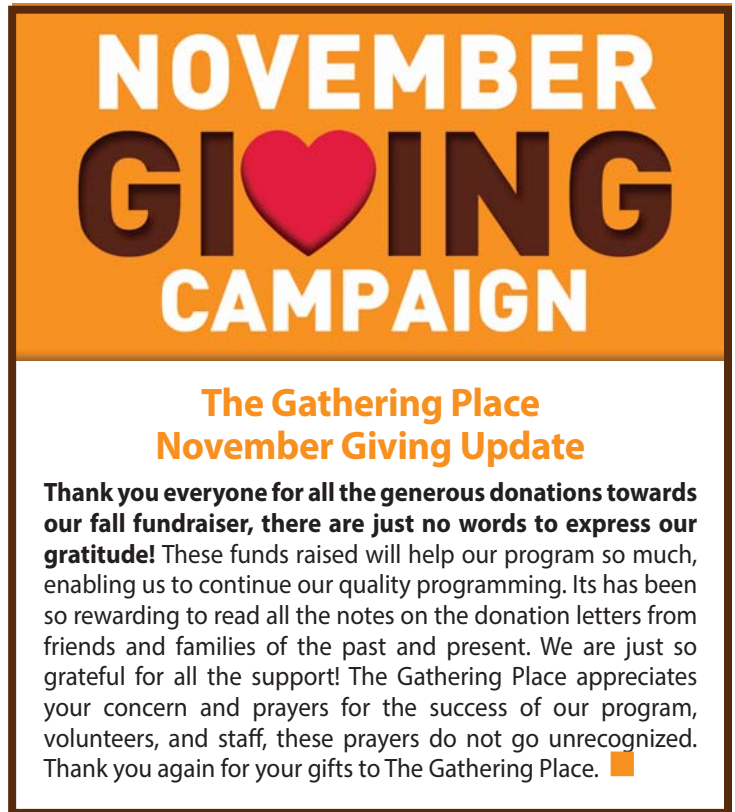
Volunteer Coordinator

I am happy to announce Gina Shefsky, our Program Director of Wednesdays will be taking over the position of "Volunteer Coordinator" coming up in the new year!

Gina has been working with the Wednesday group for the last three years at Good Shepard Lutheran church in Sheboygan, she has really made some wonderful relationships with her volunteers and is excited to be around St. Paul's more often to get to know all of you from the other days. 😊

Many of you have worked with Carol Bimmel since almost the beginning of the program. Over this past year Carol has slowly been trying to spend more time with her family and making more time to travel! We are excited for Carol to be able to do this. Carol will still be around to assist many in several different areas, including fundraising. *"I am so thankful for the many individuals that have come to serve The Gathering Place over the years, and for the wonderful memories."* – Carol

Please join me in welcoming Gina into this new role! ■



NOVEMBER GI♥ING CAMPAIGN

The Gathering Place November Giving Update

Thank you everyone for all the generous donations towards our fall fundraiser, there are just no words to express our gratitude! These funds raised will help our program so much, enabling us to continue our quality programming. Its has been so rewarding to read all the notes on the donation letters from friends and families of the past and present. We are just so grateful for all the support! The Gathering Place appreciates your concern and prayers for the success of our program, volunteers, and staff, these prayers do not go unrecognized. Thank you again for your gifts to The Gathering Place. ■





Memory Minute

By Leah Zehel

Taking Care of Stress

Try some of these suggestions next time you are feeling overwhelmed, worried, or stressed. Post this list somewhere where you will see it and pick one or two things to try.....

1. Take a Walk
2. Take a bubble bath
3. Work in a garden
4. Talk to a friend or relative
5. Meditate
6. Drink a relaxing drink, preferably not alcoholic
7. Write in a journal
8. Listen to music
9. Breathe deeply
10. Exercise
11. Practice yoga
12. Cook a favorite recipe
13. Write a letter to a friend
14. Look at old photos
15. Rock in a rocking chair
16. Use lavender or eucalyptus essential oils
17. Limit social media
18. Find ways to give to others
19. Paint, knit, or color
20. Practice self-acceptance

Keep a journal of what works and what doesn't and feel free to add new ideas to the list! ■



Memory Matters Calendar

- January 6** Brain Facts and Brain Overview. Back to the Basics.
- January 13** Fitness and Exercise
-Exercise with Margo
- January 20** Music with Bob Welsch
- January 27** Socialize out for Breakfast



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- January 4 *Music with Dan Ognevic*
- January 5 *Music with Rob Peterson*
- January 11 *Sing-a-long with Karen and Thomas*
- January 12
 - *Dance Class with Sue Alby*
 - *Music group Voice of Peace*
- January 13 *Music with Bob Welsch*
- January 18 *Music with Tom Luke*
- January 19 *Outing to JMKAC, Sparks!*
- January 24 *Music with Rob Peterson*
- January 25 *Bell Choir with Ruth*
- January 26 *Music with Jim Ohlschmidt*

