

# Brain Waves

APRIL 2022



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## Contact us ...

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 Follow Us!

## Quote of The Month ...

*"The Best View Comes after the Highest Climb."*

## Leah's Notes ...



Leah Zehel, *Director*

### Soup Sunday Soup Cook-Off

The Gathering Place would like to thank everyone who participate in our 7th annual Soup Cook-Off! It was so great to be back in person and see everyone again having fun together sampling all the soups and sharing great conversation. Thank you to all those who competed, volunteered, baked desserts, attended and voted! We want to thank all the great businesses that donat-

ed to this event and to the individuals that competed in our cook-off. It was great competition this year, every single soup had votes. Andy and Joni Chappa came out ahead with their fresh Alaskan Halibut Chowder, made with fresh Halibut they caught on their latest trip to Alaska! It was great to have such a unique entry representing a construction company! Second place went to Mark from The Gathering Place with his Sausage Corn Chowder and third place was Antoinette's Wisconsin Bacon Cheese, bacon and cheese you can't go wrong! I love hearing all the buzz as people walk through with their samples everyone had different favorites this year. A couple

new chefs this year we welcomed Pastor Rob, Bread and Bean, and the winners Chappa Construction all with great soups, we hope they are back next year. It takes so many volunteers to make this event happen, from the cooks to the bakers, setting up, prepping, serving and cleaning up; the list goes on and on. We are so thankful for all to have these individuals that are willing to help support The Gathering Place. Funds raised from this event will go towards programming for The Gathering Place and Memory Matters for outings, entertainment, artists, and so much more that will continue to assist in improving the quality of life for our partici-

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*Save  
the Date*



# **Volunteer Training and Appreciation Luncheon!**

**May 20 • 9:00 a.m. to 12:30 p.m.**





# Memory Minute

By Leah Zehel

## How to Sleep Better?

1. Relax in a nice warm bath or shower in the evening. As well as relaxing you, afterwards your body will cool down, which helps you sleep better.
2. Take 400mg of a magnesium supplement 30 to 45 minutes before bed. Magnesium helps with insomnia by decreasing the amount of time to fall asleep. It can also increase the quality and length that you sleep.
3. Sleep in Varying Positions. Changing your sleeping position can make a huge difference in the quality of your sleep. When you go to sleep, or if you wake up in the middle of the night, make a conscious effort to follow these guidelines- Keep your body in a "mid-line position, which both your head and neck are kept roughly straight. This should help you sleep. Avoid sleeping on your stomach. It's difficult to maintain the proper position, and it is more likely to cause aches and pains. If you wish to sleep on your stomach, put your pillow under your hips instead of under your head.
4. Use a suitable pillow. If it's too thin, your head will tilt backwards, which is uncomfortable. Likewise, do not stack your pillow so that your head is propped at an angle. Try placing a pillow between your legs if you sleep on your side. This will support your hips and make this position more comfortable.
5. Reduce your light exposure an hour or two before going to bed. Bright light before bedtime can disrupt your body's internal clock. It's one of the primary clues to the body that it's either sleep time, or waking time.
6. Add Gentle Sounds. Use a white noise generator that generates various soothing sounds-surf, wind, stream-these are sounds that have no shape, and they can help your brain to de-focus on right now.

## Other Tips for a Good Night's Sleep:

### Moderating your Diet.

- Eat dinner at least three hours before bedtime.
- Avoid going to be on an empty stomach.
- Avoid caffeine in the afternoon and evening.
- Instead drink a relaxing warm beverage.
- Avoid drinking water or other fluids within 1 hour before bedtime.

### Making Your Bed and Bedroom Welcoming.

- Use your bedroom for bedtime.
- Make your bedroom a heaven.
- Clean your room.
- Maintain you mattress.

### Changing Your Daily Routine.

- Go to bed and get up at the same time every day.
- Consider allowing less time for sleeping.
- Develop a sleep routing, doing the same steps each night before going to bed.
- Try deep breathing relaxation before bed.
- Exercise regularly. ■

## Memory Matters Calendar

- |                 |   |
|-----------------|---|
| <b>April 7</b>  | <b>You be the Judge!</b><br><i>- Guest Brad</i> |
| <b>April 14</b> | <b>Music with Bob Welsch</b>                    |
| <b>April 21</b> | <b>Using your Senses for your Memory</b>        |
| <b>April 28</b> | <b>Socialize out to Lunch at Marsh Bar</b>      |



## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- April 4** *Dance with Sue Alby*
- April 5** *Rocke Brothers- FAMILY AND FRIENDS INVITED!*
- April 6** *Music with Dan Ognevic*
- April 7** *Hawaiian Day*
- April 11** *Garden Club*
- April 13** *Cards with Lynnette*
- April 14** *Music with Lil Rev*
- April 18** *You be The Judge*
- April 19** *Music with Rob Peterson*
- April 20** • *Music with Bob Welsch*  
• *SPARKS*
- April 25** *Music with Bob Welsch*
- April 26** *Bell Choir with Ruth*

*Leah's Notes continued from pg.1*

pants! We look forward to seeing everyone next year. THANK YOU!

### **Thank You:**

- Dan and Rita -Chili
- TGP/ Mark- Sausage and Corn Chowder
- TGP/ Good Shepherd- Dill Pickle
- Pastor Rob- Pizza Chili
- Antoinette's – Wisconsin Bacon Cheese
- Endowment Team- Beer Cheese
- Falls Café- Chicken Dumpling
- Achappa – Halibut Chowder
- Kelly Kolste – Creamy Chicken Noodle
- Amy Kolste- Minestrone
- Ella's Della- Chicken Tortilla
- River Park- Cream Chicken Rice
- DayDream Café- White Chicken Chili
- Bread and Bean- Potato Au Gautin
- Countryside- Pizza Soup
- Chris and Sue's – Curried Chicken and Mushroom
- Patti Duenk- Vegetable Chili
- Ed Henning- Chili
- Sargento- Cheese Donation
- Pizza Ranch- Garlic Bread
- Texas Roadhouse- Buns and Butter

