

Brain Waves

MARCH 2022



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"Try and be a rainbow
in someone's cloud."*

~Maya Angelou

Leah's Notes ...



Leah Zehel, *Director*

This past month I gave a presentation about The Gathering Place to a group in the community, at the end someone asked me, "how are we so successful?" The answer is simple to me, I replied, "because of our volunteers!" I believe the main reason we are successful is because our volunteers come here to assist our participants, they are patient, respectful and come with a positive attitude. Our volunteers come here to serve with an uplifting attitude, of-

fering bright lights in an otherwise dark day of memory loss and confusion. Whenever our volunteers are faced with a challenge, they reframe the situation as an opportunity to be present with the participant in his or her current state without any judgement.

The importance of your attitude when working with someone with memory loss is very important. Sometimes a smile a laugh and just a positive presence will brighten someone's day. We treat all our participants with respect as they are individuals that have led successful and full lives, and they still have a lot to offer! Our volunteers avoid questions such as "do you remember" or

questions about past events that will serve as a quick reminder to that person that they have memory issues. We talk about past events knowing that it might be a new event to the person with memory loss. Sometimes this will spark memories and they can recall and retell the story, other times we just sit quietly allowing the participant to make those connections allowing time for them to find the words and process the information.

Out volunteers here at The Gathering Place have listening ears, helping hands and most importantly positive hearts! ■



The Key to our success is our Volunteers!!! The Gathering Place has been blessed with the very best volunteers coming in every week to assist our participants. Our volunteers are committed to providing the best day for everyone. A quote from a past family member whose loved one was in our program, "I tell people if they want to see what love looks like, look at the volunteers at The Gathering Place."

Our volunteers are respectful, and patient and they recognize the importance of their attitude when interacting with a person with memory loss, even just a smile can go a very long way.

Other adult day programs are struggling across the United States just to stay open and here at The Gathering Place we continue to grow, and a very large part of that is because of our volunteers. When different health care providers ask me what we are doing differently I immediately say, "we have the best volunteers."

Our volunteers here have listening ears, helping hands, and most importantly positive hearts!

So this month I just want to say, THANK YOU, to all of our very special volunteers!!!! ■

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

7 Tips to Stay Positive:

- 1.) Decide to have a positive attitude. We are responsible for our own happiness.
- 2.) Surround yourself with positive people. Their attitude is contagious.
- 3.) Use positive affirmations. Instead of "I hate getting up. Say, "I am grateful for a new day"
- 4.) Be very selective of the music and news you listen to. Garbage in= Garbage out.
- 5.) Help other people. Service gets us out of our own misery and positively impacts our world.
- 6.) Get in touch with you spiritual source. Faith, fuels, hope fuels a positive attitude.
- 7.) Don't stop; never give up. Do not give in to the negativity around us. ■

Memory Matters Calendar

- March 3** Socialize
- Firehouse Pizza
- March 10** Weight gain/weight loss.
Exercise without even knowing it!
- Exercise with Margo
- March 17** Guest Musician
Jim Olsheilot
- March 24** Pay Attention and Concentration games
- March 31** Maintain your Brain



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- March 1 *Harden Farms Demonstration*
- March 6 *Soup Cook-Off*
- March 8 *Music with Bob Welsch*
- March 9 *Music with Daniel Lovett*
- March 15 *Music with 2 Sharps and 2 Flats*
- March 16 *Music with Rob Peterson*
- March 17
 - *Music with George Possley*
 - *Wear Green*
- March 22 *Accordion Club*
- March 23 *Music with Tom Virant*
- March 24 *Happy Hour Karaoke*
- March 30 *Piano with Brittany*

