

BRAIN Waves

AUGUST 2022



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Contact us ...

We are a ministry of
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 Follow Us!

Quote of The Month ...

*"Do not let what you
cannot do interfere
with what you can do!"*

~ John Wooden

Leah's Notes ...



**Leah
Zehel,**
Director

10-year Anniversary! Men's Convertible Ride!

Brad Vollbrecht and his family have been hosting the "Men's convertible ride" annually for the last ten years! This day is such a special day for all our guys to enjoy. The smiles of the men taking off on their incredible ride for the day brings everyone so much joy! The "Men's Convertible Ride" started in June 2012 as a Father's Day outing, after the ladies had a special Mother's Day outing the month before. From there the idea of a convertible ride in recognition of Father's Day was born.

The Vollbrecht family had 4 convertibles and other friends with convertibles also that were willing to drive for the event, but with more male participants more cars were needed. Chuck Van Horn's car dealership generously allowed the volunteer drivers to "test drive" a convertible so all the men were able to attend.

Over the years as this event grew and became more well-known more people from the community came forward willing to drive for this event. We no longer had to search for cars and drivers as so many asked to donate their cars and time to drive for this event. Every year Brad plans a new route for the drive. In the early years he would do a test drive with one of our participants a few weeks before. The route always consists of a drive through the countryside with at least two stops



to stretch their legs and get something to drink. Except for the car ride in 2019 where the guys got to take their car out on the Road America racetrack! The ride culminates with a steak sandwich picnic meal with all the fixings at Brad and Marsha's home, before the return to The Gathering Place.

This event is such a special day here at The Gathering Place, for our male participants; and I can honestly say it has become even more of a special day for the volunteers involved. Being able to see the joy it brings and being part of this day that makes the individual with memory

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DO YOU HAVE A "COOL" INTERESTING OR FUN CAR YOU WOULD LIKE TO SHOW OFF, AND SUPPORT THE GATHERING PLACE?



This year we are incorporating a car show and DJ to spice up our annual Brat Fry. And we are looking for individuals willing to be part of our car show, at St Paul's Lutheran Church, Sheboygan Falls. Enjoy a brat or burger while you enjoy some great music by our DJ, Rob Peterson!

If interested in being part of our car show, please contact, Leah at The Gathering Place at 920-627-6847.

We would love to have you!



NEW EVENT!

The Gathering Place

BRAT FRY + CAR SHOW

TUESDAY, AUGUST 23
5 TO 7 P.M.
St. Paul's Lutheran Church in the parking lot!

Grab a brat or burger and check out the great cars !!

Stay awhile and enjoy our Sock Hop DJ, Rob Peterson

ST. PAUL LUTHERAN CHURCH
730 County Road PPP • Sheboygan Falls

All proceeds for this event will benefit The Gathering Place and Memory Matters programming!



Memory Minute

By Leah Zehel

6 Summer Nutrition Tips

Summer is full of picnics, parades, and vacations that are often filled with sweets, carbs, and lots of eating out. When it comes to chomping down your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- Swap ice cream for a low-fat yogurt in your favorites shakes and smoothies.
- Swap refined white sugar for natural alternatives like honey, or maple syrup.
- Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon cucumber or lavender.
- Swap processed salad dressings for olive oil, balsamic vinegar, and lemon juice.
- Swap butter on your toast for fresh avocado (add sliced tomato and a little salt and pepper for a snack).

Stay hydrated

It is easy to become dehydrated, especially during hot summer months where you are more likely outside losing valuable fluids through sweat. Make sure you stay hydrated by not just drinking plenty of water throughout the day, but by consuming nutrient-dense fruits and vegetables that are chock-full of water like cucumbers, spinach, grapes, celery, carrots, watermelon, and cantaloupe.

Memory Matters Calendar

August 4 ~ Community and Home Safety

August 11 ~ You Be the Judge

August 18 ~ Dance Class with Sue Alby

August 25 ~ Outing to Maywood

-History of Maywood presentation.

Complement your diet with exercise

Give your body a reason to use up all those wonderful vitamins and minerals you are consuming by finding ways to exercise each day. Sunny summer days provide opportunity to get outside and participate in activities like hiking, cycling, swimming, golfing, practicing yoga.

Eat Fresh

Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, roadside stands. It is your chance to skip out on the frozen meals or canned goods you may be used to and go to farm fresh options like summer squash, heirloom tomatoes, cherries, apricots, bell peppers, corn radishes, cucumbers, and strawberries.

Tackle your biggest culprits

It is never too late to get your diet under control when it comes to your health. This may involve limiting your salt intakes, switching to low-fat dairy products instead of whole fate, or upping your calcium rich foods like spinach, sardines, and milk. If you have specific medical condition, talk to your doctor about which diet modifications can most effectively help you. ■





Leah's Notes continued from pg. 1

issues feel free, independent, part of something, really brings joy to the volunteers! Every year we are blessed with a beautiful sunny day, this day is truly a wonderful experience for everyone involved!

We are so blessed to have this awesome event every year and so thankful to all the incredible people that make it happen! We want to thank Brad's family for hosting, cooking and baking the great food, but also all our drivers that



donated their time over the years and shared their vehicle and compassion for the day with our participants: Volunteer drivers who drove their cars, Rod Dirkse, Brad Mentink, Gordy Veldboom, Paul Lammers, Dale Tenpas, Bruce Strade, Scott Vollbrecht, Mark Vollbrecht, Steve Lorenz, Bob Radzins,



Larry Rooker, Jim Rooker, Dean Rooker, Tom Collins, Bill Wagner, Carl Knapp, Brad Vollbrecht and Gale Grahn who donated the use of their cars. Also, thanks to the male volunteers who went along to lend a hand; Rob Roman, Jim Nelson, Al Toutenhoofd, and Dennis Hartmann. Thanks to the Grill-

master, John Hiller and Chef Marsha Vollbrecht, Denise and Carl Kanpp for baking cookies and Sharon Hiller for making fruit salad. And ALL the others who have helped in the past. 😊

The Gathering Place has been truly blessed by all these people and this special event!!! ■



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- August 2** *Music with Rob Peterson*
- August 9** *Family Feud*
- August 10** *Music with Tom Luke*
- August 11** *Music with Lil Rev*
- August 15** *Music with Jeff Beherns*
- August 16** *Music with George Possley*
- August 17** *Sparks at JMKAC*
- August 18** *Antiques Show and Tell*
- August 23** *Music with Eric Cox*
- August 24**
 - *Outing to the Marsh*
 - *Music with Bob Welsch*
- August 30** *Bell Choir with Ruth*
- August 31** *Fair entry baking*

