

Brain Waves

JULY 2022



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"You have two hands,
one for taking care of
yourself and the other
for helping others."
~ Audrey Hepburn*

Leah's Notes ...



Leah Zehel,
Director

I have said this before and I will say it again, the volunteers are the key to the success of The Gathering Place!!! We always try to have a one-on-one ratio, participant to volunteer, always ensuring engagement and making sure the participant feels safe and good about their day. Being able to provide this type of care really is what sets our program apart from others, the quality of getting that one-on-one time is priceless. As staff we are all so thankful for what our volunteers do for this program as it is above and beyond, they truly care! Volunteering not only benefits us here

at The Gathering Place, volunteering benefits your own all around health!

Volunteering your time, money, or energy to help others doesn't just make the world better-it also makes you better. Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being. Here are seven scientific benefits of lending a hand to those in need.

1. Helping others can help you live longer.

Want to extend your lifespan? Volunteers show an improved ability to manage stress and stave off disease as well as reduced rates of depression and an increased sense of life satisfaction-when they were performed on a regular basis. This might be because volunteering alleviates loneliness

and enhances our social lives-factors that can significantly affect our long-term health.

2. Its Contagious.

When one person performs a good deed, it causes a chain reaction of good acts. One study found that people are more likely to perform acts of generosity after observing another do the same. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.

3. Helping others makes us happy.

One team of sociologists tracked 2000 people over a five-year period and found that Americans who described themselves as "very happy" volunteered at least 5.8 hours per month. This heightened sense of

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Thank You



Thank you all who came out for the Volunteer Training and Appreciation Dinner! It was great to see so many excited to always learn more about memory loss and how we can improve quality of life for our participants! We Always Appreciate you!

NEW EVENT!

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

Secrets of the Blue Zone Living

Areas of the world where people live longer than anywhere else. People of these areas have healthy diets and lifestyles that contribute significantly to long lives lived well. Processed foods full of additives, salt, fat, and sugar are critical culprits in obesity, chronic disease, and early death. Even though you may not aim to be a centenarian, being healthy and feeling good are goals most of us aspire to. It has been well demonstrated that nutrition, socialization, and exercise are key factors required for achieving longevity.

Food choices are a significant factor in a long and healthy life. Those who live in the blue zones share easy access to locally grown fruits and vegetables that are organically raised.

Having nothing to do and no one to do it with regularly will reportedly take years off your life. It is estimated that in the U.S. eight years of life are lost by those who are alone and lonely. A common finding of people living in the blue zones is that they are driven by meaning and purpose. They remain involved with family and friends and pursue activities that keep their minds engaged.

Walking is the one of the best forms of exercise we can do, and we only need our two legs to do it.

Though we do not live in a blue zone to increase our chances of longevity, we can learn from those who do. When all's said and done, it's a matter of common sense and following proven guidelines. Take care of your mind and body by maintaining a healthy diet, moving through exercise, and incorporating purpose and socialization with other into each day!! ■

MEMORY MATTERS CALENDAR

July 7 ~ The Healing Powers of Music

July 14 ~ Music with Bob Welsch

July 21 ~ Healthy Summer Eating!

July 28 ~ Socialization

-Lunch at Firehouse Pizza





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- July 5 Music with Bob Welsch
- July 6 Music with Dennis Reha
- July 7 Men's group Ladies group
- July 13 Outing to Shalom Wildlife Zoo
- July 14 Music with Rob Peterson
- July 18 Music with George Possley
- July 25 Lake Drive and Ice Cream
- July 26 Music with Two Sharps and Two Flats
- July 27 4-H Petting Zoo

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well-being might be the byproduct of being more physically active as a result of volunteering, or because it makes us more socially active. Researchers also think that giving back might give individuals a mental boost by providing them with a neurochemical sense of reward.

4. Helping others may help with chronic pain.

According to one study, people who suffered from chronic pain tried working as peer volunteers. As a result, they experienced a reduction in their own symptoms.

5. Helping others lowers blood pressure.

If you are risk for heart problems, your doctor has probably told you to cut back on red meat. However, you should also consider adding something to your routine: a regular volunteer schedule. One piece of research showed that older individuals who volunteered for at least 200 hours a year decreased their risk of hypertension by a whopping 40 percent. This could possibly be because they were provided with more social opportunities, which help relieve loneliness and the stress that often accompanies it.

6. Helping others gives us a sense of purpose and satisfaction.

Looking for more meaning in your day-to-day existence? Studies show that volunteering enhances an individual's overall sense of purpose and identity- particularly if they no longer hold a life-defining role like "worker" or "parent."

So if you were looking for a reason to volunteer now you have one! ■

