

Brain Waves

JUNE 2022



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Contact us ...

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Follow Us!

Quote of The Month ...

*Don't let yesterday
take up too much
of today*

Leah's Notes ...



**Leah
Zehel,**
Director

Validation therapy has been a method or working with someone with memory loss since the 1970s. This method however challenges many of the traditional methods that some used to use, like reality, orientating and correcting someone every time they are "wrong." Things have come a long way as dementia specialist continue to learn about the disease and the most effective ways to live with it. The idea of validation therapy is something that the Gathering Places does daily, I have



seen validation therapy work, and can say it can improve the individual's quality of life. The definition of validation therapy is, accepting the values, beliefs and reality of the person living with dementia, even if it has no basis to your reality. In validation therapy the person's feelings are accepted. As caregivers, we can acknowledge the feelings, sometimes mirror them and encourage them. The feelings are not criticized or discouraged. At The Gathering Place we can see

that if an individual can express their feeling and are acknowledged and validated, you will earn their trust and their frustrations will often calm. If the individual is ignored or denied, the feelings of frustration often get worse. The goal of validating any person is simple, restore self-worth, reduce stress, justify living, work towards resolving conflict, and improve physical well-being. Isn't that what we all want!! At The Gathering Place we treat people as valuable individuals! ■



5 years at Good Shepherd Location

I cannot believe it has been 5 years already since the start of our Wednesday program. That time sure has gone by fast.

We started with just 5 participants and 6 volunteers. And as of today, we have grown to full capacity of 15 participants! We have fluctuated throughout the years yet we're still able to remain strong during 2020!

This past year we have been able to really get back to visiting places in the community and learning about various trades, such as goat soap making, and micro greens. And we can't forget the trips to get ice cream by the lake! We have also been "TRAVELING" to various countries to tour remotely.

This upcoming year we look forward to learning various dance techniques, science experiments, possible pontoon rides, a visit to Christopher gardens, and of course ice cream.

I cannot wait to see how our program keeps developing thanks to all of you for your support in the many ways you contribute. We couldn't have been here without all of you! ■

Gina Schefsky





Memory Minute

By Leah Zehel

Why do we do trivia and play games?

Trivia and other games focusing on popular culture are a good way to encourage people to socialize—one of the best things they can do for your brains. By answering questions on popular culture, participants can share knowledge they have acquired at previous times in their lives you may have been more intact. A study published by Dr. Robert Wilson and a team at Rush University Medical Center found that seniors who play trivia games and other forms of board games help stave off mental decline by promoting activity changes in the temporal and hippocampus regions of the brain, the areas where working memory functions.

Engaging in trivia regarding current events helps people to stay abreast of what's going on in the world around them. Though current events are not always the most uplifting topics, it's important to cover the basics. You might also want to share at least one positive story each day! ■



Memory Matters Calendar

June 9 ~ Music with Jim Olshefsky

June 16 ~ Brain Fitness

-Exercise with Margo

June 23 ~ Art with guest Claire from JMKAC

June 30 ~ Stay Socially Active

-Out for ice cream at South Pier Parlor





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

June 1	<i>Accordion Club</i>	June 20	<i>Outing to Christopher Gardens</i>
June 7	<i>Music with Rob Peterson</i>	June 21	<i>Accordion Club</i>
June 8	<i>Music with Daniel Lovett</i>	June 22	<i>Music with Eric Cox</i>
June 9	<i>Outing to Sheboygan County Museum</i>	June 23	<i>Music with Bob Welsch</i>
June 13	<i>Music with Lil Rev</i>	June 28	<i>Bell Choir with Ruth</i>
June 14	<i>Sing-a Long with Karen and Thomas</i>	June 29	<i>Voice of Peace</i> <i>Sheboygan County Scavenger Hunt</i>
June 15	<i>Music with Bob Welsch</i> <i>Outing to JMKAC SPARKS</i>		

SAVE THE DATE!



BRAT FRY AND CAR SHOW

**TUESDAY,
AUGUST 23
5 to 7 p.m.**

