

# BRAIN Waves

DECEMBER 2022



## Inside This Issue ...

Leah's Notes

Volunteer Corner

November Giving

Memory Minute

Upcoming Events

## Contact us ...

We are a ministry of  
St. Paul Lutheran Church  
730 County Road PPP  
Sheboygan Falls  
(920) 627-6847  
Email: [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com)  
Web: [memorymattersmost.com](http://memorymattersmost.com)

 Follow Us!

## Quote of The Month ...

*Regardless of what  
you put on, wear love.*

*It's your basic,  
all-purpose garment.  
Never be without it.*

*Colossians 3:14*

## Leah's Notes ...



Leah  
Zehel,  
Director

***I want to wish everyone  
a Merry Christmas and  
Happy Holidays!***

This is the time of year to celebrate, enjoy family and friends, and reflect on our many blessings. Of course, the holidays can bring on a lot of unwanted stress, trying to get all the shopping done, attending all the gatherings, as the feeling of panic sets in you often wonder, how can I get everything done! We are also often reminded of things or people that we have loved and have now lost in the past. Through

this holiday season it is my hope that you find peace and find time to reflect on all your blessings and the goodness that surrounds you. We all have the power to count our blessings, research suggests that we have three times more positive experiences than negative, however we often fail to remember the blessings and give too much importance to the problems in our life. Unfortunately, research suggests that our perspective is biased towards the negative. We are more likely to pay attention to and remember negative situations, criticism or losses than to remember positive events, praises or gains. Through this holiday season we need to remember the power of gratitude, you

may have received help from someone, been overwhelmed by love in your life, or simply been touched by the warmth of the sunshine. When we feel grateful, the negative grip is released. Being grateful has incredible benefits; Gratitude increases social connection which studies show is essential for health and well-being. Gratitude decreases depression and improves optimism and positive emotions which in turn increases wellbeing, boost creativity, benefit relationships, and impact longevity. So, remember through the busy hustle and bustle of the holiday season be grateful! The Gathering Place is so grateful to be part of this community! Merry Christmas!! ■



## PLEASE HELP US REACH OUR GOAL.

We will be continuing our November Giving through December, support The Gathering Place!

### HOW CAN YOU HELP?

# NOVEMBER GIVING CAMPAIGN

#### YOUR DONATION SUPPORTS:

- Music and Entertainment
- Arts and Craft supplies
- Outings • Meals and Snacks

Please contact us at  
**920-627-6847**  
 or visit us at  
**memorymattersmost.com**  
 for more information.





# Memory Minute

By Leah Zehel

## How to Integrate All Senses to Improve Memory:

- Take a walk and pay attention to all you see, hear, smell, and touch. Take time not only to smell the roses but also to look, touch, and listen.
- When trying to learn the names of new people, study how they look, how they sound, how their hair, or cloths might feel to the touch, and if they wear a particular cologne.
- Think of your favorite song or songs. Which senses do the songs evoke? Were you with a special person when you first heard the song? Were you at a particular place? Were you eating a meal at the time? Were there particular smells in the area?
- Concentrate on heightening your awareness of all your sensory experiences throughout the day. ■

## MEMORY MATTERS CALENDAR

**December 1 ~ You be the Judge**

**December 8 ~ Science Class with Vicki**

**December 15 ~ Gratitude and your self-esteem**

**December 22 ~ Christmas Party and Music with Dan Ognevic**

**December 29 ~ CLOSED for Christmas Break**



## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- |                    |   |                    |  |
|--------------------|---|--------------------|--|
| <b>December 1</b>  | <i>Science w/ Vicky</i>   | <b>December 19</b> | <i>Music with Golden Chordaliers – Families and Friends Welcome!</i>   |
| <b>December 7</b>  | <ul style="list-style-type: none"> <li>• Sparks</li> <li>• Music with Dan Ognevic</li> </ul>      | <b>December 20</b> | <i>Music with Bob Welsch</i>   |
| <b>December 12</b> | <ul style="list-style-type: none"> <li>• You be the Judge</li> <li>• Cards with Sharon</li> </ul> | <b>December 21</b> | <i>The Gathering Place Christmas party<br/>1:30-3 pm Music with<br/>Rocke Brothers - Families and<br/>Friends Welcome!</i> |
| <b>December 13</b> | <i>Two Sharps and Two Flats</i>   | <b>December 27</b> | <i>Bell Choir with Ruth</i>  |
| <b>December 14</b> | <i>Music with Bob Welsch</i>  | <b>December 28</b> | <i>Sing-a-long with Brittney</i>   |
| <b>December 15</b> | <i>Accordion Club</i>   |                    |  |
| <b>December 19</b> | <i>Kohler Madrigal Singers –<br/>Families and Friends Welcome!</i>                                |                    |  |

