

BRAIN Waves

OCTOBER 2022



Inside This Issue ...

Leah's Notes
Volunteer Corner
November Giving
Memory Minute
Upcoming Events

Contact us ...

We are a ministry of
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 Follow Us!

Quote of The Month ...

*"You can not go back
and change the begin-
ning but you can start
where you are and
change the end."*

~C.S. Lewis

Leah's Notes ...



**Leah
Zehel,**
Director

Everyone knows someone with memory loss. Whether it is Alzheimer's, or other types of Dementia this disease is very hard not only on the individual, but it is one of the hardest diseases to deal with for the loved ones that surround the individual. If someone you love and care for is dealing with memory loss, what should you do and what can you do to continue to be a support to that person?

The first thing you can do is learn something about the process your loved one is experienc-

ing. Attend local classes that explain the process, to give yourself, families and friends the tools needed for communication with someone who is challenged with impaired memory or other cognitive issues. The more knowledge you have the better!

As memory becomes more impaired the "moment" becomes so very important to those with dementia. This means that your invitation to take a walk, visit a public garden or museum might be well received because the only expectation is to view and enjoy. The individual will not be challenged in experiences that rely on memory to participate. It is important to protect self-esteem and not leave your friend feeling that they have failed. The more you

pre-plan your event the more likely everyone feels good about the time spent together.

Learning how to communicate with someone with dementia is an art and often very challenging. Never make your time together a quiz to see what they remember. Keep information simple, reducing stress and choices will allow you both to enjoy the moment. When we are in the moment, we are most present for ourselves and for others. This is a wonderful lesson that contributes to life satisfaction and can be taught by those experiencing this challenging journey. So do not be afraid to be a friend. Do not take any "moments" for granted! ■

November Giving Fundraiser

The most important thing an organization can do is keep focused on their mission of their organization and for us that is making each day the best it can be for our participants in Memory Matters and The Gathering Place. Of course, we cannot do this without adequate funding. The **November Giving Campaign** is an opportunity to donate towards our programming. Whether it is towards art and crafts supplies, entertainment, outings, lunch or the scholarship program, all funds are utilized to continue our exceptional program! Please consider a donation to help us continue our unique program that helps so many!!

Thank You! ■

NOVEMBER GIVING CAMPAIGN

Stay tuned for more information on how you can help support The Gathering Place!



VOLUNTEER TRAINING

Friday, October 14
9 to 11:30 a.m.

Light lunch to follow

Good Shepherd Church
1614 S. 23rd Street, Sheboygan

*Please RSVP to Leah
at 920-627-6847.*





Memory Minute

By Leah Zehel

At Memory Matters we often do some different things like having a dance class, having guest musicians or doing art with the John Michael Kohler Art Center. You may wonder why we do these things? Well not only is it fun but there are many benefits associated with creativity. Some of the benefits of using creative expression in a variety of ways are listed below

Dance:

- Communication
- Expression
- Exercise

Music:

- Pain reduction
- Exercise
- Increased self-confidence

Painting or Drawing:

- A sharing of life stories
- Positive emotions
- Improvement of fine motor skills
- Promotion of self-expression ■

Memory Matters Calendar

October 6 ~ Stay Social!

- Out for Lunch at Marsh Bar and Grill

October 13 ~ You be the Judge

October 20 ~ Music with Bob Welsch

October 27 ~ Memory Techniques





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- August 2 *Music with Rob Peterson*
- October 3 *Mystery Monday and Talent Show*
- October 4 *Music with Rob Peterson*
- October 5 *Music with Geoff Landon*
- October 6 *Science with Vicky*
- October 11 *Sing a long with Thomas and Karen*
- October 11 *Music with Two Sharps and Two Flats*
- October 12 *Card Making with Luann*
- October 13 *Karaoke*
- October 17 *Wear something crazy day*
- October 18 *Elvis is in the building*
- October 19 *SPARKS and John Michael Kohler Art Center*
- October 19 *Music with Bob Welsch*
- October 25 *Bell Choir with Ruth*
- October 26 *Music with Two Sharps and Two Flats*
- October 27 *Music with Bob Welsch*
- October 31 *Music with Dan Ognevic*

