

BRAIN Waves

JANUARY 2023



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 Follow Us!

Quote of The Month ...

*Do not judge each
day by the harvest
you reap but by the
seeds that you plant.*

~ Robert Stevenson

Leah's Notes ...



Leah
Zehel,
Director

Happy New Year!

I hope everyone had very blessed holidays, and that you enjoyed your time with all your loved ones.

The Gathering Place is looking forward to a new year and spreading more joy to our participants during their time with us! Everyday your loved one is with us; we find ways to celebrate their success. Whether our participants have success socially, physically, creatively, or cognitively, we celebrate it! Our programming is purposefully structured with engaging activities



so that our participants are successful and experience fulfillment and joy. When we plan our activities, we try and follow a couple key components to keep the program a success. #1 is that we want everyone to be socially engaged. We want the participants input about the activity, whether it be suggesting what paint colors to use on a piece of art, or instruction on the best way to organize the tool cabinet because we want the participants to have ownership. #2 we love laughter! There is never a dull moment, and

we can all handle more laughter! #3 We support friendships among the participants, and we want everyone to feel comfortable to talk to each other and create a supportive peer group. #4 Opportunities to be creative; we ensure the projects are the participants, and let them be creative as they wish... encouraging the participants to actively engage in whatever activity they are doing. We find by following these components, we build self-confidence and foster more independence and give them success! ■



NOVEMBER GI♥ING

Thank you everyone for all the generous donations towards our November Giving fundraiser, there are just no words to express our gratitude! These funds raised will help our program so much, enabling us to continue our quality programming. It has been so rewarding to read all the notes on the donation letters from friends and families of the past and present. We are just so grateful for all the support! The Gathering Place appreciates your concern and prayers for the success of our program, volunteers, and staff, these prayers do not go unrecognized. Thank you again for all your gifts to The Gathering Place.





Memory Minute

By Leah Zehel

Self-Esteem in Older Adults

Self-Esteem is a term used to describe the way you feel about yourself. Changes in health, roles, activities, and lifestyle as you get older may effect your self-esteem. You may feel less important as you become more dependent on others. It may be harder to feel good about yourself.

Do you have good self-esteem?

If you agree with 5 or more of these statements, your self-esteem is good.

- I do not feel I must always please other people.
- I generally feel that I like myself.
- I speak up for myself and feel I have rights.
- I am happy most of the time.
- I feel that my struggles are normal.
- I do not need to prove that I am better than others.
- I do not need constant validation or approval from others.
- I make friends easily.
- I feel good about myself without praise from others.
- I feel pleased, rather than envious, when those I care about have success in life.

What Effects My Self-Esteem?

You may have high self-esteem when you have accomplished some goals, like having a good marriage, or having done well at a challenging job or in school. When you retire you have a lot more free time and you may feel you have nothing important to do. You may not have as much money. Your friends may have dies or moved away. You may feel a loss of control. All of this can contribute to low self-esteem. .

What can we do to Increase our Sell-Esteem?

There are many things we can do!

- Take good care of your body. Eat well. Be groomed, get enough sleep, and get regular exercise. If you feel physically well, you will feel better emotionally.
- Take your medicines prescribed, and learn more about how to deal with any medical problems you have.
- Take control of your time. Be as active as possible.

- Take control of your relationships and your social life. Get active in church, or social groups, (Memory Matters 😊)
- Be assertive in social situations and at home. When you act as if you deserve a good things, you will tend to value yourself more.
- Make positive statements about yourself, such as, "I am a kind and caring person." Write them on cards and look at the cards several times a day no matter how you feel. This can remind you of the goals you have regarding your self-esteem.
- If something goes wrong be careful about blaming yourself. If you are responsible for a mistake, accept the responsibility, repair the error, and move on. You can make mistakes and still be a good person.
- Volunteer and help others. This can give new purpose and meaning to your life.
- Become aware of negative thoughts, such as saying to yourself, "I did that badly." Counter the negative statements with positive ones, such as, "That didn't turn out well, but I learned how to do it better next time."
- Talk with others about possible causes of low self-esteem. As you become aware of how your life experiences contributed to your low self-esteem, replace criticism with praise. **Learn to be your "biggest fan!"** ■

Memory Matters Calendar

January 5 ~ Managing Stress and beating the winter blues!

January 12 ~ Music with Bob Welsch

January 19 ~ Relieve Stress through Art. Visit from Claire JMKAC

January 26 ~ Out for lunch at Firehouse Pizza



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- January 4 *Music with Jim Olschmidt*
- January 5 *Science with Vicky*
- January 9 *You be The Judge*
- January 10 *Sing-a-long with Thomas and Karen*
- January 11 *Music with Rick Raybine*
- January 12 *Music with Benny and the vet*
- January 16 *Ollie the dog visit*
- January 17 *Music with Rob Peterson*
- January 18
 - *Music with Bob Welsch*
 - *Outing to JMKAC SPARKS*
- January 24 *Music with Rob Peterson*
- January 26 *Music with Dan Ognevic*
- January 30 *Music with Rob Peterson*
- January 31 *Bell Choir with Ruth*

