

Brain Waves

MAY 2023



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Contact us ...

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 Follow Us!

Quote of the Month ...

"You are never too old to set another goal or to dream a new dream."

- unknown

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, but volunteering also 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. It's 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

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Volunteer Corner

There is a Chinese saying that goes, "If you want happiness for an hour take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody!" We have known for years that this indeed is where happiness is found. Enriching the lives of others is one of the biggest keys to our own happiness. There is nothing more fulfilling than knowing you have made a positive difference in the lives of other people. Even something simple as smiling or paying that person a compliments, can make their day- and yours! ■



Volunteer Training and Appreciation Luncheon!

Friday, May 12
9:00 a.m. to Noon

St. Paul Lutheran Church
Fellowship Hall
730 County Hwy PPP, Sheboygan Falls

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





Memory Minute

By Leah Zehel

6 Summer Nutrition Tips

Summer is full of picnics, parades, and vacations that are often filled with sweets, carbs, and lots of eating out. When it comes to chomping down your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- Swap ice cream for a low-fat yogurt in your favorite shakes and smoothies.
- Swap refined white sugar for natural alternatives like honey or maple syrup.
- Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon cucumber or lavender.
- Swap processed salad dressings for olive oil, balsamic vinegar, and lemon juice.
- Swap butter on your toast for fresh avocado (add sliced tomato and a little salt and pepper for a snack).

Stay hydrated

It is easy to become dehydrated, especially during hot summer months where you are more likely outside losing valuable fluids through sweat. Make sure you stay hydrated by not just drinking plenty of water throughout the day, but by consuming nutrient-dense fruits and vegetables that are chock-full of water like cucumbers, spinach, grapes, celery, carrots, watermelon, and cantaloupe.

Memory Matters Calendar

- May 4** Creativity with aging
- Guest Claire from JMKAC
- May 11** Music with Jim Olschmidt
- May 18** Dancing with Sue Alby
- May 25** Kick off to summer,
out for ice cream at
South Pier Parlor

Complement your diet with exercise

Give your body a reason to use up all those wonderful vitamins and minerals you are consuming by finding ways to exercise each day. Sunny summer days provide opportunity to get outside and participate in activities like hiking, cycling, swimming, golfing, practicing yoga.

Eat fresh

Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, roadside stands. It is your chance to skip out on the frozen meals or canned goods you may be used to and go to farm fresh options like summer squash, heirloom tomatoes, cherries, apricots, bell peppers, corn radishes, cucumbers, and strawberries.

Tackle your biggest culprits

It is never too late to get your diet under control when it comes to your health. This may involve limiting your salt intakes, switching to low-fat dairy products instead of whole fat, or upping your calcium rich foods like spinach, sardines, and milk. If you have specific medical condition, talk to your doctor about which diet modifications can most effectively help you. ■





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- May 2 Kettle Carvers demonstration
- May 8 Music with Rob Peterson
- May 9 Music with 2 Sharps and 2 Flats
- May 11 Music with Tom Luke
- May 15 Music with VOCE
- May 16 Music with Rob Peterson
- May 17 Music with Bob Welsch
- May 24 Music with Dan Ognevic
- May 30 Bell Choir with Ruth
- May 31 Music with Voice of Peace



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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 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 prob-

lems, 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! ■