

Brain Waves

JUNE 2023



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Contact us ...

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

 Follow Us!

Quote of The Month ...

"The greatness of a community is most accurately measured by the compassionate actions of its members."

— Coretta Scott King

Leah's Notes ...



Leah Zehel, *Directo*

At The Gathering Place we like to help our participants maintain self-confidence and to stay active, and to help them stay independent and social giving them a better quality of life!

This month I wanted feature some of our great music programs; we love our music at The Gathering Place-

A favorite activity of everyone's music! We incorporate music into our programming daily, whether it is a guest entertainer, or a sing-along

music is a huge part of our programming.

Every Monday we have Steve Hammer come and volunteer his time and play piano for a super fun sing-along, he also gets everyone laughing! Tuesdays has a monthly sing-along with Thomas and Karen where we often can learn new music, and Bell Choir with Ruth. And Wednesday at Good Shepherd we enjoy our upbeat sing along with Luann! The list of guest entertainers we have come in is very long but some of our regular entertainers are Rob Peterson on the guitar, Bob Welsch from the Big Bass Trio, The Accordion club, Eric Cox from the Belle Weather, Dan Ognevic, the Rocke Brothers and Two Sharps and Two Flats, just to name a few!! Music is the most pow-

erful way to relive memories. Music is not only enjoyable but is used as a type of therapy. For most, memories of music stay with an individual longer than any other memory. Music, whether its listening, singing, or dancing is another great way to communicate and express yourself. How Music Therapy Helps the Mind:

Countless studies and experts' opinions back the power of music therapy. The Alzheimer's Foundation of America explains that music has a profound effect on people with memory loss because, "rhythmic and other well-rehearsed responses require little to no cognitive or mental processing. They are influenced by the motor

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Living With Dementia

1. Agree never argue
2. Divert, never reason
3. Distract never shame
4. Reassure never lecture
5. Reminisce never say remember
6. Repeat never say, "I told you"
7. DO what they can do, never say "you can't"
8. Ask never demand
9. Encourage never condescend
10. Reinforce never force

Thank You!!!



Thank you to all the volunteers that came out to the training. It is so great to all learn together and continue and grow our knowledge in finding the best ways to provide the best days for our participants!!

Celebrate 15 years of
The Gathering Place!!

BRAT FRY & CAR SHOW

AUGUST 22 • 5:00 TO 7:00 PM
ST. PAUL LUTHERAN CHURCH
730 COUNTY ROAD PPP • SHEBOYGAN FALLS

SAVE THE DATE

BRAT FRY, CAR SHOW AND DJ!
This year will be even bigger and better...
You do not want to miss it!

All proceeds for this event will benefit The Gathering Place and Memory Matters programming!







Memory Minute

By Leah Zehel

Nurturing Optimism

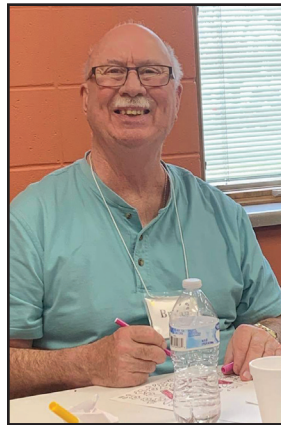
This month in Memory Matters we have been talking about different ways to stay optimistic when things get hard, and really how can we nurture an optimistic lifestyle. We have a pretty optimistic group in Memory Matters so it was easy to discuss and think and share different ways to nurture optimism. Here are a few we discussed.

- Limit the time you spend with pessimists.
- Incorporate more humor and laughter into your everyday life.
- Look for the positive
- Focus on what you can change and let go of what you can't.
- Do things for others. Volunteer.
- Develop friendships with those who are optimistic. Optimism is contagious!
- Look at the mistakes you make as opportunities to grow.
- Look for the best in every situation.
- Try to solve problems rather than just complain about them.
- Adopt positive language. Saying that you can't do something is often a self-fulfilling prophecy. On the other hand, saying that you will be able to do something can result in success!
- Celebrate each day and all that it has to offer! ■



Memory Matters Calendar

- June 1** Art with Claire from the JMKAC
- June 8** Music with Dan Ognevic
- June 15** Science Class with Vicky
- June 22** You Be the Judge
- June 29** Out for Ice Cream to South Pier!



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- June 6** *Music with Elvis*
- June 11** *Sing-a-long with Karen and Thomas*
- June 14** *Music with Daniel Lovett*
- June 19** *Music with George Possley*
- June 21** *Piano Music with Brittney*
- June 27** *Bell Choir*
- June 28** *Music with Eric Cox*
- June 29** *Music with Bob Welsch*

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responds directly to auditory rhythmic cues. A person's ability to engage in music, particularly rhythm playing and singing, remains intact late into the disease process, because, again, these activities do not mandate cognitive functioning for success.

The effects of music on the brain translate into life-changing benefits for people living with memory loss. Listening and par-

ticipating in music has the power to pull those affected out of isolation, gives you a way to express emotion and exercise the mind.

At The Gathering Place we give our participants encouragement, guidance and confidence in whatever we are doing!! In whatever activity we do, the most important thing is that we can make it meaningful and help everyone involved feel good! ■

