

# Brain Waves

AUGUST 2023



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## Contact us ...

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 Follow Us!

## Quote of the Month ...

"Life is like riding a bike. To keep your balance you must keep moving."

— Albert Einstein

## Leah's Notes ...



Leah Zehel, *Directo*

### For the Caregiver:

You may be busy caring for someone else and don't take time to think about your emotional health. But, you need to! Caring for someone else takes a lot of time and effort. Your job as caregiver can become even harder when the person you are caring for gets angry with you, hurts your feelings, or forgets who you are. Sometimes you may feel really discouraged, sad, lonely, frustrated, confused, or angry. These feelings are

normal! Here are some things you need to tell yourself:

- I'm doing the best I can.
  - I'm not perfect and that's okay.
  - What I am doing would be hard for anyone.
  - I can't control some things that happen.
  - Sometimes I just need to do what works for right now.
  - I will enjoy the moments when we can be together in peace.
  - I will get help when things become too much for me.
- Here are some great Caregiver Resolutions, make time to try these, even if it's just one or two of them.
- I will take care of my

emotional health. I will not walk this road alone. I will share my story with others. I will seek advice. I will continue to enjoy hobbies and explore new ones that interest me. I will seek professional help if needed.

- I will find humor in living each day. I will not feel guilty about laughing, even when times are bad. I will try and laugh with my care partner.
- I will see myself as a hero and value my gift of caregiving. Heroes are human and have faults and weakness. But heroes draw upon a silent strength and overcome. Often, the most heroic thing I can do is to say, "I will wake up tomorrow and try my best." ■



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!

## Convertible Ride Thank You!

Once again the guys had a successful "Men's Car Ride" day, this is truly one of my favorite days of the year! The smiles of the men when they are taking off for their ride brings everyone so much joy! We are so blessed by this event every year and so thankful to all the incredible people that make it happen!

First of all, I want to thank Brad Vollbrecht for putting this event together every year without hesitation even a week after back surgery! We want to thank Brad's family, his wife Marsha and sister Kris Lorenz and for hosting, cooking, and baking the great food! And we also want to thank our drivers that donate their time every year and share their vehicle and compassion for the day with our participants: Volunteer drivers who drove cars, Rod Dirkse, Dale Tenpas, Paul Lammers, Bruce Strade, Larry Rooker, Jim Rooker, Dean Rooker, Carl Knapp, Tom Collins, Steve Lorenz, Scott Vollbrecht, Mark Vollbrecht, Bill Wagner, and Ron Oonk. And I do not want to forget Dave Depagter who helped grill! The Gathering Place is truly blessed by all these people and this special event!!





# Memory Minute

By Leah Zehel

## Celebrate Healthy Aging!

### 10 Tips to Reinvent yourself and Celebrate!

- 1.) **Do not act your age.** Or at least what you think your current age should act like. What was your best year so far? 29? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say its positive thinking and goes a long way toward feeling better about yourself.
- 2.) **Be Positive in your conversations.** And your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
- 3.) **Ditch the Downer friends.** Have negative friends who complain all the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
- 4.) **Walk like a vibrant healthy person.** You can probably do it. Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.
- 5.) **Stand up Straight.** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Fix your stance and practice it every day, it will make you feel better.

- 6.) **Smile.** Research shows that people who smile more often are happier. Your teeth are just as important to your health as the rest of your body.
- 7.) **Do something about being Lonely.** Pick up the phone, volunteers your time, take a class, invite someone to lunch!
- 8.) **Start Walking.** Not only for your health but to see your neighbors.
- 9.) **Get Physical.** Make time for your annual physical and other health screenings.
- 10.) **Find your inner artist.** You may have an artist lurking in you just waiting to be tapped. Have you ever wanted to play an instrument? Wondering if you could paint a portrait? Or what about wood working? Do not be afraid to try! ■



## Memory Matters Calendar

**August 3** You Be the Judge

**August 10** Music with Jim Olschmidt

**August 17** Science Class with Vicky

**August 24** Art with Claire from JMKAC

**August 31** Memory Tips and Tricks!





## TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- August 1 Music with Bob Welsch
- August 9 Outing to Shalom Wildlife Center
- August 15 Music with the Accordion Club
- August 16 Music with Dan Ognevic
- August 17 Music with Rob Peterson
- August 21 Music with Bob Welsch
- August 22 Music with George Possley
- August 29 Bell Choir with Ruth
- August 30 Music with Rob Peterson

