

Brain Waves

SEPTEMBER 2023



Inside This Issue ...

Brat Fry/Car Show Thank You

Leah's Notes

Memory Minute

Upcoming Events

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 bad news is time flies. The good news is you're the pilot."
– Michael Althshuler

Leah's Notes ...



Leah Zehel, Director

For the Caregiver:
Recently we have had a few participants willing to share their testimony about what they like about The Gathering Place; many stated how everyone is so nice to them, how they feel important, how we have so many different music groups, some love the art projects. One statement that really stood out to me, was a new participant told me they were often scared to go out in public anymore because of their dementia, and since they started coming to

The Gathering Place, they do not feel scared anymore. They said, "the volunteers helped me get over that fear, they made me feel so comfortable and they were patient and understanding." She also states "after my husband passed away, I never thought I would dance again, but with the encouragement from my new friends I am dancing!" This credit goes to all our volunteers, our volunteers care so deeply for the participants and really spend a lot of time getting to know them. What makes our volunteers so very special is that they remember, they remember that our individuals with memory loss are still people a person that still has a lot to offer and has needs to be fulfilled just like anyone else. These qualities

are what makes our program so special. I wanted to share some rules I think we can all agree on. These rules ring true to what we do at The Gathering Place.

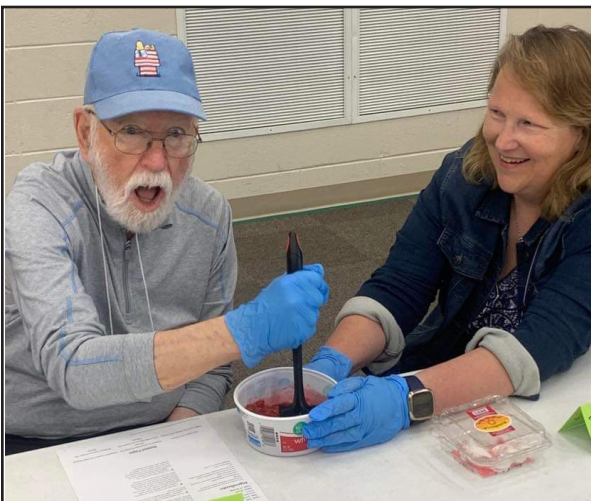
- If I get dementia, I do not want to be treated like a child. Talk to me like the adult that I am.
- If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find ways to exercise, read and visit with my friends.
- If I get dementia, ask me to tell you a story from my past.
- If I get dementia and I become agitated, take time to figure out what is bothering me.
- If I get dementia treat me the way that you would want to be treated.

continued on page 4 ...



THANK YOU!

Thank you to all who came out for our **15 year Anniversary Brat Fry and Car Show** it was so great to see all the support for our program!! And we are so thankful to continue our success in serving adults with memory loss.





Memory Minute

By Leah Zehel

Personal Growth:

The ability to make ourselves happy is one of the best skills we can all develop. We cannot depend on others to make us happy. We must take the bull by the horns and learn to do this ourselves. We need to appreciate ourselves and all that we have to offer.

Often older adults, tend to devalue themselves and believe that they have less to offer the world around them. It is, for them to know just how valuable they are.

Some activities which may provide benefits to personal growth include:

- Discuss what you believe your five best qualities.
- What are the benefits of being good to yourself?
- It is important to spend time focusing on what matters most.
- What is the value to socializing with those who make you feel good.
- Write a letter to a special friend or relative.
- What can good thoughts about yourself do for your mental and physical health: improved memory, brighter outlook, better heart health ect.
- Name five things you can't do without, such as friends, a computer, cell phone or coffee, ect.
- Name five things that make you smile. ■



Memory Matters Calendar

September 7 Socialize and end of summer ice cream trip!

September 14 Music with Dan Ognevic

September 21 Memory Tips and Tricks

September 28 Stress and Relaxation, Margo exercise.





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

September 5

Music with Rob Peterson

September 6

Drumming with Margo

September 7

NFL Jersey Day

September 13

- *Dance Class with Sue Alby*
- *Music with Voice of Peace*

September 14

Music with George Possley

September 18

Music with Dan Ognevic

September 20

- *Music with Bob Welsch*
- *Outing to JMKAC*

September 21

- *Bee presentation with John L.*
- *Off Site due to Trash and Treasure. TGP at Good Shepherd Sheboygan!*

September 25

You be the Judge

September 27

Music with Eric Cox

September 28

Music with Tom Luke and Pie Social

Leah's Notes continued from pg.1

- If I get dementia, don't talk about me as if I'm not in the room.
- If I get dementia, don't exclude me from parties and family gatherings.
- If I get dementia, know that I still like receiving hugs and handshakes.
- If I get dementia, remember that I am still the person you know and love.

These are things we all want in life! Giving patience and kindness to others is a gift, we all need to be loved and accepted. ■

