

Brain Waves

DECEMBER 2023



Inside This Issue ...

Leah's Notes
Memory Minute
Volunteer Training and Christmas Celebration
Upcoming Events

Contact us ...

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 Follow Us!

Quote of The Month ...

*It is not what's under the tree that matters.
It is who is around it.*

Leah's Notes ...



Leah Zehel, Director

It is so hard to believe it is December already, another year has passed!

The holidays are the time of the year to bring family and loved ones together. But if you are caring for a person with memory loss, this time of year can be even more stressful than it already is. Facing family festivities also means planning, around personal limitations.

For a person dealing with memory loss holiday events and extended family time can be overwhelming because they break up

the regular routine. A person with dementia feels safest and most comfortable when every day is the same.

Here are some ideas that will help you keep your stress levels down and enjoy the holidays:

- **Don't make too many commitments.** As a caregiver you probably already find it challenging enough to balance your life demands on a daily basis. Don't lose sight of this.
- **Scale down the meal.** This may be the year to ask for help in the kitchen, have a potluck, or even order food delivery.
- **Bring the holiday celebration to your loved one.** Host quiet, slow-paced gatherings. Keep the schedule the same as possible, having Christmas in
- the place where your loved one lives so it is comfortable and familiar setting for them.
- **Ask for help.** If you're having company be sure to have a "second in command" to help care for the person when your tied up.
- **Give your loved one a task or job.** Make your preparations together. Have them help set the table, wrap presents, chop vegetables, or fold laundry. If you bake, have them help, make holiday cards together, focus on the doing rather than the results. Help them feel involved and be an important part of the family.
- **Play familiar music.** Classic Christmas carols which may bring up pleasant memories of joyous celebrations from the past. ■



COME JOIN US!

Volunteer Training and Christmas Celebration!

December 8 • 9 a.m. to Noon
St. Paul's Fellowship Hall





Memory Minute

By Leah Zehel

Your Self-Esteem

Past research indicates that, after a lifetime peak that occurs somewhere around 60, the typical individual experiences a self-esteem drop-likely due to major life changes such as becoming an empty-nester, retirement, illness, and the deaths of close friends and family members.

Still there are a few ways older individuals can cultivate healthier levels of self-esteem:

1. Seek out social connection:

Regardless of age, individuals who have supportive, loving relationships with friends and family consistently report higher self-esteem and overall happiness.

2. Promote feelings of independence:

One possible cause for self-esteem dips in aging adults is the loss of independence due to physical and cognitive decline. This is played out in conflicts created by conversations of whether an elderly loved one should still be driving, or if they can still safely live at home.

3. Cope with life changes by finding support:

Human beings are social creatures by nature, and we connect with each other by telling stories and sharing experiences. Communities and groups aimed at supporting members through various life transitions. These types of groups are good resources for handling changing events in a healthy way.

Taking a positive approach to the aging process has benefits. We can all help foster an environment of esteem and kindness towards others in our community. Treating aging adults with respect and valuing their contributions to society is something that can provide countless benefits to members of all generations. ■



Memory Matters Calendar

- December 7** History with Linda
- December 14** History of music with Rob Peterson
- December 21** Christmas Party and Potluck, Music with Dan Ognevic
- December 28** Closed, *Merry Christmas and Happy New Year!*



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- December 4 *Music with Rob Peterson*
- December 5 *Music with Bob Welsch*
- December 12 *Music with Two Sharps and Two Flats*
- December 13 *Music with Dan O.*
- December 14 *Christmas Program with the Golden Chordaliers*
- December 19 *Music with Accordion Clun*
- December 20 *Music with the Rocke Brothers and Christmas Party, ALL Friends and Families Invited!*
- December 25 *Closed Merry Christmas*
- December 26 *Closed*
- December 31 *Closed*

