

BRAIN Waves

NOVEMBER 2023



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"You can't go back and
change the beginning,
but you can start
where you are and
change the ending."*
- C.S. Lewis

Leah's Notes ...



Leah Zehel, *Director*

"The Gathering Place Gives" Campaign is back! Please help us reach our goal of \$40,000 this year. These funds will help The Gathering Place and Memory Matters continue to give our families the much-needed respite at an affordable cost and will enrich the lives of our participants. We have served close to a thousand individuals dealing with memory loss and when you include the caregivers it reaches the tens of thousands of people that have benefited



from our programming right here in Sheboygan County. This campaign is to encourage you to donate a monetary gift towards one of our services at The Gathering Place such as: meals, art, entertainment, outings, and volunteer training. These are the services that are essential to the success of The Gathering Place and Memory Matters.

There are two reasons we are able to keep our program so affordable - our **amazing volunteers** and our **generous**

donors; we would not be able to offer our programming at a cost of \$40 less per day than the average program across the U.S. Whether it's through memorial gifts, fundraising or donations, this is what enables us to keep our participants fees low. We are happy to be able to provide this needed program for individuals with memory loss in Sheboygan County.

Help us continue our exceptional programming at an affordable cost. ■




*Volunteer Training and
Christmas Celebration!*

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

HOW CAN YOU HELP?

NOVEMBER GI♥ING CAMPAIGN

YOUR DONATION SUPPORTS:
Music and Entertainment
Arts and Craft supplies
Outings • Meals and Snacks

Please contact us at
920-627-6847
or visit us at
memorymattersmost.com
for more information.






Memory Minute

By Leah Zehel

20 Tips for your Memory

1. Calendars – Get a decent sized calendar and instruct seniors to look at it throughout the day and check off tasks that were written. If they are unable to do that, you will need to write down everything and help them remember what needs to be done.

If you place the calendar next to their bed or other area where they spend a significant amount of time, it forces them to see it every day, and remember what they need to do.

2. Wine – Did you know that drinking wine in moderation is another way to boost your memory? One of the principal ingredients in wine is resveratrol. Resveratrol is responsible for strengthening the brain, which might offset degenerative conditions in the brain.

3. Eat Well – Eating the right foods can keep your brain healthy and boost your memory. Contact a nutritionist or ask your doctor what foods are best to help seniors increase their memory.

4. Teach – Seniors who teach others help to boost their memories. After living a long life, most seniors are an expert at something. Take the time to let seniors pass on their knowledge to future generation senior citizens to keep their minds active.

5. Socialize – When seniors stay socially active, they are less likely to feel stressed or depressed. This is more the case when they are with family members. Always visit your senior loved ones and make them feel a part of your life.

6. Repeat Information – Some seniors react to repeating the information that needs to be completed. For example, if they need to go to a doctor's appointment at a particular time of the day, they can repeat that information to themselves out loud or silently to help them remember.

7. Exercise – Exercise is a way to increase blood flow in our bodies. The brain generates an average of 15% of our body's blood flow. Exercise keeps the blood flowing. So, help your elderly loved ones to get out and walk or do other physical exercises that benefit their entire body, including their brain.

Memory Matters Calendar

November 2 Music with Jim Olschmidt

November 9 Art with Claire from JMKAC

November 16 Socialize out for lunch

November 23 Closed, Happy Thanksgiving!

November 30 Boost your Brain Power, exercise with Margo.

8. Video Games – Video games aren't just for kids. The repetitive movements help reasoning and memory in the elderly. Find some games that are easy enough for them to use, and watch how it transforms their minds and puts smiles on their faces.

9. Yoga and Meditation – These are two disciplines that relieve stress and help to relax. Therefore, they are also ways to boost someone's memory. Senior citizens can benefit from these, and yoga also helps strengthen their bodies, too.

10. Confidence – Some seniors start to lose their confidence as they get older. Their bodies don't feel as fine-tuned as they once were, so they begin to have self-doubts. Keep their confidence level high by helping them remember things.

11. Organize – If seniors do not have a lot of clutter to go through to find things, it makes it easier to remember where something is at. If seniors place their house keys on a hook near the door each day, they will always remember where they are.

12. Favorite Senses – People process information in different ways. Therefore, there are different ways we prefer to use our senses to help us learn. Some people are visual learners and need to see information in front of them. Others depend on their hearing senses to process data through what they listen to. Find out how your loved one processes information the best and help increase their memory.

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TGP Special Events & Activities

Families always welcome to our Entertainment Events!

November 1	<i>Music with Jim Rossetti</i>
November 2	<i>Science with Vicky</i>
November 6	<i>Readers Theater</i>
November 7	<i>Music with Rob Peterson</i>
November 8	<i>Music with Dan Ognevic</i>
November 11-14	<i>Country Line Dancing</i>
November 15	<i>Music with Bob Welsch</i>
November 16	<i>History with Linda</i>
November 20	<i>Music with George Possley</i>
November 21	<i>Music with Dan Ognevic</i>
November 22	<i>Elvis performs</i>
November 23	CLOSED <i>Happy Thanksgiving</i>
November 30	<i>Music with Bob Welsch</i>

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13. Remember Names – When seniors try to remember the names of people they meet, they can develop a system that helps them associate something with each name. For instance, if a woman's name is Mary, seniors could associate her name with the holy Mother Mary.

14. Ginkgo – We have already discussed how exercise increases blood flow to the brain, which helps the brain. Ginkgo biloba is a natural supplement that increases blood flow, too. It is known to help with dementia sufferer, and it could be an alternative way to helping seniors boost their memory.

15. Less Alcohol – When you consume less alcohol, you are literally saving the amount of brain cells that you have. Too much alcohol can lead to temporary or permanent loss of memory.

16. Voice Messages – Create voice messages that your loved one can play back on their computer or cell phone. This helps them remember by hearing that information again. Sometimes, just a quick reminder is all that the elderly need to boost their memories.

17. Stop Stress – Continuous stress can destroy brain cells. Seniors should be taught how to reduce stress or placed in environments where there are less reasons to become stressful.

18. Sleep – A peaceful night's sleep is another way to help seniors stay productive throughout the day. How can the brain process more information if it is always tired? A rested brain is a more active one.

19. Prevent Distractions – If seniors can block outside distractions, then they have a better chance of retaining information.

20. Use It – If seniors don't use their memory every day, they are almost sure to begin to forget important tasks or information. Make sure that they engage in activities that give their minds a mental workout. Whether they like to read, teach others, work on crosswords, or play chess, it is important they continue to do something they like that is a little challenging. ■

