

Brain Waves

JANUARY 2024



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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 ...

*Faith makes all things possible.
Love makes all things easy.*

– Dwight L. Moody

Leah's Notes ...



Leah Zehel, Director

For the Caregiver,

Taking care of a loved one can keep you very busy, it can also be hard on you physically and emotionally. But to be the best caregiver you need to take care of yourself first! Sometimes you may feel discouraged, sad, lonely, frustrated, confused and even angry. These feelings are normal! With the New Year comes new hopes 2024 so as you think of your New Years Resolution, try and make a Caregiver

resolution. Here are some ideas to get you started maybe start to make time for just one or two of these resolutions:

Resolutions

#1 – I must rest. I must take the time each day to remove myself from situations that stress me and make me tired, and I must do it safely.

#2 – 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 not feel guilty about this!

#3 – I will keep up a healthy lifestyle. I will attempt to get physical exercise everyday if

possible, if even for a few minutes. I will make healthy food choices. I will schedule and keep regular visits with my healthcare provider.

#4 – I will find humor in every day. I will not feel guilty about laughing, even when times are bad.

#5 – I will value my gift of caregiving. I will remember I am human and have faults and weakness.

Caregivers are heroes! You have a silent strength and you overcome difficulties daily. You wake up everyday and try your best!

“To love someone is to learn the song that is on their heart and sing it to them when they have forgotten.”

– Arne Garborg ■



Thank you to all volunteers who came out for the Christmas Party and training, we had lots of fun!





Memory Minute

By Leah Zehel

Activities to Maintain your Brain

In Memory Matters we often try new things it is easy to stick with what you comfortable doing but it is important you always challenge your brain! Trying new activities increase the growth of new neurons and adds to brain reserve.

- Count backwards from 100 by 5s, 2s, 3s, or 7s
- Find a picture in a magazine- or an entire magazine-and name as many things that begin with a certain letter of the alphabet.
- Create an A-Z list of food, flowers, geographical names
- Do word searches, sudoku, and other challenging puzzles.
- Write, eat, brush your teeth etc. with your non-dominant hand.
- Learn to play a instrument. Listen to music you haven't ever listened to before.
- Sing, Sing, Sing!

- Play board games that are stimulating, fun and challenging.
- Read and write daily
- Get outside everyday
- Socialize!
- Attend classes, lectures, concerts and plays.
- Debate and discuss popular issues with others
- Develop new hobbies
- Get plenty of exercise. This is one of the most important things you can do for memory! ■



Memory Matters Calendar

- January 4** Beat the Winter Blues
- January 11** Music with Bob Welsch
- January 18** Art with Claire from JMKAC
- January 25** Socialize out for lunch



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- January 2 *Music with Rob Peterson*
- January 3 *Music with Bob Welsch*
- January 8 *You Be the Judge*
- January 10 *Redeemer Quartet*
- January 15 *Music with Bob Welsch*
- January 17 *SPARKS at JMKAC*
- January 25 *Music with Rob Peterson*
- January 29 *Devotions with Pastor Kyle*
- January 31 *Music with Jim Rosetti*

