

# BRAIN Waves

MARCH 2024



## Inside This Issue ...

Leah's Notes  
Memory Minute  
Soup Cook Off  
Upcoming Events  
Volunteer Corner

## Contact us ...

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 Follow Us!

## Quote of The Month ...

"Don't Count the  
Days Make the  
days Count."  
~ Muhammad Ali

## Leah's Notes ...



Leah Zehel, Director

### The Power of Positive People!

This month I wanted to take a minute and recognize why our program is so successful. The answer is because of our volunteers! I believe the main reason our volunteers are so important is because when they come here to assist our participants, they are patient, respectful and simply show common courtesy. Combining these attitudes with an uplifting spirit, they come to serve our

participants; offering bright lights in an otherwise dark day of memory loss and confusion. Whenever our volunteers are faced with a challenge, they reframe the situation as an opportunity to be present with the participants in his or her current state without any judgment.

More and more, experts are recognizing the importance of attitude and demeanor when interacting with someone who has memory loss. Sometimes it can be as simple as a smile, a laugh or a positive presence to brighten someone's day.

Here at The Gathering Place we believe it is very important to understand the importance of seeing our participants as people who have lived very successful and

very eventful lives. We try and stay away from comments such as "Do you remember" or other, "quizzing" questions, these type of questions often serve as a quick reminder to the participant that memory issues are present and often lead to frustration. Instead, we talk openly about past events knowing there is a possibility it might be a new event to the participant. Other times it will spark a memory and they can retell the story. Sometimes are volunteers just sit quietly allowing the participant time to make connections, find the words and process the information.

Our volunteers here have listening ears, helping hands and most importantly positive hearts! ■



## Volunteering makes me feel:

- Useful, Needed, Appreciate, Worthwhile
- I love the friendships I have made over the year, between participants and other volunteers.
- There is great joy in giving of oneself.
- Learning about the participants lives is wonderful
- Serving others is what it's all about
- I treasure my friendships I have made over the years.
- The positive interactions are so fulfilling.
- I love hearing about the participants life experiences.
- Knowing the caregiver is having some much-needed rest is a blessing.
- Volunteering has been life changing for me.

Be the reason someone smiles today 😊

(Quotes from our volunteers). ■

# SOUPER SUNDAY COOK OFF

*TASTY soup, chili, bread, and melt in your mouth desserts.*



**SUNDAY  
MARCH 3**

**10:45-1:00**

**or until the Nescos are empty**

**\$12<sup>00</sup>**  
per person

**Children 4-12 yrs - \$5  
3 yrs. & under - Free**

**ST. PAUL LUTHERAN CHURCH**  
730 County Road PPP • Sheboygan Falls

*All proceeds will go to The Gathering Place and  
Memory Matters day programs for adults with memory loss.*





# Memory Minute

By Leah Zehel

## Give a Compliment every day!

It happens to the best of us: we all have those days when we're feeling a little bit off, a little blue or just plain crabby. The next time you find yourself in a bad mood, take a look around and pay a compliment to the first person you see. Both of your worlds just might be transformed for the moment almost instantly. Unfortunately, even though compliments are a powerful force for positive good for both the giver and receiver, most people are pretty stingy with them. Let's change that and start lifting each other up more often with encouraging words.

- Compliments encourage others who are struggling. Studies have shown that when it comes to helping someone reach their goal, positive feedback is the most effective.
- Compliments can truly be all that stands between someone being successful and giving up. Stand in that gap and offer an encouraging word.
- Compliments strengthen relationships. Compliments convey respect. Relationships are built on respect. Simple.
- Compliments charm others and increase our circle of influence. People like surrounding themselves with those who make them feel good, and nothing makes a person feel better about themselves than a thoughtful compliment.
- Compliments help you be less cynical. When you start looking for reasons to offer compliments, you increase your sensitivity for picking up on good stuff the positive things that people do every day.

So give our compliments freely!

- Start paying attention
- Compliment the small stuff
- Be specific
- And be Sincere!

## The Compliment Challenge:

For the next week, challenge yourself to compliment five different people every day:

- A loved one or friend
- A co-worker
- A business you frequent
- A young person
- A stranger ■

## Memory Matters Calendar

- March 7** Outing to Nourish Farms!
- March 14** History Class with Linda
- March 21** Music History with Rob Peterson
- March 28** Music with Dan Ognevic





## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- March 4 • Show and Tell lucky or blessed  
• You be the Judge
- March 6 Wildlife of Wisconsin presentation
- March 7 Science with Vicky
- March 12 Music with Scott Laurent
- March 13 Music with Bob Welsh
- March 18 Music with George Possley
- March 20 • JMKAC SPARKS program  
• Music with Bob Welsh
- March 21 History with Linda
- March 25 Science of Easter
- March 26 Bell Choir
- March 27 Dance Class with Sue Alby

