

Brain Waves

MAY 2024



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Contact us ...

We are a ministry of
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 Follow Us!

Quote of The Month ...

"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
~Albert Einstein

Leah's Notes ...



Leah Zehel, Director

Every month we are happy to put out this newsletter. It is our goal to share with you pictures and highlights of all our different engagements that truly bring your loved one's joy and success.

Whether our participants have success socially, physically, artistically, creatively or cognitively; we want to be able to share that with you and celebrate it! Our programming is purposefully structured with engaging activities so that our participants successfully experience

fulfillment and joy. Whenever we plan our activities we try to follow a couple of guidelines and key components to keep the program a success. #1 - we want everyone to be socially engaged. We want the participants input during the activity, whether it is suggesting what paint colors to use on a piece of art or providing suggestions on the best way to organize the tool cabinet, because we want the participants to have ownership. #2 - we emphasize laughter; there is never a dull moment and we all can handle more laughter! #3 - we support camaraderie among participants and we want everyone to feel comfortable talking to each other and creating a supportive peer group. #4 - providing opportunities

to be creative. We ensure the projects are the participants and we let them be as creative as they wish...encouraging the participant to actively engage in whatever activity he/she is doing. We find that with these components we build self-confidence and foster independence.

The Gathering Place wants to make sure all families and friends know that they are welcome to stop in anytime and see what their loved one is up to. Our staff and volunteer love interacting with our participants and their families! We often have special entertainment, and we would love for you to be able to enjoy as well, make sure to check out our "Highlighted Events" page in this Newsletter and do not hesitate this is your invitation. 😊



VOLUNTEER
Training and Brunch!

Friday, June 7 • 8:30 to 11:00 a.m.

**St. Paul Lutheran Church
Fellowship Hall**

730 County Hwy PPP, Sheboygan Falls

Join us for a volunteer brunch from
8:30 to 9:00 a.m. with training to follow!

Please RSVP to Leah
at 920-627-6847.

engaging hearts...enriching minds
The Gathering Place Memory Matters



Memory Minute

By Leah Zehel

This past month we discussed different ways we could do something kind for someone else. Check out some of these great ideas our group came up with-

Random Acts of Kindness!

- Send an uplifting text to a friend.
- Let the guy merge into traffic with a wave and a smile.
- Include intentional moments of kindness, laughter and delight in your daily routine.
- Go slightly outside out of your comfort zone at least once a day to make someone smile.
- Share a compliment with a friend.
- Reach out to a family member you have not spoken to in a while.
- Treat someone to a cup of coffee.
- Visit a nearby library and donate a book to a library.
- Write a handwritten letter and mail it.
- Write positive messages on sticky notes and leave for others to find.
- Be an active listener when in the company of others.
- Be kind to people in the service industry. ■



Memory Matters Calendar

- May 2** Music with Jim Olschmidt
- May 9** Science Class with Vicky
- May 16** Readers Theater
- May 23** History with Linda
- May 30** Outing to Maywood Environmental Park





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- April 2 *Music with Bob Welsch*
- April 4
 - *Science with Vicky*
 - *Music with Rob Peterson*
- May 2 *Music with Jeff Behrens*
- May 6 *Music with Rob Peterson*
- May 8 *Music with Jim Olschmidt*
- May 9 *Author Jeff Dykstra*
- May 13 *You be the Judge*
- May 14 *Music with Rob Peterson*
- May 15
 - *SPARKS*
 - *Music with Dave Hart*
- May 16 *History with Linda*
- May 21 *Line Dancing with Dian Hart and Friends*
- May 22
 - *Out for Lunch for May Celebrations*
 - *Music with Bob Welsch*
- May 23
 - *Science with Vicky*
 - *Music with Bob Welsch*
- May 28 *Bell Choir*
- May 29 *Music with Daniel Lovett*
- May 30 *Kentucky Derby Party*

