

Brain Waves

JUNE 2024



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Contact us ...

We are a ministry of
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 Follow Us!

Quote of The Month ...

*The most wasted of
all days is one
without laughter.*
~ E.E. Cummings

Leah's Notes ...



Leah Zehel, Director

When someone validates your feelings, it makes you feel good. Most of us try to surround ourselves with friends and family who, through their words and actions, make us feel understood and supported. The need to feel validated does not go away when you have memory loss or cognitive issues. But it can be hard for loved ones to provide validation to someone whose ideas or mental state is different from their own. This is where validation therapy comes in. The Gathering Place uses validation

therapy daily and it works! Validation therapy is accepting the values, beliefs and reality of the person living with dementia, even if it has no basis to your reality. In validation therapy the persons feelings are accepted if a person feels acknowledged and validated it will be easier earn their trust. It can improve lives by helping them feel listened to and appreciated. It can prevent individuals from feeling dismissed, which can help them avoid anger, arguments and other negative feelings or behaviors that people with dementia, are more likely to display when they feel disrespected or misunderstood. Validation therapy may make people with dementia more communicative and less withdrawn, improve their sense of humor, and even slow mental deterioration.

When validating individuals:

- Use a clear, loving tone of voice.
- Make eye contact.
- Do not argue with them.
- Do not ask them why they did something or tell them they are wrong.
- Turn the conversation to a positive memory from their youth that is related to something they are saying or doing.
- Try to set your emotions aside so you can really focus on what they are saying or what they are doing.

The goal is to restore self-worth, reduce stress, works towards resolving conflict and improve physical well-being. Here at The Gathering Place all people are treated as valuable, unique individuals! ■



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

Types of Memory

- **Sensory Memory**- Any information that the brain processes first passes through sensory memory. In fact, we are bombarded with more stimuli than we even realize because sensory memory acts as a filter, deciding which information is important enough to hold on to. Sensory memory is extremely short, lasting only milliseconds. Because we receive so many stimuli, each sensory experience erases the last. That is, if sensory memory deems a stimulus important, it is immediately passed on to short-term memory.
- **Short-term memory**- Short-term memory is information that you need to remember for just a few seconds or minutes. For example, your short-term memory is at work if you try to remember a phone number just long enough to dial it. After you take action, it is gone. The amount of information that your short-term memory can hold is about five to nine items, with seven being the average. That is why we find it easier to remember a phone number or a social security number than a long number, such as a bank account. Similar to sensory memory, short-term memory acts as a filter to keep information that is not important from cluttering up long-term memory. Without short-term memory, the brain would be full of useless facts, ideas, and numbers, which would make it extremely difficult to go about daily life.
- **Long-term Memory**- Long-term memory is the virtually limitless information that has been gathered through a person's life. Short-term memory is like an inbox on a desk, whereas long-term memory is like a large file cabinet. Something that is personally important or striking will likely be transferred to long-term memory. Most people can remember details about their wedding day, their first car, or what they did for their job. Other events, with broader social or historical significance, are also easily stored in long-term memory. For example, most people can recall where they were when John F. Kennedy was assassinated or what they were doing on September 11, 2011. In addition, long-term memory stores much of the information that we rely on in daily life, to be retrieved when needed-how to brush your teeth, which route to drive to work, social etiquette and manners. ■

Memory Matters Calendar

- June 6** You be the Judge
- June 13** Humor and Socialization
- June 20** Music with Dan Ognevic
- June 27** Outing to Dundee for Ice Cream!





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- June 3 *Music with Jeff Behrens*
- June 4 *Music with Bob Welsch*
- June 5
 - *Sing-a-long with Brittany*
 - *Relaxation Therapy*
- June 6 *Music with Dan Ognavic*
- June 12
 - *Outing to Christopher Gardens*
 - *Music with Jim Rosetti*
- June 13 *History with Linda*
- June 17 *You be the Judge*
- June 18 *Music with Jeff Behrens*
- June 19 *Outing to SPARKS*
- June 20 *Music with George Possley*
- June 25 *Men's Convertible Ride*
- June 26 *Music with Rob Peterson*

