

# BRAIN Waves

JULY 2024



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## Contact us ...

We are a ministry of  
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 Follow Us!

## Quote of The Month ...

*"People will forget what  
you said, people will forget  
what you did, but people  
will never forget how you  
made them feel."  
~ Maya Angelou*

## Leah's Notes ...



Leah Zehel, Director

This past month Lisa Hurlley from the Aging and disability resource center came and did a presentation at our volunteer training we held. The topic was "Effective Communication Strategies." We discussed the many causes of communication changes, important strategies, and methods to better connect with our program participants. Some of the changes we notice with our participants and their abilities to communicate are



difficulties finding the right words, taking longer to speak or respond, withdrawing from conversations, struggling with decision making, using familiar words repeatedly, easily losing their train of thought, speaking less frequently, and communicating through a behavior rather than words.

At the training we learned to keep our sentences straightforward, to leave plenty of time, for conversations, approach from the front and use first names. We were also

reminded of our body language of which accounts for 55% of all communication, 38% is in tone, and only 7% in words. Lisa did a great job teaching us how memory loss affects one's perception causes language changes, and that all behavior is a form of communication. Our role is to listen, investigate the cause and meet their needs! Our volunteers here at The Gathering Place already do a great job, but it always nice to be reminded of and to be able to better serve our participants with memory loss. ■



The Gathering Place Car Show and Brat Fry is back!!!! This year it will be held August 19th a Monday to be able to accommodate even more car show regulars. With many other cars shows on Tuesdays we wanted to give a Monday a try to make our show even bigger and better!!! And who wants to cook on a Monday anyways, come out and get a burger or a brat! August 19th from 5:00-7:00, at St Paul's Lutheran Church Sheboygan Falls. This year there will be plenty of room for food lines and additional seating. Check out all the cars, grab a brat or a burger and listen to some great music by our DJ Rob Peterson! This fundraiser is a great way to support The Gathering Place and Memory Matters activity programming. We rely on these fundraisers to be able to keep our participant fees low! This way we can help even more individuals with memory loss.



Nicole and her youth group gang will also be there with some great ice cream treats, what a great way to support

two amazing missions of the church!

If interested in bringing a car to be part of

our car show, please contact, Leah at The Gathering Place at 920-627-6847. ■



# Memory Minute

By Leah Zehel

## Invite More Humor and Laughter into Your Everyday Life:

Our Memory Matters group loves to laugh! There is nothing I enjoy more than hearing everyone in the group come together with a good time and lots of laughter in our room. We have all experienced times when laughter has eased a difficult situation. Laughter and the use of humor have many benefits for our brains. These include an increase in mood, relief of stress, a decrease in anxiety and fear, a greater ability to be resilient, and strengthened relationships. Laughter and humor add more joy and zest to our lives. This can have a positive effect on how we live our lives day in and day out.

Try adding more humor into your life in some of the following ways: Seek out funny people and spend time with them.

- Seek out funny people
- Play with pets
- Don't be afraid to be silly. Lighten up!
- Share Laughter
- Smile. Like laughter, smiles are contagious.
- Take yourself less seriously. Laugh at yourself! ■



## Memory Matters Calendar

- July 4** Closed
- July 11** Music with Jim and Bob
- July 18** Art with Linda
- July 25** Game day with special guest Rick







## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- July 1 *Music with Duo-Over*
- July 2 *Music with Rob Peterson*
- July 3 *Music with Two Sharps and a Flat*
- July 9 *Music with Paul Hermann*
- July 10 *Music with Jim Olschmidt*
- July 11
  - *Science with Vicky*
  - *Music with Dave and Alan*
- July 15 *Music with Bob Welsch*
- July 16 *Music with Two Sharps and a Flat*
- July 17 *Music with Bob Welsch*
- July 18
  - *Goats with Josie*
  - *History with Linda*
- July 22 *You be the Judge*
- July 23 *Elvis*
- July 29 *Picnic at the Beach*
- July 30 *Bell Choir with Ruth*
- July 31
  - *History with Linda*
  - *Drumming with Margo*

