

BRAIN WAVES

AUGUST 2024



Inside This Issue ...

- Brat Fry & Car Show
- Leah's Notes
- Memory Minute
- Volunteer Corner
- Upcoming Events

Contact us ...

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 Follow Us!

Quote of the Month ...

"We do not stop laughing because we grow old; we grow old because we stop laughing."

Leah's Notes ...



Leah Zehel, Director

The Gathering Place Car Show and Brat Fry is back!!!! This year it will be held Monday, August 19th to be able to accommodate even more car show regulars. With many other car 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

continued on page 4...



Men's Convertible Ride

It was another great day filled with priceless smiles from our guys, as another "Men's Convertible Ride Day" was a great success! This was the 11th year of the convertible ride; this event is something that our male participants look forward to every year. This year we had 22 cars take off from The Gathering Place and they headed north this year along the lake, and then traveled back through Kiel with a pit stop at the Gravel Pit for a little beverage. The ride concluded again this year at Brad and Marsha Vollbrecht's house where the family had a great feast prepared, steak sandwiches all kinds of salads and sides a delicious way to end the ride!

This event is such a special day here at The Gathering Place, it is even fun for us ladies to watch the send off and wave goodbye as all the guys rev the engines in the parking lot. And every year the volunteers that help us comment on how rewarding participating



in this event is many of the drivers and helpers come back year after year and drive the same participants really forming a special bond with them. Being able to see the joy it brings and being part of this day that makes the individual with memory loss feel free, independent, and part of something really brings joy to all our volunteers and staff.

We are so blessed to have the incredible volunteers that make this happen! We

want to thank Brad Vollbrecht and his wife Marsha for hosting, cooking and baking the great food. Denise Knapp, Kris Lorenz, Dave Depagter who helped with food prep and serving. Along with Brad's son's family helping with set up and take down. Also, all our drivers that donate their time and shared their vehicle and compassion for the day with our participants: Rod Dirkse, Ron Oonk, Bruce Strade, Dale Tenpas, Damon Huibregtse,

Kurt Dulmes, Larry Rocker, Jim Rocker, Dean Rocker, Tom Collins, Dick Seefeldt, Carl Knapp, Bob Radzins, Steve Fleming, Mike Heidemann, Bill Wagner, Scott Vollbrecht, Mark Vollbrecht, Greg Vollbrecht, Steve Lorenz. And Jeff Rohdes, Tom Wensink, Dennis Hartmann and Rob Roman who were extra hands to make the day go smoothly! May God Bless the work of your hands, to the glory of His name! ■



Memory Minute

By Leah Zehel

Simple Healing Power of Water!

Water is more essential to life than any other single nutrient on this planet. You could live without food for a month or so, but you can only live a couple of days without water.

It has no calories, no fat, and no sugar. It does not need processing by your digestive system, and it is helpful to most of your body's functions.

For instance, it is the "juice" that keeps your chemical processes going. It dissolves minerals, vitamins, and other nutrients, and carries them to where you need them and it helps form the structure of your cells, tissues, and organs.

It is everywhere, part of every living thing, and the world's most perfect beverage.

Beware the dangers of dehydration. When the percentage of water in your body begins to fall below normal, you start becoming dehydrated. It is a vague condition to most people- you may think it is simply feeling thirsty. However, by the time you feel thirsty, you are already in need of water and will soon start feeling the effects. These can range from simply annoying to dangerous.

- Headache
- Lack of concentration
- Dry lips and mouth
- Rapid Breathing
- Dark Urine
- Seizures
- Death
- Fatigue
- Dizziness
- A Faster Heart Rate
- Confusion
- Shock
- Coma

Hard to believe you could get into that much trouble simply by not drinking enough water, but dehydration can be a sneaky condition, creeping up without warning. This is especially true for older people.

First, certain drugs can dehydrate you before you know it. But also as you age, you lose some of your feelings of thirst, and so you might not notice that you

need a drink. In addition, your kidneys are older and not as efficient at keeping water in your body.

The right amount of water also depends on things like how much you sweat and how much water you get from foods like soup, juice, herbal tea, nonfat milk, fruits, and vegetables. That is why experts no longer strictly endorse eight glasses of water daily. ■

Memory Matters Calendar

August 1 You Be the Judge

August 8 Music with Bob Welsch

August 15 Picnic in the Park Outing

August 22 Get Organized for a better Memory

August 29 Socialize and Ice Cream at South Pier





Leah's Notes continued from pg.1

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. ■



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- August 1** *Music with Jeff Behrens*
- August 5** *Music with Paul Hermann*
- August 7** *Marble painting and Bon Fire*
- August 8** *Flute Choir*
- August 14** *Music with Daniel Lovett*
- August 15** *Sing along with Barb*
- August 20** *History with Linda*
- August 21** *SPARKS*
- August 22** *History with Linda*
- August 26** *Music with Rob Peterson*
- August 27** • *Line Dancing*
• *Bell Chori with Ruth*
- August 28** *Music with Jeff Behrens*
- August 29** • *Music with Bob Welsch*
• *Ice Cream Truck Visit*