

Brain Waves

SEPTEMBER 2024



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Contact us ...

We are a ministry of
St. Paul Lutheran Church
730 County Road PPP
Sheboygan Falls
(920) 627-6847
Email: tgp@stpaulfalls.com
Web: memorymattersmost.com

 Follow Us!

Quote of The Month ...

"Don't judge each day by the harvest but by the seeds you plant."

~ Robert Stevenson

Leah's Notes ...



Leah Zehel, Director

Staying positive is a quality we claim to have here at The Gathering Place! I'd like to say we are pretty good at this 😊 We have volunteers that realize the power of positivity, and this is something that makes our program special. Our staff, participants, families, and the community are so incredibly thankful for our volunteers that keep our program going!

I have shared this article in the past, but it is just such good reminders by

Rachel Wonderlin where she talks about the rules of dementia these ring so true to what we do here at The Gathering Place:

- If I get dementia, I do not want to be treated like a child. Talk to me

like the adult that I am.

- If I get dementia, I still want to enjoy the things that I have always enjoyed. Help me exercise, read, and visit with my friends.

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WANTED
VOLUNTEERS

Volunteers for Mondays and Thursdays.

Please contact us at 920-627-6847.



Brat Fry Thank you!

A huge Thank you to everyone who came out and supported The Gathering Place Brat Fry and Car Show. It was a big success, and we were thrilled to see so many people come out and enjoy their evening with us! All proceeds go directly to our programming for our participants. ■





Memory Minute

By Leah Zehel

Activities to Maintain your Brain

In Memory Matters we often try new things it is easy to stick with what you comfortable doing but it is important you always challenge your brain! Trying new activities increase the growth of new neurons and adds to brain reserve.

- Count backwards from 100 by 5s, 2s, 3s, or 7s
- Find a picture in a magazine- or an entire magazine- and name as many things that begin with a certain letter of the alphabet.
- Create an A-Z list of food, flowers, geographical names
- Do word searches, sudoku, and other challenging puzzles.
- Write, eat, brush your teeth etc. with your non-dominant hand.
- Listen to music you haven't ever listened to before
- Sing, Sing, Sing!
- Play board games that are stimulating, fun and challenging.
- Read and write daily
- Get outside everyday
- Socialize!
- Attend classes, lectures, concerts and plays.
- Debate and discuss popular issues with others
- Develop new hobbies
- Get plenty of exercise. This is one of the most important things you can do for memory! ■

Memory Matters Calendar

- September 5** Art with Claire from the JMKAC
- September 12** History with guest speaker Linda
- September 19** Music with Dan Ognevic
- September 26** You be the Judge





Leah's Notes continued from pg.1

- If I get dementia, ask me to tell a story from my past.
- If I get dementia and I become agitated, take time to figure out what is bothering me.
- If I get dementia, don't talk about me as if I am not in the room.
- If I get dementia, don't exclude me from parties and gatherings.
- If I get dementia, know that I still like receiving hugs and handshakes.
- If I get dementia, remember that I am still the person you know and love.

These are things we all want in life!!! Giving patience and kindness to others is a gift, we all need to be loved and accepted. ■

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- September 2 *Labor Day Closed*
- September 3 *Music with Rob Peterson*
- September 5 *Science*
- September 9 *You be the judge*
- September 10 *Two Sharps and Two Flats*
- September 11 *Music with Debbie Kutz*
- September 17 *Music with Paul Hermann*
- September 18 *Music with Bob Welsch*
- September 19 *Off Site at Good Shepherd Lutheran Church*
- September 23 *Music with Dan Ognevic*
- September 24 *Bell Choir with Ruth*
- September 25 *Voice of Peace*
- September 26 *Music with Rob Peterson*

