

# Brain Waves

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## Quote of The Month ...

*"The best preparation for tomorrow is doing your best today."  
~ Jackson Brown Jr.*

## Leah's Notes ...



Leah Zehel, Director

### For the Caregiver:

Here at The Gathering Place, we see varying stages of the disease process all the time. We often have people come in with very early memory issues and see them change over the years. This can be hard to see, but it is much harder for the individual going through it. Through this we as staff and volunteers remain a friend to them and learn how to communicate and reduce their stress a long the way. It is our job to be able to continue to give them

joy here at TGP. We want to enjoy every good moment we can with our participants.

Something that is hard for me to witness and hear about through families and caregivers, is that sometimes people tend to start shy away and start to not include the person with dementia in their outings or gatherings anymore. And if the person with memory loss is married this means the spouse also starts to feel rejected which can add to the stress and social isolation.

You can, and should, continue to be a friend to someone dealing with memory loss. The first thing you can do is learn about the process your friend is experiencing. This could mean attending a class in the community that explains the process, to

give families and friends tools to use in communicating with someone who is challenged with impaired memory or other cognitive issues.

As memory becomes more and more impaired the "moment" becomes so very important to those with dementia. This means that your invitation to take a walk, visit a public garden or art gallery might be well received because the only expectation is to view and enjoy. The individual will not be challenged in experiences that rely on the memory to participate. It is important to protect self-esteem and not leave your friend feeling that they failed. The more you pre-plan your event the more likely everyone feels good about the time spent together.

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**STAY  
TUNED**

TO LEARN MORE  
WAYS ON HOW  
YOU CAN SUPPORT  
THE GATHERING PLACE.

**NOVEMBER  
GIVING  
CAMPAIGN**

## Memory Matters Calendar

- October 3 Music with Jim Olschmidt
- October 10 Dance Class with Sue Alby
- October 17 Socialize out for lunch at Parkside.
- October 24 Nutrition and Memory
- October 31 History with Linda





# Memory Minute

By Leah Zehel

## What Makes Smoothies So Good for You?

### 1. Convenient and Time-Saving

Smoothies are a quick and easy way to get a nutritious meal or snack in a matter of minutes. They require minimal preparation and can be made in large batches, making them an ideal option for busy individuals or families. With a blender and a few simple ingredients, you can create a satisfying and nourishing meal that can be enjoyed at home or on-the-go.

### 2. Packed with Nutrients

Smoothies can be made with a variety of fruits, vegetables, and other nutrient-rich ingredients, making them a great source of vitamins, minerals, and, of course, a great source of antioxidants. Depending on the ingredients you choose, smoothies can be an excellent source of fiber, protein, healthy fats, and other essential nutrients that your body needs to function optimally.

### 3. Boost Energy and Brain Function

Smoothies can be a great source of energy, especially if you choose healthy ingredients that are high in complex carbohydrates and other energy-boosting nutrients. Many smoothie ingredients, such as berries, leafy greens, and nuts, are also rich in antioxidants and other compounds that can help improve brain function and reduce the risk of cognitive decline.

### 4. Versatile and Customizable

Smoothies can be customized to suit individual preferences and dietary needs. Whether you're looking for a vegan or dairy-free option, a low-carb or high-protein smoothie, or a sweet or savory flavor profile, there is a smoothie recipe out there that will fit your needs. The texture of a smoothie can be adjusted to your liking. If you prefer a thicker smoothie, you can add more frozen fruit or ice. If you prefer a thinner smoothie, you can add more liquid. This allows you to create a smoothie that's just the right consistency for you.

### 5. Support Weight Management

Smoothies can be a great addition to a healthy weight management plan. As a meal replacement,

they can help you feel full and satisfied and eliminate food cravings making it easier to stick to a calorie-controlled diet. Additionally, smoothies can be an excellent source of protein and fiber, which can help promote satiety and reduce cravings for unhealthy snacks and processed foods. Using high-fiber ingredients such as leafy greens, fruits, and seeds can help you feel full for longer periods of time, reducing the likelihood of snacking on unhealthy foods. Fiber also helps regulate your digestion and can prevent constipation and bloating.

### 6. Promote Digestive Health

Smoothies can be a great way to improve digestive health. Fruits and vegetables contain high levels of fiber that aid in digestion regulation and promote regular bowel movements. Smoothies are typically made with water or a liquid base, such as almond milk or coconut water, which means they're a great way to stay hydrated. Proper hydration is essential for overall health, as it helps regulate body temperature, transport nutrients, and flush out toxins. Additionally, certain ingredients, such as probiotic-rich yogurt or kefir, can help support a healthy gut microbiome, which is essential for maintaining overall health and wellness.

## Some Additional Health Benefits to Drinking Smoothies

- **Enhanced Energy Levels:** Because they're packed with essential nutrients and healthy ingredients, smoothies can function as a natural energy booster, with fruits like bananas, green veggies, and fruit berries providing a powerful combination of vitamins, minerals and carbs that can fuel your body and keep you energized, all day long!
- **Detoxification and Hydration:** We all know that hydration is critical for maintaining optimal health and smoothies made from water-rich liquids like coconut water, and juices and, of course, water itself can contribute greatly to your fluid intake, daily.

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*Leah's Notes continued from pg. 1*

Learning how to communicate with someone with dementia is an art and often very challenging. Never make your time together a quiz to see what they remember, keep information simple, reducing stress and choices will allow you both to enjoy the moment. When we are in the moment, we are most present for ourselves and others. This is a wonderful lesson that contributes to life satisfaction and can be taught by those experiencing this challenging journey. So, do not be afraid to be a friend and do not take any "moments" for granted. ■

## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

<b>October 1</b>	<i>Music with Bob Welsch</i>
<b>October 2</b>	<i>Music with Dave Hart</i>
<b>October 3</b>	<i>Oktoberfest</i>
<b>October 7</b>	<i>Music with Debbie Kurtz</i>
<b>October 9</b>	<i>Music with Jim Olschmidt</i>
<b>October 15</b>	<i>Music with Jeff Behrens</i>
<b>October 16</b>	<i>Outing to SPARKS</i>
<b>October 17</b>	<i>Music with George Possley</i>
<b>October 21</b>	<i>Music with Bob Welsch</i>
<b>October 23</b>	<i>Music with Rob Peterson</i>
<b>October 29</b>	<i>Bell Choir with Ruth</i>
<b>October 30</b>	<i>Pumpkin Carving</i>
<b>October 31</b>	<i>Music with Jeff Behrens</i>

*Memory Minute continued from pg. 3*

Adding cucumber, lemon or celery and other detoxifying vegetables can assist in flushing out toxins from the body.

- **Healthy Skin:** Regular consumption of smoothies can support collagen production and help you stay looking young. Because of the abundance of antioxidants that combat free radicals which can cause aging, and skin damage, and essential vitamins that can be found in berries, citric fruits, and especially green vegetables, smoothies contribute to healthy, glowing skin.
- **Increased Fruit and Vegetable Intake:** If you struggle to consume the recommended daily serving of fruits and veggies, healthy green smoothies could be the solution. They offer a delicious opportunity to intake various produce in a single serving and meet your recommended daily dose of produce, which results in a balanced diet and a healthy immune system.

## Fun Facts About Smoothies

- **Smoothies and Vitamin C:** Most smoothies, including those made primarily from citrus fruits like oranges, grapefruits, or containing lemon provide a huge boost of vitamin C, which, is famous for its immunity-boosting properties and role in collagen synthesis, the ability to treat and heal wounds and help the body absorb iron.
- **Antioxidant Power:** For smoothies made with spinach, kale, or blueberries, the antioxidant punch is powerful and can protect our cells from free radical damage, which, in turn, can help reduce the risks associated with chronic diseases like heart disease or even certain types of cancers.
- **Post-Workout Recovery:** Protein-rich ingredients like Greek Yogurt or protein powder can be combined with a variety of fruits and carbohydrates to help the body replenish glycogen stores, support post-workout recovery times, and repair torn muscle tissues, making them an excellent choice for following your exercise.

In conclusion, smoothies are a convenient, delicious, and healthy way to get a variety of nutrients into your diet. They can help promote digestive health, boost energy and brain function, support weight management, and are versatile and customizable to suit individual preferences. ■