

Brain Waves

NOVEMBER 2024



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Contact us ...

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 Follow Us!

Quote of The Month ...

"The best way to cheer yourself is to cheer someone else up!"
~ Mark Twain

Leah's Notes ...



Leah Zehel, Director

I cannot believe we are headed into November; we are headed straight into a very busy time of year! We sure have been busy here at The Gathering Place, from various fall and winter art projects, doing service projects for the community like the "ladies' night out bags" "Acuity conference folders" and soon Christmas parade flyers and present wrapping for the Christmas Blessing project. We love being able to help with service projects allowing us to be part of the community We are also


making sure we are still learning with our history lessons from Linda, and Science from Jeff and Vicky. And of course, lots of fun music events coming up to celebrate the season! Through all this business of this time of year we have so much to be thankful for! All our friends and family supporting us through November Giving we are surrounded by such great people this is what really makes our program prosper.

In hopes to support our families, friends and caregivers I must mention the upcoming Sheboygan County Caregiver Conference which will be held on Thursday, November 14th from 9:00am-3:00. This is a great conference featuring some great speakers. Even if you have gone before you

can always learn something new, I know I do! The conference is always a great way to connect with other families and caregivers going through similar struggles. The Gathering Place will be there representing so stop in and say hi. If you would like a flyer, please ask myself or any staff members.

One of the biggest blessings of all this year has been the blessing of our volunteers, we continue to be very busy here with the need for care and engagement for adults with memory loss continues to grow. It has been tough year balancing our participant to volunteer ratio while trying to help as many individuals as possible from this community and surrounding communities. This year we have

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SAVE THE DATE

*Volunteer
Christmas Party*

**December 13
9:30 a.m. to Noon
St. Paul's Fellowship Hall**





Memory Minute

By Leah Zehel

Why Dance?

This past month we enjoyed a Dance class with instructor Sue Alby! Dancing is that perfect combination of physical activity, social interaction, and mental stimulation, and it can bring so much to your life. It's a great workout; has documented physical and mental health benefits; can enhance your social life and self-confidence; reduces stress and depression; promotes relaxation; is a wonderful outlet for self-expression and creativity; and its FUN!!

PHYSICAL HEALTH

Dance can decrease blood pressure and cholesterol, improve cardiovascular health, strengthen weight-bearing bones, help prevent, or slow bone loss related to osteoporosis, lower the risks of obesity and Type 2 Diabetes, and promote increased lung capacity. It can help speed up recovery after orthopedic surgery since it's a lower impact exercise than jogging or biking. The posture and fast movements required in ballroom dance help enhance balance and stability, especially among older people (which can help prevent falls and stumbles). Ballroom dance can even help sharpen your intellectual and mental abilities.

CONFIDENCE

Every opportunity to dance – whether during a lesson or a social event, whether with your significant other or a new dance partner – will help improve your comfort level, confidence and communication skills on the dance floor. As your dance technique improves and you feel

more at ease with other people, your sense of accomplishment, motivation and confidence will continue to increase.

SELF-EXPRESSION & CREATIVITY

Dancing comes naturally to people, and it is an easy activity for anyone to partake in. Dance provides an emotional outlet to express your feelings through body movements, with passion and flair. Dancing can be a wonderful creative outlet to enhance your ability to permanently use these expressive qualities even when you are not dancing, and to share that creativity with others.

STRESS & DEPRESSION

There is also a growing body of evidence to indicate that dancing has a positive effect on the treatment and prevention of depression.

- Group activities such as ballroom dance lessons can expand your sense of social “connectedness”, which is beneficial to lowering stress and depression levels. Dance is similar to the practice of mindful meditation (which has been shown to significantly reduce levels of depression and stress) in that it requires you to fully focus your attention and be present in the moment. This meditative state can help you “switch off” the negative thought patterns associated with depression or stress.
- The physical act of dancing releases endorphins and lowers the levels of stress hormones in our bodies. This produces a sense of alert calm and improves mood and energy levels.

SOCIAL FUN & FRIENDSHIP

One of the best aspects of dancing is its ability to bring people together. Dance lessons offer you a great opportunity to expand your social circle, build connections and engage with people in a low-pressure environment, where there are no expectations. ■

Memory Matters Calendar

November 7 Music with Bob Welsch

November 14 Travel with Jeff and Vicky

November 21 Exercise and Fall prevention

November 28 Closed Happy Thanksgiving!

Leah's Notes continued from pg.1

had participants from Port Washington, Two Rivers, and even West Bend. We are so pleased to reach these extended communities, while also trying to balance the quality of the program with volunteer to participant ratio being not more than two participants to one volunteer, We cannot even begin to express our gratitude for everything our volunteers have done to keep this program going!! Without them we simply would not be open.

We will celebrate this year with out volunteers with a Christmas get together. Volunteers Save the date! Friday December 13th! ■




**STAY
TUNED**

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

**NOVEMBER
GI❤ING
CAMPAIGN**

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- November 4** *Music with Dan Ognevic*
- November 6** *Music with Rick Baumann*
- November 11** *You be the Judge*
- November 12** *Music with Rob Peterson*
- November 14** *Music with Bob Welsch*
- November 19** *Music with Two Sharps and Two Flats*
- November 20** *Music with Bob Welsch*
- November 21** *History with Linda*
- November 25** *Music with Rob Peterson*
- November 26** *Bell Choir with Ruth*
- November 27** *Music with Daniel Lovett*