

BRAIN Waves

FEBRUARY 2025



Inside This Issue ...

Leah's Notes
Souper Sunday
Cook-off
Memory Minute
Upcoming Events

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 ...

"We can't call
people without wings
angles, so we call
them friends."

Leah's Notes ...



Leah Zehel, *Director*

Communication for the Caregiver:

Everyone needs to feel that they are understood, secure and cared for, and not alone. For individuals living with memory loss however, these emotional needs can become more necessary and yet be harder to communicate effectively. They may experience anger, confusion, sadness, stress and feelings of isolation as their sense of self, connection with others, and abilities change.

At The Gathering Place staff and volunteers, we provide reassurance. We believe with support the person can maintain their independence and confidence, as well as their self-worth and esteem.

Effective communication is just one way we can support our friends with memory loss. We must remember that communicating with someone with memory loss is very different from other forms of communication. You may feel that you are being clear and direct. But the disease has affected how the individual may process the information.

While we cannot control the progression of the disease, we can control our reaction to it. If you are caring for someone with memory

loss these are some tips that we use here at The Gathering Place to communicate:

- 1.) When speaking with the person try to avoid correcting, arguing, or using logic. Be patient, do not argue, and do respond to feelings.
- 2.) Break questions and tasks down into multiple parts if needed.
- 3.) Keep background noise to a minimum.
- 4.) Limit choices.
- 5.) Communicate through touch. Touch can be an important form of communication because it can express affection, comfort, and reassurance.

Remember to smile!
Laugh, and still have fun. ■



TASTY SOUPS, CHILI, TEXAS ROADHOUSE BUNS, CHEESE, AND MANY DESSERTS!!!

This year there will be **EVEN MORE** delicious Soups!

SOUPER SUNDAY COOK-OFF



**SUNDAY
MARCH 2**

11:00 AM TO 1:15 PM
(or until the Nescos are empty)

St. Paul Lutheran Church
730 County Road PPP | Sheboygan Falls

**NEW
THIS YEAR!
50/50
RAFFLE**

\$12⁰⁰
per person
Children
4-12 yrs.
\$5
3 yrs. & under
FREE



All proceeds will go to The Gathering Place and Memory Matters day programs for adults with memory loss.



Memory Minute

By Leah Zehel

This past month the famous “Dear Abby” advice column celebrated its birthday with the first article being in 1956. I have always appreciated the advice I have received from an older adult. The older generations have decades of experience to share with us. While a lot of people have their own unique insights on things, I do believe it is very important for the younger generations to learn from life lessons from a senior! In Memory Matters we have several of our own “Dear Abby’s”, so we decided to all write some advice to share here are just a few:

- Never go to bed angry.
- Never stop learning.
- Travel while you are young.
- Get to know people, care for them, put yourselves in their shoes.
- Treat your body like you need it for 100 years.
- Seriously, don't be so serious!
- And my personal favorite,
- Happiness is a choice, so choose it! You must create your own happiness.
- I know we have a pretty intelligent group, so listen to my advice and take theirs 😊 🇺🇸



Memory Matters Calendar

- February 6** Music with Bob Welsch
- February 13** JMKAC with visit from Claire
- February 20** History Class with Linda
- February 27** You be the Judge with Brad





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- February 4 *Music with Bob Welsch*
- February 5 *Music with Dan Ognevic*
- February 12 *Music with Rob Peterson*
- February 19 *SPARKS*
- February 19 *Music with Daniele Lovett*
- February 25 *Bell Choir with Ruth*

