

# Brain Waves

JANUARY 2025



## Inside This Issue ...

Leah's Notes  
Volunteer Notes  
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](mailto:tgp@stpaulfalls.com)  
Web: [memorymattersmost.com](http://memorymattersmost.com)

 Follow Us!

## Quote of The Month ...

*"When we seek to discover the best in others, we somehow bring out the best in ourselves."*

~ William Ward

## Leah's Notes ...



Leah Zehel, Director

### Happy New Year!

Recently I found a article written by an individual who was recently diagnosed with Alzheimer's disease. I thought this was written beautifully from their perspective about the different feelings they are experiencing, I wanted to share some of the thoughts as it reminds us how hard this is and maybe will educate or remind us that are trying to care give or be a friend to a loved one going through some memory loss.

Relearning to learn, through this diagnosis I may experience:

- fear
- anger
- grief
- depression

When I meet others and find

- Hope that the brain is repairable
- Reasons to keep on living
- Places to start on our strengths
- Encouragement to speak out

We choose our personal goals and take one step at a time.

Considering it fun, creative, and an adventure.

We evaluate and change directions or simplify, maybe several times a day.

We address fatigue by resting and restarting again later.

We accept surprising outcomes with satisfaction.

We know process is more important that expectations.

We affirm ourselves for our efforts.

We understand that another attempt later might be easier.

We are gaining wisdom to balance.

Enough mental and creative activity.

Enough social connection and exercise.

Enough medication and nutrition.

Enough sleep, rest, and appreciation of life. ■



Thank you to all who came out for our Volunteer Christmas Party, we had great food, some crazy games, a lot of laughing, and most importantly a great time socializing and celebration our amazing volunteers.





# Memory Minute

By Leah Zehel

## The Importance of Sleep!

*“Early to bed, early to rise, makes a man healthy and wise.”*

– Benjamin Franklin

These are some of the biological processes that take place while we sleep:

- The brain gets rid of toxic waste and stores new information.
- Nerve cells communicate with each other and experience healthy reorganization.
- Cells experience repair, which helps us recover from illness and injury.
- Hormones and proteins that help the body restore and conserve energy are released.
- Increased brain activity occurs in the areas that regulate emotion support, emotional stability, and mental health.

Recent research had demonstrated that sleep deprivation can contribute to Obesity and Type 2 diabetes, cardiovascular disease, depression and headaches.

### Tips for getting the best sleep:

- Regulate the temperature in your sleep environment so it is not too hot or too cold.
- Stick to a sleep schedule as much as possible with going to sleep and waking up about the same time every day.
- Incorporate bedtime rituals into your routine such as listening to soothing music or meditating.
- Make a to-do list for the next day to help clear your mind before going to bed.
- Keep a paper and pencil at your bedside in case you wake up during the night and have something on your mind you are afraid of forgetting before you get up.
- Invest in a good mattress and good pillows.
- Turn off the lights and eliminate loud noises.

- Try a light snack such as a glass of warm milk. The amino acid found in milk helps the brain produce serotonin, which is a chemical that aids in relaxation.
- Exercise daily but avoid exercise within several hours of going to bed.
- Promote relaxation by taking a warm bath or meditating before going to bed.

### Don't:

- Consume alcohol, caffeine or nicotine late in the day.
- Don't take a long nap during the day. ■



## Memory Matters Calendar

- |                   |                                 |
|-------------------|---------------------------------|
| <b>January 2</b>  | <b>Healthy Habits!</b>          |
| <b>January 9</b>  | <b>Music with Jim Olschmidt</b> |
| <b>January 16</b> | <b>Art class with Linda</b>     |
| <b>January 23</b> | <b>Out for Breakfast</b>        |
| <b>January 30</b> | <b>Readers Theater</b>          |





## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- January 2      *Music with Jim Olschmidt*
- January 6      *Music with Bob Welsch*
- January 8      *Music with the Rocke Brothers - 1:30 p.m. Families Welcome!*
- January 13     *You be the Judge*
- January 15     *SPARKS*
- January 16     *History with Linda*
- January 15     *Music with Bob Welsch*
- January 22     *Music with Lone Oak*
- January 23     *Music with Daniel Lovett*
- January 27     *Music with Rob Peterson*

