

# Brain Waves

MARCH 2025



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## Contact us ...

We are a ministry of  
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 Follow Us!

## Quote of The Month ...

"Mountaintops are for views and inspiration, but fruit is grown in the valleys."

~ Billy Graham

## Leah's Notes ...



Leah Zehel, *Director*

A phrase we use a lot at The Gathering Place is, "focus on what people can do not what they cannot." Everyday we want our participants to experience success. Our programming is purposefully structured with engaging activities so that our participants successfully experience fulfillment and joy. Whenever we plan our activities, we try to follow a couple of guideline and key components to keep the program a success.

- #1 We want everyone to be socially engage**, and we also want the participant's input about the activity whether it be suggesting what paint colors to use on a piece of art, or instruction on the best way to organize the tool cabinet because we want the participants to have ownership.
- #2 We emphasize laughter**- there is never a dull moment, and we can all handle more laughter!
- #3 We support camaraderie** among the participants, and we want everyone to feel comfortable a supportive peer group.
- #4 Opportunities to be creative**, we ensure the projects are the participant's and let them be creative as they wish.... Encouraging the participant to actively engage in whatever activity he/she is doing. We find by following these components we build self-confidence, and foster independence. ■



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**

**\$12<sup>00</sup>**  
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

## Myths of Aging

T.) We lose brain cells throughout our lives and unfortunately, cannot grow new ones.

**Myth!** While this was thought to be true for many years, science has now proven that we can continue to generate new nerve cells in certain areas of our brain throughout our lifetime.

2.) As we age, we become less creative

**Myth!** We can be creative throughout our lifetimes, and it is important to do so.

3.) Older people eventually end up in nursing homes.

**Myth!** This is absolutely untrue. According to recent statistics, only about 5% of older adults live in nursing homes or other long-term care facilities.

4.) Writing things down is a crutch that weakens the memory.

**Myth!** Actually, writing things down is not a crutch but rather an excellent memory enhancement technique.

5.) Short-term memory refers to things that have happened in the last 24 hours.

**Myth!** Short-term memory refers to things that have happened in the last two minutes or even seconds. ■



## Memory Matters Calendar

- March 6 You be the Judge
- March 13 Music with musician Jaime
- March 20 Pizza Outing
- March 27 Game Day





## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

**March 3** *Music with Rick Hoffmann*

**March 5** *Music with Dave and Allen*

**March 6** *Music with Bob Welsch*

**March 10** *You be the judge*

**March 11** • *Line Dancing*  
• *Elvis*

**March 17** *Music with George Possley*

**March 18** *Music with Two Sharps and Two Flats*

**March 19** • *SPARKS*  
• *Music with Bob Welsch*

**March 20** *History with Linda*

**March 25** *Bell Choir*

**March 26** *Music with Jim Olschmidt*

**March 27** *Music with Mark*

