

Brain Waves

SEPTEMBER 2025



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Contact us ...

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Quote of The Month ...

"Friendship is the instrument by which God reveals to each of us the beauties of others."

~ CS Lewis

Leah's Notes ...



Leah Zehel, Director

When trying to think about what to write about this month, I just was not coming up with anything. Over these past couple days, I have been helping one of our participants make plans with another participant as she is having her over for a "girls' night." How fun! I was also remembering how two male participants used to bag groceries together when they were in high school and have not seen each other since, are now friends again at TGP! Then it occurred

to me that is what I need to write about! Friendships! These amazing friendships that are being made at The Gathering Place. We have many friendships here between volunteers, volunteers and participants but the most profound to me is the number of close friendships being made between participants! Yes, many have dementia, Alzheimer's, Parkinson's, heart disease you name it, but they are still perfectly capable of making meaningful friendships with their peers this is so important and brings me so much joy to see! It is a blessing when staff and volunteers get to witness participants helping each other out, walking each

other to the bathroom, switching out nametags to sit by each other (hahaha). People need each other no matter where you come from, what you are going through or how old you are.

Our average age at TGP is 65-85. It is a fact that the most profound life transitions are retiring, loss of loved ones, changing social roles, and more health concerns and that these events happen between the ages of 65-75. Well, I think it goes without saying these are tough changes and everyone needs a friend to get through this life.

Friendships provide a person with a sense of belonging, social connection and a positive impact on your health and well-

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The Gathering Place Brat Fry and Car Show

Don't cook at home!!!! Monday August 25th is do not cook at home day! Sounds like everyone will have to head over to The Gathering Place brat fry, brats, burgers, chips, and new menu items, German Potato Salad, and Baked Beans!!!! The perfect way to end a Monday!

There will be plenty of seating, great cars to check out and music with DJ Rob Peterson. This fundraiser is a great way to support The Gathering Place and Memory Matters activity programming.

Nicole and her youth group gang will also be there with great ice cream treats for dessert. A great way to support two amazing missions of the church!

If interested in showing your car, please contact Leah at The Gathering Place at 920-627-6847. ■



Save the Date...

VOLUNTEER TRAINING

Friday, October 10 • 9:00 to 11:30 a.m.

**St. Paul Lutheran Church
Fellowship Hall**

730 County Hwy PPP, Sheboygan Falls

*Please RSVP to Leah
at 920-627-6847.*





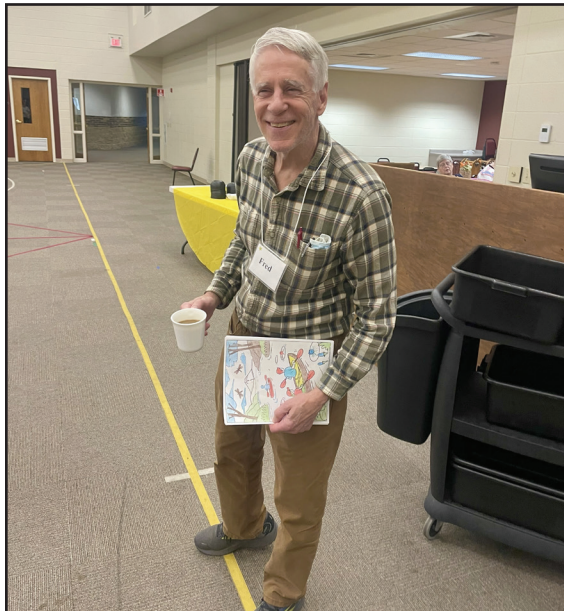
Memory Minute

By Leah Zehel

Why do we do trivia and play games?

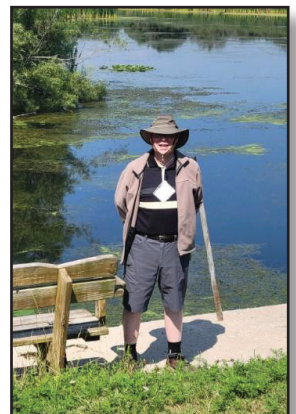
Trivia and other games focusing on popular culture are a good way to encourage people to socialize-one of the best things they can do for your brains. By answering questions on popular culture, participants can share knowledge they have acquired at previous times in their lives your may have been more intact. A study published by Dr. Robert Wilson and a team at Rush University Medical Center found that seniors who play trivia games and other forms of board games help stave off mental decline by promoting activity changes in the temporal and hippocampus regions of the brain, the areas where working memory functions.

Engaging in trivia regarding current events helps people to stay abreast of what's going on in the world around them. Though current events are not always the most uplifting topics, its important to cover the basics. You might also want to share at least one positive story each day! ■



Memory Matters Calendar

September 4	Dancing with Sue Alby
September 11	Out for Breakfast
September 18	You be the Judge
September 25	Music with Thomas Pial



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

August 4	<i>Music with Rob Peterson</i>
September 3	<i>Relaxation therapy with Jen</i>
September 4	<i>Dance Class with Sue Alby</i>
September 8	<i>You Be the Judge</i>
September 10	<i>Music with Bill Bernico</i>
September 11	<i>Music with Rick Hoffmann</i>
September 15	<i>Music with Tom Luke</i>
September 17	• SPARKS • <i>Music with Bob Welsch</i>
September 18	<i>History with Linda</i>
September 24	<i>Music with Rob Peterson</i>
September 25	• <i>Music with Thomas Pibal</i> • <i>Music with Steve Progar</i>
September 29	<i>Music with Jeff Behrens</i>

Leah's Notes continued from pg.1

being. Health wise friendships enrich your life by, lowering stress, boosting self-confidence, creating a sense of connection, lower depression and high blood pressure.

So, at The Gathering Place we will do what we can to help facilitate these friendships, whether it's helping our participants facilitate their own get together or driving them and a friend to a dinner together or making sure they do get to do activities together at The Gathering Place. When a new participant starts, we find out their preferences, likes, dislikes, and really get to know them. We often direct them towards others we think they could get along with or develop a friendship with, anything we can do facilitate joy! We love to laugh, and care for each other. (So, if Marge switches out the nametags to sit with Alice, we let it happen 😊)

Memory loss steals a lot of things from people, but it can't take your heart, and your ability to love. ■

