

# Brain Waves

OCTOBER 2025



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## Contact us ...

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 **Follow Us!**

## Quote of The Month ...

*"Do what you can,  
with what you have,  
where you are."*

~ Theodore Roosevelt

## Leah's Notes ...



**Leah Zehel, Director**

Every now and then I like to take a step back and write about The Gathering Place basics. With the busy summer behind us and lots to look forward to with some new faces here at TGP I thought it would be a good season to talk about our goals or purpose what it is that keeps us a special program. 😊

The Gathering Place program is based around six key elements of wellness. Socialization, community, cognitive, spiritual, emotional, and physical. All six

of these things are important but one of them we incorporate into all activities is the socialization we really make this a priority. Each day we start with a casual social time this room is always full of laughter and joy! We take that joy into every activity we do, always encouraging social interactions. Community, everyone has a need to be fulfilled, and we all want to be part of something. We really focus on what we can do not what we cannot do. We get involved in the community in many ways; we do service projects for the church, the chamber, and many other organizations. This gives our participants a sense of belonging to their community. Physical, we do exercise everyday we have a fun and effective

exercises that focus on strength and balance. Ruth and Jen are our instructors, and they make it fun! Cognitive along with working our physical bodies we work our brains, getting our brains in gear with trivia, word games, cards, reading, art, and much more! Emotional and spiritual, we value and respect each one of our participants, listening, validating, and always encouraging. Just because a person gets a diagnosis of dementia does not mean they are not a person with normal desires and needs, a need to feel useful, a need to feel involved, a need to be heard, a need to be loved. I believe that our program helps a person stay socially connected, reduces, depression, reduces cognitive decline, and it is fun!!!! 🟣



# VOLUNTEER TRAINING

Friday, October 10<sup>th</sup> 9:00-11:30 AM

Good Shepherd Church  
1614 S. 13<sup>th</sup> St.

Small Brunch will be served.



# Memory Minute

By Leah Zehel

## 7 Tips to Stay Positive

1. **Decide to have a positive attitude.** We are responsible for our own happiness.
2. **Surround yourself with positive people.** Their attitude is contagious.
3. **Use positive affirmations.** Instead of "I hate getting up. Say, "I am grateful for a new day."
4. **Be very selective of the music and news you listen to.** Garbage in = Garbage out.
5. **Help other people.** Service gets us out of our own misery and positively impacts our world.
6. **Get in touch with your spiritual source.** Faith fuels, hope fuels a positive attitude.
7. **Don't stop; never give up.** Do not give in to the negativity around us. ■



## Memory Matters Calendar

<b>October 2</b>	<b>Music with Jim Olschmidt</b>
<b>October 9</b>	<b>Out for Breakfast</b>
<b>October 16</b>	<b>Don't worry Be Happy!</b>
<b>October 23</b>	<b>History with Linda</b>
<b>October 30</b>	<b>Art with Claire</b>



## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

**October 1**

*Music with Jim Rosetti*

**October 6**

*Music with Duo-Over*

**October 7**

*Music with Bob Welsch*

**October 9**

*Music with Rob Peterson*

**October 15**

*SPARKS*

**October 16**

*Music with George Possley*

**October 21**

*Music with Jim Rosetti*

**October 22**

*Music with Rob Peterson*

**October 27**

*Music with Bob Welsch*

**October 29**

*Dancing Grannies*

