

Brain Waves

NOVEMBER 2025



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Contact us ...

We are a ministry of
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Follow Us!

Quote of The Month ...

"Jesus did not see problems he saw people. And so can we."

Leah's Notes ...



Leah Zehel, Director

"The Gathering Place Gives" Campaign is back. We are so thankful to everyone who gave to our campaign last year, this year we have a goal of \$45,000. These funds will help The Gathering Place and Memory Matters continue to give our families the much-needed respite at an affordable cost and will enrich the lives of our participants. The Gathering Place is the only social model day program in Sheboygan County since 2008.

This campaign is to encourage you to donate a monetary gift towards one of our services here at The Gathering Place such as: meals, art, scholarship fund, entertainment, outings, and volunteer training. These are the services that are essential to the success of The Gathering Place and Memory Matters. This year we are again focusing on our "scholarship fund". Over the years we have been blessed by many donors that have kept our scholarship funds up for individuals who are having a lot of financial burdens, but can still really benefit from our programming. With the continued increase in health

care costs, we have basically depleted this fund over all these years. This is an important piece to our abilities in helping more individuals dealing with memory concerns. I have been asked in the past; how do we stay open and provide such exceptional care and charge such a minimal fee? First, it is because of our volunteers, but also a very big reason is because we have been blessed by so many that are willing to donate to our program. Whether it's through fundraisers, memorials, or donations, this is what enables us to keep our participants fees low. An average cost of a day program across the U.S. charges a participant fee that

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Thank you to all who attended the latest Volunteer Training!

I believe we can all agree that even if you have been a volunteer for many years, caregiver for a loved one, or even just being around someone with memory loss. That there is still always more to learn!!! We had some of our brand-new volunteers attend mixed in with some of our very seasoned long-time volunteers and it was great to see everyone learning and sharing! Lisa Hurley from the ADRC presented on the topic of what physical side effects can accompany memory loss. Fine motor skills, muscle weakness, reduced hand-eye coordination, and vision changes, are just a few. We had a great discussion about what to do when things get difficult, slow things down, stay calm, observe body language, and most importantly, they cannot change but we can! ■

HOW CAN **YOU** HELP?

NOVEMBER
giving
CAMPAIGN

Music and Entertainment

YOUR DONATION SUPPORTS ALL THESE ACTIVITIES

Arts and Craft Supplies

Outings

Meals and Snacks

Scholarship Program



To donate, scan the QR code or contact us at 920-627-6847.

The Gathering Place Memory Matters





Memory Minute

By Leah Zehel

Nurturing Optimism

This month in Memory Matters we have been talking about different ways to stay optimistic when this get hard, and really how can we nurture an optimistic lifestyle. We have a pretty optimistic group in Memory Matters so it was easy to discuss and think and share different ways to nurture optimism. Here are a few we discussed.

- Limit the time you spend with pessimists.
- Incorporate more humor and laughter into your everyday life.
- Look for the positive
- Focus on what you can change and let go of what you can't.
- Do things for others. Volunteer.
- Develop friendships with those who are optimistic. Optimism is contagious!
- Look at the mistakes you make as opportunities to grow.
- Look for the best in every situation.
- Try to solve problems rather than just complain about them.
- Adopt positive language. Saying that you can't do something is often a self-fulfilling prophecy, On the other hand, saying that you will be able to do something can result in success!
- Celebrate each day and all that it has to offer! ■



Memory Matters Calendar

- | | |
|--------------------|---------------------------------|
| November 6 | You be the Judge |
| November 13 | Music with Bob Welsch |
| November 20 | Birthday Lunch for Chuck |
| November 27 | Closed for Thanksgiving! |



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- November 4** *Music with Rob Peterson*
- November 5** *Music with Lona Oak*
- November 6** *Music with Sound Celebration*
- November 11** *Sheboygan Garden Club*
- November 12** *Music with Dan Ognevic*
- November 17** *Music with Jim Olschmidt*
- November 18** *ELVIS*
- November 19** • SPARKS
• *Music with Bob Welsch*
- November 20** *Music with the Lakeshore Trio*
- November 24** *Music with Steve Progar*
- November 26** *History with Linda*



Leah's Notes continued from pg.1

is at least \$20.00 higher then what we charge. And again, that is because of our successful fundraising. We are happy to be able to provide this needed program for individuals with memory loss in Sheboygan County. Help us continue our exceptional programming at an affordable cost with your donation today. <https://memorymattersmost.com/donate/> or call us at 920-627-6847 with any questions. ■