

Brain Waves

DECEMBER 2025



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Contact us ...

We are a ministry of
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Follow Us!

Christmas Quote ...

"I will Honor
Christmas in my
heart and try to
keep it all the year."
~Charles Dickens

Leah's Notes ...



Leah Zehel, Director

I want to wish everyone a Merry Christmas and Happy Holidays! This is the time of year to celebrate, enjoy family and friends, and reflect on our many blessings. Of course, the holidays can bring on a lot of unwanted stress, trying to get all the shopping done, attending all the gatherings, as the feeling of panic sets in you often wonder, how can I get everything done! We are also often reminded of things or people that we have loved and have now lost in the past.

Through this holiday season it is my hope that you find peace and find time to reflect on all your blessings and the goodness that surrounds you. We all have the power to count our blessings, research suggests that we have three times more positive experiences than negative, however we often fail to remember the blessings and give to much importance to the problems in our life. Unfortunately, research suggests that our perspective is biased towards the negative. We are more likely to pay attention to and remember negative situation, criticism or losses than to remember positive events, praises or gains. Through this holiday season we need to remember the power of gratitude,

you may have received help from someone, been overwhelmed by love in your life, or simply been touched by the warmth of the sunshine. When we feel grateful, the negative grip is released. Being grateful has incredible benefits; Gratitude increases social connection which studies show is essential for health and well-being. Gratitude decreases depression and improves optimism and positive emotions which in turn increases wellbeing, boost creativity, benefit relationships, and impact longevity. So, remember through the busy hustle and bustle of the holiday season be grateful! The Gathering Place is so grateful to be part of this community! Merry Christmas!! ■



The Gathering Place November Giving Update:

We are 3 weeks into our November Giving Campaign (goes through Dec. 31) and we are so appreciative of the many donations we have received so far for our fall fundraiser from our local community and beyond. The many businesses that have stepped up to help our program too enables us to continue our quality programming. It has also been so rewarding to read all the notes on the donation slips from friends and families of the past and present. We also appreciate your concern and prayers for the success of our program, volunteers, and staff.

Our goal this year is \$45,000 and we are hopeful that we can reach that goal this year. You can go to our website <https://memorymattersmost.com/donate/> to donate through PayPal, send a check with Nov. Giving listed in the memo line to The Gathering Place, 730 County Road PPP, Sheboygan Falls, WI 53085 or just stop in and say hi and drop off your donation in person. Donations for November Giving will be accepted through December 31, 2025, so there is still time to get that donation in!

Thank you again for your gifts to The Gathering Place. ■





Memory Minute

By Leah Zehel

Our Memory Matters class engages in weekly puzzles, math problems and word searches along with other mentally stimulating activities for brain health, and we even have fun while we are doing it. 😊

Are you doing enough to work your mental muscle? You can improve your brain volume and function through games and puzzles. While daily exercise is important for your physical health it turns out that keeping your brain active is vital for your mental health! Studies have found that people who kept their brains active most of their lives by reading, writing, completing crossword puzzles, or by playing challenging games were less likely to develop plaques that are tied to Alzheimer's disease. Some areas we focus on would be to:

- Strengthen your Attention
- Build your willpower
- Meditate/Relax
- Practice Mindfulness throughout the day
- Exercise
- Memorize
- Read
- Stay Curious
- Practice Active Listening
- And perform Concentration Exercises, (Like our Memory Matters homework sheets!)

Your Physical Muscles need just as much attention as your mental muscles! ■

Memory Matters Calendar

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|--------------------|---|
| December 4 | Finishing Family Tree Project with Linda |
| December 11 | Music and sing along with Claire |
| December 18 | Christmas Party and guest musician Dan Ognevic |
| December 25 | Closed Merry Christmas!!! |



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- December 1** *Music with Rob Peterson*
- December 2** *Colossal Christmas with Dave Ross*
- December 3** • *Christmas Carols in the church with LuAnn*
 • *Music with Jim Rosetti and Friends*
- December 4** *Golden Chordaliers*
- December 8** *You be the Judge*
- December 10** *Music with Bill Bernico*
- December 15** • *Karaoke with Rick Hoffmann*
 • *Kohler Madrigal Singers*
 • *Two Sharps Two Flats*
- December 17** • *SPARKS*
 • *Music with Thomas Pibal*
- December 18** • *History with Linda*
 • *Music with Bob Welsch*
- December 22** *Music with Jeff Behrens*
- December 23** *Christmas Music with Jim Rosetti*
- December 30** *News Year Eve Party with Manny!*

