

Brain Waves

FEBRUARY 2026



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Contact us ...

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Follow Us!

Quote of The Month ...

"If you see someone
without a smile give
them yours."

~Dolly Parton

Leah's Notes ...



Leah Zehel, Director

This past month the famous "Dear Abby" advice column celebrated its birthday with the first article being in 1956. I have always appreciated the advice I have received from an older adult. The older generations have decades of experience to share with us. While a lot of people have their own unique insights on things, I do believe it is very important for the younger generations to learn from life lessons from a senior!

At The Gathering Place we have several of our own "Dear Abby's" so we decided to all write some advice to share here are just a few:

- Never go to bed angry.
- Never stop learning.
- Travel while you are young.
- Get to know people, care for them, put yourselves in their shoes.
- Treat your body like you need it for 100 years.

- Seriously, don't be so serious!

And my personal favorite,

- Happiness is a choice, so choose it! You must create your own happiness.

I know we have a pretty intelligent group, so listen to my advice and take theirs.





SAY GOODBYE TO WINTER WITH OUR



SOUPER SUNDAY COOK-OFF

**NEW
WEEKEND
THIS
YEAR!**

Sunday, March 22

10:45 AM TO 1:00 PM

(or until the Nescos are empty)

**ALL
YOU CAN
SAMPLE!**

ST. PAUL LUTHERAN CHURCH

730 COUNTY ROAD PPP | SHEBOYGAN FALLS



\$12⁰⁰
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

The Importance of Sleep!

“Early to bed, early to rise, makes a man healthy and wise.” – Benjamin Franklin

These are some of the biological processes that take place while we sleep:

- The brain gets rid of toxic waste and stores new information.
- Nerve cells communicate with each other and experience healthy reorganization.
- Cells experience repair, which helps us recover from illness and injury.
- Hormones and proteins that help the body restore and conserve energy are released.
- Increased brain activity occurs in the areas that regulate emotion support, emotional stability, and mental health.

Recent research had demonstrated that sleep deprivation can contribute to Obesity and Type 2 diabetes, cardiovascular disease, depression and headaches.

Tips for getting the best sleep:

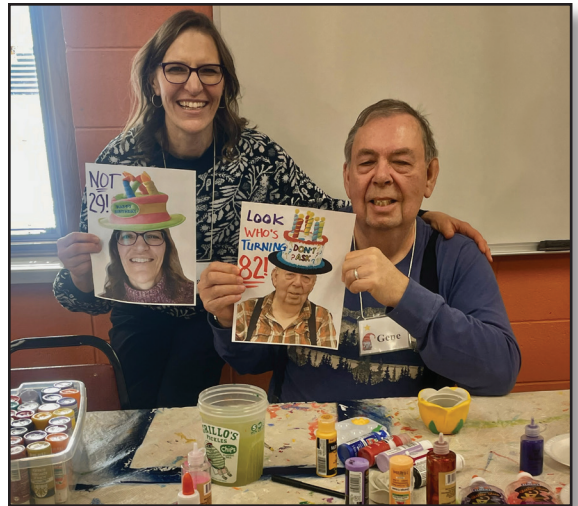
- Regulate the temperature in your sleep environment so it is not too hot or too cold.
- Stick to a sleep schedule as much as possible with going to sleep and waking up about the same time every day.
- Incorporate bedtime rituals into your routine such as listening to soothing music or meditating.
- Make a to-do list for the next day to help clear your mind before going to bed.
- Keep a paper and pencil at your bedside in case you wake up during the night and have something on your mind you are afraid of forgetting before you get up.
- Invest in a good mattress and good pillows.
- Turn off the lights and eliminate loud noises.
- Try a light snack such as a glass of warm milk. The amino acid found in milk helps the brain

produce serotonin, which is a chemical that aids in relaxation.

- Exercise daily but avoid exercise within several hours of going to bed.
- Promote relaxation by taking a warm bath or meditating before going to bed.

Don't:

- Consume alcohol, caffeine or nicotine late in the day.
- Don't take a long nap during the day. ■



Memory Matters Calendar

February 5

Think Positive

February 12

Dance with Sue Alby

February 19

Music with Jim Olschmidt

February 26

Ancestry with Linda

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- February 3** *Music with Paul Hermann*
- February 9** *Music with Rob Peterson*
- February 10** *Sing -a -long with Karen and Thomas*
- February 11** *Winter Olympic Games*
- February 16**
 - *History with Linda*
 - *Lakeshore Trio*
- February 17**
 - *Line Dancing*
 - *Music with Two Sharps and Two Flats*
- February 18**
 - *SPARKS*
 - *2/5 Band*
- February 23** *You be the Judge*
- February 24** *Bell Choir with Ruth*
- February 25**
 - *History with Linda*
 - *Music with Rob Peterson*
- February 26** • *Music with Bob Welsch*

