

# Brain Waves

FEBRUARY 2026

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## Contact Us ...

We are a ministry of  
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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**

**\$12.00  
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:

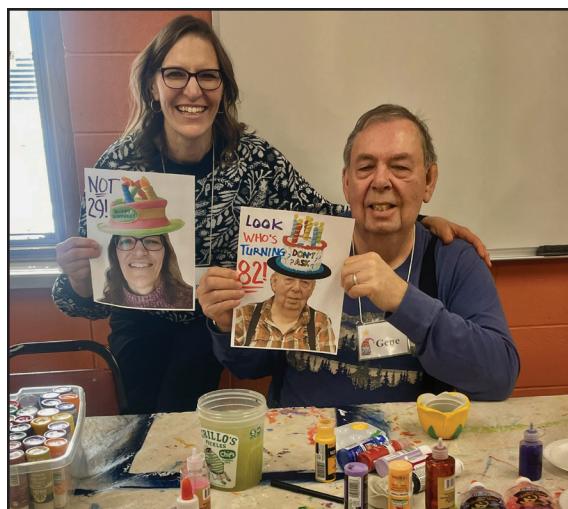
- Regulate the temperature in your sleep environment so it is not too hot or too cold.
- Stick to a sleep schedule as much as possible with going to sleep and waking up about the same time every day.
- Incorporate bedtime rituals into your routine such as listening to soothing music or meditating.
- 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

