

# BRAIN Waves

MARCH 2026



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## Contact us ...

We are a ministry of  
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 Follow Us!

## Quote of The Month ...

*"In the end, it's not  
the years in your life  
that count. It's the  
life in your years."*

## Leah's Notes ...



Leah Zehel, *Director*

For everyone having a daily routine provides us with a sense of comfort and control over our otherwise hectic lives. Having a regular routine is even more important for people living with memory loss. Individuals dealing with memory loss thrive on familiarity, familiar faces, familiar environment, and even familiar food. The comforting sense of familiarity is helpful because memory loss gradually impairs a

person's ability to plan, initiate and complete an activity. At The Gathering Place we recognize the need to keep a routine, we start each day the same way, in the same room, with our coffee, fruit and bakery, and the same smiling faces of volunteers. We always go over the agenda for the day and keep our format of activities the same, even though they are different activities, the routine is very familiar. This routine helps the person retain their ability to perform activities. Structure is very important, staying consistent with times and activities, times we head to the bathroom and mealtime. Some of the things that we do at The Gathering Place

to keep routines you can do at home as well. For example, we always let participants know in advance what to expect throughout the day, before a change of activity. You may think that when it comes to daily activities, doing everything on your own might be easier, but it is important to try and involve the person in the daily activities as much as they are able.

Some tips for daily routines at home:

- Complete tasks with your loved one in the same order.
- Organize yourself and loved one for the next day.
- Structure the daily routine to maintain a sense of familiarity

*continued on page 4 ...*



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<sup>00</sup>**  
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

*With all the Crazy Viruses going around here are some super fruits to help you stay healthy!*

## Super Fruits!

**Strawberries:** Fight cancer and aging

**Bananas:** Boost energy

**Cherries:** Calm nervous system

**Grapes:** Relax blood vessels

**Pineapples:** Fight arthritis

**Kiwis:** Increase bone mass

**Watermelons:** Control heart rate

**Mangos:** Prevent skin and vision problems

**Oranges:** Protect skin and vision

**Apple:** Help resist infection ■

## Memory Matters Calendar

**March 5** Art with Claire from JMKAC

**March 12** Music with Bob Welsch

**March 19** You be the judge

**March 26** Memory tips and tricks



Leah's Notes continued from pg.1

- Write down step-by-step instructions for the tasks performed infrequently.
- Establish a calming nighttime ritual away from noise and activity.
- To keep from being overwhelmed, make a list of everything you need to accomplish at the beginning of the week.
- Dedicate a basket or shelf to each day of the week to help you remember what your loved one will need each morning. ■



## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- March 2 *Music with Bob Welsch*
- March 4 *Sing-a-long with Luann*
- March 5 *Music with Tom Luke*
- March 10 *Elvis*
- March 11 *Music with Rich Baumann*
- March 12 *Music with Rob Peterson*
- March 18 *Outing to SPARKS*
- March 23 *Music with George Possley*
- March 24 *Music with 2/5s Party Band*
- March 25 *Music with Bob Welsch*
- March 30 *Sing-a-long with Rick*
- March 31 *Bell Choir with Ruth*

