

BRAIN Waves

APRIL 2026



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CONTACT us ...

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 Follow Us!

Quote of The Month ...

Choose to be
Optimistic it
feels Better.

Leah's Notes ...



Leah Zehel, *Director*

Souper Sunday Soup Cook- Off Recap

First, a big thank you to all the people who came out for our 11th! Soup Cook-Off. It was a great day! We want to thank all the volunteers that helped make this event possible, and all our chefs who gave their time and energy to cook these fabulous soups. The soup cook-off is such great, friendly competition. This year's winner was our very own Pastor Tom

with his pheasant and rice soup, pheasant he hunted himself out west, it was a unique soup and those tend to spark a lot of interest. In second came newcomer Clint from Miesfelds with a Brat and Corn Chowder, Miesfelds and Brats do I need to say more? And third was my personal favorite Chirs and Sue with their Beer Cheese Soup with popcorn on top! Chis and Sue's always are in the top 4 for the last 10 years! Wow! And close behind them with just a few less votes were another newcomer Lu Mentink one of our Tuesday volunteers with a Cheesy Broccoli Cauliflower. We had a couple other new chefs this year I want to acknowledge their exceptional soups, Shelly Strains with a Butternut Squash

Apple Soup. We also had Taustan from Sweet Basil, the new chef, with a Stuffed Pepper which is always a hit! It was so fun to get our participants involved in the cooking also, we had the Thursday group do a Hamburger Veggie, and Wednesday did a unique and delicious soup, Reuben Soup, yum. The soup cook-off is such a fun event, it is as one guest stated, "the social event of the year. 😊"

It takes so many volunteers to make this event happen. From the cooks to the bakers, setting up, prepping, serving, and cleaning up; the list goes on and on. We are so thankful for all these individuals that are willing to support The Gathering Place.

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Save the Date...

VOLUNTEER TRAINING

Thursday, May 21 • 9:00 to 11:30 a.m.

St. Paul Lutheran Church
Fellowship Hall
730 County Hwy PPP, Sheboygan Falls

Please RSVP to Leah
at 920-627-6847.





Memory Minute

By Leah Zehel

What is Intentional Memory?

Improving your memory and even maintaining your memory takes work and a lot of practice! You have to practice the techniques in order to receive the benefits. Intentional memory is the process of intentionally recalling previous experiences and information. Intentional memory takes practice. It is essential to activate the relevant information and inhibit the irrelevant information. For example, if you are trying to remember where you parked your car, every place where you have ever parked your car might come to mind, which of course would not be beneficial. This type of information that you would want to inhibit as much as possible. The type of essential information, however, that you want to activate is exactly where you parked your car this time.

A good way to practice intentional memory is to prepare yourself before you want to remember something specific, such as where you parked your car or remembering a person's name.

Here are some tips to try, when you want to intentionally remember something.

- Breathe in and out deeply
- Clear your mind and concentrate
- Repeat the information several times
- Repeat the information out loud.
- Associate the information with something.
- Create a funny scenario using the information you want to remember
- Write down the information
- Believe that you WILL be able to remember it. ■

Memory Matters Calendar

- April 2** Bring on Spring and use your Senses
- April 9** Cooking Class at Nourish Farms
- April 16** History with Linda
- April 23** Music with Thomas Pibal
- April 30** Practice Gratitude Daily



Leah's Notes continued from pg.1

We had 20 soups donated this year, with Texas Roadhouse buns, and Sargento's donation of cheese to go with the soups! No one left hungry. All the funds raised for this event will go towards programming for The Gathering Place and Memory Matters for outings, entertainment, artists, and so much more that will continue to assist in improving quality of life for our participants. We look forward to seeing you next year!

Here is the list of our wonderful soup chefs!

- Chris and Sue's – Beer Cheese
- Pastor Kyle – Yellow Lentil
- Miesfeld's – Brat and Corn Chowder
- River Park – Chicken and Rice
- Stefanie Trakel – Potato
- Texas Raodhouse – Legandary Chili
- Nourish – Cabbage, Sausage, Potato
- Sweet Basil – Stuffed Pepper
- Karen Wilterdink – Potato
- Antoinette's – Chicken Enchilada
- Shelly Strains – Butternut Squash Apple Bisque
- Bonnie and Bonnie – Cheeseburger
- Linda Lorenz – Chili
- The Gathering Place Thursdays – Hamburger Veggie
- Pastor Tom – Pheasant Rice
- Lu Mentink – Cheesy Broccoli and Cauliflower
- Amy Kolste – Chicken and Rice
- The Gathering Place Wednesdays – Reuben
- Kim's 5 Corner's – Chicken Pablano

What a Wonderful List!!!! ■

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- April 2** *Music with Dave and Allen*
- April 6** *Music with Rob Peterson*
- April 8** *Music with Daniel Lovett*
- April 15** • SPARKS
 • *Music with Jeff Behrens*
- April 20** *Music with the Golden Chordaliers*
- April 22** *Music with Lone Oak*
- April 27** *You be the Judge*
- April 29** • *History with Linda*
 • *Maple Syrup Making with Barb*

