

# Brain Waves

MAY 2026



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## Contact us ...

We are a ministry of  
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 Follow Us!

## Quote of The Month ...

"Praying only when you are in trouble is like wearing your seatbelt only in heavy traffic."

~ Corri ten Boom

## Leah's Notes ...



Leah Zehel, Director

Staying positive is a quality we claim to have here at The Gathering Place! I'd like to say we are pretty good at this 😊 We have volunteers that realize the power of positivity, and this is something that makes our program special. Our staff, participants, families, and the community are so incredibly thankful for our volunteers that keep our program going!

I have shared this article in the past, but

it is just such good reminders by Rachel Wonderlin where she talks about the rules of dementia, these ring so true to what we do here at The Gathering Place:

- If I get dementia, I do not want to be treated like a child. Talk to me like the adult that I am.
- If I get dementia, I still want to enjoy the things that I have always enjoyed. Help me exercise, read, and visit with my friends.
- If I get dementia, ask me to tell a story from my past.
- If I get dementia and I become agitated, take time to figure out what is bothering me.

- If I get dementia, don't talk about me as if I am not in the room.
- If I get dementia, don't exclude me from parties and gatherings.
- If I get dementia, know that I still like receiving hugs and handshakes.
- If I get dementia, remember that I am still the person you know and love.

These are things we all want in life!!! Giving patience and kindness to others is a gift, we all need to be loved and accepted. ■



# **VOLUNTEER TRAINING**

**Friday, May 1 • 9:00 to 11:30 a.m.**

**St. Paul Lutheran Church  
Fellowship Hall**

**730 County Hwy PPP, Sheboygan Falls**

*Lite Brunch Provided.*

*Please RSVP to Leah  
at 920-627-6847.*

engaging hearts...enriching minds  
The Gathering Place Memory Matters



# Memory Minute

By Leah Zehel

This past month we discussed different ways we could do something kind for someone else. Check out some of these great ideas our group came up with-

## Random Acts of Kindness!

- Send an uplifting text to a friend.
- Let the guy merge into traffic with a wave and a smile.
- Include intentional moments of kindness, laughter and delight in your daily routine.
- Go slightly outside out of your comfort zone at least once a day to make someone smile.
- Share a compliment with a friend.
- Reach out to a family member you have not spoken to in a while.
- Treat someone to a cup of coffee.
- Visit a nearby library and donate a book to a library.
- Write a handwritten letter and mail it.
- Write positive messages on sticky notes and leave for others to find.
- Be an active listener when in the company of others.
- Be kind to people in the service industry.
- Be a friend to a lonely neighbor. ■



## Memory Matters Calendar

- May 7** Music with Jim Olschmidt
- May 14** You be the Judge
- May 21** VOCE Choir Spring Concert
- May 28** Breakfast at Parkside



## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- May 4 *Music with Jim Olschmidt*
- May 5 *Outing to Sheboygan County airport, Hot air ballon rides*
- May 11 *You be the Judge*
- May 12 *Sing along with Karen and Thomas*
- May 13 *Planting with Bloomin on Broadway*
- May 14 *Music with Rick Hoffmann*
- May 18 *Music with Jeff Behrens*
- May 19 *Music with Jim and Penny*
- May 20 *SPARKS*
- May 21 *Music with Rob Peterson*
- May 26 *Line Dancing with Diane*
- May 27 *History with Linda*
- May 28 *Lakeshore Trio*