

# Brain Waves

JUNE 2026



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## Contact us ...

We are a ministry of  
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 Follow Us!

## Quote of The Month ...

*"Coming together is a beginning. Keeping together is progress. Working together is success."*

~ Henry Ford

## Leah's Notes ...



Leah Zehel, Director

### Volunteer Training

We are thankful to be able to offer training to our volunteers and bring in different guest speakers, this past month, Lisa Hurley from the Aging and Disability Resource center came along with Mary Pitsch from the Dementia Crisis taskforce to present on communication and better ways to enable our participants. It was great to have our new volunteers there alongside our seasoned veterans, always willing to continue to learn!

We talked a lot about "behavior" how it is not a "behavior" but communication issue most of the time. Some things we may see are wandering, rummaging, verbal aggression with frustration. We always need to step back and ask, "whose problem is it anyways?" "Does the behavior need to be fixed?" "Does it put anyone at risk?" If the answer is "no" then it is us, the volunteers, and staff that need to change perspectives, let it go, don't sweat small stuff, pick your battles, and call it a "so what" behavior.

A quote repeated a few times was this, "Remember the person with dementia is not giving you a hard time, the person is having a hard time." This line really made me think how often we forget how hard this is for the

actual person, not just the person caring for them.

Our job at The Gathering Place is to be investigators, we need to figure out if they need to use the bathroom, are not feeling well, if it's a reaction to medication, fear, boredom, are they in pain or are they hungry or thirsty plus many other factors! This is not always possible to find the solution right away, but reminds us to not immediately label a person's actions as a "bad behavior"

Some things that help us with this are really getting to know our participants. By knowing their social history can really help in validating their feelings. Give compliments, and make sure you let the person know they are safe and loved here!!!



**SAVE THE DATE**

# **BRAT FRY & CAR SHOW**

**AUGUST 24 • 4:30 TO 6:30 PM**

**ST. PAUL LUTHERAN CHURCH  
730 COUNTY ROAD PPP • SHEBOYGAN FALLS**



**BRAT FRY, CAR SHOW AND DJ!**

*You do not want to miss it!*

*All proceeds for this event will benefit  
The Gathering Place and Memory Matters programming!*





# Memory Minute

By Leah Zehel

## Why do we do trivia and play games?

Trivia and other games focusing on popular culture are a good way to encourage people to socialize—one of the best things they can do for your brains. By answering questions on popular culture, participants can share knowledge they have acquired at previous times in their lives. A study published by Dr. Robert Wilson and a team at Rush University Medical Center found that seniors who play trivia games and other forms of board games help stave off mental decline by promoting activity changes in the temporal and hippocampus regions of the brain, the areas where working memory functions.

Engaging in trivia regarding current events helps people to stay abreast of what’s going on in the world around them. Though current events are not always the most uplifting topics, it’s important to cover the basics. You might also want to share at least one positive story each day! ■

## Memory Matters Calendar

- June 4** Music with Bob Welsch
- June 11** Art with Claire
- June 18** Games with Rick
- June 25** Stress Management





**VOLUNTEERS  
NEEDED**

**Volunteers for  
Mondays and  
Thursdays**

**Please contact us at  
920-627-6847.**

**TGP Special Events &  
Activities**

*Families always welcome to our  
Entertainment Events!*

- June 1 *Music with Rob Peterson*
- June 3 *Music with Jim Ohlschmidt*
- June 4 *Music with Tom Luke*
- June 15 *You be the Judge*
- June 17
  - SPARKS
  - *Music with Dave and Allen*
- June 18 *Music with Fred Heyma*
- June 24 *Music with Rob Peterson*
- June 25 *Jeff and Vicki present  
on Africa*
- June 29 *Music with Bob Welsch*

