

# Brain Waves

JULY 2026



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## Contact us ...

We are a ministry of  
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 Follow Us!

## Quote of The Month ...

*"Blessed are those that can laugh at themselves, for they shall never cease to be amused."*

~Author Unknown

## Leah's Notes ...



Leah Zehel, Director

I have said this before and I will say it again, the volunteers are the key to the success of The Gathering Place!!! We always try to have a one-on-one ratio, participant to volunteer. Always ensuring engagement and making sure the participant feels safe and good about their day. Being able to provide this type of care really is what sets our program apart from others, the quality of getting that one-on-one time is priceless. As staff we are all so thankful for what our volunteers do for this

program as it is above and beyond, they truly care! Volunteering not only benefits us here at The Gathering Place, but volunteering also benefits your own all-around health!

Volunteering your time, money, or energy to help others doesn't just make the world better-it also makes you better. Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being. Here are six scientific benefits of lending a hand to those in need.

### 1. Helping others can help you live longer.

Want to extend your lifespan? Volunteers show an improved ability to manage stress and stave off disease as well as reduced rates of depression and an increased sense of

life satisfaction-when they were performed on a regular basis. This might be because volunteering alleviates loneliness and enhances our social lives-factors that can significantly affect our long-term health.

### 2. It's Contagious.

When one person performs a good deed, it causes a chain reaction of good acts. One study found that people are more likely to perform acts of generosity after observing another do the same. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.

### 3. Helping others makes us happy.

One team of sociologists tracked 2000 people over a five-year period and found that

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**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

**T-SHIRT SALE!  
50/50 RAFFLE  
GERMAN POTATO SALAD • BEANS  
BRATS • BURGERS • ICE CREAM TRUCK  
DJ • CAR SHOW!**

## VOLUNTEERS NEEDED

**Volunteers for Mondays and Thursdays**

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

*Leah's Notes continued from pg.1*

Americans who described themselves as “very happy” volunteered at least 5.8 hours per month. This heightened sense of well-being might be the byproduct of being more physically active as a result of volunteering, or because it makes us more socially active. Researchers also think that giving back might give individuals a mental boost by providing them with a neurochemical sense of reward.

**4. Helping others may help with chronic pain.** According to one study, people who suffered from chronic pain tried working as peer volunteers. As a result, they experienced a reduction in their own symptoms.

**5. Helping others lowers blood pressure.** If you are at risk of heart problems, your doctor has probably told you to cut back on red meat. However, you should also consider adding something to your routine: a regular volunteer schedule. One piece of research showed that older individuals who volunteered for at least 200 hours a year decreased their risk of hypertension by a whopping 40 percent. This could possibly be because they were provided with more social opportunities, which help relieve loneliness and the stress that often accompanies it.

**6. Helping others gives us a sense of purpose and satisfaction.** Looking for more meaning in your day-to-day existence? Studies show that volunteering enhances an individual's overall sense of purpose and identity—particularly if they no longer hold a life-defining role like “worker” or “parent.”

So, if you were looking for a reason to volunteer now you have one! ■



# Memory Minute

By Leah Zehel

## Understanding Your Brain - Left vs Right

While we all use both sides of the brain, each of us has a dominant side, and this dominant side makes up a huge part of our personalities.

Everyone thinks a certain way, has more interest in certain areas and above and beyond all-is most effective in certain ways. An accurate understanding of the left and right brain can help one to become more productive, efficient and creative.

Our brain is divided into two halves, as most of us know: the left and right-side. Each side processes information very differently than the other.

Our brains use both sides, mixing and matching each side's abilities for a full-functional human brain. However, each of us has a dominant side that leans more towards the behaviors of that respected side. There are several characteristics, many of which could be considered personality traits, that a person with either type of dominate side has.

Those with a right-side dominant brain depend more on visual references for understanding and are often visual learners. They are more emotional, swayed by feelings, and can better understand and reflect on these feelings. Furthermore, right-brained thinkers are very intuitive and curious about the world. Finally, as a downside, they tend to be disorganized, lacking in time management and unable to prioritize.

The left brain is the side that handles organizational and logic. Because of this, those that have a dominant left side are also very organized; they prefer schedules and deadlines, and love rules and regulations. They are more auditory learners and are better at using words to remember things rather than visual aids. They process ideas in a step-by-step, algorithmic way, and are therefore less prone to error.

If you understand your positive traits, you can also better understand your faults. Identify them and think of ways to build upon them. ■

## Memory Matters Calendar

- July 2** Closed for the 4th of July!
- July 9** Bees with John
- July 16** Your Self – Esteem Matters to your Mind
- July 23** You Be The Judge
- July 30** Hamburger Haus Outing!





## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- July 1** *Flute Music with Christine*
- July 2** *Disco Day*
- July 7** *Music with the Party Band*
- July 8** *Music with Danile Lovett*
- July 9** *Music with Jim Olschmidt*
- July 13** *Cards with Sharon*
- July 14** *Sing a long with Karen and Thomas*
- July 15** *SPARKS*
- July 21** *Music with Vince Condella*
- July 22** *Music with Bob Welsch*
- July 27** *Music with Rob Peterson*
- July 28** *Bell Choir with Ruth*
- July 29** *Music with Tom Luke*

