

BRAIN Waves

OCTOBER 2026



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Follow Us!

Quote of The Month ...

*Keep your face towards
the sunshine and
the shadow's will fall
behind you.*

Leah's Notes ...



Leah Zehel, *Director*

Music Creates Connections...

As we all know from hearing that song associated with a first love or leaving home for good, music is profoundly linked to personal memories. In fact, our brains are hard-wired to connect music with long-term memory. At The Gathering Place, we make sure to enjoy music every day! Music is a huge piece of our programming. We do sing-a-longs, dance, exercise to the oldies, bell choir, music bingo and even art with music.

This month I want to really highlight our music program. With our November Giving Campaign right around the corner we are going to focus on raising funds for our entertainment costs. With our many varieties of guest musicians' choirs, bands and entertainers like Bob Welsch, Rob Peterson, Bella Musik and many, many more. We make sure to have all different types of music country, gospel, polka and rock and roll. Music is a very important piece of our programming.

Musical Benefits for Those with Memory Loss:

The effects of music on the brain translate into life-changing benefits for people living with memory loss. Listening and participating in music has the power to pull those affected out

of isolation, gives you a way to express emotion and exercise the mind. Other key benefits include:

- **Enables one to recall memories** - hearing familiar songs can allow loved ones to tap into memories associated with the song or that time in their life.
- **Enhances mood and emotional state** - Music has the ability to evoke powerful emotions. Listening to or singing upbeat music can naturally lift the spirit and provide relief from anxiety.
- **Offers a sense of control** - Singing, dancing, or clapping along to music can give you a sense of accomplishment and normalcy as you remember lyrics and melodies and engaging with others.

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Brat Fry and Car Show Thank You!

A huge Thank you to everyone who came out and supported The Gathering Place Brat Fry and Car Show. It takes many hands to make this happen, we had over 100 cars there, thanks to Gary Thede and his spreading the word! All the guys who grill, volunteers help with set up and take down, and our awesome servers. Thank you to Mike Heideman and family for being the MC and helping with the 50/50 raffle. It was a big success, and we were thrilled to see so many people come out and enjoy their evening with us! Praise God for the beautiful weather we had adding to our success! All proceeds go directly to our programming for our participants. hers.





Memory Minute

By Leah Zehel

Self-Esteem in Older Adults

Self-Esteem is a term used to describe the way you feel about yourself. Changes in health, roles, activities, and lifestyle as you get older may affect your self-esteem. You may feel less important as you become more dependent on others. It may be harder to feel good about yourself.

Do you have good self-esteem? ?

If you agree with 5 or more of these statements, your self-esteem is good.

- I do not feel I must always please other people.
- I generally feel that I like myself.
- I speak up for myself and feel I have rights.
- I am happy most of the time.
- I feel that my struggles are normal.
- I do not need to prove that I am better than others.
- I do not need constant validation or approval from others.
- I make friends easily.
- I feel good about myself without praise from others.
- I feel pleased, rather than envious, when those I care about have success in life.

What Effects My Self-Esteem?

You may have high self-esteem when you have accomplished some goals, like having a good marriage, or having done well at a challenging job or in school. When you retire you have a lot more free time and you may feel you have nothing important

to do. You may not have as much money. Your friends may have died or moved away. You may feel a loss of control. All of this can contribute to low self-esteem.

What can we do to Increase our Self-Esteem?

There are many things we can do!

- Take good care of your body. Eat well. Be groomed, get enough sleep, and get regular exercise. If you feel physically well, you will feel better emotionally.
- Take your prescribed medicines and learn more about how to deal with any medical problems you have.
- Take control of your time. Be as active as possible.
- Take control of your relationships and your social life. Get active in church, or social groups, (Memory Matters 😊)
- Be assertive in social situations and at home. When you act as if you deserve good things, you will tend to value yourself more.
- Make positive statements about yourself, such as, "I am a kind and caring person." Write them on cards and look at the cards several times a day no matter how you feel. This can remind you of the goals you have regarding your self-esteem.
- If something goes wrong be careful about blaming yourself. If you are responsible for a mistake, accept the responsibility, repair the error, and move on. You can make mistakes and still be a good person.
- Volunteer and help others. This can give new purpose and meaning to your life.
- Become aware of negative thoughts, such as saying to yourself, "I did that badly." Counter the negative statements with positive ones, such as, "That didn't turn out well, but I learned how to do it better next time."
- Talk with others about possible causes of low self-esteem. As you become aware of how your life experiences contributed to your low self-esteem, replace criticism with praise. **Learn to be your "biggest fan!"** ■

Memory Matters Calendar

October 1	Winter is coming Stay Social!
October 8	Out to Eat- Socialize
October 15	Music with Steve Proger
October 22	Art with Claire from JMKAC
October 29	Music with Bob Welsch

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

October 1	<i>Music with Bob Welsch</i>
October 6	<i>2/5 Party Band</i>
October 7	<i>Voice of Peace</i>
October 8	<i>Music with Rob Peterson</i>
October 12	<i>You be the Judge</i>
October 13	<i>Sing-a-long with Karen and Thomas</i>
October 15	• <i>History with Linda</i> • <i>Ukelele Club</i>
October 19	<i>Music with George Possley</i>
October 20	<i>Music with Dave and Allen</i>
October 21	<i>SPARKS</i>
October 26	<i>Music with Bob Welsch</i>
October 27	<i>Bell Choir with Ruth</i>
October 28	<i>Music with Rob Peterson</i>
October 29	<i>Music with Call 2 Praise</i>

Leah's Notes continued from pg.1

- **Manages pain and discomfort** - Soothing music is a natural way to relieve pain and anxiety caused by stress or tension. Relaxing songs can also help resolve agitation.
- **Encourages social interaction** - Music brings people together and gives them something to share.

I have seen countless events and times where all these points prove true with our participants. The stories and smiles we hear and see when one of their good old favorites get played. Or when someone is not having a good day and is feeling anxious when the music starts, it fades away and their problems don't matter for that hour. And the joy, nothing can compare to the joy music brings those toes start tapping and all it takes is one person to get up and dance and before you know it, we have almost everyone up on the dance floor celebrating our lives! It does not matter how old, how young, or how many problems you have music brings joy to everyone.

So this year when November Giving comes around, please consider donating to our "Entertainment Programming."
"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." - Plato ■

A quick note from Patti

Think Outside the Box

Many of us find comfort in following routine and keeping things the same. Yet change and challenge have great benefits. To avoid getting stuck in a rut, it's important to explore new activities. Our team has enjoyed some unexpected responses, seeing a participant come to life when we've tapped into something new they respond to. A recent journaling activity took extra time because ideas kept coming, bringing well-thought-out conversations. A Hula Class had everyone joining in the fun. A Ukulele Presentation had even the most shy people strumming along! So, think outside the box. Look for something new to try today! ■

STAY TUNED...

NOVEMBER

giving

TO LEARN MORE WAYS
HOW YOU CAN SUPPORT
THE GATHERING PLACE