Brain Waves

NOVEMBER 2026

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Contact us ...

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Follow Us!

Quote of The Month ...

"Our greatest glory is not in never falling, but in rising every time we fall"
~ Confucius

Leah's Notes ...



Leah Zehel, *Director*

It's hard to believe it's November already, our busy time of the year for Leah and I. It's time for our annual November Giving Campaign. Nine years ago, we first decided to try fundraising this way, not sure it would work out, but it has been a blessing for our program, participants, families and everyone involved with TGP!

We are non-profit and your donations are critical to help us replenish funds that may be running low in the various categories like meals, arts and crafts, outings and this year we're focusing on **Scholarships** and **Entertainment**. Many families rely on the scholarship fund to help them out and we have been blessed with many donations, but by December this fund will be empty. Music is another huge part of our budget and as entertainment gets more expensive this fund also could use some help. We have seen adults who weren't very verbal, suddenly singing along with our groups that come in. Smiles and a feeling of being invigorated by the music just come out on everyone's faces; participants, volunteers and staff.

We thought that our participants/families could say it best in what our musical entertainment means to them. ***"Music makes me forget that I have any troubles and reminds me I have all these friends to have fun with and to feel free."*** *(current participant).*

"Every Tuesday I hop on FB to see if TGP has another video with my dad living his best life, dancing to the music groups they bring in. Being out of state I look forward to seeing this, makes me feel better that my dad is still able to have fun in his later years living with dementia." *- Ana*

This year our fundraising goal for 2026 is $50,000. We've made it easy to donate, either using our QR code which will give you

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A note from Tuesdays...

The first Tuesday of each month our fellowship hall comes alive with the joy of baking. We love exploring all kinds of treats, even trying out some fun no-bake recipes! Our participants and volunteers share endless smiles and laughter with one another as they add flour, sugar, vanilla or crack a few eggs whatever the recipe calls for. Then comes the best part, the swirling of the batter in the bowl or "whipping it" as we like to call it. There may even be some spoon licking going on. These hands-on moments easily transport our participants back to a time when they made holiday cakes or cookies. In the end two things are always accomplished in our baking sessions, a very messy table and a whole lot of laughter.

Memory Minute

By **Leah Zehel**

Why We Love Socializing While Going Out to Eat

Researchers from the University of Oxford recently found a correlation between how often people eat with others and their life satisfaction. Their results suggest that the more often one eats with others, the more likely they are to feel satisfied and happy with their lives. Socializing is important for one's physical and mental wellbeing, and social eating plays an important role in bonding with others.

Socializing with food involved has more pros than cons, including:

- Instilling a sense of comfort
- Helping us get out of our comfort zone and trying new things
- Encouraging a sense of belonging because of common food interests
- Allowing us to be present and engaged while eating
- Providing a bonding experience
- Improving emotional wellbeing

Food brings people from different cultures together, too. It's a fantastic vehicle for learning about people with different backgrounds. Food is part of your family history and who you are, so get to know your close friends and relatives better by hosting a dinner party and having everyone bring a dish that is representative of their heritage.

Embrace the social aspect of food by trying out some of these fun ideas:

- Eat as a family
- Host a dinner party
- Share dishes around the table
- Set a weekly dinner for everyone to attend
- Bring food in for the office
- Take a cooking class

Embrace food. It's delicious, we need it, and eating with others can create memories that last a lifetime. Food has the potential to become a part of who you are. Open yourself up to food, try something new, and eat with your friends and family! ■

Memory Matters Calendar

November 5	**You be the Judge**
November 12	**Music with Chris Okkerse**
November 19	**Let's thank our Brains!**
November 26	**Closed Happy Thanksgiving!**







TGP Special Events & Activities

Families always welcome to our Entertainment Events!

November 10 *Elvis is in the building*
November 11 *Music with Jim Rossetti*
November 17 *Music with James and Jessi*
November 18 *SPARKS*
November 24 *Bell Choir with Ruth*
November 25 *Music with Bob Welsch*





Leah's Notes continued from pg.1

the same options as our letter or go directly to our website ***https://memorymattersmost.com/donate/*** or you can pick up the form in the church office or mail in the form you will receive soon. You can donate in memory or in honor of someone too. **100% of your donations go directly to our program.**

Help us continue to do this important work for Sheboygan County and beyond.

Carol B.



