

# Brain Waves

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## Quote of The Month ...

*"The Best thing to hold onto in life is each other."*  
~ Audrey Hepburn

## Leah's Notes ...



Leah Zehel, Director

### What does quality of life mean to you?

For each person, the definition of quality of life is different and deeply personal. One person may define quality of life as enjoying the beauty of the sunset. Another person may describe it as sharing a holiday celebration with family, worshipping at church, playing a game of bridge, washing a car or listening to music. Each person has a unique standard of what has value and what

gives quality to life. As people with memory loss may feel that their quality of life is lost once you receive a diagnosis, we feel here at The Gathering Place that quality of life can be maintained well into the disease process. The disease does not remove your ability to appreciate, respond to and experience feelings such as joy and love. While your symptoms may be mild or moderate, you will likely know what gives you pleasure and contributes to your sense of well-being. At The Gathering Place we can adapt to changing abilities to allow meaningful activities. When a new participant begins The Gathering Place program, it is our priority to talk with them and family members to learn about the things that are meaningful to

them. We have a, "get to know you form" where we try and learn as much about that person before they begin the program, such as what their job was, did they like to travel, what's their favorite type of music, what are their current and past hobbies. This information is shared with all the volunteers, so that we can do our best to engage in conversation and encourage our participants to the activities that will interest them and that they will be successful at. My two favorite questions are: "what motivates you?" and "what brings you joy?" We tend to get a lot of information from these two questions.

We believe in some important steps in

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## 9<sup>th</sup> Annual Super Sunday Cook-Off Thank you.



This year Antoinette's won the Golden Ladle for their delicious Chicken Tortilla Soup. Only three votes behind were Chris and Sue's Chicken Taco yum! In third place for the second year in a row was Pastor Rob with his Creamy Chicken Bacon Ranch, this was definitely a crowd pleaser.

We are so fortunate to have so many local restaurants and individuals that compete every year and we always recruit some new competitors. We had 21 soups this year and so many wonderful homemade desserts. Plus, Texas Roadhouse buns, and Sargento's donation of cheese to go with the soups. No one left hungry!

Thank you also goes to all the volunteers who helped make this event possible and the 18 other competitors: Kim Benzchwel, Leah Heutserberg and Mary Kempf, The Kolste Family, Ella's Della, The Endowment Team, Day Dream Café, Phyllis Becker and her sister, The Wednesday Gathering Place Group, Café Bella, Parkside, Kim's 5 Corners, River Park, Linda Lorenz, Karen Wilterdink, Nevvo's Pizza and Cathy Hughes! What a wonderful list of Chefs!!!





# Memory Minute

By Leah Zehel

## Best Brain Foods!

- **Whole Grains** - The brain requires energy to function optimally. Beneficial to supply steady supply of energy in the form of glucose.
- **Blueberries** - Help reduce the negative effects of conditions like dementia. Diets rich in blueberries protect the brain against oxidative stress.
- **Spinach** - Studies have shown that spinach can help prevent or delay the onset of dementia. It contains nutrients that protect DNA from damage while also preventing tumor and cancer cell growth.
- **Avocado** - Avocados are rich in monounsaturated fats, omega 3 and omega 6 fatty acids. These healthy fats help increase blood flow to the brain while also assisting with the absorption of antioxidants.
- **Salmon** - Salmon is rich in omega-3 essential fatty acids which are beneficial for optimal brain function.
- **Nuts and Seeds** - This is a very good source of vitamin E which has been found to help prevent cognitive decline as a person gets older. Almonds, peanuts, sesame seeds, flax seeds hazelnuts, and walnuts.
- **Dark Chocolate** - Chocolate contains flavones which help improve blood vessel function. This improves cognitive function and memory. Chocolate also contains compounds that help in improving mood and reducing pain by reducing inflammation.
- **Freshly Brewed Tea** - Whether it is hot or cold, two to three cups a day of fresh brewed tea provides enough caffeine that help boost brain power. This helps improve focus, memory and mood of a person.
- **Pomegranate Juice** - This is rich in antioxidants that help protect the brain function from free radical damage and effects of aging. Other citrus fruits and colorful vegetables also contain antioxidants that help improve health.
- **Curry** - This contains turmeric which is the spice that gives curry its yellow color. Tumeric contains curcumin which is a chemical that has been shown to help boost memory, stimulate neurogenesis and slow down the development of Alzheimer's. ■



## Memory Matters Calendar

- April 4** You be the Judge
- April 11** Music with Bob Welsch
- April 18** Socializing out to Eat
- April 25** Art with JMKAC

Leah's Notes continued from pg.1

providing the best quality of care here at The Gathering Place.

- Ask them about their likes/dislikes and opinions
- Become aware of people, activities and things that give them pleasure
- Support them to be as independent as possible
- Build on strengths and abilities, encourage their sense of feeling useful and valid
- Give opportunities to make choices
- Focus on abilities not losses
- Recognize that interests may change over time

Quality of life must be our central focus here, our ultimate goal is to provide a sense of well-being for our participants! ■

## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- April 2 *Music with Bob Welsch*
- April 4
  - *Science with Vicky*
  - *Music with Rob Peterson*
- April 9 *Music with Dave and Friends*
- April 10 *Music with Rob Peterson*
- April 16 *Music with Two Sharps and Two Flats*
- April 17
  - *SPARKS*
  - *Music with Jim Rosette*
- April 18
  - *History with Linda*
  - *Kettle Squares Dancing*
- April 22 *Music with Bob Welsch*
- April 23 *Music with Paul Herman*
- April 24 *Music with the Redeemer Quartet*
- April 25 *Music with the Golden Chordaliers*
- April 29 *Sock Hop with Sue Alby*

