

Brain Waves

JULY 2020



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Contact us ...

We are a ministry of
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Sheboygan Falls
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Web: memorymattersmost.com



Follow Us!

Quote of The Month ...

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

—Albert Einstein

Leah's Notes ...



Leah
Zehel,
Director

It has been a very exciting couple of weeks at the Gathering Place, re-opening slowly has been such a blessing! And I just cannot wait until the rooms are all filled up again. We are following safe guidelines very closely and safely as health is our priority right now as things are still changing constantly. The staff at The Gathering Place appreciates your patience and understanding as we continue our programming based on what we feel is safest and works the best for our volunteers and participants!

My biggest concern through this entire COVID pandemic was the fear

that are participants would not be ready to be back either because of their health failing or due to the harsh effects of the different dementias, the change would be too much. I am so thankful that most everyone really seems to be falling right back into their dai-

ly schedule at TGP and pray it continues this way. Families and Friends, you all did a great job keeping your loved ones active and stimulated as possible.

When planning activities at The Gathering Place

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WANTED
VOLUNTEERS

Volunteers for
Thursdays half days
or whole days.

Please contact us at
920-627-6847.



Thank You

to all who supported the,
"Longest Day"
challenge
to raise money for the
fight against Alzheimer's
Disease with the
Alzheimer's Association.

The Longest Day is promoted by the Alzheimer's Association as a day to do something you enjoy. The Gathering Place celebrated The Longest Day by painting garden flowers to help raise awareness and support for the Alzheimer's Association. Our art has been displayed around the community, sharing our goal of helping in the fight. Thank you everyone for showing your support! Financial contributions can be made to our team, Gathering Place 2020, by visiting <https://www.alz.org>.

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our first priority is to plan things our participants will enjoy second, we like to plan activities that will add meaning to their lives. The other very important factor is to make sure that whatever the project is, we ensure he or she will feel successful; praise, gratitude and encouragement go a long way!

Some tips to stay active at home:

- **Household Chores:** dishes, setting tables, sweeping, sorting mail, sorting socks, sort recycling.
- **Cooking or Baking:** measuring, mixing, pouring, and or course tasting!
- **Being around children:** play board games, read books, or walk in the garden.
- **Music and Dancing:** play music, talk about music, dance or play "name that tune," and attend musical concerts or programs.
- **Pets:** care for pets, feed, groom, and walk.
- **Gardening:** plant flowers, and vegetables, tend and water them, and talk about memories of gardening.
- **And as things start to slowly open and become safe, get out:** even though it can be hard it is important to do. Go to your favorite restaurant, walk at the zoo, or park.
- **Stay active and engaged!** This is so important to prolong independence, keep the brain active, and stay socially engaged! ■





Memory Minute

By Leah Zehel

Tips for Remembering What We Read...

- Determine your best reading time. This may be first thing in the morning or any time throughout the day, but it's important to pick the time when you are least distracted, least stressed, and most rested, as you will think better and concentrate better.
- Read with good light and in a comfortable setting.
- Minimize distractions when you are reading. These may include both noise and movement in your reading area.
- Read as though you were going to teach/discuss the information with another person. This will help you to better implant the information into your brain.
- Teach/discuss with another person what you read soon after you read it.
- Use all your senses. Hear sounds, smell aromas, feel emotions, taste foods, see characters, and imagine textures.
- Take notes and or mark important places in the book or article
- Read things you enjoy, but also read things out of your comfort zone to nourish your brain and allow you to build up your neural reserve. ■

Memory Matters Calendar

July 2 ~ Socializing

Picnic Lunch and Ice Cream at South Pier

July 9 ~ Communication, its important

Exercise with Margo

July 16 ~ Telling Stories

Guest artist Claire from the Kohler Art Center

July 23 ~ Brain Fitness

Brain Games

July 30 ~ Where's your Sense of Humor!

Why laughing helps your brain.



TGP Special Events & Activities

*Families always welcome to
our Entertainment Events!*

July 1

Outdoor Magic Show

July 7

Music with Rob Peterson

July 8

Wheel of Fortune

July 9

Music with Bob Welsch

July 14

*Sing-a-Long with
Thomas and Karen*

July 20

Music with Rob Peterson

July 21

*Two Sharps and
Two Flats*

July 22

Music with Bob Welsch

July 23

Brewer Shirt Day

July 28

Bell Choir with Ruth

July 27

Blue Monday- Wear Blue

July 29

Accordion Club

July 30

Car Show

