

Brain Waves

AUGUST 2020



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Contact us ...

We are a ministry of
St. Paul Lutheran Church
730 County Road PPP
Sheboygan Falls
(920) 627-6847
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Web: memorymattersmost.com



Follow Us!

Quote of The Month ...

"People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they have gotten lost."

Leah's Notes ...



Leah Zehel,
Director

Communication is Key! This is something we say for many things in life, here at The Gathering Place it is essential for us to communicate properly to be able to connect with our participants. For someone dealing with memory loss there are many causes of communication changes, and there are some important strategies, and methods to better connect with our program's participants that we always need to keep in mind. Keep your sentences clear and straightforward. Leave plenty of time for conversations.

Approach from the front using their first name. Our body language accounts for 55% of all communication, 38% is tone, and only 7% is words! When communicating at The Gathering Place these are very important facts to keep in mind. Memory loss can affect one's perception, causes language changes, and we need to remember that all behavior is a form of communication. Our goal at The Gathering Place is to LISTEN, investigate the cause and meet the needs! Our volunteers do a great job of this, and we are always learning new and better ways to serve those with memory loss.

Leah's Notes- Re-opening Update:

It sure feels like summer around here! This along with re-opening of The Gathering Place

has really lifted a lot of our moods during this challenging time as we are still navigating these uncharted waters! We continue to slowly welcome back our participants and volunteers we are thankful that at this point we are able to offer at least one day for everyone who was previously enrolled in the program and are also starting to give back the additional days individuals had. We want to assure that everyone's safety continues to be our priority as we take more time to clean and sanitize in between all activities. The Gathering Place is following Sheboygan County's Safe Restart policies, and it is still imperative that we all follow these guidelines. Thanks you all for your continued support and prayers as we continue to serve our community. ■



New Drive Thru Brat Fry – Save the date - August 18th

This year due to Covid we were closed when we normally have Creativity is Ageless Open House and Brat Fry. It has always been a fun time for us as we welcomed businesses during the noon hour to pick up their food and then got to see more TGP supporters at night for the open house.

So, we're adapting – Business Brat (and Hamburgers) Fry with pre-orders only from 11 – 1 (same as in years past) and in the evening Drive thru Brat Fry from 4:30 – 6:30. This will occur on the west side or back of St. Paul Lutheran Church and there will be signs to help you navigate your way to one of our volunteers to take your order. No need to get out of your car, cash only and safe handling of food prep with gloves, masks and sanitizing occurring throughout the day. Please come out and support us. Look for price details on FB prior to the event. Thank you for your support! ■



The Gathering Place

BRAT FRY FUNDRAISER

TUESDAY, AUGUST 18
11:00 a.m. to 1:00 p.m.
(for pre-orders only)

NEW!
DRIVE THROUGH BRAT FRY
4:30 to 6:30 p.m.

Brats & Hamburgers

ST. PAUL LUTHERAN CHURCH
730 County Road PPP
Sheboygan Falls

Questions?
Email: leahz@stpaulfalls.com
Phone: 920-627-6847

Pre-orders:
No Later than
Monday, August 17 by Noon.

All Checks Payable to:
The Gathering Place

Hosted by:

All proceeds and donations from this event will benefit the Art Enrichment Programs of The Gathering Place and Memory Matters.





Memory Minute

By Leah Zehel

Our Memory Matters class engages in weekly puzzles, math problems and word searches along with other mentally stimulating activities for brain health, and we even have fun while we are doing it 😊

Are you doing enough to work your mental muscle? You can improve your brain volume and function through games and puzzles. While daily exercise is important for your physical health it turns out that keeping your brain active is vital for your mental health! Studies have found that people who kept their brains active most of their lives by reading, writing, completing crossword puzzles, or by laying challenging games were less likely to develop plaques that are tied to Alzheimer's disease. Some areas we focus on would be to;

- Strengthen your Attention
- Build your willpower
- Meditate/Relax
- Practice Mindfulness throughout the day
- Exercise
- Memorize
- Read
- Stay Curious
- Practice Active Listening
- And perform Concentration Exercises, (Like our Memory Matters homework sheets!)

Your Physical Muscles need just as much attention as your mental muscles! ■



Memory Matters Calendar

August 6 ~ Exercise

The connection between exercise and your brain!

August 13 ~ Let's get Thinking

Special guest, "You Be the Judge."

August 20 ~ Pay Attention

Exercise Outdoors

August 27 ~ Socializing

Out for Lunch



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

August 3 Music with Dan Ognevic

August 4 Glass etching

August 6 Music with Rob Peterson

August 11 Music with Eric Cox

August 13 Annual Rocket Launch

August 17 You Be The Judge

August 25 County Fair Day

August 27 Quilt presentation with Laura Dulmes

