

Brain Waves

SEPTEMBER 2020



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Contact us ...

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 Follow Us!

Quote of The Month ...

"Perfection is not attainable, but if we chase perfection we can catch excellence."

- Vince Lombardi

Leah's Notes ...



Leah
Zehel,
Director

It is so hard to believe it is September already!! I know we are all ready for everything to get back to normal!! Unfortunately, we are subject to hearing a lot of negativity on the news and all around us. But here at The Gathering Place we choose to stay positive! Staying positive is a quality that our volunteers possess, having volunteers that realize the power of positivity is what makes our program so special!! And staff, participants, families and the community are so incredibly thankful for our volunteers for keeping our program going through these crazy times!

WANTED
VOLUNTEERS

Volunteers for Mondays and Thursdays.

Please contact us at 920-627-6847.

One of my favorite articles written by Rachael Wonderlin, where she talks about rules she would like to live by. I have shared these once before, but they ring so true to what our volunteers do at The Gathering Place.

- If I get dementia, I do not want to be treated

like a child. Talk to me like the adult that I am.

- If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find ways to exercise, read and visit with my friends.

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A huge thank you to our area businesses that came out and supported The Gathering Place for our annual businesses brat fry. Also our first Drive-thru Brat -Fry at night was also a big success with so many that came out and supported us. All proceeds go directly to our programming for our participants. ■





Memory Minute

By Leah Zehel

In Memory Matter we know there are many pieces to the puzzle for what it takes to have a healthy brain! One of the pieces to a healthy brain is staying physically active. Every week we exercise with either Ruth or Margo and explain what muscles we are using and why they are important. Staying physically active is a valuable part of overall health and is associated with lower risk of cognitive decline. It is safe for you, engage in cardiovascular exercise to elevate your heart rate. This will increase the blood flow to your brain and body, providing additional nourishment while reducing potential dementia risk factors such as high blood pressure, diabetes, and high cholesterol. We talk about considering physical exercise that may be mentally engaging, such as walking with a friend, taking a dance class, joining an exercise group. Incorporate activity that you enjoy so you will continue to engage in it. For example, bike riding, gardening or walking the dog. Exercise can also help prevent falls.

- Falls are the leading cause of fatal and non-fatal injuries in older adults. One-third of adults over 65 fall every year.

- Falls in which your head is injured may affect your brain's ability to function normally, causing unconsciousness, confusion and other symptoms.
- Engage in regular physical activity to improve your strength and balance to reduce your risk of falling.
- At home, cover or put objects out of the way that may increase your risk of tripping and falling, such as shoes or electrical cords.
- Turn on lights when you enter a room so you can see obstacles. Consider installing extra lighting in areas that tend to be dark.

It's never too late to start exercising! ■

Memory Matters Calendar

September 3 ~ Pay Attention

Actively paying attention helping your memory

September 10 ~ Outing to Henschel's Indian Museum

Leaving by 9:30 and will not return this date until 1:30.

September 17 ~ Normal Aging

What's Normal? What's Not?

September 24 ~ Guest Artist

Claire from JMK





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- September 1** Beet Painting
- September 2** Music with Daniel Lovett
- September 8** Music with Lil Rev.
- September 9** South Pier Ice Cream
- September 14** Music with Bob Welsch
- September 15** You Be the Judge
- September 17** bees with John
- September 23** Music with Jeff Beherns
- September 29** Bell Choir
- September 30** Music with Tom Kastle



Leah's Notes continued from pg.1

- If I get dementia, ask me to tell you a story from my past.
- If I get dementia and I become agitated, take time to figure out what is bothering me.
- If I get dementia treat me the way that you would want to be treated.
- If I get dementia, don't talk about me as if I'm not in the room.
- If I get dementia, don't exclude me from parties and family gatherings.
- If I get dementia, know that I still like receiving hugs and handshakes.
- If I get dementia, remember that I am still the person you know and love.

These are things we all want in life! Giving patience and kindness to others is a gift, we all need to be loved and accepted. ■