

BRAIN Waves

FEBRUARY 2021



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Contact us ...

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

 Follow Us!

Quote of The Month ...

*"Stars cannot shine
without darkness."*

Leah's Notes ...



**Leah
Zehel,**
Director

Communication for the
Caregiver:

Everyone needs to feel that they are understood, secure and cared for, and not alone. For individuals living with memory loss however, these emotional needs can become more necessary and yet be harder to communicate effectively. They may experience anger, confusion, sadness, stress and feelings of isolation as their sense of self, connection with others, and abilities change.

At The Gathering Place staff and volunteers we

provide reassurance. We believe with support the person can maintain their independence and confidence, as well as their self-worth and esteem.

Effective communication is just one way we can support our friends with memory loss. We must remember that communicating with someone with memory loss is very different from other forms of communication. You may feel that you are being clear and direct. But the disease has affected how the individual may process the information.

While we cannot control the progression of the disease, we can control our reaction to it. If you are caring for someone with memory loss these are some tips that we use

here at The Gathering Place to communicate:

- 1.) When speaking with the person try to avoid correcting, arguing, or using logic. Be patient, do not argue, and do respond to feelings.
- 2.) Break questions and tasks down into multiple parts if needed.
- 3.) Keep background noise to a minimum.
- 4.) Limit choices.
- 5.) C o m m u n i c a t e through touch. Touch can be an important form of communication because it can express affection, comfort, and reassurance.

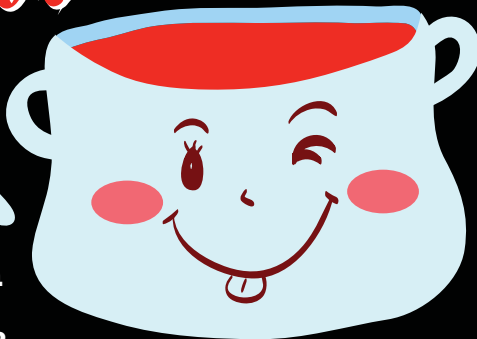
Remember to smile!
Laugh, and still have fun... ■



SAVE THE DATE!

SUP

Drive-Thru



**St. Paul Lutheran
Church**
730 County Road PPP
Sheboygan Falls



**SUNDAY
MARCH 7**

10:30 AM – 12:30 PM
(or until soup runs out)

Many of us look forward to our Soup-Cook off every year the many soups to sample, voting for our favorite and do not forget the Texas Roadhouse buns! Unfortunately, due to the pandemic we are not going to be able to host our on-site cook-off, BUT we will be back with a new twist, we will be having a soup-drive thru! With a large menu of soups to purchase still from some of our favorite local restaurants! We will be selling soup by the quart, you will be able to drive up order your soup take home, heat and eat. 😊

The Annual Soup Cook-off has always been one of our largest fundraisers and has helped our program succeed in providing the quality care that we do for many years now. So please still come out and enjoy! All soups will be cooked in a commercial kitchen and served safely; we will even make sure you still get your Texas Roadhouse buns with your soup!

Save the date – March 7th from 10:30 a.m. to 12:30 p.m. or until soup runs out. See you then! ■





Memory Minute

By Leah Zehel

Practice intentional memory by preparing yourself before you want to remember something specific:

1. Breathe in and out deeply
2. Clear your mind and concentrate
3. Repeat the information several times
4. Repeat the information out loud
5. Associate the information with something
6. Create a funny scenario using the information you want to remember
7. Write down the information
8. Believe that you WILL be able to remember it



Memory Matters Calendar

February 4 ~ Guest Brad Vollbrecht

You be the Judge.

February 11 ~ Guest Sue Alby

Dance class

February 18 ~ Pay Attention for your memory

Active listening

February 25~ Guest Bob Welsch

Music Entertainment



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

February 2
Sing a-long with Kathy Markevitch

February 3
Sing a-long with Luann

February 9
Sing a -long with Karen and Thomas

February 10
Valentines Crafts and Music with Jeff Behrens

February 11
Music with Rob Peterson

February 15
Music with Bob Welsch

February 16
Mardi Gras Party with the Accordion Club

February 17
Music with Eric Cox

February 22
You be the Judge

February 23
Bell Choir with Ruth

February 24
Piano music with Brittney Seyfert

