

BRAIN Waves

APRIL 2021



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 Follow Us!

Quote of The Month ...

*"Beauty is everywhere
you only have to
look to see it."
~ Bob Ross*

Leah's Notes ...



**Leah
Zehel,**
Director

At The Gathering Place we are always learning new ways to communicate and interact with our participants. One thing we know for sure is no two days are the same for a person, and no person is alike. Everyone of our participants responds differently to our activities and in order to be successful here we need to be willing to adapt, adapt to the day-to-day changes, making sure that each individual has the best day they can while they are here! A while back we had a training and one question and one statement still sticks out to

me, "What if it were you?" and remember "this is their life, we have the privilege of helping them live it with quality!" The thing we must remember here as staff and volunteers is an individual with memory loss has many barriers when it comes to communication. They may have an increase in losing their train of thought, increased difficulty finding the right words, loss of vocabulary, substitution of words or inventing new words. We need to remember that our approach is the only thing we have 100% control over in how we interact and communicate. A few things to be reminded of; don't argue (who needs to win), avoid negative statements (no), use praise and compliments and KISS (keep it simple and short). Some other ways we can over-

come barriers is to learn their history, know their strengths, respect them, do not get frustrated, do not demand and remember this is a disease. In recalling a training we had with Paula Gibson, certified Dementia Practitioner a while ago, we are reminded that everyone has 6 core psychological needs, to be useful, to have your self-esteem boosted, to give love and receive love, to still care for self and for others and to experience joy and laughter. I am proud to say that the success of our program is due to our volunteers providing for those 6 core needs on a daily basis here at The Gathering Place, and it is our goal to continue to provide for those needs and continue to enhance quality of life for our participants! ■



We are so thankful for the blessing and support of the community, friends, and families! So many came out for our Soup Drive-Thru, the turnout was just incredible. We had 10 different soups totaling over 50 gallons of soup! As cars started lining up by 10:00 am, we sold out of soup in one hour, unbelievable. We want to give a special thank you to our participating restaurants; Antoinette's, Ella's Della, Fat Cow, Firehouse Pizza, Falls Café, River Park, Chris and Sues and Texas Roadhouse. These restaurants have participated in our soup-cook off for the last 5 years. And thank you everyone who came out and waited in-line for soup!
The Gathering Place is very Grateful!





Memory Minute

By Leah Zehel

5 Myths about Exercise and Aging

1. There's no point to exercising. I'm going to get old anyways.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity.

2. Older people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

3. Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually, reducing your risk of falling.

4. It's too late. I'm already too old to start exercising.

Fact: You're never too old to start exercising and improve your health! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts!

5. I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health. ■

Memory Matters Calendar

April 1 ~ Exercise, Falls and Balance

Bring an exercise you do to share.

April 8 ~ Guest Brad Vollbrecht

You be the Judge.

April 15 ~ What worry does to your mind

Organization can help!

April 22 ~ Guest Bob Welsch

Music Entertainment





TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- April 1** *Baby Goat Visit*
- April 5** *Music with Bob Welsch*
- April 7** *Music with Rocke Brothers-Families invited*
- April 14** *Music with Jim Ohischmidt*
- April 22** *Music with Dan Ognevic*
- April 28** *Music with Brittany Seifert*

