

# Brain Waves

MAY 2022



## Inside This Issue ...

Leah's Notes

Memory Minute

Volunteer Training and Appreciation Luncheon

Upcoming Events

## Contact us ...

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## Quote of The Month ...

*"It does not matter how slowly you go so long as you do not stop."*

~ Confucius

## Leah's Notes ...



Leah Zehel, *Director*

This past month The Gathering Place celebrated our 14-year anniversary of being open! 14 years ago, we opened our door with only 4 participants and 8 volunteers, now we have close to 20 participants a day and over 40 regular volunteers! With our Sheboygan, Good Shepherd location celebrating our 5-year anniversary in June! Serving Sheboygan County and extending to surround-

ing counties as well. It has been and continues to be an honor serving adults with memory loss, and enriching lives. There is so much joy here at The Gathering Place, our volunteers walk through the doors with a smile every day. Smiling is so simple, and it is a very important factor in our program. A person with memory loss may lose a lot, but what they do not lose is their ability to read a person's mood, by their body language and tone of voice. Another important role our volunteers have is enabling our participants to do things on their own, and we keep it simple and take our time so

that they can have success! We acknowledge and respect what our participants are saying and doing, we never argue, we meet them where they are. Our volunteers are experts at encouraging and engaging. We give participants meaningful activities and set them up for success. Everyone needs to feel fulfillment daily, and this does not change when you have memory loss. Everyone needs to feel joy, and everyone needs to feel love! This is what we do at The Gathering Place. I am so proud of The Gathering Place and look forward to continuing this program for many more years! ■

**Volunteer Appreciation Luncheon invite inside...**



*Save  
the Date*



# **Volunteer Training and Appreciation Luncheon!**

**Friday, May 20**

**9:00 a.m. to 12:30 p.m.**

**Good Shepherd Church**

**1614 S. 23rd Street, Sheboygan**

*Please RSVP to Leah at 920-627-6847.*



# Memory Minute

By Leah Zehel

## Why We Love Socializing While Going Out to Eat:

Researchers from the University of Oxford recently found a correlation between how often people eat with others and their life satisfaction. Their results suggest that the more often one eats with others, the more likely they are to feel satisfied and happy with their lives. Socializing is important for one's physical and mental wellbeing, and social eating plays an important role in bonding with others.

Socializing with food involved has more pros than cons, including:

- Instilling a sense of comfort
- Helping us get out of our comfort zone and trying new things
- Encouraging a sense of belonging because of common food interests
- Allowing us to be present and engaged while eating
- Providing a bonding experience
- Improving emotional wellbeing



Food brings people from different cultures together, too. It's a fantastic vehicle for learning about people with different backgrounds. Food is part of your family history and who you are, so get to know your close friends and relatives better by hosting a dinner party and having everyone bring a dish that is representative of their heritage.

Embrace the social aspect of food by trying out some of these fun ideas:

- Eat as a family
- Host a dinner party
- Share dishes around the table
- Set a weekly dinner for everyone to attend
- Bring food in for the office
- Take a cooking class

Embrace food. It's delicious, we need it, and eating with others can create memories that last a lifetime. Food has the potential to become a part of who you are. Open yourself up to food, try something new, and eat with your friends and family! ■

If you liked this post, check out one of these:

## Memory Matters Calendar

- May 5**      **Stress Management**  
- *Relaxation Therapy with Jen*
- May 12**     **Music with Dan Ognevic**
- May 19**     **Your Memory Toolbox**
- May 26t**    **Humor, laugh every day!**  
- *Game Day*

## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- May 2     *Hats with Audie*
- May 3     *Music with Bob Welsch*
- May 4     *Kentucky Derby Party*
- May 5     *Music with Dan Ognevic*
- May 9     *Music with Rob Peterson*
- May 11    *Music with Tom Virant*
- May 16    *Train Presentation with Ken Bailey*
- May 18    • *Music with Rob Peterson*  
• *SPARKS*
- May 19    *Karaoke*
- May 23    *You Be the Judge*
- May 25    *Dance with Sue Alby*
- May 30    *Closed Happy Memorial Day*
- May 31    *Two Sharps and Two Flats*

