

Brain Waves

NOVEMBER 2022



Inside This Issue ...

Leah's Notes
Volunteer Corner
November Giving
Memory Minute
Upcoming Events

Contact us ...

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Follow Us!

Quote of The Month ...

*A quote from
our last training.*

*"The Heart does
not get Dementia"*

Leah's Notes ...



Leah
Zehel,
Director

"The Gathering Place Gives" Campaign is back. We are so thankful to everyone who gave to our campaign last year, this year we have a goal of \$35,000. These funds will help The Gathering Place and Memory Matters continue to give our families the much-needed respite at an affordable cost and will enrich the lives of our participants. The Gathering Place is still the only social model day program in Sheboygan County since 2008. We have served close to 700 hundred of individuals dealing with memory loss and when you

HOW CAN YOU HELP?

NOVEMBER GI♥ING CAMPAIGN

YOUR DONATION SUPPORTS:

**Music and Entertainment
Arts and Craft supplies
Outings • Meals and Snacks**

Please contact us at

920-627-6847

or visit us at

memorymattersmost.com
for more information.



include the caregivers it reaches thousands of people that have benefited from our programming. This campaign is to encourage you to donate a monetary gift

towards one of our services here at The Gathering Place and Memory Matters. I have been asked in the past, how

continued on page 4...

Volunteer Corner:

Volunteering makes me feel:

- Useful, Needed, Appreciate, Worthwhile
- I love the friendships I have made over the year, between participants and other volunteers.
- There is great joy in giving of oneself.
- Learning about the participants lives is wonderful
- Serving others is what it's all about
- I treasure my friendships I have made over the years.
- The positive interactions are so fulfilling.
- I love hearing about the participants life experiences.
- Knowing the caregiver is having some much-needed rest is a blessing.
- Volunteering has been life changing for me.

Be the reason someone smiles today 😊

(Quotes from our volunteers). ■





Memory Minute

By Leah Zehel

Common Myths About Aging

- **Older people are not interested in the outside world.** The over 65 group uses the internet a lot. Far from being passive TV watchers. And many people, either by choice or necessity, stay involved in the workforce well beyond the typical retirement age.
 - **Older people don't want or need close relationships.** We are social creatures. Families, and whole organizations have a better chance of survival and thriving when they are socially connected. The need for meaningful relationships does not diminish with age. However, there may be fewer people to relate to as we get older, and there may be physical and mental barriers that arise with age. Maintaining social relationships allows older adults to reap numerous rewards- intellectual challenges, maintaining information processing skills, feedback and just plain sharing feelings.
 - **Mental and physical deterioration are inevitable in old age.** There is a certain amount of loss of function as we age, but much can be done to prevent (or at least slow down) the physical and mental aging processes. Stem cells lose some of their potential and other cells weaken, but healthful habits hinder the aging process. Aerobic exercise and diet lessen the chance for physical and mental deterioration. Exercising the brain and continuously learning help to fight cognitive decline. Too much sedentary time spent watching TV is detrimental at any age but is particularly unhealthy for older adults.
 - **Older people can't make good decisions about important issues.** Age brings wisdom. Cognitive skills are based on a lifetime of experience and education. Shared decision making- whether about a medical choice, financial decision or anything else related to an older person-should involve that person if they are still competent. Participation by everyone will improve outcomes.
 - **Older adults lose their desire to live.** A comfortable and controlled environment is desired by most, regardless of age. Well people want to live and live well.
 - **Science has not answered all our questions about aging.** We have so much more to learn and experience. According to the National Institute on Aging, people age 85 and older are the fastest growing segment of the US population. As we live longer and better, we will face even more questions prompting us to seek answers.
- Age is an issue of mind over matter. If you don't mind, it doesn't matter."
- We mind and it does matter! Think positively and you can live longer and better. ■



Memory Matters Calendar

November 3 ~ Memory and your senses

November 10 ~ Music with Jim Olschmidt

November 17 ~ Art with the JMKAC

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- November 2** *Sing-a-long with Luanne*
- November 8** *Sing-a-long with Karen and Thomas*
- November 9** *Music with Rick Raybine*
- November 10** *Music with Rob Peterson*
- November 16** *Outing to JMKAC for Sparks program*
- November 16** *Music with Jim Ohlschmidt*
- November 21** *You be the Judge*
- November 22** *Music with the Accordion Club*
- November 23** *History with Linda*
- November 28** *Music with Bob Welsch*
- November 29** *Bell Choir with Ruth*

Leah's Notes continued from pg.1

do we stay open and provide such exceptional care and charge such a minimal fee? First, it is because of our volunteers, but also a very big reason is because we have been blessed by so many willing to donate to our program. Whether its through fundraisers, memorials, or donations, this is what enables us to keep our participants fees low. An average cost of a day

program across the U.S. charges a participant's fee that is at least \$30.00 higher than what we charge. And again, that is because of successful fundraising. We are happy to be able to provide this needed program for individuals with memory loss in Sheboygan County. Help us continue our exceptional programming at an affordable cost. ■

