

BRAIN Waves

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Inside This Issue ...

Leah's Notes

Volunteer Corner

Soup Cook-off

Memory Minute

Upcoming Events

CoNTACT us ...

We are a ministry of
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Follow Us!

QuOTE of The MoNTh ...

*"It is hard not to like
someone once you
know their story."*

~ Fred Rogers

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.) Communicate 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... ■



Souper Sunday Cook-Off is BACK!!

We are so excited to announce that our annual soup-cook off will be in person this year! This delicious event will be Sunday March 5th. From 10:45-1:15 at St. Paul's Lutheran Church. We will have 20 different soups from area restaurants and individual chefs for you to sample, bread, cheese, and desserts! We welcome back previous first place winner AChappa and look forward to some new individual chefs trying their recipes in the challenge. This Souper Sunday Cook-Off will have a huge variety of soups! This fundraiser for The Gathering Place has proven to be our most successful and favorite event. Everyone enjoys sampling the different soups and sitting down with friends and family visiting about your favorites. If you are a soup lover this is the event for you. All proceeds from this event go directly to The Gathering Place and Memory Matters program. ■

**Souper Sunday
COOK-OFF**

**SUNDAY
MARCH 5
10:45-1:15**
(or until the Nescos are empty)

HOMEMADE

\$12.00
per person

Children 4-12 yrs - \$5
3 yrs. & under - Free

**ALL YOU CAN
SAMPLE!**

TASTY soup, chili, bread, and
melt in your mouth desserts.

**All proceeds will go to The Gathering Place and
Memory Matters day programs for adults with memory loss.**



Memory Minute

By Leah Zehel

Stay Socially Connected!

Social isolation can be a true enemy of memory. It can hasten the rate of memory loss. It can cause loneliness which is also known to impair memory. Studies show that staying socially active is a powerful tool in dealing with the issues of early memory loss. In one recent study, findings showed that a healthy social life signified all around better cognitive ability.

What are some of the ways in which we can stay engaged and foster our social lives?

- Foster your current healthy relationships and develop new friendships.
- Walk in your neighborhood. It's a great way to meet new people.
- Volunteer.
- Attend lectures and visit museums.
- Take classes.
- Join clubs.
- Visit your relatives and friends, especially optimistic ones!

Engage in Mentally Stimulating Activities:

Our brains are wired to be stimulated. Learning new things and challenging ourselves is how we grow new brain cells- a goal to which we all should strive. ■



Memory Matters Calendar

February 2 ~ You Be the Judge!

February 9 ~ Music with Jim Olschmidt

**February 16 ~ Communication
with Memory Loss**

– Exercise with Margo.

February 23 ~ Science Class with Vicky!



TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- February 2** • Science with Vicky
 • Music with Rob Peterson
- February 7** Music with Bob Welsch
- February 9** Cards with Bette
- February 16** History with Linda
- February 21** Mardi Gras party with Eric Cox
- February 27** Music with Bob Welsch
- February 28** Bell Choir with Ruth

