

Brain Waves

MARCH 2023



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Contact us ...

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Follow Us!

Quote of The Month ...

"Not all of us can do great things, but we can do small things with great love."

~ Mother Teresa

Leah's Notes ...



Leah Zehel,
Director

For everyone having a daily routine provides us with a sense of comfort and control over our otherwise hectic lives. Having a regular routine is even more important for people living with memory loss. Individuals dealing with memory loss thrive on familiarity, familiar faces, familiar environment, and even familiar food. The comforting sense of familiarity is helpful because memory loss gradually impairs a person's ability to plan, initiate and complete an activity. At The Gathering Place we recognize the need to keep a routine, we start each day the same way, in the

same room, with our coffee, fruit and bakery, and the same smiling faces of volunteers. We always go over the agenda for the day and keep our format of activities the same, even though they are different activities, the routine is very familiar. This routine helps the person retain their ability to perform activities. Structure is very important, staying consistent with times and activities, times we head to the bathroom and mealtime. Some of the things that we do at The Gathering Place to keep routines you can do at home as well. For example, we always let participants know in advance what to expect throughout the day, before a change of activity. You may think that when it comes to daily activities, doing everything on your own might be easier, but it is important to try and involve the person in the

daily activities as much as they are able.

Some tips for daily routines at home:

- Complete tasks with your loved one in the same order.
- Organize yourself and loved one for the next day.
- Structure the daily routine to maintain a sense of familiarity
- Write down step-by-step instructions for the tasks performed infrequently.
- Establish a calming nighttime ritual away from noise and a activity.
- To keep from being overwhelmed, make a list of everything you need to accomplish at the beginning of the week.
- Dedicate a basket or shelf to each day of the week to help you remember what your loved one will need each morning. ■



Souper Sunday COOK-OFF

**SUNDAY
MARCH 5
10:45-1:15**

(or until the Nescos are empty)



\$12⁰⁰
per person

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



St. Paul Lutheran Church
730 County Road PPP
Sheboygan Falls

**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

Understanding Your Brain. Left vs. Right.

While we all use both sides of the brain, each of us has a dominant side, and this dominant side makes up for a huge part of our personalities.

Each individual thinks a certain way, has more interest in certain areas, and above and beyond all-is most effective in certain ways. An accurate understanding of the left and right brain can help one to become more, productive, efficient, and creative.

Our brain is divided into two halves, as most of us know: the left and right side. Each side processes information very differently than the other.

Our brains use both sides, mixing and matching each side's abilities for a full-functional human brain. However, each of us has a dominant side that leans more towards the behaviors of that respected side.

There are several characteristics, many of which could be considered personality traits, that a person with either type of dominate side has:

Those with a right-side dominant brain depend more on visual references for understanding and are often times visual learners.

They are more emotional, swayed by feelings, and are able to better understand and reflect on these feelings. Furthermore, right-brained thinkers are very intuitive and curious about the world.

Finally, as a down side, they tend to be disorganized, lacking in time-management and unable to prioritize.

The left brain is the side that handles organizational and logic.

Because of this, those that have a dominant left side are also very organized; they prefer schedules and deadlines, and love rules and regulations. They are more auditory learners, and are better at using words to remember things rather than visual aids.

They process ideas in a step-by-step, algorithmic way, and are therefore less prone to error.

If you understand your positive traits, you can also better understand your faults. Identify them and think of ways to build upon them. ■



Memory Matters Calendar

March 2 ~ Exercise your Brain

– Understanding how it works

**March 9 ~ Laughter is the best medicine-
Brain Games**

**March 16 ~ Guest Artist Claire from
JMKAC**

**March 23 ~ Socializing- Out to lunch at
Marsh Bar**

March 30 ~ Music with Dan Ognevic

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- March 1 *Sing A long with Luann*
- March 2 *Science with Vicky*
- March 6 *Music with Rob Peterson*
- March 7 *Music with Two Sharps and Two Flats*
- March 8 *Music with Dan Ognevic*
- March 9 *Music with Dave Hart*
- March 15 • *SPARKS outing to JMKAC*
• *Music with Bob Welsch*
- March 21 *Music with Rob Peterson*
- March 22 *Piano music with Brittney*
- March 28 *Bell Choir*
- March 29 *Voice of Peace*
- March 30 *Music with George Possley*

