

# Brain Waves

APRIL 2023



## Inside This Issue ...

Leah's Notes

Memory Minute

Volunteer Training and Appreciation Luncheon

Upcoming Events

## Contact us ...

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 Follow Us!

## Quote of The Month ...

*"The bad news is time flies. The good news is you are the pilot."*

— Michael Altshuler

## Leah's Notes ...



Leah Zehel, Director

### Soup Sunday Soup Cook-Off

The Gathering Place would like to thank everyone who participated in our 8th annual Soup Cook-Off!!! It was a big success!!! And we were just blown away by the amount of people who came out for it. We want to thank everyone who competed, volunteered, baked, attended and voted!!! It takes a lot of individuals to make this event happen and we are so blessed to have so many giving hearts that

want to support our program. It was a very tight competition I would say the closest yet, every single soup had lots of votes this year! In the end Andy and Joni Chappa came out as winners for a second year in a row, our first back-to-back winners, with their Alaskan Halibut Chowder, made with fresh Halibut from their fishing trip in Alaska. The Gathering Place, Wednesday group was right there with a lot of votes as well, with their cold Strawberry Soup, we have never had a cold soup before, but it was delicious! And our participants chopped up a lot of strawberries 😊 and in third place was Pastor Rob who fought hard for those votes with his Texas Barbeque Stew! Right behind him was Parkview with their beefy

enchilada, and Antoinette's with Chicken Enchilada. The soup cook-off is such a fun event, it's so great to see everyone and hearing everyone chat about their favorite soup, as we had such a great variety this year. This year we also welcomed many new chefs, individuals and restaurants. Jo and Emily Dolphin, Linda Lorenz, Karen Wilterdink, Lainie Radzke, the Kuester family, Mary Kempf and family. And some great new restaurants with Driftwood, Nevvos Pizza, and Kim's 5 Corners, so great to have new faces!!!! It takes so many volunteers to make this event happen, from the cooks to the bakers, setting up, prepping, serving and cleaning up; the list goes on and on. We are so

*continued on page 4 ...*



## Save the Date



## Volunteer Training May 12





# Memory Minute

By Leah Zehel

At Memory Matters we often do some different things like having a dance class, having guest musicians or doing art with the John Michael Kohler Art Center. You may wonder why we do these things? Well not only is it fun but there are many benefits associated with creativity. Some of the benefits of using creative expression in a variety of ways are listed below:

## Dance:

- Communication
- Expression
- Exercise

## Music:

- Pain reduction
- Exercise
- increased self-confidence

## Painting or Drawing:

- A sharing of life stories
- Positive emotions
- Improvement of fine motor skills
- Promotion of self-expression ■



## Memory Matters Calendar

<b>April 6</b>	<b>You be the Judge</b>
<b>April 13</b>	<b>Music with Bob Welsch</b>
<b>April 20</b>	<b>Science Class with Vicky</b>
<b>April 27</b>	<b>Pay Attention, concentration skills for memory</b>







## TGP Special Events & Activities

*Families always welcome to our Entertainment Events!*

- April 4** • *Accordion Club*  
• *Music with Bob Welsch*
- April 5** *Music with the Redeemer Quartet*
- April 6** *Science class with Vicky*
- April 10** *You be the Judge*
- April 11** *Sing-A-Long with Karen and Thomas*
- April 12** *Music with Rob Peterson*
- April 19** • *Accordion Club*  
• *PARKS Outing to JMKAC*
- April 24** *Music with the Golden Chordeliers*
- April 25** *Bell Choir with Ruth*
- April 26** • *Music with Two Sharps and Two Flats*  
• *History with Linda*
- April 27** *Music with Rob Peterson*



*Leah's Notes continued from pg.1*

thankful for all to have these individuals that are willing to support The Gathering Place. Funds raised from this event will go towards programming for The Gathering Place and Memory Matters for outings, entertainment, artists, and so much more that will continue to assist in improving the quality of life for our participants! We will look forward to seeing everyone next year! ■

### THANK YOU!

- Driftwood- Sausage and Corn Chowder
- Parkside- Beef Enchilada
- Amy Kolste- Creamy Chicken Noodle
- Pastor Rob- Texas Barbeque Stew
- Ed Henning- Chili
- Amy Damrow- Chicken Spinach Tortellini
- River Park- Cream of Chicken and Rice
- Chris and Sue's- Ham and Potato
- Kim's 5 Corners- Chili
- AChappa- Alaskan Halibut Chowder
- Linda Lorenz- Chicken Noodle
- Antoinette's- Chicken Enchilada
- DayDream Café- Creamy Zucchini
- Ella's Della- Chicken and Spinach Tortellini
- Nevvo's Pizza- Mexican Corn Chowder
- Firehouse Pizza- Sausage and Corn Chowder
- Kim Benzschawel- Split Pea and Ham
- Kuester Family- Sauerkraut Dumpling
- Mary Kempf/ Wagner Family- Butternut Squash
- Jo and Emily- Chili
- Karen Wilterdink- Cream of Potato
- Lainia Rzadzki- Stuffed Pepper
- TGP/ Gina- Cold Strawberry Soup