

BRAIN WAVES

OCTOBER 2023



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Contact us ...

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 Follow Us!

Quote of The Month ...

*"If you see Someone
without a smile, give
them one of yours."*

– Dolly Parton

Leah's Notes ...



Leah Zehel, Director

This article is to showcase our volunteers! I am certain that The Gathering Place has the BEST volunteers around. 😊 There are so many reasons why our volunteers come and give up their day to spend time with individuals dealing with memory loss, but the number one reason I hear as to why they volunteer is because they feel they get more out of volunteering than they give. At The Gathering Place, staff, volunteers, and participants

become more than friends we becomes family! Our program is successful because of our volunteers. We recently asked our volunteers to share their testimonies and it was clear to see that they felt happier, healthier, and had a better sense of well-being after volunteering. So, I thought this month I would share some of these great testimonies:

"It is a joy to see the smiles on the participants faces when they walk in, in the morning, the variety of activities planned each day bring them so much joy. I also enjoy spending time with the other volunteers, we are a great team!"

–Lynn

"I enjoy brightening the day of our participants. I love learning about the participants past and what they can teach us!"

–Althea

"We become like a family and always look out for each other. Our days are very well planned out and the day always follows the same pattern which brings a comfort level to participants and volunteers. When I come into volunteer, I feel like I am walking into my second home."

– Carol

"When I retired, I did recognize how much I needed a community. The volunteers and the participants become your family

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NOVEMBER GI♥ING CAMPAIGN

Stay tuned for more information on how you can help support The Gathering Place!





Memory Minute

By Leah Zehel

Reasons why Older Adults may experience Stress!

1. Loss of Independence

Studies show one of the biggest concerns among seniors is the ability to retain independence for as long as possible. Worries about aging in place, relying on others, and performing daily tasks independently are common causes of stress for seniors. After having been a self-sufficient adult for many years, you. One may find it stressful to think about what capabilities he or she might lose in the future and when those losses might occur. One way to help you face your fears of losing independence is to talk about plans, including those regarding home care, and be involved in decision-making process. You may feel more in control of your daily life if you still has a say in both large decisions and everyday choices.

2. Financial Security

Many seniors have reached the age of retirement, either voluntarily or because it has become too difficult to work anymore. This means many aging adults live on limited fixed incomes, and some rely exclusively on social security checks to meet their needs each month. Thus, worrying about how to make ends meet is a serious concern. One of the best ways to alleviate stress about finances is to sit down with a loved one and go over his or her budget.

3. Health Concerns

The likelihood of developing various health conditions increases as a person ages. While adults in their thirties and forties have limited concerns about having heart attacks or strokes or developing dementia, these concerns are much more prevalent among seniors. Surveys show worrying about serious health problems developing is one of the leading causes of stress for the elderly. Seniors often worry serious illnesses will reduce their quality of life and independence. You can help address health concerns by encouraging him or her to eat a healthy diet and exercise regularly. You should also have regular checkups and keep on top of preventive tests that can catch problems before they

become severe.

Changes in physical health often led to stress, which can negatively impact a senior's overall wellbeing.

4. Loss of Loved Ones

As your loved one gets older, he or she is likely to have several friends and acquaintances pass away. This can not only raise concerns about personal health and length of life but also cause feelings of sadness and depression. Stress from worrying about losing close friends is also common. If you have lost a loved or someone, it can help if you understand the grief process and have a shoulder to lean on when needed. If possible, have someone else handle tasks around the house, and be open about talking about your loss.

5. Loneliness

As seniors age and experience changes in life, such as losing loved ones, it's normal for them to become lonely. This can be especially true if changes, such as the loss of a best friend or spouse or the decision to stop driving, cause a significant reduction in the amount of time your loved one spends with other people. Changes in the amount of time spent with others can lead to a sense of isolation and loneliness and result in significant stress. Look for opportunities to spend time with family members and other seniors. Consider having someone accompany you to a local senior center once a week or learn to email or video chat with friends who live far away. ■

Memory Matters Calendar

October 5 You Be the Judge!

October 12 Music with Bob Welsch

October 19 History with Linda

October 26 Art with Claire from JMKAC

TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- October 4 *Music with Dave Hart*
- October 3 *Elvis is in the building*
- October 11 *Music with Jeff Behrens*
- October 12 • *Science with Vicky*
• *Music with Rob Peterson*
- October 17 *Music with Two Sharps and Two Flats*
- October 18 *Out to SPARKS JMKAC*
- October 26 *L.A.R.R.S. Reptiles*
- October 25 *Music with Daniel Lovett*
- October 30 *Music with the Accordion Club*
- October 31 *Halloween Party*

Leah's Notes continued from pg.1

for the day. We laugh a lot, sometimes we cry, and we are always busy. Every single person there has a sense of purpose and a place where they belong. The Gathering Place has given my family an unexpected gift that helps us heal from our own personal losses' dementia has brought to our lives."

-Vicky

"I love spending time at The Gathering Place, I do not feel lonely anymore. I enjoy the participants and the other volunteers it is fun, and I am so much happier since I started."

- Anonymous ■

