



KEEPING YOU INFORMED AND EDUCATED ABOUT

MEMORY MATTERS

Trending this Month:

- High Dementia Diagnoses
- Support Groups
- Brain Boosters
- 5K Partners
- Move Your Mind
- Memory Matters Texts
- Meet Zoe and Sonja!
- Brain Healthy Recipe
- Brain Trivia Answer



Brain Trivia

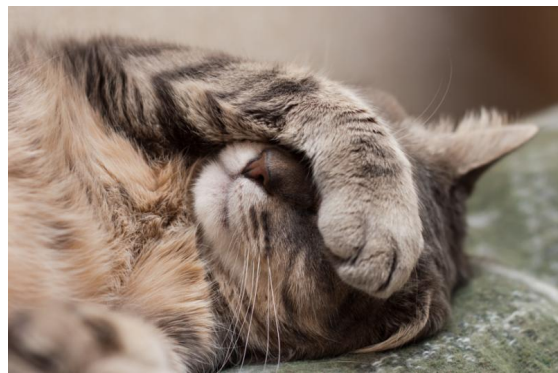
Which of the following structures is NOT part of the central nervous system?

- a. Hippocampus b. Cerebellum c. Spinal Cord d. Sympathetic ganglia

(answer at bottom of newsletter)

COMMON HABITS

AGING YOUR BRAIN



Our daily decisions and habits affect how long we stay on this earth. We've all heard it: If we watch what we eat and exercise, we will live a longer and healthier life. While true, some habits are hard to change even when we know better. That's why this article is something everyone should read. Here are six common habits that prematurely age your brain.

[Read more](#)

RECORD NUMBER OF DEMENTIA DIAGNOSES



Doctors in England are pontificating how and why the number of dementia cases diagnosed in the past year has doubled from the year before. While this is alarming, the numbers remain below pre-pandemic levels.

[Read more](#)

SUPPORT GROUPS



If you're a caregiver for a loved one with Alzheimer's disease or dementia, it's important to know that you're not alone. The daily toll of personally taking care and worrying for your loved one can induce stress, burnout, and taxing effects on your mental health. To combat these negative feelings, many caregivers find that building a local support system is a key way to get help. That's why we provide FREE Support groups three times a month. These groups meet in person and via Zoom, allowing the caregiver to attend while still remaining in the home to care for their loved one. If this feels intimidating, try it once. If it isn't a good fit, at least you tried.

[Learn more](#)

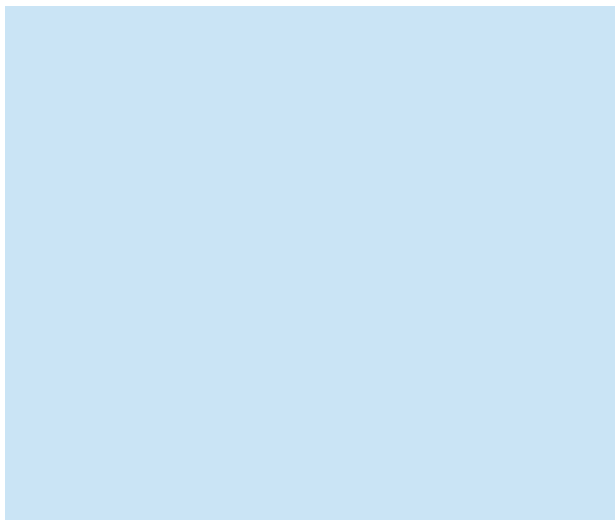
BRAIN BOOSTERS

As we age, our brain begins to shrink. That probably isn't what you wanted to read, but it's true. Your brain isn't fully grown until age 25 and then starts to shrink in your 30's and 40's. The good news is that as you age, you can keep a healthy brain, and the Brain Boosters Class is one way to achieve this. This three-week course, being taught on HHI and in Okatie in September and October, will provide you with ways to keep a sharper brain for longer.

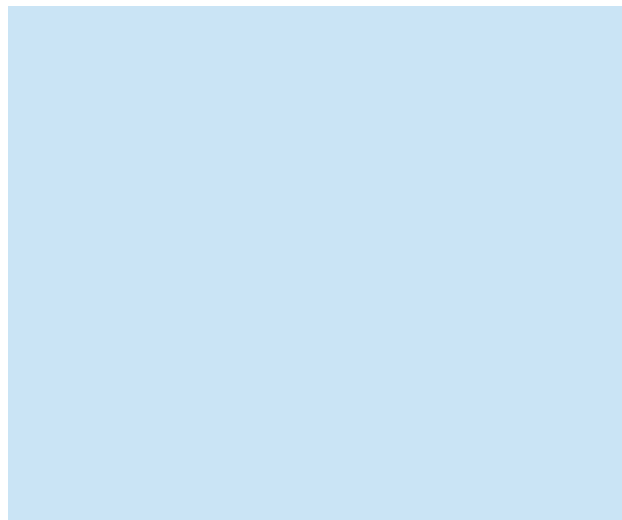
[Learn more](#)



MOVE YOUR MIND



5K PARTNERS





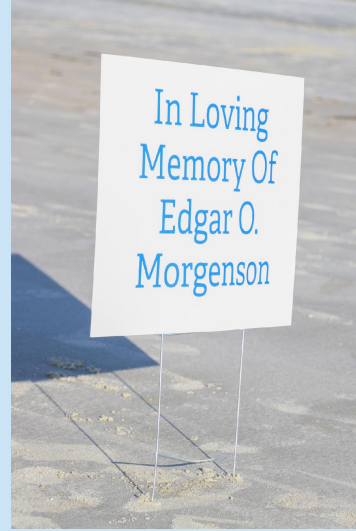
Join us for our 4th annual Move Your Mind 5K.

All race registrants will enjoy a beautiful morning running the 5K or walking the 1-mile on Hilton Head Island's beach. The race begins at 8 a.m. in front of the Marriott's Grand Ocean at 51 S. Forest Beach Dr.

After the race, all registrants are invited back to the Providence Presbyterian Church picnic area for a free pancake breakfast. Next to the picnic area is a lovely playground for the children to run around and have fun. During the breakfast, medals will be given out to the top three men and women 5K runners in each age group. Then, we'll do some brain trivia in which winners receive gift cards from local restaurants.

Providence Presbyterian Church, across the street from the start line, will provide free parking for all race registrants.

[Register for 5K](#)



Along the 5K and 1M route, there will be signs like the one above, which is from last year's race.

Individuals and families are encouraged to purchase signs like this in honor or memory of their loved one diagnosed with Alzheimer's disease or related dementia.

Memory Matters coordinates the printing of the signs and places them along the route on the morning of the race. The individuals wanting the sign will submit the name of the loved one and if it is in honor or memory. Each sign costs \$500, and the family can choose to keep the sign afterward.

All money raised from these signs, other sponsorships we have available, and the race stay right here in Beaufort and Jasper counties to help LOCAL families living with Alzheimer's or related dementia. If interested in purchasing a sign, hit the button below and send Stacy Floyd an email.

[Reserve a Sign](#)

THANK YOU SPONSORS



Gulfstream



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Marriott Vacation Club



TEXTING IMPORTANT MESSAGES



**SIGN UP FOR TEXT
MESSAGES**

These days, our email is full of spam, right? Our inboxes are becoming as bad as our mailboxes, which are full of junk mail.

To ensure messages from Memory Matters don't get lost in your junk mail or overlooked, we have begun to send messages via text.

Types of messages sent include upcoming events, changes in class schedules, or transactional announcements. No more than three text messages will be sent monthly.

To receive messages this way, click on the button to the left, fill out the form and hit submit.

WELCOME SONJA AND ZOE!



We would like to introduce our two newest staff members. Zoe Perpell and Sonja Wojtkowiak.

Zoe (pictured left) is our Dementia Care Coordinator. She came to us from the Lowcountry Area Agency on Aging, where she was the Regional Long-Term Care Ombudsman.

Sonja (pictured right) is our Family Services Navigator, a licensed physical therapist assistant who has worked with patients at various long-term care facilities on Hilton Head Island, in Bluffton, and surrounding areas.

MEDITERRANEAN DIET DISH



Golden Beet Carpaccio

This fresh, delicious summer dish can be served as an appetizer or as a meal. Enjoy!

RECIPE

BRAIN TRIVIA ANSWER

D. SYMPATHETIC GANGLIA

In vertebrates, the central nervous system is

made up of the brain and spinal cord — and the **hippocampus** and **cerebellum** are structures found in our brains. The sympathetic ganglia are nerves that are part of the peripheral nervous system.



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