



KEEPING YOU INFORMED AND EDUCATED ABOUT

# MEMORY MATTERS

JULY 2023, ISSUE 15

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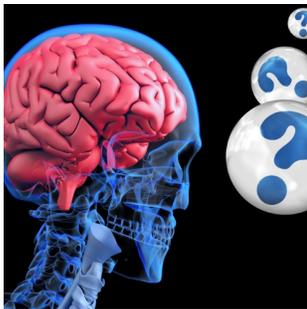
## FDA ADVISORS ENDORSE ALZHEIMER'S TREATMENT LEQEMBI

An advisory panel for the US Food and Drug Administration voted unanimously Friday, June 9, 2023, that the Alzheimer's drug lecanemab shows "clinical benefit" for the treatment of the disease, paving the way for the medication to be considered for full FDA approval. A decision from the FDA is expected by July 6.

Lecanemab, a monoclonal antibody sold under the brand name Leqembi, is one of the first dementia drugs that appears to slow the progression of cognitive decline. The drug is not a cure but works by binding to amyloid beta, a hallmark of Alzheimer's disease.

[READ FULL STORY](#)

## BRAIN TRIVIA



Cholesterol is key to learning and memory.

1. True
2. False

\*The answer is located at the bottom of the newsletter.\*



# 5K BEACH RUN/WALK

and 400 meter Fun Run for those 6 and under.

to benefit local families  
living with Alzheimer's  
and related dementia.



**SOUTH FOREST BEACH**

**ALDER LANE BEACH ACCESS**

**PARKING AT PROVIDENCE PRESBYTERIAN**

171 CORDILLO PKWY, HILTON HEAD ISLAND, SC 29928

**SEPT. 9**

**8:00 AM**

The 400 meter race begins at 8:15 a.m. with the 5K following. Volunteers will be serving pancakes to all race registrants afterwards in the Providence Presbyterian Church parking lot.

**WWW.MYMEMORYMATTERS.ORG**

**843-842-6688**

Registration is open for our 3rd annual 5K Walk/Run. This year we are moving the race to Hilton Head's South Forest Beach. It will be held on Saturday, September 9, 2023. Proceeding the race will be a 400-meter Fun Run for children ages 6 and under. Parking will be available at Providence Presbyterian Church. After the race pancakes will be provided to all race registrants as a thank you for coming out and *Moving Your Mind!* Thank you to Providence Presbyterian Church for partnering with Memory Matters for this event. If you aren't interested in walking or running in the race, please consider donating.

We are looking for volunteers to be part of the race committee and to work the day of the race. If interested, please email [ginny@mymemorymatters.org](mailto:ginny@mymemorymatters.org).

**REGISTER FOR RACE**

**DONATE TO RACE**



# 3rd Annual Move Your Mind 5K Walk/Run

with 400 meter Fun Run for children 6 and under preceding 5K.

**Saturday, Sept. 9, 2023 @ 8AM**  
**South Forest Beach via Alder Lane Beach Access**  
**Parking at Providence Presbyterian Church**

<b>Presenting Sponsor - \$5,000</b>	<b>Supporting Sponsor - \$1,000</b>
<ul style="list-style-type: none"> <li>• Booth space at after race celebrations</li> <li>• Company mentioned at the race</li> <li>• Logo on T-shirt</li> <li>• Banner located at race</li> <li>• Social media presence</li> <li>• Interview mentions before the race</li> <li>• Recognition in media releases</li> <li>• Four (4) Race registrations</li> </ul>	<ul style="list-style-type: none"> <li>• Booth space at after race celebrations</li> <li>• Social Media presence</li> <li>• Name on T-shirt</li> </ul>
	<b>Mile Marker Sponsor - \$400</b>
	<ul style="list-style-type: none"> <li>• Company/organization name and logo on a sign along the walk/run route</li> <li>• In memory/honor of a loved one named on a sign along walk/run route</li> </ul>
<b>Fun Zone Sponsor - \$2,500</b>	
<ul style="list-style-type: none"> <li>• Limited to four sponsors:             <ul style="list-style-type: none"> <li>- Kids Corner - kids activities available at company booth space</li> <li>- Pet Cafe - dog bowls, dog treats available at company booth space</li> <li>- Hydration Station - water available at booth space, and have two tables - one at start/finish line and one at mid point along race route with water</li> <li>- Memory Lane - where people can come and create flags for loved ones living with Alzheimer's/dementia or those who have passed to place at the finish line.</li> </ul> </li> <li>• Two (2) Race registration</li> <li>• Logo on T-shirt</li> <li>• Social media presence</li> <li>• Interview mentions</li> </ul>	

We are also looking for race sponsors. We have sponsorship levels to fit large and small businesses and even individuals. If interested in becoming a sponsor, hit the button below to send an email to Development Director Stacy Floyd.

**BECOME A SPONSOR**

## BRAIN HEALTH INTERVENTIONS

While the facts and figures surrounding Alzheimer's disease and related dementia are scary and staggering, there are steps you can do to improve your brain health, no matter your age. You have probably heard Memory Matters staff talk about these interventions before, but it never hurts to hear it again.

1. **Exercise!** Yes, I know you hear this a lot, but we aren't asking you to run a marathon. It is recommended to exercise, that is increase your heart rate, for 30 -

40 minutes, four days a week. This includes walking at a fast rate, biking, kayaking, pickleball, etc.

2. **Eat Healthy!** For the sixth year in a row, the Mediterranean Diet was rated the #1 diet for ease of following and variety of food. It comes down to eating lots of fresh fruits, fresh vegetables, beans, whole wheat, and fish, limiting red meat to twice a month. We have a number of **Mediterranean Diet dishes** listed on our website.
3. **Socialization!** Talking, Engaging, and Conversing, are so important to keeping your brain thriving. Oftentimes, as we age, we go out less and sit at home more. When you don't socialize, the neurons in your brain aren't stimulated. This has proven to adversely affect the brain and memory. If you live alone, join a club, join a gym, or find new friends with neighbors. Just get out and socialize.
4. **Learn!** Keep learning new things. This again is key to keeping those neurons in your brain stimulated. If you respond, "Well I do a crossword puzzle every day." That's great, but the neurons in your brain need a break from the routine. Do the crossword puzzle one day, and then switch to a word search the next day, and a table puzzle the following day. We tell children when they are little how important it is to learn and go to school. The same pertains to us as we age.
5. **Rest!** As important as it is to stimulate the neurons in the brain, it's also important to rest the brain. Take 20 minutes a day and just sit, meditate, look at the sky. Unplug from the phone, book, and television. By resting the brain, you are letting those neurons calm down and get ready for a new day of activity.

## FAMILY FUN LUAU & OPEN HOUSE

Come join us for a FREE fun afternoon at our Family Fun Luau. We want current families who use our services to come and know how appreciated you are. We also want new families who don't know about our services to bring their loved ones they care for to see what Memory Matters is all about. Staff will be here to show families what activities are performed in our Day Program as well as answer any questions a family may have. Thank you SC House Calls for partnering with us for this event.

**YOU'RE INVITED TO**

**memory matters** & **SC House Calls**

**FAMILY**

**FOOD** *FUN* **GAMES**

**& OPEN HOUSE**

**LUAU**

**MUSIC** **GIVEAWAYS**

**THURSDAY, AUGUST 24**  
**2PM - 4PM**  
**MEMORY MATTERS**  
**117 WILLIAM HILTON PARKWAY**

**CAREGIVERS, PARTICIPANTS & NEW FAMILIES**  
**INTERESTED IN OUR PROGRAMS ARE ALL INVITED.**

**RSVP TO**  
**JOY@MYMEMORYMATTERS.ORG**

**RSVP for LUAU**

**FEE ASSISTANCE AVAILABLE FOR DAY PROGRAMS**

Scholarships to our Memory Care Day Program are currently being offered to the community. The program takes place on Hilton Head Island at our main facility just over the HHI bridges and at St. Gregory the Great's campus in Bluffton. The program runs Tuesdays - Fridays 10 a.m. - 3 p.m. on the island and on Tuesday afternoons from 12:30 p.m. - 4:00 p.m. in Bluffton. Participants in both programs enjoy the socialization, game playing, performances by musicians, and comradery the programs offer. Meanwhile, their caregiver is able to receive a few hours of needed respite. The price for the program depends on the number of days a week the individual comes to class. They could come just once a week or all four days. If you are interested in having a program assessment for your loved one, select the button below.

**MEMORY CARE DAY PROGRAM**



## **MEMORY ENHANCING CLASSES**

Our Memory Enhancing class for individuals just diagnosed with Alzheimer's, related dementia, or are experiencing memory loss is offered twice a week at Memory Matters and once a week in Bluffton. This class provides curriculum-based, mind-enhancing content to encourage socialization, stimulation, and support for individuals newly diagnosed. The monthly cost for this two-hour class is \$200. FEE ASSISTANCE is available. If interested in having a program assessment, select the button below.

**MEMORY ENHANCING CLASS**

## **VOLUNTEER OPPORTUNITIES**



We would like to take a quick moment and thank our current volunteers for their support in what we do here at Memory Matters. We are also looking for new individuals interested in volunteering on Hilton Head Island or in Bluffton. Immediate needs are in Bluffton at the Farmer's Market on Thursdays from 10 a.m. - 2 p.m. Our volunteer therapy dog Justice, pictured above, makes weekly visits to the Farmer's Market saying hello as people walk by. We are also looking for volunteers to help us out each Saturday from 9:30 a.m. - 12:30 p.m. this August at the Hilton Head Island Community Market in Shelter Cove and in Bluffton at the Burnt Church Distillery. If interested in either of these volunteer opportunities, please hit the button below.

For those who would like to volunteer in our program either on the Island or in Bluffton, we do require you to be COVID-19 vaccinated and boosted, plus a TB blood test. This is to ensure the safety of the immune-compromised population we serve. If volunteering at the Bluffton Farmer's Market, Burnt Church Distillery, or the HHI Market, the TB blood test is not necessary.

[VOLUNTEER OPPORTUNITIES](#)

[VOLUNTEER APPLICATION](#)

If you are interested in volunteering but would like to learn more about Memory Matters before submitting an application, please come to our monthly **Volunteer Orientation** held the first Tuesday of each month. Due to the July 4th holiday, this month's orientation will be held Wednesday, July 5 at Memory Matters on Hilton Head from 10 am-11 am.

## SAVVY CAREGIVER CLASS

Did you know Memory Matters is the **ONLY** organization in the state of South Carolina to be licensed to teach the SAVVY Caregiver Course?

The course is taught over five weeks and provides the caregiver with the following information:

- The pathology of dementia diseases
- Strategies for caregiver self-care
- Dementia stages
- Developing contented involvement for someone with dementia
- Recognizing options for decision making
- Making the most of family resources

The next class will be offered on Thursdays, August 17th - September 14th at Grace Community Church, 450 Spanish Wells Road on Hilton Head Island.

[REGISTER FOR SAVVY](#)

## MEMORABLE MOMENT

Pat Cleary has retired. Many of us are very sad to see him go but know it is very well deserved. Pat has spent the last nine years at Memory Matters. First starting as a volunteer, then moving to a full-time employee, and finally as a part-time staff member. No one could ever replace Pat and we won't even try. His commitment, patience, dedication, and wonderful personality have meant so much to the families and individuals we serve but also to his co-workers. During the COVID-19 pandemic, Pat was the only staff member, for an entire year, who came to the office every day to ensure the building was safe. We will miss Pat immensely and even though he is no longer in the building every day, he will always be part of the Memory Matters family.





## HAPPY 4TH OF JULY



Independence Day also called the Fourth of July or July 4th, is the United States' annual celebration of nationhood. It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776.

Did you know, Congress had voted in favor of independence from Great Britain on July 2? However, they did not complete the process of revising the Declaration of Independence until two days later. The Declaration of Independence was originally drafted by Thomas Jefferson in consultation with fellow committee members including John Adams, Benjamin Franklin, Roger Sherman, and William Livingston.

The honor the holiday, Memory Matters will be closed Monday, July 3, and Tuesday, July 4. We will be back and resume classes, Wednesday, July 5.

Sorry, we will be closed  
**MONDAY, JULY 3**  
&  
**TUESDAY, JULY 4**

Open Again July 5  
8:30 a.m. - 4:30 p.m.

[www.mymemorymatters.org](http://www.mymemorymatters.org)

## CANNELLINI BEAN, ROASTED GARLIC, & SUN-DRIED TOMATO DIP



The Mediterranean diet has been proven to help the brain. That's why we provide a free Mediterranean diet recipe with each edition of the Memory Matters Messenger. This month's recipe is a nice, light, and easy dip that can go with crackers, pretzels, or bread.

[CLICK FOR RECIPE](#)

### Brain Trivia ANSWER:

**TRUE!** However, high cholesterol has different effects depending on your age and other factors. Recommended total cholesterol levels are under 200 milligrams per deciliter (mg/dL) for most adults and under 170 mg/dL for children. Women typically need more HDL (good cholesterol) than men.

