



KEEPING YOU INFORMED AND EDUCATED ABOUT

MEMORY MATTERS

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MARCH 2024, ISSUE 19

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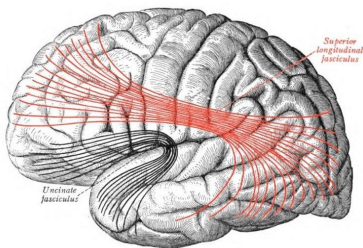
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ALZHEIMER'S DISEASE RESEARCH STUDY

There are many Alzheimer's disease research studies happening across the world. One, happening now is designed for patients with mild to moderate Alzheimer's disease and doesn't involve medication but rather technology.

[READ FULL ARTICLE](#)

BRAIN TRIVIA



The brain uses the most energy than any other organ in the human body?

1. True
2. False

The answer is located at the bottom of the newsletter.

MEMORY MATTERS IN BLUFFTON



Memory Matters is excited to announce we now have an office and a small meeting space in Bluffton. Our office is located in Westbury Park, at 2 Westbury Park Way, in the McGriff building, right next to the traffic circle. Although we plan to have an official ribbon-cutting ceremony later this spring, we wanted to let you know that we are already here and ready to meet with families, provide memory screenings, give program assessments, and connect with our neighbors.

According to Jill Horner, our Executive Director, "We are delighted to have our own space in Bluffton. We've been providing classes in Bluffton for years, thanks to our community partners, but now we have our own office, which allows us to provide more services to families that need us."

Our Bluffton office is open Monday through Thursday, from 8:30 a.m. to 4:30 p.m., and on Fridays, from 8:30 a.m. to 4 p.m. You can reach us at the same telephone number 843-842-6688.

SECOND DAY ADDED TO MEMORY CARE PROGRAM IN BLUFFTON



We currently offer our Memory Care Day Program at St. Gregory the Great on Tuesday

afternoons from 12:30 p.m. - 4 p.m. for those diagnosed with mild to moderate Alzheimer's disease or related dementia. It provides socialization, learning, exercise, and more while also giving their caregiver a needed break. Beginning Friday, April 5th we'll be adding a second day of this Program at St. Andrews Chapel Hall off Pinckney Colony Road from 10:30 a.m. - 2 p.m. Lunch will be included. If interested in enrolling your loved one and want more information email Michelle Frink at michelle@mymemorymatters.org or call 843-842-6688.

SPEAKER SERIES COMING UP IN MARCH, APRIL, & JUNE

We had a great turnout for the first session of our 2024 Speaker Series. Dr. Jacobo Mintzer from the Medical University of South Carolina spoke to families on various topics related to Alzheimer's disease.

Coming up later this month we will have a panel discussion regarding hot topics when caring for a loved one with Alzheimer's or related dementia.

A list of topics and dates for the remainder of the sessions is below. Tickets are \$25 for each session.

memory matters **Memories Do Matter** **SPEAKER SERIES**

presented by Dave & Patty Ekedahl

SESSION 2 **NAVIGATING DEMENTIA**



Panel Discussion

- Dementia and Driving - Ian McClure, COTA/Driving Rehab Specialist - Tidelands Health
- Dementia Care Navigation - Susan Kelsey, Assistance Plus
- Financial Planning - Kevin Robeson, Merrill Lynch
- Planning for a Senior Living Community - Libby Gilden, Part of the Family
- Wandering - Project Lifesaver - BSCO, Lt. Eric Calendine & Sgt. John Adams

**MAR.
21
10 AM**

Location - Grace Community Church, HHI

SESSION 3 **NEUROPSYCHOLOGY & BRAIN HEALTH:** Andrea Sartori, PhD. Neuropsychologist at MUSC discussing neuro psych assessment and how that differs from other assessments.

**APRIL
10
2 PM**

Location - Rotary Community Center, Bluffton.

SESSION 4 **PREVENTION AND REHAB:** Panel discussion of cognitive rehab, occupational therapy, music therapy, pet therapy, and social day program.

**JUNE
5
10 AM**

Location - St. Gregory the Great Parish Life Center, Bluffton.

Purchase Tickets at
www.mymemorymatters.org

\$25 per session



TICKETS FOR SPEAKER SERIES

10 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S DISEASE

Did you know there are more than 120 different types of dementia? Alzheimer's disease is the most commonly known type of dementia, and that's why it is talked about more frequently than any other type. Alzheimer's is a progressive disease, which means it

gradually gets worse over time. The disease starts with mild memory loss and can eventually lead to the person being unable to carry on a conversation or respond to their environment. If you or someone you know might be showing signs of this disease, the Alzheimer's Association has provided a list of 10 early signs and symptoms to look out for.

ALZHIEMER'S SIGNS AND SYMPTOMS

GIVE YOUR BRAIN A BOOST

Brain Boosters is a class you should consider taking. Debbie Anderson and Ginny Underwood teach this three-week course structured for anyone who is aging and needs to learn how to better maintain their memory. Registrants learn “How to” sharpen focus, create a brain-health lifestyle, relax the brain, become flexible thinkers, memory-enhancing techniques, and how worry affects the brain. Click on the button below to see when the next Brain Boosters class is scheduled.

BRAIN BOOSTERS CLASS

FRIDAYS FOR CAREGIVERS



This month's topic for the Fridays for Caregivers virtual session is learning more about Encompass Health Rehab Hospital in Bluffton. Renee Bannon, RN, BSN, will be our guest to discuss the different rehabs available like neurological, orthopedic, spinal cord injury, and stroke rehabilitation. The discussion will take place Friday, March 15th from 2 p.m. - 3 p.m. via Zoom. RSVP below to receive the link.

RSVP

FREE SUPPORT GROUPS

If you are currently caring for a loved one who has Alzheimer's disease or related dementia, we want you to know that we are here to help. We offer three FREE support groups every month, specifically designed for caregivers like you who are going through similar challenges. Our men's group meets on the first Thursday of every month, the women's group meets on the third Monday of every month, and the co-ed group meets on the second Thursday of every month. These groups are held both in person at Memory Matters on Hilton Head Island and online via Zoom, so you can choose the

option that is most comfortable for you. We are also planning to launch a new support group in Bluffton later this year. If you would like to attend one of our support groups, please click the button below to send an email to Tia Fletcher, our Family Care Coordinator.

[SUPPORT GROUPS](#)

MEMORIES UNDER THE MOON

You are Invited



Join us for an evening to remember.

Purchase tickets at www.mymemorymatters.org

Before we know it, May will be here. That's why you need to purchase your tickets to our annual spring Gala before the night is sold out.

This year, the Memories Under the Moon Gala will take place at the Hilton Beachfront Resort and Spa inside Palmetto Dunes (formally the Marriott Resort and Spa). Each ticket provides you with appetizers and champagne, two glasses of wine with dinner, dessert, and access to our Silent and Live Auction items that will be displayed at the event. The dinner will take place outside on the newly renovated deck overlooking the ocean with live music playing. It will be a spectacular evening full of memories and elegance.

Tickets are \$250 a person. Please select the button below to purchase your tickets today.

[PURCHASE TICKETS](#)

Thank you to our Gala sponsors. We wouldn't be able to provide such a fun and lovely

evening without each of them.

IN MEMORIAM OF PAUL WEXLER



**PATTI AND DICK PATRICK
DAN ANDERSON CONSTRUCTION
EISAI
BAYSHORE
BURR FORMAN
SYNERGY
KEITH FUNERAL HOME
FLOWER'S BY SUE
THE JAZZ CORNER
UPTOWN AUCTIONS**

MEMORABLE MOMENT

This month's memorable moment comes from our first Caregiver Cafe of 2024.

It is exactly as it sounds. A safe place for our family caregivers to come together and have some coffee and bagels or Danishes. The time of the cafe is scheduled at the same time as our Memory Care Program allowing them to drop their loved ones off in our Program Room and then venture to our Board Room to be together.

If you are a caregiver or know someone who is, please let them know about our next Caregiver Cafe happening Friday, March 22, 2024, from 10:15 a.m. - 11:15 a.m. at our Hilton Head building located at 117 William Hilton Parkway, HHI, 29926.

Caregiver *Café*



Friday, March 22nd, 2024

LIGHT REFRESHMENTS PROVIDED

10:15AM - 11:15AM

@117 WILLIAM HILTON PKWY, HILTON
HEAD ISLAND, SC 29926
@ MEMORY MATTERS

Come connect with fellow caregivers!
All caregivers welcome!

DINING ROOM TABLE AND CHAIRS?



Are you, or do you know someone wanting to donate their dining room table and chairs? Memory Matters is looking for a nice, welcoming table and chairs to place in our Hilton Head Island location to meet with families needing our services. If you are interested in donating, please give us a call at 843-842-6688.

THANK YOU!

You may have heard the saying, "It takes a village". Many of us would agree, "It takes a village to care for those living with Alzheimer's disease and related dementia". Home caregivers, professional caregivers, and staff at Memory Matters all need help. It's a team effort, and that's why we want to express our gratitude to three special businesses that helped us in February. Cactus Cantina, located on Main Street on HHI, chose Memory Matters as their non-profit organization of the month and donated 10% of every rice bowl purchased. Fred Astaire Dance Studios held a silent auction in our honor and provided us with proceeds totaling more than \$1,000. Wine Time in Bluffton also honored us in February with proceeds from their Battle of Wines and bottles of wines sold. We are grateful for the support of these businesses and this great community we call home. It takes a village, and we appreciate everyone's support in caring for those with Alzheimer's disease and related dementia.



2023 GRANTORS

Memory Matters was blessed with local organizations, neighborhoods, and businesses that provided us with funding through various grants in 2023. We would like to thank each of them for their ongoing support.

Friends of Callawassie
Bargain Box
Dave Ekedahl
Nancy Duvall Fund
Wexford
Latitudes
WAHHI
Beaufort County Community Service
Ward Foundation
First Presbyterian Church
Palmetto Electric
Breedlove
Bluffton Rotary
Church Mouse Thrift
Long Cove Fund
AARC
St. Francis
Walmart
Yield Giving
GWFS
Alzheimer's Foundation of America
GE Healthcare
Beaufort Fund
Beaufort County Human Alliance
Community Foundation of the Lowcountry
Underwood Family Foundation
Berkeley Hall
Gulf Stream
Hammabarug
Hilton Head Firefighters Association

TURKEY AND ZUCCHINI BURGERS WITH LEMON GARLIC AIOLI

These burgers make a great party dish or weeknight supper. Make them slider-sized for a party or bigger for a burger in a whole wheat pita for supper. The zucchini keeps them moist and adds an extra vegetable to your plate!

[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

- 1. TRUE! The brain has one of the richest blood supplies of any organ and consumes up to 20% of the energy used by the human body — more than any other organ.**



Memory Matters | P.O. Box 22330 | Hilton Head Island, SC 29925 US

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