



KEEPING YOU INFORMED AND EDUCATED ABOUT

# MEMORY MATTERS

January 2023, ISSUE 12

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## A Message from Memory Matters Executive Director Jill Horner

Happy New Year! Can you believe it is already 2023?

We are very excited about the new year here at Memory Matters. We have new day programs available for those living with Alzheimer's or a related dementia, new educational classes for caregivers, fun events coming up that everyone can enjoy, and so many families we can't wait to welcome into the Memory Matters family.

We have such a talented staff that are committed to helping every individual and every family that is living with a diagnosis of Alzheimer's disease, dementia, or other cognitive impairment. Through the dedication of this staff and the community partners we have made, we want you to know Memory Matters is here to help you, your loved one, your neighbor or your acquaintance that may be diagnosed with dementia. We are also here for those who want to maintain their memory through our Brain Boosters class, or for businesses who want their employees to learn how to approach someone with Alzheimer's or dementia.

I wish you all a happy new year, and I look forward to meeting more of you in 2023.

Sincerely,  
Jill Horner



## BRAIN TRIVIA



TRUE OR FALSE:

All brain cells are alike.

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

## CONTRIBUTE TO MEMORY MATTERS THROUGH....

**amazon**smile  
You shop. Amazon gives.



Help communities *you*  
care about by  
donating your  
Walgreens Cash rewards.



*myWalgreens*

**kroger** community   
**rewards**

For all those who have donated to Memory Matters, past or present, we are truly grateful for your support. Whether it's a small or large monetary donation or volunteering your time we couldn't have our doors open if it weren't for you. In addition to the traditional ways of giving, we wanted to let you know about some other ways you can help. The following businesses allow you to choose Memory Matters as your non-profit of choice. When you purchase items from these corporations, a portion comes to Memory Matters.

### AmazonSmile

When you shop **AmazonSmile**, you'll find the exact same shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to Memory Matters! All you need to do is link us to your account. AmazonSmile is a simple way for you to support us every

time you shop on Amazon, at no cost to you! Just remember to start shopping on [smile.amazon.com!](https://smile.amazon.com/)

## Kroger Community Rewards

Participate in the Kroger Community Rewards program by linking Memory Matters to your Kroger Shopper's Card. When you make a purchase, all you have to do is swipe your Shopper's Card, and Kroger will donate a percentage to Memory Matters. This program makes fundraising easy by donating to local organizations based on the shopping you do every day. <https://www.kroger.com/i/community/community-rewards>

## myWalgreens Donation Program (December 1, 2022 – February 20, 2023)

Since 1901, Walgreens has been committed to giving back to our communities. We work with a number of national charity partners and are looking to further deliver on supporting the needs within our local communities. Customers can join for FREE in seconds at [www.myWalgreens.com](https://www.myWalgreens.com) or on the Walgreens app. Each participant will earn unlimited 1% Walgreens Cash rewards and can choose how much to donate. The location of the store determines the choice of local nonprofits so make sure to choose a location on Hilton Head to benefit Memory Matters.

[DONATE](#)

## EXTENSION TO MEMORY CARE DAY PROGRAM

Memory Matters has extended our Memory Care Day Program. It is now offered five hours a day from 10 a.m. - 3 p.m. on Tuesdays, Wednesdays, Thursdays, and Fridays. Beginning February 21 the Bluffton Memory Care Day Program will be offered 1 p.m. - 4:30 p.m. at St. Gregory the Great. For more information on the Hilton Head and Bluffton Memory Day Program, click below. You can also give us a call for a program assessment. FEE ASSISTANCE is offered for all of our day programs.



[MEMORY CARE DAY PROGRAM](#)

## ADDITIONAL IN-PERSON MEMORY ENHANCING CLASS AVAILABLE

Our Memory Enhancing day program for individuals just diagnosed with Alzheimer's, dementia, or another cognitive impairment has added an in-person class. The class is now offered Mondays from 10 a.m. - 12 p.m. on Hilton Head. This will be in addition to

our Bluffton Memory Enhancing program offered Mondays from 1 p.m. - 3 p.m. and our Wednesday program offered from 1 p.m. - 3 p.m. on Hilton Head. If you would like more information about the Memory Enhancement Training, click below to contact Cathee Stegall.

## MEMORY ENHANCING CLASS

### THANK YOU GRANTORS IN 2022

We would like to take a quick moment and thank our 2022 Grantors for their support and for their belief in what we do here at Memory Matters.

Alzheimer's Foundation of America  
American Gift Fund from Stephen Duvall  
Bargain Box  
Beaufort County Community Services  
Beaufort Fund  
Belfair  
Berkeley Hall  
Bird Family  
Breedlove  
Caring Coins  
Chuck Duvall  
Community Foundation of the Lowcountry  
Dominion Energy  
First Presbyterian Church  
GE Healthcare  
Hammarberg  
Hilton Head Island Firefighter's Association  
Imlay Family  
Latitudes Margaritaville  
Long Cove  
Lynn McPheeters  
NDF  
Palmetto Dunes Cares Grant  
Palmetto Electric  
Sisters for Charity  
St. Francis Thrift Shop  
St. Luke's Church  
The Church Mouse  
Town of Hilton Head  
Walmart  
Ward  
Wexford

### SPRING SPEAKER SERIES



## **Memories Do Matter Speaker Series**

Coming this spring we will be having a special *Memories Do Matter Speaker Series* highlighting local neurologists, memory care specialists, and other brain health experts in this four-part series. Tickets are on sale now. \$40 for all four presentations or \$20 for each.

Thursday, April 20, 2023

Memory and Aging - The Spectrum from Normal to Dementia

4 p.m. - 6 p.m.

Paul Mazzeo, MD, Coastal Neurology

at Encompass Health Rehabilitation Hospital, Okatie, 107 Seagrass Station Road

Saturday, May 20, 2023

Ask a Neurologist

10 a.m. - 12 p.m.

Jill Trumble, MD, St. Joseph's Candler Neurology

at Memory Matters, 117 William Hilton Parkway, HHI

Wednesday, June 7, 2023

Preparing for the Unexpected

10 a.m. - 12 p.m.

Rhonda Hiott - Lowcountry Council of Governments Area Agency on Aging, Susan Kelsey

- Geriatric Care Manager, Ginny Underwood - Former Caregiver, Ashley Gruber -

Moderator and Memory Matters Counselor, Cathy West Olivetti - Elder Law Attorney

at St. Gregory the Great Parish Life Center, 31 St. Gregory Road, Bluffton

Wednesday, June 21, 2023

Simple Suppers: Easy Meals for Two

10 a.m. - 12 p.m.

Chef Kim Baretta

at First Presbyterian Church, 540 William Hilton Parkway, HHI

[\*\*PURCHASE TICKETS\*\*](#)



## SEASIDE SPRING GALA

Memory Matters is excited to announce tickets are on sale for our annual spring Gala - *Memories by the Sea*. It will be held on Thursday, May 4, 2023, at the Sonesta Resort on Hilton Head Island from 5:30 p.m. - 8:30 p.m. As always there will be fabulous food, memorable music, and amazing auction items. Tickets are \$250 a person, \$450 for a couple, or \$2,400 for a table of 12.

**PURCHASE TICKETS**

Sponsorships for this event are available. We have corporate and individual sponsorships available ranging from \$1,500 - \$10,000. Each level of sponsorship provides various benefits from complimentary tickets to the Gala and marketing availabilities. If you are interested in sponsoring the Memory Matters Spring Seaside Gala, hit the button below to contact Development Director Stacy Floyd.

**SPONSORSHIP OPPORTUNITIES**

Thank you to the first sponsor of our Gala, Hudson's Seafood!



***In order to collect numerous auction items for the Gala, we need your help. If you are interested in being on the Memories by the Sea Gala committee, please email [joy@mymemorymatters.org](mailto:joy@mymemorymatters.org).***

## FRIDAYS FOR CAREGIVERS

Candace Blair at Soul Fire Social will be our guest speaker for this month's edition of Fridays for Caregivers. Let Candace take you on a journey of breath, sound, & guided meditation to quiet the thinking and bring you into a state of deep relaxation. The sound of the crystal singing bowls along with her other instruments will aid in releasing stress and anxiety, helping you to shift stale and negative energy. The best part? All you have to do is receive good vibrations.

Please dress comfortably and you can use earbuds or an external speaker for even higher-quality sound.

This experience will take place Friday, January 13, 2023, from 2:00 p.m. - 3:00 p.m. via Zoom. If you would like to register for this event, click below.

[REGISTER FOR FRIDAYS FOR CAREGIVERS](#)



Beaufort Memorial  
HOSPITAL

&  
**memory**  
*matters*  
25 Years of Making Memories that Matter

## MEMORY SCREENS ON THE BMH MOBILE WELLNESS UNIT

Memory Matters and the Beaufort Memorial Mobile Wellness Unit are teaming up to bring FREE Memory Screens, Blood pressure checks for hypertension, and Blood sugar checks for diabetes. In addition, the prostate-specific antigen (PSA) blood test that accompanies the prostate exam and lipid profile to check cholesterol levels will be administered for ONLY \$10. We are also partnering with Deep Well, a non-profit organization on HHI that provides food, clothing, and furniture, and helps pay rent and utility bills for those who need a little extra help. It's all happening Thursday, February 23, 2023, from 9 a.m. - 2 p.m. here at Memory Matters, 117 William Hilton Parkway on HHI. No appointments are necessary.

## MEMORABLE MOMENT

You may have seen a picture on social media, but in case you didn't, here are some highlights from our Holiday party in December with our Day Program participants and their loved ones. The afternoon was full of smiles, laughter, stories, and song! Lots of Christmas carols were sung, and even some dancing took place.



## CHICKPEA STEW

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 perfect winter supper - CHICKPEA STEW. Don't judge by the name!



[CLICK FOR RECIPE](#)

### Brain Trivia ANSWER:

**A. FALSE:** There are as many as **10,000 specific types of neurons** in the brain.



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