



KEEPING YOU INFORMED AND EDUCATED ABOUT

MEMORY MATTERS

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SEPTEMBER 2023, ISSUE 16

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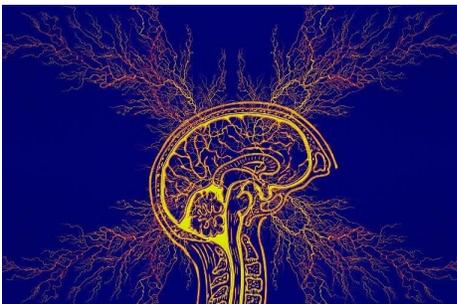
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New Dementia Care Navigation Roundtable (DCNR)

In August, the Alzheimer's Association announced it is launching the Dementia Care Navigation Roundtable (DCNR) to drive access and support for people newly diagnosed and living with dementia. The recent advancements in new Alzheimer's treatments are expected to result in more people seeking care and services. The DCNR will support the broad implementation of dementia care navigation by convening experts, sharing best practices, and disseminating resources. The DCNR will include experts from across the healthcare industry, including systems, clinicians, payers, researchers, and other stakeholders who are committed to advancing the delivery of high-quality, person-centered dementia care navigation.

[READ FULL STORY](#)

BRAIN TRIVIA



The human brain begins to lose some memory abilities as well as some cognitive skills by your late 30s.

1. True
2. False

The answer is located at the bottom of the newsletter.



Presented by:



Thank you Sponsors



Assured Partners; Bayshore; Benton House; Bishop Eye; Budget Blinds; Coastal Pools; Compassus; First Choice; Halo Primary Care; Hargray; Hilton Head Crew; Hilton Head Exterminators; Home Instead; Horizon Rehab; Mobility City; Morgan Stanley; South State Bank; In Loving Memory of Helen Perrine; In Memory of David Monahan; In Memory of Bob Hincken



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.**



SCAN to register for race

51 SOUTH FOREST BEACH DRIVE

ALDER LANE BEACH ACCESS

**FREE Parking at Providence Presbyterian Church
171 Cordilla Parkway, HHI, 29928**

SEPT. 9

8:30 AM

The Fun Run 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 picnic area.

**WWW.MYMEMORYMATTERS.ORG
843-842-6688**

You still have time to register for our 3rd annual Move Your Mind 5K walk/run. It's coming up Saturday, September 9th. All the money raised in this race will stay right here in Beaufort and Jasper counties to help more families and individuals living with Alzheimer's and related dementia.

The deadline for T-shirts has passed, but we did order extra. You will also be able to register the morning of the race with staff at the Providence Presbyterian Church. If you won't be here, please consider making a donation.

FREE Parking and Pancakes will be provided by Providence Presbyterian Church.

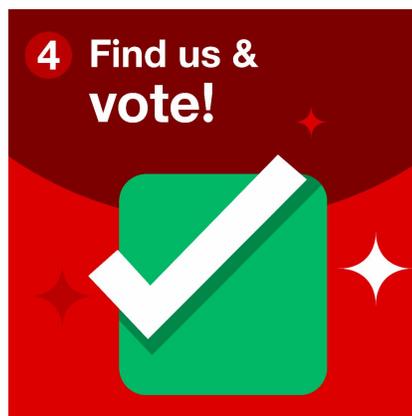
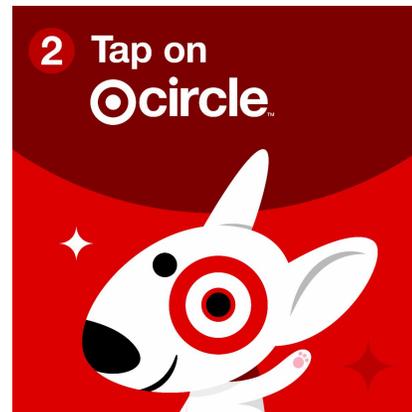
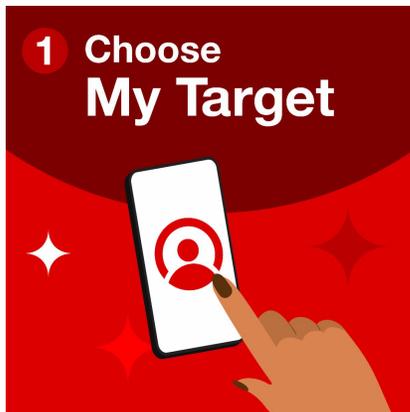
[REGISTER FOR RACE](#)

[DONATE TO RACE](#)

THANK YOU TO ALL OUR SPONSORS WHO SUPPORTED US FOR THIS EVENT. WE COULDN'T HAVE DONE IT WITHOUT YOU.

TARGET POINTS

Vote for us through your Target account. Memory Matters is a Target Circle Participant. This means based on the items you have purchased at Target, give you a certain amount of votes. You can vote for us on your phone. Go into your Target account through the Target app. Click on the 1. "MY TARGET" icon (it's on the bottom right of my iPhone), 2. Tap the box that has the Target Circle icon 3. Select Vote for Nonprofits 4. Find Memory Matters and cast your votes for us. You can cast all of your votes for Memory Matters. It's that easy. Voting will continue until September 30th, so keep checking back to see if you've earned more votes.



MEMORY MATTERS HIGHLIGHTED BY LOCAL GROUPS

August was a busy but wonderful month for us as different businesses and organizations highlighted Memory Matters. We were the charity of the month at the Burnt Church Distillery in Bluffton and the Hilton Head Island Community Market in Shelter Cove. CycleBar on HHI had a ride dedicated to us and the Wigent-Blair Family held a concert on our behalf.

Burnt Church Distillery made a special drink in our honor giving us back some of the proceeds from sales of the drink throughout the month. We had a great time interacting with patrons playing putt putt and testing their brain health knowledge.

The HHI Community Market provided us a spot at the Market each Saturday in August allowing us to educate attendees on our programs and services.

The CycleBar on HHI didn't charge individuals for a cycle class. Instead, they allowed those individuals to take the class and donate money to Memory Matters.

One other very special act of kindness was from a 17-year-old rising Senior in High School. Madeleine Wignet is a trained Opera singer and is required to complete community service. After speaking with her grandmother, Gail Blair, who lives in Sun City, they chose to hold a FREE concert at St. Gregory the Great. However, they wanted to do more than that so they asked each attendee to bring a donation for Memory Matters. Maddie was accompanied by Karen Johnson on the piano. Maddie sang some operas in German and French and then sang songs from various Broadway musicals. It was such a delightful afternoon and everyone who attended was very generous.

This compassion and generosity of HHI and Bluffton never ceases to amaze us. Thank you Burnt Church Distillery, the HHI Community Market, CycleBar HHI, Maddie, her mom Amanda, and Gail and Bob Blair for thinking of Memory Matters and for helping families living with Alzheimer's and related dementia.





HILTON HEAD COMMUNITY — MARKET —



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 12 p.m. - 5 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 in several other areas. Please take a look at the volunteer opportunities 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 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 from 10 a.m. - 11 a.m.

BRAIN BOOSTERS

The very popular Brain Boosters class will be offered in September and October. One class will be offered on HHI and one will be held in Bluffton. This is a great class to take and give your brain that extra boost it needs to keep maintaining your memory.



IMPROVE YOUR BRAIN **BRAIN BOOSTERS** **CLASS**

A three week brain-wellness course for active adults that promotes positive lifestyle strategies for improved brain health. Instructed by Memory Matters' Community Education Director Debbie Anderson.

SEPT. 11TH, 18TH, AND 25TH

MONDAYS

1 PM - 3 PM

FIRST PRESBYTERIAN CHURCH

HILTON HEAD ISLAND

FEE \$99

OCT. 5TH, 12TH, AND 19TH

THURSDAYS

1 PM - 3 PM

OKATIE PINES RETIREMENT COMMUNITY

142 OKATIE CENTER BLVD, OKATIE

BLUFFTON

FEE \$99



REGISTER AT

www.mymemorymatters.org

under the Events tab

BRAIN BOOSTERS SEPT. CLASS

BRAIN BOOSTERS OCT. CLASS

SAVVY CAREGIVER COURSE

Another popular course we teach is SAVVY Caregiver. This is for those who are caring for their loved one in the home. It teaches a variety of skills that all caregivers should learn.

This class will be offered in Bluffton.

*PROVIDES
CAREGIVERS WITH
SKILLS*



THE SAVVY CAREGIVER

A five-session educational training for active family caregivers of people living with Alzheimer's or other dementia-related disease. The course is intended to teach and empower caregivers to thrive and survive while giving their loved ones a contented, involved life.

*Memory
Matters is the
ONLY
organization
licensed to
teach this class
in SC.*



**TUESDAYS, OCT. 17TH, 24TH, 31ST,
NOV. 14TH AND 21ST.**

1:00 PM - 3:00 PM

**ST. GREGORY THE GREAT CHURCH
31 ST. GREGORY DRIVE, BLUFFTON
\$99**

REGISTER AT

www.mymemorymatters.org

REGISTER FOR SAVVY

FAMILY FUN LUAU

Our Family Fun Luau was such a success and a blessed time with our participants and families. Everyone wore their Hawaiian shirts and dresses. We all danced, ate food, socialized, and listened to the Ukulele band. We even had a few prizes to hand out from the raffle tickets each family was given when they arrived. Thank you SC House Calls for partnering with us for this now annual event and thank you to all of those who attended and volunteered to help us make this a successful and fun event.



MEMORABLE MOMENT



We always have memorable moments at Memory Matters but this one really stands out. Michael from Creations by Michael and Dino visited our Memory Care Program in August to share with the participants how sweetgrass baskets are made. Michael is originally from Africa and is a 7th-generation basket-sewer. He learned how to "sew" these baskets from his great-grandmother. He describes sewing baskets as a spiritual experience.

For those who may not know, sweetgrass basket sewing is a craft that originated in Sierra Leone, West Africa, and was brought to the Lowcountry of South Carolina by enslaved African people. Basketry was first used for the harvesting of rice, fruits, and vegetables on the plantations of the Lowcountry, and later used for decorative purposes.

The techniques of sweetgrass baskets are passed down from generation to generation in order to keep the craft alive. The basket-making process requires a great deal of patience, dedication, and creativity as there are no set patterns. Each piece is unique and in time

an artist develops his or her own style of basket making.

WATERMELON AND MINT SALAD



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 salad that is made with fresh ingredients, and it's a perfect time to make it with watermelon in season.

[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

FALSE! A study indicates that some aspects of peoples' cognitive skills — such as the ability to make rapid comparisons, remember unrelated information, and detect relationships — peak at about the age of 22, and then begin a slow decline starting around age 27.

MEMORY MATTERS
info@mymemorymatters.org
843-842-6688

FOLLOW US AT

